

The Lieutenant Governor's Teaching Award honours teaching profession

His Honour, Brigadier-General the Honourable J.J. Grant, CMM, ONS, CD (Ret'd) Lieutenant Governor of Nova Scotia, has re-established the Lieutenant Governor's Teaching Award in partnership with the Nova Scotia Teachers Union.

The Lieutenant Governor's Teaching Award was instituted by the Honourable Myra A. Freeman, CM, ONS, MSM in 2005 to celebrate the positive influence teachers have on the students and communities they serve.

"Every day, teachers across the province go above and beyond the call of duty to support their students, their communities and their profession," says Lt.-Gov. J.J. Grant. "It is my great pleasure to recognize their extraordinary service to the people of Nova Scotia with this lieutenant governor's award."

Each year a teacher will be selected to represent the teaching profession in Nova Scotia. Potential recipients are nominated by colleagues, active teachers, administrators or Community College members of the NSTU. The recipient will exemplify the outstanding leadership, dedication, commitment, and achievement by teachers to the youth of our province within our public schools and the Community College to foster the growth of their students, their communities and their profession.



"This award highlights and celebrates the positive influence teachers and Community College members have on the students and communities they serve," says NSTU president, Shelley Morse. "We are pleased His Honour has re-established this award and are honoured to continue to participate in this initiative."

To be eligible, the successful candidate must be an active teacher or administrator working in a Nova Scotia public school or Community College and a member of the NSTU.

The Lieutenant Governor and the NSTU president will host an Award Recognition Ceremony for the recipient of the award at a date yet to be determined. The Lieutenant Governor's Teaching Award is generously supported by Johnson Inc.

Members of the Retired Teachers Organization (RTO) executive and a representative from the Office of the Lieutenant Governor comprise the award selection committee. [The deadline for the nomination forms is Friday, February 14, 2014 by 4:30 p.m.](#) Nomination forms are found on the NSTU website at [nstu.ca](#).

Previous NSTU members honoured with the Lieutenant Governor's Teaching Award were: Karen Wallace (2005); Dianne Raoul (2006); and Dr. Steven Van Zoost (2007).

First ever Canadian School Counselling Week—February 3-7

A week to recognize the contributions of the School Counselling profession to the personal, social, academic and career development, and the mental health and well-being of all students in Canada takes place February 3 to 7, 2014.

"The goal of Canadian School Counselling Week is to increase the public's awareness of the scope of programs and services that characterize the school counselling profession in Canada within the 21st century and beyond," says Teri Cochrane, president, Nova Scotia School Counsellors Association. "This special week highlights the role school counsellors play in supporting student success. It will also build a sense of national identity within the school counselling profession."

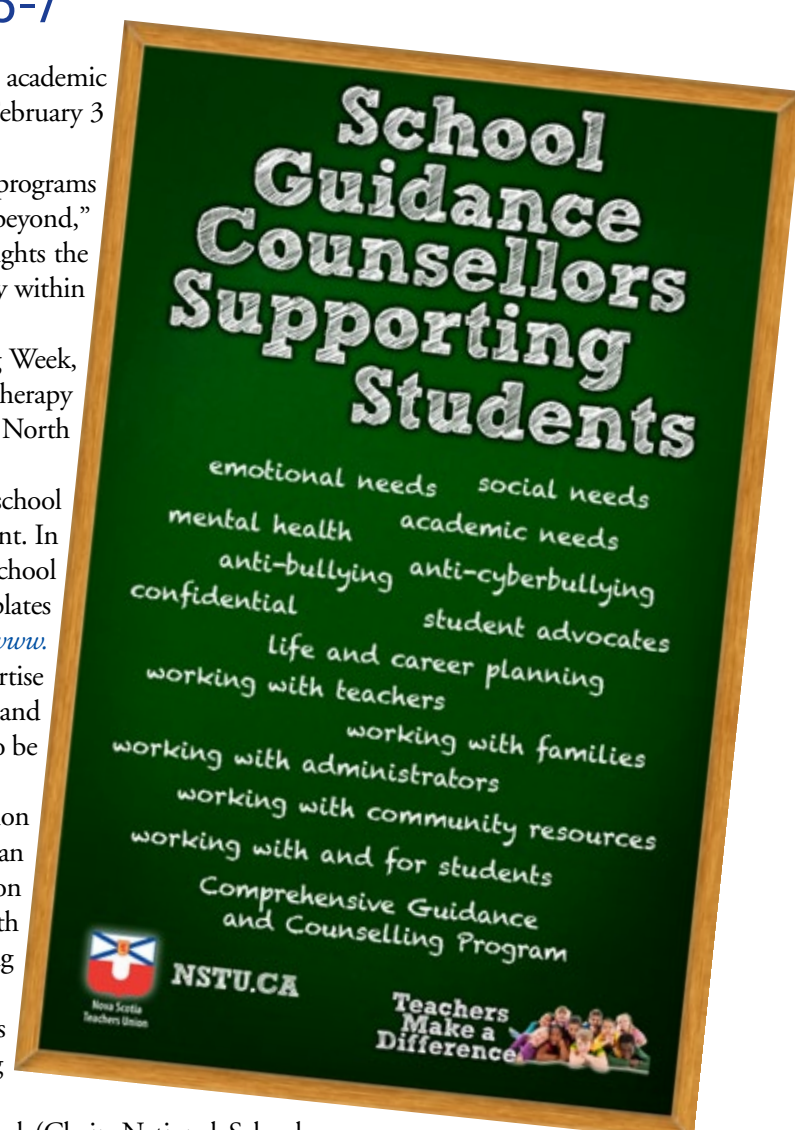
School Counsellors are invited to join in the celebration of the first Canadian School Counselling Week, which has been organized by the School Counsellors Chapter of the Canadian Counselling and Psychotherapy Association (CCPA) [www.ccpa-accp.ca](#). The Canadian School Counselling Week will be part of a North American focus on the school counselling profession.

Individual professionals will have many creative ideas to raise public awareness of the ways in which school counsellors foster student growth with respect to their personal, social, academic and career development. In Nova Scotia, a poster highlighting school counselling (see inset), as well as a brochure from the CCPA School Counsellors Chapter, has been sent to every school in Nova Scotia with a school counsellor. Various templates of promotional materials are available from the CCPA School Counsellors Chapter's website: [http://www.ccpa-accp.ca/en/chapters/schoolcounsellors/](#). Resources may be downloaded by school counsellors to advertise and organize plans for the Canadian School Counselling Week. Resources include a news release and proclamation, sample posters, certificates and suggested activities. Links to the above resources will also be provided on the NSSCA website: [http://nssca.nstu.ca/default.asp?mn=1.2](#)

In 2015, CCPA will celebrate its 50th anniversary. The Canadian Guidance and Counselling Association was initiated in 1965 by school guidance counsellors as CGCA, subsequently renamed the Canadian Counselling Association (CCA), and presently the Canadian Counselling and Psychotherapy Association (CCPA). A request for feedback will be included on the Chapter website to provide the Chapter with input regarding the 2014 event and suggestions for planning a larger scale Canadian School Counselling Week in February, 2015.

"On behalf of the Nova Scotia School Counsellors Association and the CCPA School Counsellors Chapter, we look forward to school counsellors in Canada celebrating "Canadian School Counselling Week with their school communities," continues Cochrane.

For further info: contact Cochrane at 902-275-2720, trcochrane@nstu.ca or Janice Graham-Migel (Chair, National School Counselling Committee, CCPA School Counsellors Chapter) at 902-876-4381, ext. 103, jgraham@nstu.ca.



people

Nova Scotia's Education Partners

Nova Scotia's Education Partners met for their annual holiday dinner and meeting on December 10 at the Delta Halifax. This group works collaboratively to ensure that public education in Nova Scotia is properly funded and runs joint campaigns to encourage continued investment in public education. The group also met with Karen Casey, Minister of Education and Early Childhood Development on January 16 to discuss issues of concern regarding the state of public education funding in the province.



Shown above (l-r): NSTU president Shelley Morse; Nova Scotia Federation of Home and School Associations president Charla (Cambee) Dorrington; Nova Scotia School Boards Association (NSSBA) president Jamie Stevens; NSSBA executive director Ken Meech; Association of Nova Scotia Educational Administrators (ANSEA) president Gary Clarke; Fédération des parents acadien de la Nouvelle-Écosse (FPANE) executive director Natalie Aucoin; ANSEA executive director Guy LeBlanc and NSTU executive director Joan Ling. Missing from the photo: FPANE president Pierre Lebreton.

NSTU's Insurance Trustees

The NSTU's Insurance Trustees met for one of its monthly meetings on December 9 at the Delta Halifax. The mandate of the Insurance Trustees is to manage the NSTU Group Insurance plans. These plans are defined by the trust deed between the NSTU and the Trustees of the NSTU Group Insurance Trust Fund. Trustees serve a term of five years and represent various geographical areas of the province. NSTU's Insurance Trustees meet ten times per academic year, submit audited financial reports to the provincial executive, consider resolutions that may be referred to Annual Council and make recommendations, and participate in the NSTU Policy Review process as required.



Front row (left to right): Sharon Roach (Senior Consultant, Johnson Inc.); Thérèse Forsythe (former trustee, and chair, Kings Local); Wanda Rodgeron Fuller (Yarmouth); NSTU executive director Joan Ling; Sharon Midwinter (Cumberland); and NSTU president Shelley Morse. Back row (left to right): Paul Sarty (Consulting and Regional Manager, Plan Benefits, Maritimes, Johnson Inc.); Susan Noiles (Halifax County); Michael Cameron (Kings); Phil Doucette (Antigonish); and NSTU staff liaison Allan MacLean. Missing from the photo: Chair Stephanie Black (Cape Breton District).

Supporting the hungry

In lieu of printing and sending Christmas/holiday cards, the NSTU takes the budgeted amount and forwards it to a charity. This school year, the NSTU once again supported Feed Nova Scotia. NSTU president Shelley Morse presented a cheque of \$2,500 to Feed Nova Scotia's executive director Diane Swinemar during CBC Radio's Information Morning's Annual Feed Nova Scotia Food Drive on December 13. This donation was also coupled with a food and money drive by NSTU staff over the months of November and December. The staff donated 51 kgs of food and \$225 to Feed Nova Scotia. The support from the NSTU helps Feed Nova Scotia's monthly support of close to 22,000 Nova Scotians who rely on food from its member agencies, in which over 150,000 meals are served monthly through its meal programs and shelters. Feed Nova Scotia also provides additional support during the Christmas season. Every dollar donated helps to distribute \$15.74 worth of food. The NSTU support translates into \$42,891.50 for hungry Nova Scotians accessing Feed Nova Scotia's programs, 32 per cent of whom are under the age of 18.



Kings Local School & Media Tour

On December 9, NSTU president Shelley Morse visited schools in the Kings Local and then met with members of the local media to discuss public education issues. Kings Local president Natalie MacIsaac hosted Morse for the day and both Morse and MacIsaac met with teachers and administrators at Aldershot Elementary, Port Williams Elementary, Northeast Kings Education Centre, Kingston & District School, Pine Ridge Middle School, Central Kings Rural High, West Kings District High and Horton High.



Shown above (l-r): Kingston & District School Grade 3/4 teacher Colleen McGuire; NSTU president Shelley Morse; Kingston & District School Grade 2 French Immersion teacher and NSTU rep Meagan Bent; and Kings Local president Natalie MacIsaac.



Managing Editor: **Angela Murray**

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Partners' celebration honours promoters of human rights

Speak Up Against Discrimination was the Nova Scotian theme for the December 10 International Human Rights Day celebration organized by the Partners for Human Rights (Partners). This year's event, which took place at the Prospect Road Community Centre and featured guest speakers, student presentations of song, dance, and poetry also included a minute's silence in memory of Nelson Mandela, whose funeral took place on the same day. The late Burnley "Rocky" Jones was also honoured posthumously for his promotion and protection of human rights.

A passionate advocate for civil rights and social equity, Jones, an Order of Nova Scotia recipient, was a founding member of the Black United Front of Nova Scotia, and helped develop the Indigenous Black and Mi'kmaq Program at the Dalhousie Law School. He died in July at the age of 71.

In honour of Jones the Nova Scotia Human Rights individual award will now be known as the Dr. Burnley Allan "Rocky" Jones Human Rights Award.

"We all have a role in advancing human rights in our communities—teachers, students and community members," said the Lieutenant Governor of Nova Scotia, His Honour Brigadier-General J.J. Grant, CMM, ONS, CD (Ret'd). "We're here today to honour those who do speak up against discrimination," said the Honourable Tony Ince, the Minister of African Nova Scotian Affairs.



Spoken word poet El Jones leads the crowd in her tribute to Nelson Mandela and Rocky Jones.

Highlights of the event included spoken word poet El Jones, leading the crowd with her powerful tribute to Mandela and Jones, "If I get like Rocky then no one can stop me. If I get like Mandiba then power to the people," she repeated for the crowd to join in. The Joseph Howe School also performed and received four standing ovations.

The Youth Project's community educator Nolan Pike also provided a moving speech as he told his story of being a transgendered person and encouraged the crowd to celebrate differences and diversity. "Policy is not that important," he said. "It's what we do and who we stand up for, and how we support each other. I need the same right as everyone, a safe place to use the washroom. When we see sexism, sizeism etc. we call it bullying. I think we need to call it what it is—discrimination."

Recipients of the newly named individual award were Margaret Mauger, Colchester Sexual Assault Centre in Truro and Sherri Lecker, executive director of Adsum House in Halifax. Two youth awards were also presented. One was presented to Jessica Durling of Milford Station, Hants Co. a journalism student at the University of King's College in Halifax, who has been an advocate of human rights since she was a child and recently served on the Guideline Development Committee formed by the Minister of the Education and Early Childhood Development to provide policies for a safe environment for transgender and gender non-conforming students and staff in schools. The other was presented to Brandon Finyanos a Grade 12 student at Halifax West High School who became involved in community work in 2009 with the Olympic torch relay and at the multicultural festival in 2010. Also recognized was Sheila Lucas, an educator and facilitator with the African Nova Scotian Student Support Workers program. She supports, leads, assists and mentors her team of student support workers and helps keep many African Nova Scotian students in school to finish high school.

The non-profit Partners for Human Rights committee, made up of organizations including the NSTU and the Human Rights Commission, and community groups, is dedicated to working towards respectful and inclusive communities. Partners organize events to promote racial harmony and awareness of human rights issues in the community. The group, which hosts an annual event for International Human Rights Day on December 10, encourages recognition of International Day for the Elimination of Racial Discrimination on March 21. The Nova Scotia Teachers Union continues to be a long time, proud supporter of the December 10 event.



Shown above (l-r): David Hinch, African Nova Scotian Student Support Worker, Harbour View Elementary and John MacNeil schools; NSTU president Shelley Morse; Nolan Pike; Cindy Cain, African Nova Scotian Student Support Worker; Joseph Howe and Oxford Schools; Krishinda McBride, RCH Coordinator, Annapolis Valley Regional School Board; George Gray, retired HRSB teacher and second vice-president Black Educators' Association; Elwin LeRoux, superintendent, Halifax Regional School Board and Carole Sandy, (Community College professional support member) Coordinator of African Student Success, NSCC Kingstec Campus.

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from the nstu president

Ashley Moore



Appreciating our contribution to students and communities

The 26th National Teacher/Staff Appreciation Week will be celebrated across Canada from February 9 to 15, with many events being organized at worksites by Home and School, and Parent-Teacher Associations. Administrators and school staffs also plan activities to mark the contributions teachers and Community College members make each day in our schools and campuses.

During October and November we asked parents and students to show consideration for teachers who have made a difference in their lives. The response was heartwarming and students spoke highly of their teachers, past and present. As an extension of these reflections we need to look internally and consider the teachers who have touched our lives and helped shape the educators we are today. Each one of us has a story to tell about a former teacher or a colleague(s), those who have encouraged you or others, and those who are admired for their teaching abilities and skill set.

During the *Teachers Make a Difference* campaign many individuals were recognized, including retired teachers. Douglas Hale, a ninety-year-old former teacher from Somerset Elementary School was nominated by one of his previous students who indicated Mr. Hale inspired students to be their very best. She went on to say “he really listened, taking time to get to know each student. He taught us to experience and respect nature, exposed us to art and culture, encouraged us to be active, and made learning fun. He was active in the community, volunteering frequently and supporting causes financially. He encouraged students to be teachers,” and mentored many over the years of his career. He hasn’t taught since the eighties, but has been a positive influence on others to this day.

This can be said of many teachers in Nova Scotia, but as of late, with the overwhelming, and sometimes unnecessary increase in demands on teachers’ time, we have little or no time for making meaningful connections with students. Our worksites are filled with passionate teachers who teach with exuberance, spirit and enthusiasm. Besides teaching academics and covering outcomes we need to be able to spend time focusing on our students’ mental, physical, and social well being.

Over the last number of years we have lost the time in our day to educate the whole child and concentrate on our students’ overall development. These connections are necessary for further enriching the lives of our students to help them develop to their fullest potential. More often than not, “students don’t care how much you know until they know how much you care.” We need to get back to spending quality time fostering positive relationships with each other. In the world of digital lives and data collection, students and colleagues need this link.

This year’s Education Week theme *Active Citizenship: Get involved. Take action. Be the difference/Citoyenneté active: Implique-toi, agis, sois la différence* promotes the effect of community involvement in teaching, which encourages students to recognize their influential role as prominent members of their past, present and future communities. This is just one way we strive to educate the whole child, and celebrate its impact, and demonstrate leading by example.

Over the coming months, take a moment to tell a colleague why they are an inspirational teacher, and how they have motivated you. Boost a colleague’s morale and add to their emotional bank account, your compliment may be the only one in their day. Tell them what you appreciate about the work they do to nurture students’ achievement and success, and foster citizenship in our communities. Better yet, think about nominating a colleague for the newly re-established Lieutenant Governor’s Teaching Award. This award celebrates and highlights the positive influence teachers have on the students and communities they serve. The deadline is February 14. (See cover and page 20 for details).

The teachers and Community College members in this province go above and beyond daily for students, both inside and outside the classroom. Thank you!

Remember... *“Better than a thousand days of diligent study is one day with a great teacher.”* (Japanese proverb)

En reconnaissance de nos contributions à l’égard des élèves et des collectivités

La 26^e Semaine nationale d’appréciation de l’éducation sera célébrée partout au Canada du 9 au 15 février, et de nombreuses activités seront organisées dans les lieux de travail par les associations foyer-école et les associations parents-maîtres. Les administrateurs et le personnel des écoles préparent également des activités en reconnaissance des contributions faites chaque jour par les enseignants et les membres du Collège communautaire dans nos écoles et nos campus.

Durant les mois d’octobre et de novembre, nous avons demandé aux parents et aux élèves d’exprimer leur appréciation à l’égard des enseignants qui ont fait une différence dans leur vie. Les réponses nous ont réchauffé le cœur et les élèves ont dit beaucoup de bien de leurs enseignants d’hier et d’aujourd’hui. Dans le prolongement de ces réflexions, nous devons nous tourner vers nous-même et penser aux enseignants qui ont touché notre vie et contribué à former les éducateurs que nous sommes aujourd’hui. Chacun d’entre nous a au moins une histoire à raconter au sujet d’un ancien professeur ou d’un collègue, qui nous a encouragé ou en a encouragé d’autres et dont nous avons admiré les aptitudes à l’enseignement et les compétences générales.

Durant la campagne intitulée « Les enseignants font toute la différence », bon nombre de personnes ont fait l’objet de reconnaissance, y compris des enseignants retraités. Douglas Hale, ancien instituteur de l’école élémentaire Somerset, âgé aujourd’hui de quatre-vingt-dix ans, a été désigné par l’une de ses anciennes élèves qui a indiqué que M. Hale motivait les élèves à donner le meilleur d’eux-mêmes. Elle a ajouté : « Il nous écoutait vraiment et prenait le temps de faire connaissance avec chaque élève. Il nous apprenait à apprécier et à respecter la nature, nous exposait à l’art et à la culture, nous encourageait à être actifs et rendait l’apprentissage amusant. Il était très actif dans la collectivité, en faisant fréquemment du bénévolat et en soutenant financièrement certaines causes. Il encourageait ses élèves à devenir enseignants » et en a guidé et conseillé un grand nombre au cours de sa carrière. Il n’a pas enseigné depuis les années 80, mais son influence positive sur les autres persiste jusqu’à ce jour.

On peut en dire de même de nombreux enseignants en Nouvelle-Écosse mais, dernièrement, à cause des exigences croissantes, écrasantes, et parfois inutiles, qui sont imposées aux enseignants, nous avons peu ou pas de temps pour établir des liens significatifs avec les élèves. Nos lieux de travail sont pleins de professeurs passionnés qui enseignent avec exubérance, entraînent et enthousiasme. En plus d’enseigner les disciplines scolaires et de couvrir les résultats d’apprentissage, nous devons disposer de temps suffisant pour veiller au bien-être mental, physique, et social de nos élèves.

Au cours des dernières années, nous avons cessé de disposer du temps qui nous permettait d’éduquer l’enfant dans son intégralité et de nous consacrer au développement global de nos élèves. Ces liens sont nécessaires pour enrichir davantage la vie de nos élèves et les aider à réaliser leur plein potentiel. Dans la plupart des cas, « les élèves ne se soucient guère de ce que vous savez jusqu’à ce qu’ils sachent combien vous vous souciez d’eux ». Nous devons retrouver les moyens de passer ensemble du temps de qualité afin de favoriser des relations mutuellement enrichissantes. Dans cet univers de la communication numérique et des collectes de données, nos élèves et nos collègues ont besoin de ces liens.

Le thème de la Semaine de l’éducation de cette année est le suivant : *Citoyenneté active : Implique-toi, agis, sois la différence / Citizenship: Get involved. Take action. Be the difference*. Il souligne l’impact de l’engagement communautaire dans l’enseignement, ce qui encourage les élèves à reconnaître leur rôle important en tant que membres éminents de leurs collectivités d’hier, d’aujourd’hui et de demain. C’est seulement l’une des façons dont nous nous efforçons d’éduquer globalement l’enfant, d’honorer son impact et de montrer l’exemple.

Au cours des prochains mois, prenez un moment pour dire à des collègues en quoi ils sont une source d’inspiration et comment ils vous ont motivé. Remontez le moral de vos collègues et enrichissez leurs réserves affectives; votre compliment est peut-être le seul qu’ils recevront ce jour-là. Dites-leur combien vous appréciez le travail qu’ils font pour améliorer les résultats et favoriser la réussite de leurs élèves et pour promouvoir l’esprit de civisme dans nos collectivités. Mieux encore, envisagez de proposer un collègue pour le Prix de l’enseignement du lieutenant-gouverneur qui vient récemment d’être réinstauré. Ce prix honore et souligne l’influence positive qu’ont les enseignants sur les élèves et les collectivités qu’ils servent. La date limite pour les nominations est le 14 février. (Voir page 1 et 20 pour de plus amples détails).

Les enseignants et les membres du Collège communautaire de cette province vont chaque jour bien au-delà de leur simple devoir en faveur de leurs élèves, tant à l’intérieur qu’à l’extérieur de la salle de classe. Merci!

Et souvenez-vous... « *Une journée passée avec un grand maître vaut plus que mille journées d’étude appliquée.* » (Proverbe japonais)



Teacher’s books focus on virtues and acceptance

NSTU concerned about child poverty

Jayne Peters, a teacher at Elmsdale District School has been writing with her students for more than 20 years. Now she is also writing *for* them. You’ll find an abundance of books in Peter’s Grade 5 classroom, and recently two more, very unique books, have been added to the shelf: *Messy Jessy* and *Whispering Wings*, both written by Peters.

Messy Jessy was released in December 2012. Peter’s first book captures a young girl’s zest for life. The rhyming picture book isn’t about being messy; it’s about liking and accepting who you are. These lines repeat throughout the book to remind readers of this:

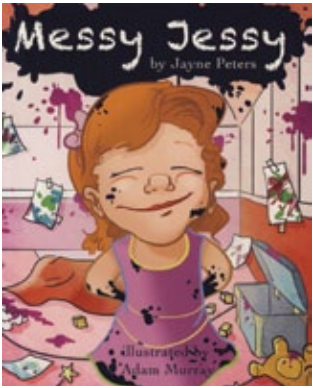
*Looking down at my toes,
mismatched socks are what I see.
I think, “I’m not Messy Jessy;
I just love being me!”*

Peters’ second book was released in December 2013. *Whispering Wings* is a story that gently reminds a family to use their virtues. Young readers learn about the virtues of patience, helpfulness, cooperation, friendliness and determination. They also learn about compassion and empathy as they make connections to other stories of determination, like Terry Fox. The illustrations by Mike Ferrin give the story a warm yet playful feeling.

Both books would be wonderful additions to every classroom library and can be purchased at *Puddle Duck Publishing* (www.puddleduckpublishing.com) and at *Tattletales*, Dartmouth. *Whispering Wings* is available through Amazon (www.amazon.com).

To learn more about Jayne Peter’s books visit her website (www.jaynepeters.com) or her author Facebook page (www.facebook.com/jaynepetersauthor).

The Teacher has a copy of *Messy Jessy* and *Whispering Wings* to giveaway, compliments of the author Jayne Peters. To be eligible for the draw email your name, home address, and school or campus name with Peters’ Books in the subject line to theteacher@nstu.ca by February 24.



The Nova Scotia Teachers Union is concerned about results from the 2013 Report Card on Child Poverty and its link to student success. “Teachers know there are many hungry children, adolescents and young adults out there, they see it every day,” says NSTU president Shelley Morse. “They continually find ways to help support these children because they know how difficult it is to learn when you experience hunger and poverty. Our members see the connection between poverty and students’ well-being and ability to succeed in school, and are concerned about their students not reaching their full potential.”

Research from Statistics Canada shows that children living in poverty are much less likely to achieve positive educational outcomes. “According to Campaign 2000, children from low income families are twice as likely to end up in special education, acquire mental illness and drop out of school,” continues Morse. Campaign 2000, a cross-Canada public education movement, aims to build support for the 1989 all-party House of Commons resolution to end child poverty by the year 2000.

According to the most recent Campaign 2000 report, 967,000 Canadian children live in poverty, 1.1 million experience food insecurity, and at least 22,000 are homeless. CCPA’s 2013 Report Card on Child and Family Poverty in Nova Scotia states that Nova Scotians have the fifth highest provincial rate of child poverty—17.3 per cent. “It’s coming up on 25 years since MPs voted to end child poverty in Canada,” continues Morse. “However, now there are even more Canadian students living in families where the income is at or below the poverty line.”

Morse hopes provincial and federal governments start to take action to alleviate child poverty. “Increasing income supports for lower income families, and adopting tax policies that create a more equitable wealth distribution are some ways this can be achieved,” she adds.

Morse, who was a member of the Canadian Teachers’ Federation’s Advisory Committee on Human Rights & Diversity, says that through a partnership with CTF’s Imagineaction program (<http://www.imagine-action.ca/>) school activities will be linked with community initiatives to better engage students in the issue of child poverty.

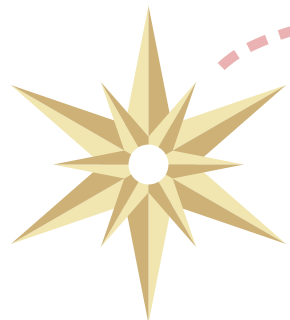
Morse is heartened to know that NSTU members are continually involved in helping to reduce poverty. “I am amazed at the number of initiatives our teachers and Community College members and their students are involved in throughout the school year to help others in need,” she continues. “During November and December this activity increases. Whether they run, or raise funds for breakfast and lunch programs, food banks and other community programs, they give of their time and resources and play a part in helping to end child poverty.”

The NSTU provided support again this year to Feed Nova Scotia. “Feed Nova Scotia continues to try to eliminate chronic hunger and poverty through their many programs.” (See people, page 2 for further info).

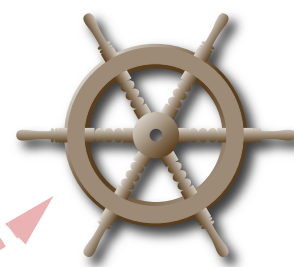
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Charting Your Course FOR PROFESSIONAL DEVELOPMENT



Supporting substitute teachers

by Mark MacPhee, Executive Staff Officer, Member Services

On November 22 and 23, 2013 the Nova Scotia Teachers Union hosted its annual Substitute Liaison Conference. This conference offers valuable professional development for both Local substitute liaisons and for substitute teachers who are in attendance representing their NSTU Locals. This year's conference offered a variety of sessions which included: *The Qualities of a Good Substitute*, *The Substitute Teacher's Took Kit*, *The Role of the Substitute Liaison*, *Navigating AESOP*, and *Johnson Inc. Insurance Benefits*.

Our public schools could not operate successfully without the valuable contributions made by substitute teachers. Substitutes are hired into a role which changes every day to support schools and the work of teachers who are required to be away from their regular duties. Substitute teachers are called upon to build rapport with students and engage students in learning on very short notice. This is not an easy task yet it's done successfully to the benefit of both students and teachers.

Since substitute teachers and Local substitute liaisons—many of whom are permanent teachers—took part in the conference, the emerging topic of conversation was around preparedness. Both the teacher who is going to be absent and the substitute teacher who is going to be called discussed how being prepared was beneficial to them and to the students. Here are a few helpful tips which were shared:

As the teacher who is going to be absent it is helpful to your substitute to have in your classroom a Substitute Binder, which includes:

- ◆ A schedule, class lists, seating plans, emergency protocols, login information for PowerSchool and your computer.
- ◆ A lesson plan which outlines the lessons and the materials needed.
- ◆ A contact name of a staff person and/or student who could provide assistance if necessary.
- ◆ A resource/learning centre schedule and the names of any program assistants that will be present in class with students.
- ◆ An emergency lesson plan, which can be used with your classes if needed.

◆ An emergency lesson plan, which can be used with your classes if needed.

◆ Your desk should also be organized with materials needed for the day. It's also important to refresh your Substitute Binder each semester or as information changes.

As a substitute teacher, here are a few tips for materials you would include in a "Sub Tub" which you would bring with you from school to school:

- ◆ A white board marker (in case you can't find the teacher's).
- ◆ Writing implements, paper and other school supplies you anticipate needing.
- ◆ An emergency lesson plan or activity that can be used if needed.
- ◆ Some learning strategy centered games, which could be used if needed.
- ◆ A business card, which you can provide to the school's administrator, which has your qualifications and contact information.
- ◆ Your "Sub Tub" should include wearing professional attire, which will assist you in being viewed as the teacher in charge of that classroom.
- ◆ Ensure you familiarize yourself with directions to get to the school. Arrive early so you can get settled and acquainted before the school day is set to begin.

The topic of being prepared goes beyond teachers as well to school administrators. Substitute teachers shared tips on things administrators often do to make their day run more smoothly:

- ◆ Greets me and makes me feel welcome in the school.
- ◆ Provides me a staff handbook or any relevant information needed e.g., emergency procedures, fire drills etc.
- ◆ Has keys to the classroom ready or walks with me to the classroom and unlocks the door.
- ◆ Makes sure I have everything I need before leaving me at the classroom.
- ◆ Let's me know if there are going to be any scheduled disruptions during the day such as a fire drill, assembly or guest speaker.
- ◆ Provides me with both positive and constructive feedback.



Halifax County Local president Meg Ferguson is shown with executive staff officer Mark MacPhee and Halifax Regional School Board substitute teachers Bev MacLean and Kevin Hull. Ferguson, MacLean and Hull provided a presentation for the annual Substitute Liaison conference on November 22 and 23.

Having some of these items prepared in advance will benefit the teacher who has a last minute absence and the substitute teacher who receives the early morning phone call asking if they teach for the day.

Local Substitute Liaisons also discussed the importance of being prepared and reaching out to substitutes to ensure they know they are a valued part of the NSTU. Liaisons took part in a workshop on their roles and responsibilities. The responsibilities of the Local Liaisons are:

- ◆ To ensure relevant information is brought to the attention of substitute teachers.
- ◆ To ensure Substitute Teacher Information Meetings are offered in compliance with NSTU policy.
- ◆ To organize one Professional Development/In-Service session to be held on an annual basis for substitute teachers in their Local.
- ◆ To monitor usage of the classroom information for Substitute Teacher forms.
- ◆ To report to the Substitute Teacher committee.
- ◆ To bring forth any minutes or report from local or Regional Substitute Committees in compliance with NSTU operational procedures.

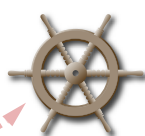
The liaison's role is vital in reaching members in schools and engaging members in activities at the local level. School reps can

also reach out to substitutes by directing them to the school NSTU bulletin board where they can get important information and notices about activities going on at the local level or contact/information workshops being offered.

This year's provincial Substitute Teacher Committee is comprised of Chair Rae Brown (Dartmouth); Natalie Doroshenko (Colchester-East Hants); Alison Egelhoff (Halifax County); Scott Hagell (Colchester-East Hants); Sara Lockerby (Colchester-East Hants); and provincial executive liaison Ben Sichel. Members of this year's and last year's committee—Chair Peter Day, (Cape Breton District); Rae Brown, (Dartmouth); Bonnie Mahaney, (Shelburne); Laurie Marshall, (Kings); Sandra Mitchell, (Lunenburg County); and Kathy Kerr, (provincial executive liaison)—played a vital role in planning the conference. This year's committee members have been busy contacting Substitute Liaisons at NSTU Locals across the province to offer support and gather feedback and concerns from substitute teachers. At its second meeting of the school year, Substitute Teacher Committee members prepared and submitted four resolutions to Annual Council for consideration. The committee looks forward to continued feedback and support from substitute teachers and substitute liaisons as we continue to support substitute teachers.



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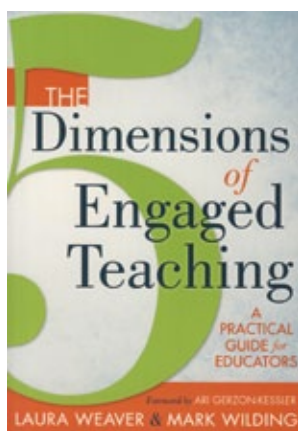
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The 5 Dimensions of Engaged Teaching:

A Practical Guide for Educators

by Laura Weaver and Mark Wilding

The 5 Dimensions of Engaged Teaching by Weaver and Wilding, published by Solution Tree, is a guide to help teachers as the teaching profession continues to become more than just lesson plans and testing. As teaching evolves, educator's expectations in the classroom have also evolved to more hands-on and engaged teaching methods to support all aspects of children's development. This guide looks at being present, establishing respectful boundaries and developing emotional capacity to cultivate and enhance learning for students.



EQUITY COMMITTEE BOOK REVIEW

Email your name, home address, and school or campus with EQUITY in the subject line to theteacher@nstu.ca by February 21 to be eligible for the draw.



Children Have Power! Voices of children standing in solidarity with first nations children

Children Have Power! Is a sign of solidarity from children across Canada to First Nations children showing support for their right to a safe and healthy living and learning environment. This touching book of illustrations and handwritten letters symbolizes the strength of a child's voice in helping others to live happily and healthfully in their communities.

Sport Hall of Fame inspires “Future Hall of Famers” with free education program



Mark Smith

received free education programming from the Nova Scotia Sport Hall of Fame (NSSHF) in 2013.

Headed by program coordinator Sarah Conn, the NSSHF’s Future Hall of Famers Education Program is provided free of charge at the Hall of Fame facility in the Halifax Metro Centre as well as in schools across the province. The NSSHF has a mandate to bring the program, including guest speakers like Mark Smith, to schools of all sizes in every region of Nova Scotia.

Through slideshows, videos, special guests and interactive activities, the Future Hall of Famers program teaches youth about our province’s rich sport history while providing role models that encourage students to set goals, work hard, and “stick with it.”

Helen Anderson teaches English, Social Studies, and Healthy Living at Uniacke District School. She learned about the program at the Teachers Association of Physical Health and Education (TAPHE) conference, where she entered a contest to win a trip to the Hall. As the winners of the trip, Anderson’s students received complimentary bus transportation to the Sport Hall to enjoy the free education programming.

Anderson thought the Future Hall of Famers program offered a unique and inspiring presentation.

“Listening to Mark say that it wasn’t given to him on a plate and that he had to work—that’s what they need to hear—that it’s not just privileged people who get places,” says Anderson. “I wish they were that quiet when I was teaching,” she adds with a laugh.

The silence turned to excited murmurs as Mark handed around some of his championship rings and medals. However, he was quick to tell the students awards are not everything.

“It was really more about the journey,” he says “about leaving Nova Scotia and moving to Grimsby, Ontario and learning to live on my own, learning to work hard, learning to deal with racism.”

“The difference between me and other people who didn’t get to do what I did is the willingness to stick with it,” says international softball success Mark Smith, and that is the message the Halifax-born pitcher shares with participants in the Future Hall of Famers Education Program.

On December 11, Smith, an inductee in the Nova Scotia Sport Hall of Fame with four Pan Am gold medals and two World Championships under his belt, shared his struggles and achievements with a hushed audience of Grade 8 students from Uniacke District School. The 37 students who were hanging on every word of his story were one group of more than 14,000 youth who

The Future Hall of Famers education program puts the focus on overcoming obstacles along the way no matter what your passion is. In between showcasing the achievements of individuals who have come from a small province and humble beginnings, the program takes time to mention that coaches, officials and sportscasters are heroes, too; that Sidney Crosby tried his best in math class and at the rink; that Paralympians are as important as NHL stars.

Smith’s presentation was part of the education program’s current speaker series. The series aims to include more Hall of Famers and Nova Scotia sport heroes in the education programming along with regular guest speakers such as basketball inductee Mickey Fox and Olympic kayaker Karen Furneaux.

The NSSHF has extended the reach of its education program by providing curriculum-based activities for teachers based on the course outcomes of English, healthy living, social studies and other subjects for Grades Primary through 8. Available online at www.nsshf.com, these lesson plans were also distributed at the TAPHE, BETA, ATENS, and SSTA conferences in October.

The Hall of Fame would love to visit your school and inspire your students. For your opportunity to participate in the free of charge province-wide program, or for more information, contact: Sarah Conn, Program Coordinator, NS Sport Hall of Fame, 1800 Argyle St., Ste. 446, Halifax, NS B3J 3N8; (902) 404-3343; nsshf.education@eastlink.ca



Uniacke District School students visit Sport Hall of Fame.

**Congratulations to our
book winners from November/December!**

FRESH — Danielle AuCoin-Coleman of Sydney

EQUITY — Lindsey MacDonald of Beechville

PD — Jennifer Fletcher of Newport

fresh

Putting new members in the KNOW!

Email your name, home address, and school or campus with FRESH in the subject line to theteacher@nstu.ca by February 21 to be eligible for the draw.

A Practical Guide to Early Childhood Inclusion: Effective Reflection

by Ann M. Gruenberg and Regina Miller

Ann Gruenberg and Regina Miller’s guide to Early Childhood Inclusion, published by Pearson, is a resource full of great information for educators in early childhood education and special education. Many of the topics explored such as: families, teams and communication, play and social development, and solving problems in everyday life; use mindful tactics and insightful information to help create a stronger and more effective learning environment.

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by Leticia Richer O.T. Reg. (N.S.)
Acting Program Manager / Occupational Therapist
NSTU Early Intervention Program

Wikipedia defines burnout as “a psychological term that refers to long-term exhaustion and diminished interest in work.” It results from prolonged stress, being overwhelmed and an inability to meet constant demands. Burnout causes one to feel unhappy, detached, helpless and completely worn out and with burnout comes the lack of motivation and energy to care about the situation, let alone problem solve a way to get back to health. Burnout affects work, relationships and health and must be addressed as soon as possible.

There are several things in life that may increase your risk for burnout. For example:

- **PERSONALITY:**
 - Perfectionism – nothing is ever good enough;
 - Negative view of yourself and the world;
 - A need to micro-manage and be in control;
 - Type A high achieving personality.
- **LIFESTYLE:**
 - Lack of work-life balance;
 - Being expected to be too many things to too many people;
 - Taking on too much without enough help;
 - Lack of close supportive relationships.
- **WORK:**
 - Feeling a lack of control at work;
 - Lack of recognition;
 - Unclear or overly demanding job expectations;
 - Boredom or lack of challenging work;
 - Unpredictable work environment;
 - High pressure work environment.

If you can relate to some of the above characteristics, YOU may be at an increased risk for burnout. It is important to recognize what you have control over and make changes to avoid the slippery downward slope. Consider the following ways that you can make changes in your life starting today.

1. **Adjust your expectations of yourself:** Aim to maintain a positive professional attitude, but give yourself a break. Recognize that you are the best/most perfect person at being you. You don't need to be perfect. When you are green you are growing; when you are ripe, you rot!

2. **Quit comparing yourself:** We have a tendency to compare our own worst to others' bests. How is this fair? Don't allow your only standard for evaluation of self-esteem be your job. And remember you will surely have low-self esteem if you constantly measure yourself against someone else's standards. Develop your own realistic standards (see #1) and measure yourself against those!
3. **Develop hobbies and interests outside of work:** Don't just identify with work, this creates a high risk for burnout. Find things you enjoy and schedule time to do them. What do you do well? Who do you enjoy being around? What non-work related skills would you like to work on?
4. **Take Breaks:** Take time to recharge during the day. Have a healthy snack. Take a walk to help you re-energize, connect with nature and enjoy the physical benefits of exercise. Make lunch plans with a co-worker. Establishing positive relationships at work will make you happier and help you live longer. Spend 10 minutes of quiet time every day. Try driving home without the radio, music or talking on the phone. Meditate—it strengthens the ability to remain cool in hot situations and quiets emotional noise, which calms the body and the mind reducing the stress response. What other ideas can you come up with?
5. **Self awareness:** Take a good look in the mirror. Examine your values. When values are clear, decisions are easy. Does what you are doing fit with your values? What triggers your burnout? Do you find yourself holding on to resentment? If so, deal with this issue, don't let it fester, this will surely lead to burnout.

6. **Realize it is Okay to Say No:** First understand that saying no is not selfish. It is a sign of professional and emotional maturity. If you have too much on your plate you can't do a good job at anything. Don't over promise and under deliver. The instant gratification of saying yes will quickly be offset by the stress of trying to fit it all in. Learn to say “no” to the good and “yes” to the best!



7. **Quit worrying:** Take life one day at a time. Do not worry about tomorrow, for tomorrow will worry about itself. Stay in the present and enjoy the moment you are in. We often miss the “good” moments when worrying about the future and what may not even be!
8. **Ask for help and know your resources:** Don't let the fear of being judged stop you from asking for help when needed. Who can you count on? What resources are available in your community? The NSTU has a variety of resources to help you in times of need. For example, The Early Intervention Program for Teachers, NSTU Counselling Services, Member Services and the Manulife Resilience Employee and Family Assistance

Program (1-877-955-6788). Call us if you need help. That's what we are here for!

If you feel that every day is a bad day, if you feel exhausted all the time, if you feel overworked and undervalued, you may be on the road to burnout. Don't wait for a better time to take care of yourself, NOW is the time to act. After all—“yesterday is history and tomorrow is a mystery, today is a gift and that is why it's called the present.”

REFERENCES:
www.realsimple.com
http://www.helpguide.org/mental/burn-out_signs_symptoms.htm
<https://www.openforum.com/articles/ten-tips-to-avoid-burnout/>

For previous *The Well Teacher* articles, go to www.nstu.ca
Click on Communications ► NSTU Publications
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The Early Intervention Program (EIP) invites NSTU members to sign up for our Wellness email list at Be_Well@nstu.ca

Please contact Erin at ekeefe@staff.nstu.ca and provide your NSTU email address. This list provides information about the EIP and other wellness topics.



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Form is also available on the nstu website at www.nstu.ca

NSTU Leader Profile

JOHN HELLE - Secretary-Treasurer

NSTU Provincial Executive

NSTU's secretary-treasurer John Helle is coming up on the 20-year mark as a teacher, but recently celebrated his 30th year as a reservist. "I came to teaching later, spent two-and-a-half years as a sub and was then fortunate enough to be hired by the Cape Breton-Victoria Regional School Board in Glace Bay at St. Michael's Junior High school," he says.



He feels fortunate because while he was full-time in the military as a reservist in CFB Gagetown, he chose to go back to university to be a teacher to return home in the hopes of making a difference in his home community. "I feel privileged to work in my home community and to be in a leadership role."

Helle is currently a teaching vice-principal at Oceanview Education Centre in Glace Bay, teaching Grade 7 social studies and chairing the school's program planning team. He was vice-principal at MacLennan Junior High for two years, social studies department head at Malcolm Monroe Junior High before that, worked on the Northside as a guidance counsellor at Thompson Junior High and spent eight years at St. Mike's. But it was just after he started as a substitute teacher that he went to his first union meeting—and has been hooked ever since. What came from that first meeting has been much involvement in the Cape Breton District Local. "I became an NSTU rep, served on the PD committee, PA and Finance committees and was the vice-president of PA/PR," he says. He has also served on his Local's resolutions and nominating committees, was elected to the provincial resolutions committee in 2009 and was a member of the provincial appeals committee before he was elected to be one of two Cape Breton District representatives on the provincial executive in 2011.

In the midst of his third year on the executive, Helle is currently serving his second year as secretary-treasurer. He served on the finance and property committee during the 2011-12 school year. "I wanted to have some professional development because I intended to run for secretary-treasurer the following year," he says. "In leadership, if you have a goal you should develop towards that goal, and you should do anything you can to prepare, so you can serve in a better capacity." As NSTU's secretary-treasurer he also serves on the Pension Advisory Group for the NSTU employees' pension plan.

Helle wanted to get involved on the finance and property committee because he has a background in finance, which includes a BBA from Cape Breton University. He also holds a BA in Economics & French (CBU), a BEd from University of Maine at Fort Kent, a curriculum development diploma, a guidance diploma and a Master of Education in Leadership in School Development (Acadia). And if that wasn't enough letters behind his name, he also has a CD designation from his work in the Canadian Forces. The Canadian Forces CD or Canadian Forces Decoration is bestowed upon members of the Forces who have completed 12 years of military service, awarded to officers and non-commissioned members of the Regular Force and The Reserve Force subcomponents. He became a commissioned officer at the age of 19.

Helle has also taken advantage of the professional development the NSTU has offered through his involvement, "The union has been very good as far as development, in particular the parliamentary procedure course," he says. He also enjoys NSTU's Annual Council, and in his role as secretary-treasurer he leads the budget discussion, which can get heated at times. "Sometimes you have to stand up and accept the challenge," he says. "I answer all the questions and respond to all the criticisms, and am not offended by the process. It's simply reflective of what our members are thinking in tough times."

He's been going to Council for many years, and enjoys the collaborative approach. "We work together to find solutions. We watch and hear a lot of debate take place, but in the end it all comes together. That's what I like about the NSTU, and Council in particular—there's something unifying about the end of Council."

For him, collaboration is crucial for leadership. "Collaboration is a key aspect of leadership, and I've always been a leader since a young age." In high school he served on the student council, in university he was president of the business society and began officer training with the Canadian Armed Forces while he was a university student.

While he was at McLennan, his colleague and principal Redmond McDougall recognized his leadership by nominating him for a Queen's Diamond Jubilee Medal, which he received in August 2012.

Once he's completed his term on the provincial executive, he will probably put more focus on his Local. "No doubt I will continue to serve until I can't," he says. When it comes to his Local he sees a great mix of people. "We are bringing in new people to meetings every year, and there is a nice mix of new, mid-career and late-career teachers who are active members of the Local—like a great teaching staff."

He does recognize that his Local, like others, need to look at succession planning and continue to motivate people to step up. "Teachers give in their own way, through coaching, chaperoning, other activities, and some will choose it through union involvement." He hopes that NSTU members will continue to step up and give back.

**The deadline for the March issue of
The Teacher is February 10.**

**Contact Sonia Matheson at
1-800-565-6788 / theteacher@nstu.ca**

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Original pictures or images related to submitted content are appreciated.

The themes for the 2013-2014 academic year AVISO editions are:

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Spring – Lifelong Learning

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Les photos/images originales reliées aux soumissions sont appréciées.

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Teachers Make a Difference



Congratulations to all of the NSTU members nominated for the Teachers Make a Difference Campaign!!

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Reanne Fletcher
Robin Foley
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Donna Griffin
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Elizabeth Lamb
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Elizabeth Lister
Heather MacLean
Shelley Moore
Kevin Pearle
Beverly Roy
Kendra Watson
Krista Wright

**Cape Breton-Victoria
Regional School Board**
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Barbara Costelo
Gaye Dixon
Laura Dunlop
Bill Hollahan
Mike MacNamara
Eva Pickering
Krista Starzomski
Andrew Unsworth

**Chignecto-Central
Regional School Board**
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Jill Carter
Nancy Coleman
Rachel Collins
Norma Collinson
Elizabeth Craig
Anthony Eaton
John Fortune
Belinda Fraser
Melody Googoo
Mellisa Gould
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Angela Stepaniak
Suzanne Synishin
Darren Teasdale
Isabel Thompson
Theresa Thompson

Tri-County Regional School Board
Adam Aldred
Glenn Bourque
Gail Goreham
Roland Hannem
Jody Harris
Kristen Hayes
Natasha Hiltz
Debbie Hubbard
Johann McBurney
Yvette Mooney
Gina Mundell
Vera Ryan
Mike Silver
Nicole Spinney
Debbie Walker

Retired and others
Betty-Jean Aucoin
Brian Forbes
Doug Hale
Wendy Jones-Darrow
Graeme King
Edith Leadbetter
Cynthia Prime



NOTICE OF ELECTIONS (SPRING 2014)
Election of NSTU Provincial Executive Members

I. Background:

NSTU By-Law Article IV *The Provincial Executive* outlines the structure and duties of the NSTU Provincial Executive.

• Definition

There shall be an Executive of the Council, to be composed of the President, the immediate Past-President (one-year position only), the first Vice-President, twenty-one (21) members elected on a regional basis at the Local level, including one member elected by all the members of the CSANE Local, and two (2) members elected by all the members of the Community College Local. A majority of the members of the Executive shall constitute a quorum.

• Duties

The Executive functions in the name of the Council between sessions. It shall perform its duties in a manner that is consistent with the will of the Council as expressed through resolutions passed by the Council. In addition, the Executive shall carry out duties imposed specifically by the Teaching Profession Act and;

- (a) appoint and dismiss an Executive Director and such other paid employees of the Union as it may deem necessary and determine their duties, remuneration and terms of employment, including bonding;
- (b) provide suitable offices and equipment for carrying on the work of the NSTU;
- (c) direct and supervise the business, property and affairs of the NSTU between Council meetings, and all decisions that are deemed policy by the Executive shall be forwarded to the upcoming Council as resolutions;
- (d) determine the place and date and make arrangements for workshops and special Council meetings;
- (e) issue a post-Council press release;
- (f) provide assistance with organizing Locals and Regional Representative Councils and Professional Associations;
- (g) shall ratify constitutions of Locals, Regional Representative Councils and Professional Associations by following regulations outlined in the NSTU Guidebook;
- (h) determine the boundaries of the Locals;
- (i) publish a magazine or other official publications;
- (j) cause the books and accounts of the Council to be audited annually by a chartered accountant and cause the report of the auditor to be submitted to Council;
- (k) have the power to convene an emergency meeting of a Local or a meeting of the NSTU members in a given area; and
- (l) is empowered to exercise on behalf of the Union, as the Executive deems advisable from time to time, the powers of the Union under the Teachers' Pension Act and report thereon to the Council at the next following meeting of the Council.

• Representation

NSTU Standing Order 10 *Composition of the Provincial Executive* delineates the representation by regional.

10. Composition Of the Provincial Executive

- (a) Members of the NSTU teaching in the following regions shall elect twenty-one members to the Executive subject to the following conditions:
 - (i) elections shall be held fifteen (15) days or more prior to the first meeting of the Council;
 - (ii) the regions and the numbers to be elected from each region shall be as follows:

Annapolis-Hants West-Kings	2 members
Antigonish-Guysborough	1 member
Cape Breton Industrial	2 members
Colchester-East Hants	1 member
Community College	2 members
Conseil syndical acadien de la Nouvelle-Écosse	1 member
Cumberland	1 member
Dartmouth	1 member
Digby-Yarmouth	1 member
Halifax City	2 members
Halifax County	2 members
Inverness-Richmond	1 member
Lunenburg County	1 member
Northside-Victoria	1 member
Pictou	1 member
Shelburne-Queens	1 member

II. Election Locations
Region

- Annapolis-Hants West-Kings (2)
- Antigonish-Guysborough (1)
- Cape Breton Industrial (2)
- Colchester-East Hants
- Community College (2)
- Dartmouth (1)
- Halifax City (2)
- Halifax County (2)
- Inverness-Richmond (1)
- Lunenburg County (1)

To be Elected

- 1 member
- 1 member
- 1 member
- 1 member
- 1 member
- 1 member
- 1 member
- 1 member
- 1 member
- 1 member

III. Eligibility

NSTU By-Law Article I-10(a) (iv) The right to vote and hold office at the Local and/or provincial level.

IV. Time Line

- A regional election must be conducted at least 15 days prior to Annual Council.
- Nominations close 30 days prior to Election Day in a region.
- The Regional Nominating Committee sets the exact dates for the election and close of nominations in a region.
- Contact your Local President to obtain the dates for the Close of Nominations and Election Day.

V. Contact Person:

For further information regarding the 2014 Regional Elections, contact Kate Ingram at kingram@staff.nstu.ca or 1-800-565-6788.



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Life online for young Canadians is more connected, more mobile, and more social

Canadian children and teens are more connected to the online world than ever through a variety of portable devices, and more connected to others through social networking, according to new research released by MediaSmarts. Although boys and girls have different experiences online, the Internet is an important source for seeking information, entertainment and socializing for all young Canadians.

MediaSmarts surveyed over 5,000 students in classrooms across the country on their Internet behaviours and attitudes, as part of Phase III of its Young Canadians in a Wired World study. The first report drawn from the survey, Life Online, looks at how youth access the Internet, their main activities and favourite sites, their attitudes towards online safety, household rules on Internet use and unplugging from digital technology.

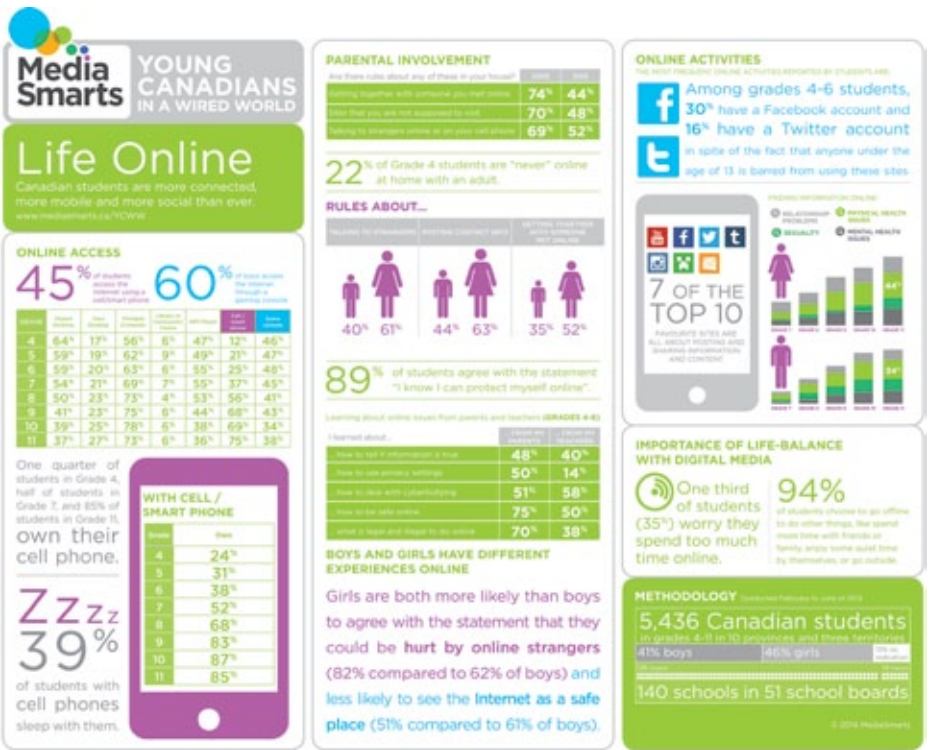
One of the biggest changes since the survey was last conducted in 2005 is the proliferation of mobile devices, such as tablets, smartphones and MP3 players, which give youth constant – and often unsupervised – online access. The other big change is the growth in social networking, even among children too young to register for these sites: many of the sites that now dominate the list of students’ top 10 favourites – Facebook, Twitter, Instagram, Tumblr and Minecraft – were barely on the horizon, or didn’t exist, in 2005.

“We were surprised at the level of social networking, especially in the younger grades,” says Jane Tallim, Co-Executive Director of MediaSmarts. “With many of these activities taking place on portable devices and fewer family rules about being online, there is a greater need for parents and teachers to educate young people about the issues around socializing and sharing online.”

Key findings include:

- 32 per cent of students in Grades 4 to 6 have a Facebook account and 16 per cent have a Twitter account, even though these sites are restricted to users 13 or older
- Girls are significantly less likely than boys to see the Internet as a safe place
- Students have fewer rules at home about what they can do online since 2005, but there is still a strong connection between having rules and fewer risky behaviours
- Students like to stay connected: more than a third who own cell phones say they sleep with their phones, and more than a third worry they spend too much time online
- One in six students has gone offline to avoid harassment

To view the Life Online report, infographic, and slide show, visit <http://mediasmarts.ca/ycww>. Follow the conversation using hashtag #YCW. This research was made possible by financial contributions from Canadian Internet Registration Authority, Office of the Privacy Commissioner of Canada and The Alberta Teachers’ Association. Future reports based on this data will look at students’ habits, activities and attitudes towards: privacy, digital permanence, bullying, commercialization, offensive content, online relationships and digital literacy in the classroom and in the home.



Teachers who make a difference

Krista Wright

Primary teacher Krista Wright was thrilled to know that a former student of hers, now in Grade 2, nominated her for the NSTU’s *Teachers Make a Difference* (TMaD) program. TMaD gives students the opportunity to nominate a public school teacher, APSEA or Community College member who has made a big difference in their life, and contributed to their school and community.

“I found out that the student who nominated me did so completely on his own,” she says. Wright is this year’s Annapolis Valley Regional School Board’s recipient of the TMaD award. She was well aware of the NSTU’s campaign as she is currently serving her second year as the president of the Annapolis Local. Wright started as an NSTU rep 12 years ago, served as the VP of Economic Welfare for her Local and has served on the Council Elections committee and currently serves on the discipline committee.

In her 26th year of teaching, Wright, a mother of three sons, aged 18, 20 and 23 has been teaching Grade Primary at Bridgetown Regional Elementary School for a quarter of a century.

When she found out her name was randomly selected as the AVRSB recipient she was surprised, because as she says, “I’m just doing my job.” People in her community kept recognizing her at social gatherings and congratulating her because they had seen her name on television and in the newspaper. Although she was a little embarrassed by this, “It’s important to be acknowledged, and what makes this special is that a former student nominated me. It’s great that NSTU is providing a forum for students to recognize a teacher who has meant something to them.”

The student who nominated Wright says: “She always has time to talk to her students and always does fun things with us.”



NSTU president Shelley Morse presented Krista Wright with her Teachers Make a Difference plaque and cheque for \$300 for her school’s breakfast program during an Annapolis Local meeting on January 28. Morse and Wright are shown with Annapolis RRC Chair Allister Wadden, provincial executive members Kim Frank and Belinda Snow and NSTU Annapolis Local staff liaison Gérard Cormier.



Book Winners

- CHECKERS & DOT — Brian Rafuse of Bridgetown
- PANIC IN PITTSBURGH — Nancy Bradfield of Halifax
- FEED NOVA SCOTIA — Lori Smith Hill of Shubenacadie
- THE LITTLE PRINCE — Pascale Landry of Saulnierville

Master of Education Programs at StFX



PART-TIME DISTANCE PROGRAMS

Students may complete Master of Education programs in *Educational Administration and Leadership* or a variety of *Curriculum and Instruction* areas. These part-time programs require one month of study on campus in July. The remainder of the program can be completed online over a two-year period. These programs may be completed by course-based, project, or thesis routes.

SCHOLARSHIPS AVAILABLE FOR FULL-TIME GRADUATE STUDY

StFX admits a limited number of full-time graduate students annually who wish to develop capacity in teaching/leadership or applied research. Students are paired with faculty who provide them with internship opportunities related to university teaching and field experience in the BED program and/or research. Students who choose the research-based option will participate in funded research programs in collaboration with full-time faculty.

INFORMATION

For more information or to receive an information package, contact:

1-877-867-3906

Email: med@stfx.ca

<http://sites.stfx.ca/continuingeducation/master>



Application deadline: February 15th

Here’s what StFX MED students have to say...

- “People showed genuine interest and curiosity about what I do, how I teach, my school environment and who I am, and in return I gained a great amount of knowledge from listening to their experiences.”
- “The personal and professional development that takes place in the presence of each other creates a common experience that extends to the online classes, making the program feel like a continuum, rather than pieces that create a whole.”
- “It has been both formative and relevant to my teaching and I recommend the experience whole-heartedly.”

Education Week 2014

Active Citizenship: Get involved. Take action. Be the difference/Citoyenneté active: Implique-toi, agis, sois la différence is a timely and exciting theme for Education Week 2014. Active participation in our communities gives every Nova Scotian the opportunity to be involved and forge their own futures.

Active Citizenship means promoting community involvement in teaching by encouraging students to recognize their influential role as prominent members of their communities. It means teachers continuing to lead by example by promoting active participation, positive digital citizenship, anti-bullying efforts and local and global awareness.

Active Citizenship promotes key competencies such as critical thinking, problem solving, and collaboration. It gives students the tools to understand the social, political and economic forces that have shaped the past and present, and how it influences them and their communities in the future.

The provincial Education Week Awards Ceremony will celebrate teachers throughout the province who promote active citizenship and making a difference. A total of 23 educators will be recognized, representing all eight school boards. Education Partners will have the opportunity to applaud one of their members who has made a significant contribution to active citizenship in our school system as well.

Education Week will be celebrated from April 20-26, 2014. School boards throughout the province will showcase their students and teachers in a variety of local events. The awards ceremony will launch this special week on Tuesday, April 22 at 2 p.m. at a location yet to be determined. The Teachers Plus Credit Union is the proud corporate sponsor of Education Week, and has contributed generously in support of the event for over a decade.

Information on this year's theme and nomination process and deadlines for the final selection of candidates has been sent to school boards. The deadline for final recipient's names from each school board, determined by each Board's Education Week nomination committee is February 28, 2014.



Professional and Discipline committees meet



On December 6, members of NSTU's discipline and professional committees met for a joint meeting continue to learn more about their roles and mandates. Members of both these committees are appointed during Annual Council.

The Discipline Committee may adjudicate conduct of Union members that are inimical to the interests of the organization. The Professional Committee investigates charges of conduct unbecoming a member of the teaching profession.

Shown seated (l-r): discipline committee members Colleen Scott (Shelburne); and professional committee members Scott McKellar (Community College) and Tanya DeViller (Yarmouth). Standing: professional committee NSTU staff liaison, Grant MacLean, discipline committee members Phil Goora (Halifax County) and Lawrence Rigby (Halifax City); professional committee member Byron Butt (Lunenburg County); discipline committee NSTU staff liaison, Mark MacPhee; and professional committee member Jeff Wamboldt (Dartmouth). Missing: discipline committee members Stanley Cameron (Inverness) and Krista Wright (Annapolis); and professional committee members Cherie Abriel (Colchester-East Hants) and Allister Wadden (Annapolis).

Education Week has a long tradition in Nova Scotia dating to the 1930s. Several of Nova Scotia's education partners join together to plan and facilitate the awards ceremony. These partners include the Nova Scotia Teachers Union, the Nova Scotia Federation of Home and School Associations, la Fédération des parents acadiens de la Nouvelle-Écosse, the Association of Nova Scotia Educational Administrators, the Nova Scotia School Boards Association and the Department of Education and Early Childhood Development.

For more information on Education Week 2014, contact this year's committee chair Diane Racette at rdiane@csap.ednet.ns.ca, or the NSTU representative Angela Murray at amurray@staff.nstu.ca.

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Developed by the National Eating Disorder Information Centre (www.nedic.ca)
Beyond Images is generously supported by the Dove Self-Esteem Project





Educational Leadership Consortium of Nova Scotia

EXECUTIVE DIRECTOR VACANCY

The NSELC is a not-for-profit organization that provides educators with the skills development they need to ensure they become more effective educational leaders. The Consortium offers Nova Scotia educators a wide range of learning opportunities including modules, workshops, conferences as well as providing links and access to other meaningful and relevant resources.

The Board of Directors is seeking an experienced educational leader who will bring strong and innovative leadership to the organization. He or she will work with the Board of Directors and members of the Program Committee to support current and relevant professional learning for the consortium partners. The preferred candidate is an independent worker who is a strategic leader with vision and innovation who is versed in and employs excellent interpersonal and communication skills, human resources management, technology and public finance.

The position is part-time (50%) and commences April 1, 2014 or at a later mutually agreeable date.

Additional information about the NSELC is available at www.nselc.ca and the SSRSB website at www.ssrsb.ca.



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Teachers in the Nova Scotia International Programs

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- paid holidays

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internationalprograms@gov.ns.ca

From time to time, opportunities arise throughout the year for short-term positions. If you would like to learn more, please contact us at the above email address for more information.

"Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover." Mark Twain



NSTU CAMPAIGN GUIDELINES



The 2014 deadline for candidates' information is **March 14** for the April 8 issue. This information should be given or sent directly to *The Teacher* office at theteacher@nstu.ca

There will be no First Vice-Presidential election at Council 2014. By-Law, Article V 2 (b) (ii) now states:

The term of office for the First Vice-President shall be two (2) years beginning at the conclusion of Annual Council. (2013-23)

8. Committee Campaign Guidelines

In respect of electoral campaigns for committees elected at Council, the following guidelines shall apply:

- (a) Active campaigning within the Council Chambers is prohibited. Passive campaign activity within the Council Chambers is permitted;
- (b) Locals are prohibited from directly making any monetary or non-monetary contribution to any candidate's campaign. Such contributions do not include expenditure of funds designated for the Local (e.g. Local meeting room at Annual Council). (2013-4)
- (c) Campaign spending by or on behalf of each candidate may not exceed \$100. Such expenses are the sole responsibility of the candidate.
- (d) All candidates must submit an approved financial statement report form to the Annual Council Elections Committee within sixty (60) days from the conclusion of Annual Council. This statement is to include a list of all contributions with non-monetary items being assessed at dollar value, and an itemized list of expenditures;
- (e) The Annual Council Elections Committee shall refer the financial statements of candidates to the Provincial Executive for review. These financial statements will be published in *The Teacher*.
- (f) Publicity: Each candidate is permitted to insert in an issue of *The Teacher* prior to Council:
 - (a) One head and shoulder photograph of himself/herself;
 - (b) Biography of personal, educational and career achievements, of no more than 150 words;
 - (c) A personally prepared platform of objectives, no more than 300 words in length.
- (g) Items must be sent to *The Teacher* fifteen (15) working days before publication and these will appear in alphabetical order.
- (h) Paid advertisements in any medium (press, radio, TV, *The Teacher*) are prohibited.
- (i) The number of campaign posters and/or banners on display in the hotel at Annual Council may not exceed a total of twenty-five (25) for each candidate. When Annual Council is held at a facility where Local delegates are divided between two facilities, the number of posters will be increased to thirty-five (35). A campaign poster shall include any poster, banner or sign posted by or for a member running for an elected position that makes a reference to the candidate and/or the position being sought. (2011-9)
- (j) Upon request, each candidate shall be given a list of the room numbers at the main facility used by NSTU delegates, alternates, official observers and guests once delegates have been accommodated. Distribution of campaign materials to rooms shall be limited to those rooms so identified. Such identification shall not allow the name of the occupant of the room to be determined.

9. General Campaign Guidelines - Active and Passive Campaigning

With respect to all elections, the following definitions shall apply:

- (a) Active campaigning shall be considered any display or action that involves the presentation of partisan information in a manner that is difficult for a group of delegates to avoid. Examples of such active campaigning include the display of campaign posters,, the shouting of campaign slogans, shouting out in support of a candidate other than during the normal address to delegates, distributing materials throughout Council chambers including the placing of campaign materials anywhere within Council chambers prior to, during or following a Council session, and demonstrations in support of a given candidate. (2011-13)
- (b) Passive campaigning shall be considered any display or action that is observable only by people in the immediate vicinity of the campaign material and involves no explicit action to promote or advance those materials at the time at which the material is seen or heard. Examples of such passive campaigning include the use of writing materials containing references to a candidate, the wearing of campaign clothing, buttons or ornaments, and the presence of a single copy of a candidate's campaign literature at the delegate's seat and table spot. (2011-12)
- (c) A candidate or representative of the candidate is permitted to place up to one (1) item per delegate per session at the tables in Council chambers prior to the start of the session. This would replace campaign material distribution at other times. A candidate would still be permitted to greet delegates as they enter Council chambers. (2011-10)
- (d) In the event that campaigning for any other NSTU election takes place during Council, the guidelines for the Council Committee election campaigns applicable to the conduct of the campaign during Council, shall apply.
- (e) Active campaigning for election to a position not related to the structure of the NSTU is prohibited.

Kutcher provides keynote for annual NSELC luncheon

Renowned expert in the area of adolescent mental health and mental health research, Dr. Stan Kutcher, provided teachers, board personnel and other educational leaders with some practical advice about policy implementation regarding student mental health at the Nova Scotia Educational Leadership Consortium (NSELC) annual luncheon on December 13.

“Here are some key things to remember about policy implementation. It should be evidence-based, do no harm and be cost effective,” says Kutcher. “It’s also important to be transparent. If you don’t know the answer, find out.”

The Sun Life Financial Chair in Adolescent Mental Health and professor in the Department of psychiatry at Dalhousie University and IWK Health Centre defines mental health as the, “Capacity of your brain to successfully adapt to your environment. As we adapt our brains change.” He told the audience what is ideal for student success. “Teachers and students need optimal environments in which to grow, teach and learn,” he says. “We need distress in order to adapt and grow, and your job is not to hide and remove distress from students—we need normal distress in order to learn.”

He says in allowing students to respond to their stress and not hide it from them will help them to be resilient. “We become less resilient if we avoid stress and anxiety.” One way to achieve an optimal environment in which to help children adapt to distress is through support networks, like school counselling. “We need counsellors in every school,” he adds.

This is music to the ears of the NSTU president. “This is something the NSTU has been saying for years,” says NSTU president Shelley Morse. “Our members recognize the vital role school counsellors play in providing support for student success.”

During this year’s event, which includes a joint-board-program committee meeting, outgoing chair of the NSELC and former deputy minister of education Carole Oleson was honoured.

NSELC provides educators with skill development to ensure they become more effective educational leaders. Its professional learning programs target educators in positions of senior leadership or teachers aspiring to move into administrative leadership roles, and many of its offerings now meet the professional needs of classroom teachers who want to develop their instructional strategies to better meet the needs of their students, become effective curriculum leaders, or who are interested in fulfilling the role of a coach or mentor. The NSTU is a partner organization of NSELC and executive staff officer Debbie McIsaac serves on its board and its executive committee. Executive staff officer Betty-Jean Aucoin serves on its program committee.



(l-r): NSELC executive co-director Tony Stewart, NSELC executive co-director Sandi Carmichael, NSTU president Shelley Morse, NSTU executive staff officer Betty Jean Aucoin, Dr. Stan Kutcher, NSTU executive staff officer Debbie McIsaac and NSELC acting chair Nancy Pynch-Worthylake, who is the Senior Executive Director Public Schools for the Department of Education and Early Childhood Development.

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coming events

February is...

African Heritage Month (ansa.novascotia.ca/African-Heritage-Month), Heart Month (heartmonth.heartandstroke.ca), White Cane Week (www.ccbnational.net), Eating Disorder Awareness Week (nedic.ca), World Cancer Day (www.worldcancerday.org/)

March is...

National Epilepsy Month (www.epilepsy.ca/ www.epilepsyns.com), Help Fight Liver Disease Month (www.liver.ca), Kidney Health Month (www.kidney.ca), National Social Work Month (www.socialworkers.org), National Colorectal Cancer Month (www.colorectal-cancer.ca), National Engineering Month (www.nem-mng.ca), National Nutrition Month (www.dietitians.ca), Red Cross Month (www.redcross.ca), Brain Awareness Week (braincanada.ca), Youth Science Festival Month (www.ysf-fsj.ca), World Down Syndrome Day (www.worlddownsyndromeday.org), International Day for the Elimination of Racial Discrimination (www.un.org)

FEBRUARY

African Heritage Month 2014

African Heritage Month is celebrating its 30th year. Please visit <http://ansa.novascotia.ca/African-Heritage-Month> to find out information on this year's celebrations and events. The theme of "Youth", will accompany all events and promotions to celebrate the energetic and vibrant younger African Canadian community.

More information can also be found at <https://www.facebook.com/AfricanNSAffairs> or http://hrbstaff.ednet.ns.ca/sbcogswe/Social%20Studies/african_nova_scotia_heritage.htm

FEBRUARY

Heart Month 2014

Every February the Heart and Stroke Foundation of Canada celebrates Heart Month. Heart Month is an opportunity to educate Canadians about the importance of heart health and how to prevent heart disease and strokes. Volunteers from across the country may be knocking at your door advocating and fundraising to improve the health and knowledge of one of our country's most prevalent forms of illness. Please visit the Heart and Stroke Foundation website for more information <http://heartmonth.heartandstroke.ca>

FEBRUARY

Winter Walk Day - Any Day in February

It may be chilly outside, but winter is as good a time as any to take a walk and enjoy the brisk winter air. Winter Walk Day is inviting schools, groups and others to join in on this day focused on physical activity, helping the environment and practicing winter safety. Dress warm and join in! Please visit <http://saferoutesns.ca/programs/winter-walk-day> for information on how to register.

FEBRUARY 5 TO APRIL 24

Green Your School

This year Canadian Geographic's Energy Diet Challenge gives schools a chance to not

only lower their carbon footprints, but also to have a chance to win \$10,000! To be entered please submit a proposal, create a video and get your message out there to win votes and support for your great green idea. The contest opens on February 5, 2014 and closes on April 24, 2014. For more information please visit http://energydiet.canadiangeographic.ca/2014/green_your_school.

FEBRUARY 9 TO 15

National Teacher/Staff Appreciation Week

The 26th National Teacher/Staff Appreciation Week (TSAW) is being celebrated this year from February 9 to 15. The Nova Scotia Federation of Home and School Associations (NSFHSA) encourages all parents, students and the wider community to recognize the important contributions, both personal and professional, of teachers and school staff to the lives of children and their education. For more information contact the NSFHSA at 1-800-214-8373, email: nsfhsa@staff.ednet.ns.ca, <http://www.nsfhsa.org/>

FEBRUARY 14 DEADLINE

Canada Day Challenge

This annual contest is open to students ages 8-18. Please submit entries of a poster, piece of writing or a digital photograph which represents this year's theme of *Canada: Strong and Free*. Various prizes can be won with a grand prize which includes a trip to Parliament Hill and a VIP invitation to attend the Canada Day celebrations this summer. Please visit <http://www.pch.gc.ca/eng/1292268977681/1292268977684> for complete contest details.

FEBRUARY 15

Lost Student Found: Using assessment to engage all students

This workshop, *Using Assessment to Engage All Students: Knowing each Student as a Person and a Learner* will take place from 9 a.m. to 12 p.m. at Mount Saint Vincent University's Seton Academic Centre, Room 404 (Faculty Lounge) in Halifax. It explores the following:

- teaching practices that make the most difference to student engagement and success;
- the contributions of formative assessment (for good or ill);
- ways we can assess all students so that we can reach the ones who've become disengaged.

Workshop participants will share experiences, reflect on established practices, and develop new perspectives and strategies for using formative assessment to know and support each student, particularly the disengaged student, as a person and a learner. Each participant will be provided with further resources on student engagement.

Any educator wanting to learn strategies to engage students is invited to attend for a cost of \$40 (includes materials and refreshments). The session will be facilitated by celebrated educator, Beth Charlton. Charlton is a literacy educator, author, and leader in the field of assessment and student engagement. An assistant professor at MSVU, she teaches locally and internationally.

For further information, email education@msvu.ca or phone (902) 457-6178.

FEBRUARY 23 TO MARCH 1

Freedom to Read Week

Freedom to Read Week celebrates our rights to intellectual freedom. This week celebrates and reconnects Canadians to the Charter of Rights and Freedom. Visit <http://www.freedomtoread.ca/freedom-to-read-week/#.UzAHuvRDso4> to check on events that are taking place or to submit your own ideas.

FEBRUARY 24 DEADLINE

Canada's Coolest School Trip 2014

My Parks Pass and Air Canada are proud to sponsor an exciting opportunity for students called *Canada's Coolest School Trip!* Visit <http://contest.myparkspass.ca/>, register your class and enter your video and creative brief by February 24, 2014, to be judged for a chance to win. Make sure that your entry follows this year's theme of *Canada's Coolest Stories: where nature and history meet*.

FEBRUARY 24 DEADLINE

2014 Juno Beach Tour - Application deadline - February 24

Every summer, Juno Beach Tours organizes a 10-day professional development opportunity for educators. From July 25 to August 5, 2014, educators will embark on a journey through northern France and Normandy learning and exploring Canada's history in the First and Second World Wars. For more information and to apply for the program, please visit http://www.junobeach.org/centre/english/education/teacher_trip.htm for the trip brochure and application.

MARCH 1

Actifs et Fiers – Date limite le 1 mars

Voulez-vous améliorer le sens de fierté pour la francophonie dans votre école? ACELF encourage les institutions éducatives de composer des activités et des programmes pour agrandir le sentiment d'appartenance avec la francophonie pour leur concours

Actifs et fiers. Il y a plusieurs prix nationaux et régionaux à gagner. Visiter <http://www.acelf.ca/semaine-nationale-francophonie/concours-actifs-fiers.php> pour trouver les règlements et pour plus d'information.

MARCH 8

International Women's Day

On March 8th, please join many in celebrating International Women's Day. This year's theme of *Inspiring Change* will focus on ways we can create change to help women advance in all areas. International Women's Day began in 1911 and has continued to be a global celebration of the achievements of women in social, economic, and political areas. For more information, please visit <http://www.internationalwomensday.com/>.

MARCH 19 DEADLINE

Reading Matters School & Library Contest

Reading Matters is an exciting opportunity to spread the word about the importance of reading in schools and libraries. The contest closes on March 19. This is a fun and interactive contest to get everyone in your school and library involved and ask them why, "Reading Matters!" Visit <http://www.nationalreadingcampaign.ca/announcing-the-reading-matters-contest-for-schools-and-libraries/> for contest rules, regulations and more information how you can win one of 5 Kobo Auras.

APRIL 10 TO 13

Music Conference

The National Orff Conference, *Ensemble 2014*, is taking place at the Halifax Marriott Harbourfront Hotel from April 10-13. Join your music colleagues in choosing from over 40 workshops (in French and English) that will inspire your classroom teaching and strengthen your music program.

For more information go to <http://orffcanadaconference2014.com/>

23rd National Conference | 40^e anniversaire
Music for Children • Carl Orff Canada • Musique pour Enfants



Avril
Halifax
April 10 -13, 2014

Marriott Harbourfront Hotel | Halifax | Nova Scotia

www.orffcanadaconference2014.com

Online registration starting November 15, 2013
Inscriptions en ligne dès le 15 novembre 2013

Randy De Lelles and Jeff Kriske | USA
Richard Dubé | Saskatchewan
Chantal Dubois | Québec
Maria Eppensteiner | Austria
Kwasi Dunyo | Ontario
Doug Goodkin | USA
Sue Harvie | Alberta
Martha Healy | Nova Scotia
Nicole Lafrenière | Manitoba
Christoph Maubach | New Zealand
Josée Mayrand | Québec
Guyline Myre | Québec
Colleen Putt | Nova Scotia
Marion Roy | Ontario
Brian Tate | British Columbia
Angela Warren | Newfoundland
Deborah Zlotkoski | British Columbia

Turn Up the Volumes | This Session is for the Birds
Making Northern Spirit flute
ABC... créer/ Paysage sonore
Music Dance Music
Drum your Stories
Jazz it up
Play, Play, Play
Discover Folk Repertoire
Dance Mozart / Strauss
Elemental... Music
Gumboot
Stomp!
Folk dancing/ Jigs/ Reels
Games/ Songs
Choral
Recorder
Composers...

Musical Highlights

Ceillidh

Halifax Regional School Board Children's Orffestra

Jubilee Swing Orchestra

Les Voix d'Acadie

Page 16, *The Teacher*, January/February 2014

NOTICES

Valentines for Vets ♥

Each year on Valentine's Day, Veterans Affairs Canada (VAC) asks schools, organizations and individuals, to make Valentines for the Veterans. They are then distributed by VAC to veterans all across the country. This is a chance to let Veterans know they are not forgotten and their sacrifices were appreciated. Please visit <http://www.veterans.gc.ca/eng/remembrance/how-to-get-involved/valentine> for more information on how to participate.

2014 Junior Achievement Awards and Scholarships

With over \$45,000 in scholarships and prizes to be awarded, students are encouraged to apply with a chance to help fund their continuing education. Deadlines range from February 2014 to May 2014, please visit online at www.jacan.org/awards for more information.

Healthy Schools Day in Canada – April 8, 2014

This year the focus is on Indoor Air Quality. Students, teachers and administrators spend many hours each week indoors in schools, the quality of air they are breathing makes a big difference in the quality of their health. Healthy Schools Day is looking to give schools great ideas to foster healthy and happy environments for students and everyone else in a school community. Visit <http://www.casle.ca/Default.aspx?alias=www.casle.ca/HealthySchoolsDay> for information on how to register and ways to make your school healthier.

EI releases major study documenting collective bargaining in education sector

Since the financial crisis in 2008, trade unions have faced unprecedented challenges to maintain existing rights and to strengthen collective bargaining provisions. An important new study by Education International provides a valuable insight into the disturbing trends in freedom of association and collective bargaining in the education sector in many parts of the world (http://www.ei-ie.org/en/news/news_details/2828). This study entitled: *Study on Trends in Freedom of Association and Collective Bargaining in the Education Sector Since the Financial Crisis 2008–2013* is written by Nora Wintour. A link to the study is found here: http://download.ei-ie.org/Docs/WebDepot/Trends%20CB%20FA_web_EN.pdf

S.S. Atlantic Heritage Interpretation Park

The S.S. Atlantic Heritage Interpretation Park is one of Nova Scotia's best kept educational and tourism secrets. This is a great chance for students to learn more about Nova Scotia's History. This site will allow individuals to explore one of the biggest shipwrecks prior to the Titanic—the S.S. Atlantic luxury steamship that sank off Mar's Head on April 1st, 1873. For more information and brochures please email ssatlantic@ns.sympatico.ca.

First ever nation-wide workplace survey

The Canadian Labour Congress, working in partnership with researchers at Western University, has launched a national survey on the impact of domestic violence on workers and workplaces, the first-ever survey of its kind in Canada.

“The results of this survey will provide made-in-Canada research that will help unions, employers, advocates and governments develop good public policy as well as negotiate workplace supports,” says Barbara Byers, CLC Executive Vice-President. “Unions have worked hard to pressure governments to pass workplace violence legislation that offers some protection for workers experiencing violence at home, but it is still not enough.”

The survey is online and available in English and French until June 6, 2014. Any workers over the age of 15 are encouraged to complete the survey, whether or not they have personally experienced or witnessed domestic violence. The survey is completely anonymous and takes between 10 and 30 minutes to complete <http://www.fluidsurveys.com/s/DVatWork/>

For more information on this survey visit: <http://www.canadianlabour.ca/national/news/clc-western-university-launch-first-ever-nation-wide-workplace-survey>

Engineers Canada presents Career Focus

Engineers program has created a new service for high school students to explore whether or not the world of engineering appeals to them. Using Pathfinder technology, students will have their unique strengths identified for an overall Predictor of Performance. To learn more and to get your students involved as they begin to think about post-secondary education, please visit <http://engineerscanada.ca/career-focus>.

Amaujap National Centre for Inuit Education Awarded Prestigious Inspiration Prize

Three recipients were awarded the prestigious Inspiration Prize on behalf of the Amaujap Nation Centre for Inuit Education. The three recipients will share \$1 million to go towards giving parents the resources they need to provide the opportunity for their children to go to school well fed, rested and ready to learn. This program was inspired by other international initiatives with the strong message of improving school attendance and the quality of a child's learning experience. Please visit www.amaujaq.ca for more information on the national strategy.

How teachers and teacher unions are working to stop forced and child labour

Child and forced labour are a serious and terrible reality we are still faced with in the world. Countries such as Uzbekistan still engage in activities that enforce child and forced labour as a standard of discipline. As more awareness of this practice comes to view, teachers and teaching associations realize that education is fundamentally the best tool in stopping this terrible practice. Please visit <http://www.aft.org/about/world/democracy-humanrights/childlabor/resources.cfm> for resources and information and www.share.ca for information on how to act to stop child and forced labour.

I ♥ to Skate

Once again the Emera Oval and the Halifax Regional Municipality will be providing free skating lessons for children and youth. Please check out scheduled times and information regarding safety and equipment at <http://www.halifax.ca/SkateHRM/PublicSkating/LearnToSkate.html>. This is a great opportunity to get out and be active during the cold winter months. Happy Skating!



Teach in a BC Certified Offshore School and Experience the Exotic Middle Eastern Culture

Reading Recovery Specialist and Primary and Intermediate Teachers

Needed for 2014-2015

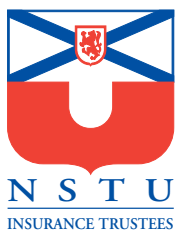
Competitive Tax-free salary, friendly environment, upscale, progressive and centrally located country. For more details please refer to the following ad:

<http://www.educationcanada.com/international.phtml?fullad=84223>

Or email us at:

careers.qa@hayatschool.com
www.hayatschool.com

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Are You Ready for the Chilly Challenge

The NSTU Group Insurance Trustees are sponsoring a health and wellness challenge again this year supported by Homewood Human Solutions™. This year's event will be called *"The Chilly Challenge"*.

The challenge will be a five-week event starting January 27 and running to March 2, 2014.

The health and wellness challenge will include the following five dimensions:

Physical Wellness: Activities such as aerobic activity, non-aerobic activity, and proper sleep will be part of this component.

Nutritional Wellness: Eating a nutritious breakfast, limiting caffeine and sugar intake, and drinking proper amounts of water will be the focus of this component.

Psychological Wellness: Being creative, spending time in nature, and cleaning the clutter from your home and work will be looked at in this component.

Intellectual Wellness: Playing intellectual games, learning something new, and sharing your intellectual insights will be a few of the issues focused on in this component.

Social/Community Wellness: Making a difference for someone, respecting the environment, and performing a random act of kindness will be examined in this component.

You can participate in any or all of the wellness dimensions. There will be random draws of prizes for 100 participants and a special gift for all active participants. There will also be 10 members randomly drawn for major prize give-aways.

Winners of the major prize draws from last year are:

Denise Bekkers, Tracey Comeau, Jennifer Landry, Kathleen Naylor, Celine Burlock, Vera Ryan, Annette Zinck, Linda Osmond, Mary MacLeod and Jonathan Murphy.

The challenge last year was a great success. Many testimonials were submitted by participants with comments such as *"This is a great way to get motivated"*, *"I love this idea so much, I just hope there is a possibility of doing it several times a year"*, and *"I am sorry to see it end.....can't wait till next year"*.

As of the date of the publishing of this edition of *The Teacher*, posters and registration information have already been sent to NSTU reps. Registration for this year's challenge is open until February 3. The Trustees want to wish everyone the best as they participate in the Chilly Challenge for 2014.

If you have any questions, please contact: Joan Ling at jling@staff.nstu.ca, or Allan MacLean at amaclean@staff.nstu.ca, at 477-5621 (local), 1-800-565-6788 (toll-free), or Paul Sarty at psarty@johnson.ca, 453-9552 (local), 1-800-453-9552 (toll-free), or Sharon Roach at sroach@johnson.ca, 453-8564 (local), 1-800-452-9504 (toll-free).

THE CHILLY CHALLENGE

Intellectual Physical
Nutritional Psychological
Social / Community

"The Health and Wellness Challenge" supported by Homewood Human Solutions

Prizes
Random draws for:

- iPad (completing initial, final wellness assessment and satisfaction survey)
- 10 iPad minis or \$300
- 100 draws for \$25 gift card
- special gift for active participants

Five-Week Challenge
January 27 to March 2, 2014

- Individual or Team
- Registration – January 20 to February 3
- NSTU School Rep will provide getting started brochure
- Open to active members (term, probationary, permanent contract) of the Nova Scotia Teachers Union

Sponsored by NSTU Group Insurance Trustees

RESILIENCE® PROGRAM (Manulife / Homewood Human Solutions)

- ✓ Counselling Services (Stress, Family issues, bereavement, etc.)
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- ✓ Healthy eLinks (online resource of healthcare)

24 hours, 7 days a week / 365 days per year

1-877-955-NSTU (6788)

myresilience.com*

*refer to brochure or the NSTU Member Diary for access

The John Huntley Memorial Internship Program

The deadlines for applications for the John Huntley Memorial Internship Program for the 2013-2014 school year are
February 15 and April 15.

Applications for active NSTU members are available through your NSTU rep, on the NSTU website at www.nstu.ca or at Central Office 477-5621 or 1-800-565-6788.

The internship provides members with an opportunity to learn more about the NSTU.

Nova Scotia Teachers Union

LOOKING FOR THE ULTIMATE OUT OF CLASSROOM EXPERIENCE?

Apply to the Teachers Institute on Canadian Parliamentary Democracy.

Application deadline
April 15, 2014

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Digital Resources for Teachers

Visit our website <http://medialibrary.ednet.ns.ca> to access these and other digital classroom resources!

- **Educational Videos**
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- **EBSCO Periodical Database**
- **ImagesProject**
- **Education Portal**
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AFRICAN CANADIAN HISTORY VIDEOS!!

To order any of the titles listed below, please click here: <https://medialibrary.ednet.ns.ca/videos>

VIDEOS FOR AFRICAN CANADIAN HISTORY

To order any of the titles listed below, please click here: <https://medialibrary.ednet.ns.ca/videos> or send me an email with the titles you are interested in (mediadub@ednet.ns.ca).

African Percussion (Grades 7-12)

This program features Wendy Mackey and other Nova Scotian drummers who demonstrate the drumming techniques associated with all four themes of the Grade 7 social studies unit African Percussion. The demonstrations are punctuated by performances of complete musical number by Kumba. (2000; 31 min. + 1 audio CD)

Ame Noir / Black Soul (Grades P-12)

This short video will immerse students into the heart of Black culture via a voyage through defining moments of Black history. A series of transforming images traces of ancestry of a young boy to the mighty Pharaohs, valiant kings, slave market, and exile. Rhythms of the drum, gospel, and jazz perform as the boy makes his way from lush Caribbean to the snows of Northern America. This video with sound, but no words be useful for students at most grade levels. (2000; 10 min.)

Black Immigrants (Grades 10-12)

This two-part program from CBC's Heritage Series, documents the 17th Century emigration of the "Maroons" from Africa via Jamaica to Nova Scotia and their ultimate deportation to Sierra Leone. The second part documents the arrival of the Black Loyalists from the United States in 1783 and the refugee blacks from the War of 1812. (1980; 56 min.) (2 DVDs)

Escape to Nova Scotia (Grades 7-12)

This Nova Scotia Museum production traces the journey of Black Loyalists, especially those who settled in the vicinity of Tracadie, from South Carolina to Nova Scotia. The production is based on a collection of still images amassed by the Museum as part of its Black History database, including the drawings of Harold Cromwell, noted African Canadian artist from Weymouth. (1998; 58 min.)

Keep On Keepin' On (Grades P-12)

Produced, written and directed by Sylvia D. Hamilton, this short film is a visual poem to Nova Scotia from the point of view of an African descended person whose ancestry dates back nearly two hundred years in Nova Scotia. It is a testimony to a people, who in spite of the odds, "keep on keepin' on". This film covers a wide range of curriculum outcomes and is appropriate for all grade levels. (2006; 4 min.)

Literature Alive Series (Grades 10-12)

Literature Alive is a documentary series that profiles Caribbean-Canadian authors, explores their lives and their creative processes. In doing so, we discover the links between personal experience, ancestry, and migration; between Canada and the Caribbean; between an artist and their art. Artists profiled: Olive Senior, Richardo Keens-Douglas, Dwayne Morgan, and Louise Bennett. (2006; ca. 25 min each)

Mumsuze (Grades 6-12)

CBC's "Inquiry". Suzanna Bundy Smith died at the age of 105. Her life and the lives of the residents of North Preston, Nova Scotia are a testament to the victory over prejudice, poverty and hardship through struggle and faith. Mumsuze and her family reflect on the history of her family and community through five generations. (1986; 27 min.)

Long Road to Justice: The Viola Desmond Story (Grades 7-12)

This video examines the case of Viola Desmond, a successful entrepreneur who operated her own beauty parlour and college in Halifax, who was arrested after she unknowingly sat in the whites-only section of a New Glasgow movie theater. This case was instrumental in bringing an end to segregation laws in the province and this video features both interviews and period re-enactments of Desmond's story. (2012; 45 min.)

Poetry collection brings African Nova Scotian experience to the classroom

A new resource featuring poems by local author George Borden will give Nova Scotia students an opportunity to explore African Heritage throughout the year.

On January 16, George Borden joined African Nova Scotian Affairs Minister Tony Ince, on behalf of Education and Early Childhood Development Minister Karen Casey, to launch *I Never Heard Their Cry! Selected Poems of George Borden* at Dartmouth High School.



Nova Scotian author George Borden is shown talking to a student at Dartmouth High School on January 16 during the launch of a new resource for Nova Scotia students featuring his poetry.

"I congratulate Mr. Borden on this collection and thank him for providing his work to our students," said Ince. "Preserving and promoting African Nova Scotian history is deeply important, especially for our young people, and I'm thrilled that Mr. Borden's work will be in schools for reflection and discussion."

In the summer of 2011, Borden donated his poetry collection to the Department of Education and Early Childhood Development so it could be shared with Nova Scotia students.

"Our Black story has not been told as it should have been, and only in a very few cases by Blacks. I'm trying to correct that," he said.

The Department published the collection, and, in the spring, will provide it to high schools as part of a local authors package. Additional copies will be given to African Canadian Studies 11 and English 12: African Heritage classes.

Borden is an author, poet, and songwriter from New Glasgow. He has written children's stories and gospel songs, and has published a trilogy of poetry works recounting the Black experience from Africa to modern day Nova Scotia. His work has also been published in numerous anthologies and provincial and national newspapers and magazines.

Making Tracks

Get students moving, safely

A fun, hands-on way to get students to walk, cycle, in-line skate and skateboard safely and confidently

- Learn how to teach active transportation safety and skills to students
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Making Tracks is approved by the Nova Scotia Department of Education and connects with multiple physical education and leadership cross-curricular outcomes. Its flexible modular hands-on design can easily fit your classroom, and after school program needs.

Learn more about Making Tracks:
www.saferoutesns.ca | mt@ecologyaction.ca | 902.442.0209

Making Tracks is offered through the Ecology Action Centre with support from the Government of Nova Scotia, Mountain Equipment Co-op, St. Francis Xavier University, and Skate Pass®

A vertical strip of images showing students participating in the Making Tracks program. The top image shows students walking and cycling on a path. The middle image shows a smiling student wearing a helmet. The bottom image shows a group of students walking on a path.

Out Home (Grades 7-12)

CBC's "Inquiry". The 130-year history of Africville on the shore of Bedford Basin is outlined through the memories of its last residents, family and archival footage. The move out of Africville, which took place over five years, was and is very controversial. Former residents of Africville describe the relocation process, the adjustments they made and reflect on the decision making process and decision makers, which resulted in the loss of Africville as a physical site. Former residents are passing on to their children the sense of community and history, in part through annual reunions held at what has now been renamed "Seaview Park". (1987; 29 min.)

Remember Africville (Grades 7-12)

This film combines contemporary and historical footage and stills to tell the story of the demolition of Africville from several viewpoints. We hear from former Africville residents, human rights workers and Halifax City officials at the time of the demolition. These images and accounts of events are set against contemporary views, including many excerpts from a 1989 conference on Africville which grew out of the Mount Saint Vincent University Art Gallery exhibit on Africville. The program makes use of cultural expressions which use the theme of Africville, including poetry by Maxine Tynes and music composed and performed by the a cappella group Four the Moment. (1991; 35 min.)

Another 55 classes full of discovery heading across Nova Scotia

For the second year in a row, teachers and students from across Nova Scotia will be opening their classroom doors to Discovery Centre's Science on the Road education team thanks to a recent contest sponsored by Nova Scotia Teachers Union (NSTU) and Johnson Inc.

Fifty-five school trips have been awarded as a result of the contest, which was open to all public school teachers in Nova Scotia and offered a school visit from the Discovery Centre's award-winning external education program, Science on the Road. And once again, every school board in the province is represented in the winners list.

"This project is a great way for us to provide supportive programs to teachers across the province," says NSTU president Shelley Morse. "We're really pleased that so many students will have access to programming that is such a great complement to what our teachers are already providing in the classroom in engaging students in hands-on learning."

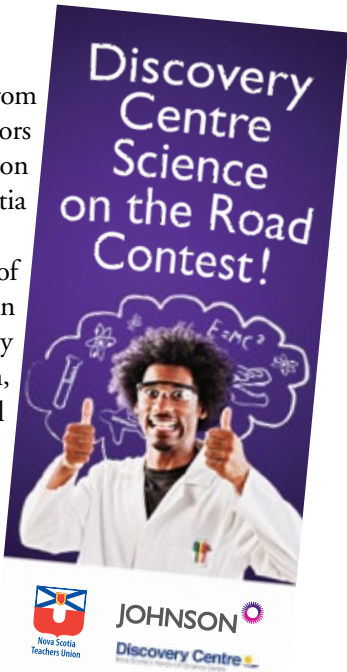
The Discovery Centre's mandate to make science and technology interesting and entertaining for children and young people has made it a leader in the delivery of interactive educational programming. Its External Education Program, which reaches over 20,000 students at over 80 schools annually, offers curriculum-connected workshops and shows that blend education and entertainment to bring science to life.

"We are so thrilled to work with the Nova Scotia Teachers Union to help bring this exciting program to more than 1,000 students across the province again for the second year," says Karl Biermann, Regional Vice-President, Johnson Inc. "We are so proud of teachers and the positive work that they do to influence the growth and success of their students. High-quality programs like this not only make learning about science and technology interesting and fun, but it's one of the ways we can help support teachers in their classrooms."

This is the second year for the contest, which was open to all public school teachers in Nova Scotia. The detailed list of winners is available at www.johnson.ca/sciencecontest. The winning teachers are listed below:

Donna Anton-Mulley
Rhonda Ayres
Linda Beaton
Darlene Bereta
Christina Bower
Karen Bower
April Butler
Danielle Chiasson
Janet Clare
Carolyn Cleary Meagher
Shelley Cullen
Kate Cummings
Helen Donahoe
Paula Follett-Comeau
Jody Harris
Debbie Hubbard
Tiblet Kidanu
Mary Knox
Lynn Kontak
Jennifer Lachance
Holly Lake
Pascale Landry
Jill Levy-Peverelle
Denise Lombard
Suzanne MacAulay
Steven MacMaster
Jeanette Marshall
Keri McLeod

Michelle Millman
Janice Murray
Laura Naylor
Gayle Noah
Margaret O'Neil
Donna Petrie
Cheryl Porter
Carrie Rand
Jeff Rankin
Claudia Robar
Marilyn Ross
Jessica Schuringa
Melanie Sharpe
Erika Smith
Lisa Smith
Jim Smith
Susan Starling
Cindy Steele-Wood
Marty Stephenson
Cathy Townsend
David VanDeMoortele
Devon Vankoughnett
Stephanie Wallace
Amy Warr
Tina Webber-Frail
Tammy Wentzell
Cathy Wilkes



classifieds

Classified rates are \$2.00 for the first 15 words; 25¢ per additional word upon presentation of a professional or NSCC Employee number. Non-members pay \$6.00 for the first 15 words and 25¢ per additional word. To book, call Sonia Matheson at 1-800-565-6788 or email theteacher@nstu.ca

ITALY & GREECE Trip - August 2015 or THAILAND, CAMBODIA & VIETNAM July 2015 - Plan ahead now to have an amazing Summer Adventure! Teachers, relatives and friends are invited to join these AMAZING trips! For information contact Sarah/Wally Fiander (TCRSB teachers) at sfiander@nstu.ca. Itineraries available.

TRAVEL AGENT - "Do you need to get away? I can help!" Sharon Barkhouse, Travel Agent, The Holiday Experts. Contact 902-488-5017 / sharon.barkhouse@theholidayexperts.ca

FOR SALE - North Conway, NH - timeshare week in historic Eastern Slope Resort Inn. One week in mid July in two storey fully equipped, sleeps 4. Deeded for 70+ years. \$6000. Contact: billwagstaff@me.com or 902-678-5776. Further details at easternslopeinn.com

TEACHING IN CHINA - Teach in China for two or four weeks in July 2014. Interested? Check us out at www.china-connection.ca

WANTED JOB SHARE FOR EXPERIENCED ELEMENTARYTEACHER - I am an elementary teacher with five years experience. Very flexible. Had terms, long terms and more in all grade levels and have a very diverse background in education. Currently enrolled in Masters in Diverse Learners. Interested in HRSB, perhaps South Shore Board. Willing to begin at any time, this year or next. For further info contact Alison 240-1810 or email aegelhoff@eastlink.ca

TEACHER EXCHANGE - Permanent elementary learning centre/resource teacher with the HRSB is looking to exchange positions with a teacher from CBVRSB for the 2014-2015. A permanent exchange is possible. If interested please contact tsyms@hrsb.ns.ca

TEACHER EXCHANGE - Permanent Resource teacher with AVRSB interested in an exchange with SSRSB or HRSB for the 2014-2015 school

year. A permanent exchange is desired. If interested, please contact sgiovannetti@staff.ednet.ns.ca

TEACHER EXCHANGE - Permanent junior/senior high learning center/resource teacher with the HRSB is looking to exchange positions with a teacher from CCRSB for the 2014-15 school year. A permanent exchange is possible. If interested, please contact me at deani2009@hotmail.com.

TEACHER EXCHANGE - Permanent elementary teacher with SSRSB interested in exchange within an hour of Halifax. Looking to exchange within SSRSB, but also HRSB or AVRSB. Permanent exchange desired. Contact: dmacburnie@staff.ednet.ns.ca

TEACHER EXCHANGE - I am seeking an exchange with an elementary teacher in the AVRSB. I hold a permanent elementary position in HRSB. A permanent exchange is possible. Please contact Vaunda at vaunda.macdonald@hrsb.ns.ca

TEACHER EXCHANGE - Permanent Jr. High French and Social Studies teacher with the CBVRSB is seeking an exchange to HRSB for the 2014-2015 school year. A permanent exchange is possible. If interested please contact amjbenoit@staff.ednet.ns.ca

JOB SHARE - Job-share teacher 20%, French Immersion qualifications necessary. Grade Primary, 1 or possibly 2. School year 2014 or longer. Contact Manon Roy mroy@hrsb.ca, 902-435-7900.

JOB SHARE - Teacher with many years of teaching experience, both in elementary and secondary, looking for a one day job share in Metro for the upcoming school year 2014-15. Please contact Donna Myers Keating: 902-469-2165.

TEACHER EXCHANGE - Permanent Elementary teacher with HRSB interested in exchange with a permanent elementary teacher from CBVRSB for 2014-2015 school year. Possible permanent exchange desired. If interested please contact clarkd@staff.ednet.ns.ca



2013-2014

Pre-Retirement Seminars—SCHEDULE

DATES	LOCATIONS
February 6 & 7 (Thursday & Friday) 13 & 14 (Thursday & Friday)	HRSB (Dr. Tom Parker Building, Halifax) SSRSB (Best Western, Bridgewater)
May 8 & 9 (Thursday & Friday)	CBVRSB (Holiday Inn, Sydney)

September, 2013 Dates/locations subject to change

For up-to-date information on Deals & Discounts for NSTU members (including RTO members), please email theteacher@nstu.ca phone 1-800-565-6788 or visit the website at www.nstu.ca

Lieutenant Governor's Teaching Award



NOMINATE A COLLEAGUE

Nominate a colleague you believe represents the teaching profession in Nova Scotia: someone who exemplifies the outstanding work done daily by teachers. If you know of a worthy candidate, please submit a nomination form today. Candidates must be nominated by three colleagues. For more information, ask your NSTU representative for the 2014 nomination form, or check our website, www.nstu.ca. The annual Lieutenant-Governor's Teaching Award was instituted by the Honourable Myra A. Freeman, CM, ONS, MSM., in partnership with the NSTU to celebrate the positive influence teachers have on the students and communities they serve. His Honour, Brigadier General the Honourable J.J. Grant, CMM, ONS, CD (Ret'd) Lieutenant Governor of Nova Scotia, re-established this award in 2013.

NOMINATION DEADLINE IS 4:30 P.M.
FEBRUARY 14, 2014