



Education partners lobby for increased funding for public education

Nova Scotia's education partners are once again lobbying the Nova Scotia government to increase funding to public education.

"We need a 3.6 per cent increase to maintain jobs and programs," says NSTU president Alexis Allen. This translates into \$36 million and does not include money for unsettled contracts.

The Nova Scotia Teachers Union, the Nova Scotia School Boards Association (NSSBA), the Association of Nova Scotia

Educational Administrators (ANSEA), the Nova Scotia Federation of Home and School Associations Inc. (NSFHSA) and la Fédération des parents acadiens de la Nouvelle-Écosse are launching a collective campaign to urge the Nova Scotia government to increase funding to public education in this spring's budget.

The joint partners have engaged the advertising and public relations agency Colour to help develop the campaign, which is intended to empower people to speak out



The joint education partners are from left to right: Noel Hurley, president of the Association of Nova Scotia Educational Administrators Association; Janet Walsh, president of the Nova Scotia Federation of Home and School Associations Inc.; Ron Marks, president of the Nova Scotia School Boards Association; Alexis Allen, president of the Nova Scotia Teachers Union and Leonard LeFort, president of la Fédération des parents acadiens de la Nouvelle-Écosse.

CUPE Workers set to strike

CUPE members working in school boards across the province except the Halifax Regional School Board are in strike position and at press time were planning to walk off the job on January 18. Positions affected include: trades, bus drivers, custodians, cleaners, secretaries, teacher assistants, and library technicians.

"Any job action in the workplace results in a significant disruption in the normal mode of operation and can be an uncomfortable situation for both those implementing the action and those who must continue with their work," says NSTU president Alexis Allen. "A strike will be disruptive and cause discomfort in your school."

In an attempt to ensure that teachers have a clear understanding of their responsibilities during such an action, NSTU Regional Representative Council Chairs have been given material for distribution that identifies the principles, policies, guidelines, contractual agreements and statutory provisions which direct teacher behaviour during a job action of another bargaining unit.

"Teachers will, quite naturally, feel concern for the health and safety of their students, concern for their own health and safety, have questions about their obligation to the Board and have propensity to lend support to those who are engaged in a lawful strike," continues Allen.

NSTU Representatives are forwarding information to each member of the teaching staff that advises NSTU members to continue to enter school and teach as usual, which may require crossing of picket lines in the event of a strike or lock-out of non-NSTU personnel. NSTU members are also advised to not perform or request students to perform bargaining unit work previously done by striking or locked out employees. Members will not use their own cars to transport students, co-operate with replacement workers, and may be subject to discipline by their Boards if they engage in any sympathetic job action.

For further information please contact your NSTU rep or the NSTU member services department at 1-800-565-6788 or contractinfo@nstu.ca.

about the importance of public education during the government's planned public consultation process around developing the 2010-11 budget. It is also intended to encourage teachers, parents, school board members and others to not only attend the planned public consultations, but to write letters to their MLAs, contact the media and continue the conversation about this important issue.

"We can only hope that this government will provide the necessary funding to public education since they are striving to create a province that is a better place for people to live, work and raise their families," continues Allen. "Maintaining a quality public education system is a key component in attaining this goal."

Without an increase, programs could be affected; these include music, physical education, the International Baccalaureate program, French immersion, English as a Second Language (ESL), O2 (Options and Opportunities), special education,

and alternative programs for students at risk.

No new dollars in the system will result in serious reductions in services for students, including massive staff cuts. Fewer teachers and support staff will result in larger class sizes and more combined or double-graded classrooms.

A news conference to launch the campaign is scheduled to take place at Ian Forsyth School in Dartmouth later in the month. At that time a special website will also be launched.

The education partners are encouraging all Nova Scotians to attend public consultations that the Government is organizing to let their voices be heard and lobby their MLAs about this important issue.

Last year the education partners undertook a similar campaign that yielded a 2.9 per cent increase in the public education portfolio.

executive highlights

December 4, 2009

- Filed table officers' report;
- Selected six candidates for the John Huntley Memorial Internship Program, along with two alternates;
- Appointed John Jordan to fill the vacancy as the retired member on the Teachers' Pension Plan Inc. Board of Directors for a three-year term effective January 1, 2010 to December 31, 2012;
- Approved amendments to the Strait RRC Constitution;
- Recommended NSTU investigate feasibility of having a float as the official NSTU presence in the Annual Halifax Pride Parade;
- Revised current Operational Procedures 20: Legal Protection;
- Revised current Operational Procedures 21: Provincial Negotiations;
- Agreed to change the date of the February 25-26, 2010 provincial executive meeting dates to March 5, 2010.

NSTU Provincial Executive MEETING DATES

2010

- January 28-29
- March 5 (revised)
- March 25-26
- April 29
- June 4-5



inside



NSTU NOW

Teachers in the Digby Local focus on adolescent mental health. See the story on page 3.

The Nova Scotia Music Educators' Association has been serving its members for over 50 years. Read more in the Charting Your Course column on page 8.

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people

Annapolis, Hants West and Kings Locals sign agreement with the Annapolis Valley Regional School Board

On January 6 the regional agreement between the Annapolis Valley Regional School Board (AVRSB) and the NSTU was officially signed in the Board's offices in Berwick. The tentative agreement was ratified by members of the Locals in an online vote on December 8. NSTU members of three Locals voted 91 per cent in favour of accepting the agreement.

"On behalf of all our members in the school board, I want to thank both sides for all your hard work," said NSTU president Alexis Allen. "We value the positive relationship we have with the Annapolis Valley Regional School Board."

"Thank you to our staff for their time, commitment and dedication," said AVRSB Chair Lavinia Parrish Zwicker.

"We do value the relationship we have with our teachers," said AVRSB superintendent Margo Tait. "I'm pleased to have this agreement signed."



Seated are Gary Schmidt, Hants West Local president, Susan Robinson-Burnie Annapolis Local president, Kings Local president Cathy Reimer, NSTU president Alexis Allen, AVRSB Chair Lavinia Parrish Zwicker and AVRSB superintendent Margo Tait. Standing are NSTU negotiating team member David Jones (NSTU's secretary-treasurer), AVRSB HR Director Allen Hume, NSTU negotiating team member Kim Frank (Annapolis Valley RRC Chair), and NSTU staff liaison Grant MacLean. Members of the negotiating team missing from the photo are: Doug Keyes (Chairperson), Shelley Morse (NSTU's first vice-president) Belinda Snow and Krista Wright.

Lunenburg and Queens Locals sign agreement with the South Shore Regional School Board

On December 8 members of NSTU's negotiating team for the Queens and Lunenburg County Local met with members of the South Shore Regional School Board (SSRSB) to officially sign the tentative agreement that was ratified by members of the Locals in an online vote on October 14. NSTU members of both Locals voted 97 per cent in favour of accepting the agreement.



Shown are Leo Campbell, Queens Local president and member of the NSTU negotiating team, NSTU president Alexis Allen, SSRSB superintendent Nancy Pynch-Worthylake and Bill Bruhm, South Shore RRC Chair and member of the NSTU negotiating team. Other members of the NSTU negotiating team not shown are Nathan Smart (chair) and Carol Hipwell.

Félicitations Jill Sabadash!

Jill Sabadash of Cunard Junior High school in Spryfield has been named FSL Educator of the Year by Canadian Parents for French – Nova Scotia.

The group says Sabadash's students appreciate her structure and supportive approach to their second language learning and that her innovative techniques build their confidence and skill in French speaking, writing and reading.

Over the course of the last several years, Sabadash has also volunteered time and energy to the Halifax Regional School Board's mentor program for core French teachers. She has also shared her reading program with many other teachers and has presented the program formally at the NSLTA conference and for the Annapolis Valley Regional School Board.



Jan Claes (left), president of Canadian Parents for French, Dartmouth, presents Jill Sabadash with the FLS Educator of the Year Award. Claes nominated Sabadash for the award.

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Education Minister attends NSTU Holiday reception

The Honourable Marilyn More, Minister of Education, was a special guest at the NSTU President's annual holiday reception on December 10. She is shown with NSTU president Alexis Allen and Deputy Minister Dennis Cochrane, who recently left the Department of Education. He has been appointed as president and vice chancellor (interim) of St. Thomas University in Fredericton.

Teachers focus on adolescent mental health



Dr. Stan Kutcher

Teachers in the Digby Local learned about adolescent mental health and mental illness on November 3 at Digby Regional High School. Dr. Stan Kutcher, an internationally renowned expert on adolescent mental health who holds the Sun Life Financial Chair in Adolescent Mental Health at Dalhousie University, presented the daylong session.

The Digby Clare Mental Health Volunteers Association is working with the Tri-County Regional School Board and Conseil scolaire acadien provincial and Kutcher with a view to introducing education about adolescent mental health and mental illnesses into the curriculum of Digby County high schools during the 2010/2011 school year. This will be a pilot project, which will hopefully lead to the introduction of a similar curriculum component throughout the province.

Kutcher started the session by getting participants to write down three words that describe someone with mental illness, and then to write down three words describing the person sitting beside them. Overwhelmingly,

the words describing those with mental illness were negative—confused, isolated, lonely, depressed, worried, struggling. The words used in describing their neighbours were positive—energetic, kind, helpful, jovial, caring. “How do you know that the person beside you doesn’t have a mental illness—you don’t,” remarks Kutcher. “Every time we do this exercise, whether it’s with doctors, nurses, bureaucrats or hospital administrators we get exactly the same result. Uniformly over 90 per cent of the words people use to describe someone with mental illness are negative. This is stigma—not an abstract concept. It’s ingrained in our society to such a level we don’t even know it’s there.”

Kutcher says that the first step is to be aware that we have the stigma. “It’s your problem, everyone’s problem. We share the same stigma. We have to educate ourselves about mental health.” The development of this pilot program is part of the Mental Health Matters project, a partnership between the Digby Clare Mental Health Volunteers Association, the Sun Life Financial Chair in Adolescent Mental Health at Dalhousie University and the IWK Health Centre, Laing House, a community support centre for youth living with mental illnesses, and Digby County high schools.

Participants also heard about the importance of this issue for young people in schools. According to Dalhousie University’s Faculty of Medicine, some of the most serious mental illnesses, such as major depression and bipolar disorder, emerge in adolescence and 40 per cent of adolescents in Canada suffer from psychiatric disorders or psychological distress. “Seventy per cent of all psychiatric disorders emerge in adolescence,” comments Kutcher. Suicide is one of the leading causes of death for youth aged 15 to 24. Mental illnesses, particularly depression, are a factor in most suicides. Most people with depression recover from their illness with proper treatment.

Once depression is recognized, help can make a difference for 80 per cent of people who are affected, allowing them to get back to their regular activities. If not treated early, mental illnesses can progress, and become more difficult to treat by the time the person reaches adulthood. The signs, which include apathy, behaviour problems, and the deterioration of school performance and social relationships, often go unrecognized.

Last February the Digby Clare Mental Health Volunteers Association organized forums on adolescent mental health with Kutcher, and Dr. Normand Carrey, a practicing adolescent psychiatrist at the IWK, and two young people from Laing House. The forums were presented to high school students, school staffs and parents in Digby County. The development of the new pilot project and the daylong workshop is a continuation of this effort.

Workshop participants also heard stories from two young women about their struggles with mental illness, and their positive and negative experiences in high school. Teachers were also introduced to the basic concepts and epidemiology surrounding mental health and specific mental disorders, including depression, anxiety disorders, and ADHD.

The Digby Clare Mental Health Volunteers are a grassroots group of volunteers who are working to promote the mental health of Digby County residents and to eliminate some of the prejudice and discrimination that surrounds people with mental illnesses. The Sun Life Financial Chair in Adolescent Mental Health is a partnership between Dalhousie University, the IWK Health Centre, and Sun Life Financial.



Twyla Wilband and Laura Burke share their life struggles with mental illness.



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Above are four participants at the Adolescent Mental Health workshop: Bobbie Archer, Digby-Yarmouth Provincial Executive member who teaches at Digby Elementary School, Tony Kelly and Anna-Marie MacKenzie Kelly, both teachers at Digby Regional High School and Jason Francis an EPA at the high school.

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from the nstu president

We cannot do any more with any less

We must do more with less! How many times have we heard this? The reality is that as a profession we cannot do any more with any less. We have been making do for years with a system that is chronically underfunded and that is putting pressure on our schools. As bad as the economic forecast may be, public education in this province is doing an exceptional job of educating and supporting young people to achieve their goals. As teachers or administrators in Nova Scotia's public schools we should all hold our heads up high. We are continuing to offer a top notch educational system for our students.

Unfortunately, the reality of declining enrollments and the financial concerns of the province has the Nova Scotia Teachers Union and others worried about the inevitable erosion of our public school system. That is why we have teamed up once again this year with our Nova Scotian public education partners to lobby for additional funding for public education. The joint education partners involved are the Nova Scotia Teachers Union, Nova Scotia School Boards Association (NSSBA), Association of Nova Scotia Educational Administrators (ANSEA), the Nova Scotia Federation of Home and School Associations (NSFHSA), and La Fédération des parents acadiens de la Nouvelle-Écosse (FPANE).

Last year the joint education partners' efforts were successful in helping to gain an additional 2.9 per cent increase in the education budget to help support our public school system. Once again this year, the message that the public school system is in need of additional funding demands repeating. We could be facing layoffs if we do not receive the necessary funds to properly support all the teachers required for our programs. As the provincial government plans to consult Nova Scotians to seek input on the issue of the province's finances, I encourage all of you to attend a meeting and stand up for public education in Nova Scotia. After all, if you don't who will?

On another issue, last summer a committee was struck to look at the issue of chronic student absenteeism in our schools. Education Minister Marilyn More now has this report and we are hoping she will release it soon so that teachers and administrators will have the necessary tools to support young people to make the right choice and attend classes. We will keep you posted as details become available.

As I tour the province visiting schools the number one concern I hear from teachers and administrators is regarding class composition. Teachers tell me that there is not enough support to adequately meet the needs of all the diverse learners in the classroom. I would like to draw your attention to Article 63 in the Teachers' Provincial Agreement, Class Climate. Although no money is attached to this article it has been used in the past to support classes that need additional resources.

Congratulations are extended to regional negotiating teams in our province who have recently reached settlements in their regional agreements. NSTU members in the Tri-County, South Shore, and Annapolis Valley Regional School Boards as well as CSANE members of the Conseil scolaire acadien provincial have all reached settlements and have had official signings of their collective agreements. On behalf of all members within your region I would like to thank the negotiating teams for all their efforts.

Nous ne pouvons plus en faire encore plus avec encore moins

Nous devons en faire plus avec moins! Combien de fois avons-nous entendu cela? La réalité est que notre profession ne peut plus en faire plus avec moins. Nous nous contentons depuis des années d'un système qui est chroniquement sous-financé et cela exerce une forte pression sur nos écoles. Malgré les mauvaises perspectives économiques, l'enseignement public dans cette province accomplit un travail exceptionnel en vue d'éduquer les jeunes et de les aider à réaliser leurs objectifs. Les enseignants et les administrateurs des écoles publiques de la Nouvelle-Écosse peuvent garder la tête haute. Nous continuons à offrir un système d'éducation de première classe à nos élèves.

Malheureusement, la réalité du déclin des effectifs et les difficultés financières de la province soulèvent les inquiétudes du Nova Scotia Teachers Union et d'autres au sujet de l'érosion inévitable de notre système d'enseignement public. C'est pourquoi nous nous sommes associés une fois encore cette année avec nos partenaires de l'enseignement public en Nouvelle-Écosse afin d'exercer des pressions en vue d'obtenir un financement supplémentaire pour l'enseignement public. Les partenaires conjoints de l'éducation sont le Nova Scotia Teachers Union, l'Association des conseils scolaires de la Nouvelle-Écosse (ACSNE), l'Association of Nova Scotia Educational Administrators (ANSEA), la Nova Scotia Federation of Home and School Associations (NSFHSA) et la Fédération des parents acadiens de la Nouvelle-Écosse (FPANE).

L'an dernier, les efforts des partenaires de l'éducation ont permis d'obtenir 2.9 pourcent d'augmentation pour le budget de l'éducation afin de soutenir notre système d'enseignement public. Une fois encore cette année, nous devons réitérer le message que le système d'enseignement public a besoin de financement supplémentaire. Nous pourrions être confrontés à des mises à pied si nous ne recevons pas les fonds nécessaires pour payer convenablement tous les enseignants exigés par nos programmes. Vu que le gouvernement provincial prévoit de consulter les Néo-Écossais pour réunir des suggestions sur la question des finances de la province, je vous encourage vivement à assister à une réunion pour défendre l'enseignement public en Nouvelle-Écosse. Après tout, si ce n'est pas vous qui le faites, qui le fera.

Dans un autre domaine, un comité a été constitué l'été dernier pour étudier la question de l'absentéisme chronique des élèves dans nos écoles. La ministre de l'Éducation, Marilyn More, est maintenant en possession de ce rapport et nous espérons qu'elle va le faire circuler rapidement afin que les enseignants et les administrateurs aient les outils nécessaires pour aider les jeunes à faire le bon choix et à assister aux cours. Nous vous tiendrons au courant lorsque d'autres détails seront disponibles.

Lors de mes visites dans les écoles de la province, je me rends compte que la préoccupation primordiale des enseignants et des administrateurs concernant la composition des classes. Les enseignants me disent qu'ils ne reçoivent pas suffisamment de soutien pour répondre de manière adéquate aux besoins divers de tous les apprenants dans les classes. J'aimerais attirer votre attention sur l'article 63 de la Convention provinciale des enseignants intitulé Climat de la classe. Bien qu'aucun financement ne soit associé à cet article, nous nous sommes déjà appuyés sur lui pour soutenir des classes qui avaient besoin de ressources supplémentaires.

Nous félicitons chaleureusement les équipes de négociations régionales de notre province qui sont récemment parvenues à un règlement pour leur convention régionale. Les membres du NSTU des conseils scolaires régionaux de Tri-County, South Shore et Annapolis Valley, ainsi que les membres du CSANE du Conseil scolaire acadien provincial, sont tous parvenus à un règlement et ont procédé à la signature officielle de leur convention collective respective. Au nom de tous les membres de leur région, je voudrais remercier les équipes de négociations pour les efforts qu'elles ont déployés.



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- 2** Deadline for the home renovation tax credit is February 1, 2010.
- 3** RRSP deadline is Monday, March 1, 2010.
- 4** Location has changed for the Teachers *Plus* Annual General Meeting for 2009. This meeting will be held at the Future Inn on Saturday, March 27, 2010.
- 5** We will have representatives attending the Early Job Fairs in January 2010.
- 6** Teachers *Plus* Credit Union is excited to announce new chequing account packages coming in January 2010. Check your mailbox.
- 7** Teachers *Plus* Credit Union donated their jeans day money this year to Feed Nova Scotia, Breast Cancer, Bryony House and Sponsored a family in need this Christmas.
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Do you feel the ice cracking under your feet after the holidays?



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New Years Resolutions and Goal Setting

by Denise Johnston, BSc OT Reg (NS)
CASE COORDINATOR, NSTU EARLY INTERVENTION PROGRAM

Happy New Year! We know what this celebratory greeting typically means “So.... Any New Year’s Resolutions?” This is the time of year when many of us take stock and think about what we would like to change, work on, or improve in the upcoming year. It could be anything from losing 20 lbs or quitting smoking to learning a new skill such as belly dancing. There are also many people who do not make resolutions, stating reasons such as “they never last” and lamenting a lack of success when they try. Making resolutions is basically goal setting, and in this article we will further explore what is involved in the process and how to set realistic, achievable and attainable goals.

CHOOSING GOALS

When you look at the different areas of your life, you may see a number of goals. These goals may be associated with family, career, personal growth and/or other areas of your life. You may find that you have many goals in these different areas—if you do, that’s great. Working on all of your goals at once, however, will reduce your focus and effort on each of your goals. It may overwhelm you with the number of tasks to complete and limit your success. A common failure of goal setting is that people set too many goals. When choosing personal goals it’s vital to choose a goal that you have a burning desire to achieve.

Let’s take a closer look at your goals and prioritize them so that you can focus your time and effort on those goals that are most important to you.

Activity 1

Do you have a vision of what you want to achieve in different areas of your life? If you do, then you may have several goals in each area. These areas may include family, career, finance, health and other areas that are important to you. Write a few goals in those areas of your life that you would like to improve.

Activity 2

Now rank each of the goals you have set. Use the ABC system, in which Priority A goals are those that are most important to you, Priority B are somewhat important and Priority C goals are not really important to you. Since you want to concentrate your attention on goals that are most important to you, examine in more detail your Priority A goals. Rank your Priority A goals in terms of importance and choose three goals most important to you. To maintain balance in your life, try to ensure these three top priority goals come from different areas of your life. These three goals will be the focus of your time and effort. You must be able to envision your specific goal in your mind, and track your progress towards that goal.

SETTING GOALS

Now that you have successfully chosen your goals, you need to think about how you will achieve them. Setting SMART goals is a proven way to ensure that your goal-setting is clear and attainable. Let’s consider the SMART goal-setting process.

S is for SPECIFIC A specific goal has a much greater chance of being accomplished than a general goal. To set a specific goal you must answer the six “W” questions:

- *Who: Who is involved?
- *What: What do I want to accomplish?

- *Where: Identify a location.
- *When: Establish a time frame.
- *Which: Identify requirements and constraints.
- *Why: Specific reasons, purpose or benefits of accomplishing the goal.

Example: A general goal would be, “Get in shape.” But a specific goal would say, “Join a health club and work out three days a week.”

M is for MEASURABLE Establish concrete criteria for measuring progress toward the attainment of each goal you set. When you measure your progress, you stay on track, reach your target dates, and experience the exhilaration of achievement that spurs you on to continued effort required to reach your goal.

To determine if your goal is measurable, ask questions such as.....How much? How many? How will I know when it is accomplished?

A is for ATTAINABLE or ACHIEVABLE or ACTION-CENTRED When you identify goals that are most important to you, you begin to figure out ways you can make them become a reality. You develop the attitudes, abilities, and skills, to reach them. You begin seeing previously overlooked opportunities to bring yourself closer to the achievement of your goals.

R is for REALISTIC or RELEVANT A goal must represent an objective toward which you are both willing and able to work. A goal can be both high and realistic; you are the only one who can decide just how high your goal should be. Be sure that every goal represents substantial progress. Your goal is probably realistic if you truly believe it can be accomplished. Additional ways to know if your goal is realistic is to determine if you have accomplished anything similar in the past or ask yourself what conditions would have to exist to accomplish this goal.

T is for TIME FRAMED/TIME-BOUND A goal should be grounded within a time frame. With no time frame tied to it there is no sense of urgency. If you want to lose 10 lbs, when do you want to lose it by? “Someday” won’t work. But if you anchor it within a timeframe, say by May 1, then you’ve set your unconscious mind into motion to begin working on the goal.

T CAN ALSO STAND FOR TANGIBLE A goal is tangible when you can experience it with one of the senses (taste, touch, smell, sight or hearing). When your goal is tangible you have a better chance of making it specific and measurable and thus attainable.

OBSTACLES TO REACHING YOUR GOALS

So now you have a solid process for choosing and setting goals. Many of us who set yearly resolution goals know that a low success rate is often the reality and many people no longer even bother making New Year’s resolutions. The main issue affecting our success is procrastination. Consider these four simple steps to dealing with procrastination by finding the REAL cause and overcoming it as an obstacle:

Step 1: Identify the REAL cause of your procrastination. People often use the word as if ‘procrastination’ itself is the problem. For example, “You know, I really have a problem with procrastination.” But procrastination itself is NOT the problem—it is only the symptom.

Start by picking a task you know you should do, but have put off for a long time. To find the source of your procrastination, ask yourself the following questions... 1) Am I putting it off because I’m just not good at it? 2) Am I putting it off because I’m afraid I might fail or because I’m afraid of what might happen? 3) Is it just not that important to me or does it not motivate me?

Step 2: Create an action plan that’s in line with your strengths. After you discover the real reason for your procrastination, the next step is to find a way to get the job done that’s in line with something you like to do. For example, if you want to get more fit, do it with a workout buddy if you know that you like to be around people.

Step 3: Fear of failure. One big reason many people struggle with overcoming procrastination is fear that they might fail. So what’s really driving this fear of failure? In most cases, it’s that “little voice inside your head” that tells you you’re never good enough.

Step 4: Stop making excuses and start getting things done. The next step is overcoming that “little voice” and getting rid of it the moment it begins to invent excuses that cause you to procrastinate.

Hopefully once you start using these four simple steps, overcoming procrastination will no longer be an issue for you and you will experience more success with goal setting.



Goal setting is a complex, time consuming and intentional process. However, following these general principles will assist you with experiencing success and attaining something in your life which has eluded you over the years. Be gentle with yourself and start with something small but meaningful and as you experience success, expand your challenge and go for it. Before you know it you will be that weight you want to be, running that 5-km race or maybe touring with a popular belly dancing troupe.

Below is an easy to use template which may assist you with getting your thoughts down on paper. Good luck with all your endeavours and Happy New Year!

Sources:

- www.effective-time-management-strategies.com/goal-setting-activity.html
- www.topachievement.com/smart.html

My Goals by _____

My Goal is: _____

My Target Date is: _____

To Reach My Goal I will do these three (3) things:

1. _____
2. _____
3. _____

I will know I've reached my goal because:

Two (2) things that will help me stick to reaching my goal are:

1. _____
2. _____

did you KNOW?

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@nstu.ca to provide her with your NSTU email address. The **Be_Well@nstu.ca** list will provide information about the EIP and other wellness topics.



Striving for self-sufficiency

Supporting children and youth who are deaf, deaf-blind, hard of hearing, blind or visually impaired

All stories are by Les Walker. Reprinted from the Chronicle Herald NSTU Advertorial on November 28, 2009.

Like classroom teachers everywhere Peter Papoulidis describes his high school students as “curious, smart young people, with a desire to be independent and self sufficient in school and life.”

Unlike other classroom teachers, however, “Each of the 17 students with whom I work, is deaf or hard of hearing,” he says.

Papoulidis is an itinerant teacher with the Atlantic Provinces Special Education Authority (APSEA). While he and his specialist colleagues work in New Brunswick, Prince Edward Island and Nova Scotia schools, each is a member of the Nova Scotia Teachers Union (NSTU).

APSEA provides Atlantic Canadian residents who have low incidence sensory impairments with educational services, programs and opportunities from birth to age 21. Included are children and youth who are deaf, deaf-blind, hard of hearing, blind, or visually impaired.

Papoulidis began his teaching career 22 years ago as a high school science teacher. At that time he had a BSc and a BEd, which he has since supplemented with an MEd in the education of children who are deaf or hard of hearing.

In past years he had to travel several hours to reach some students, but says this year his caseload is centered in Fredericton. Five of his current students receive direct one-on-one service for an hour a day; others meet with him for several hours a week.

“Three are taught one-on-one in ‘Signed English,’ the language long used for academic purposes. The amount of teaching time is determined by each student’s language level. All are fully integrated into regular classrooms.”

Papoulidis explains that the degree of hearing loss among students varies: “Some have unilateral loss (in one ear), others may be mild to moderately deaf and use hearing aids. Some possess profound hearing loss.”

His teaching year begins with case conferences with students, parents, fellow teachers and school administrators: “We discuss the role of and services provided by APSEA. We examine the particular needs of students, and methods by which to provide a creative, positive learning environment for each of them.”

“During the school year, we meet several times with these key groups to exchange current observations and ideas to measure each student’s progress,” he explains.

He says his active APSEA schedule includes a wide variety of other commitments: research, addressing future teachers attending university, professional day (PD) presentations to teacher colleagues, mentoring and committee work.

“It’s all part and parcel of our underlying roles in teaching a very unique student group and assisting them to be independent and self-sufficient for life.”



From left to right: Janet MacVicar, itinerant teacher for students who are blind and visually impaired; Alexis Allen, president, NSTU; and Peter Papoulidis, itinerant teacher for students who are deaf and hard of hearing.

Accessing students’ potential, highlighting their abilities

Janet MacVicar, a teacher of blind and visually-impaired (BVI) students, is an experienced educator who epitomizes the original objectives of the Atlantic Provinces Special Education Authority (APSEA).

“With its ‘30th birthday’ next year, APSEA continues its founding commitment to provide Atlantic Canadians with low-incidence sensory impairments, educational services, programs, and opportunities, from birth to 21,” she says.

A teacher for 21 years, MacVicar works in Fredericton, N.B. as one of two APSEA itinerant BVI teachers. Every such APSEA teacher, she says, is required to have a teaching degree and a Masters in Educational Psychology (Visual Impairments).

“Our caseloads can change yearly, depending upon students in the area, hours of service they require, and new referrals. This year I have 15 students, ages three to 17. Each has a visual impairment and may or may not be medically fragile, have intellectual or physical disabilities.”

She works with students at home, in preschools, elementary, middle and high schools.

“Students require and receive various levels of support—weekly, bi-weekly, monthly, bi-monthly or term, depending on their needs. We collaborate with parents, preschool teachers, classroom teachers, teacher assistants, method and resource teachers, guidance counsellors, principals, student services, early intervention and social services.”

MacVicar says students who are blind or visually impaired need to access information through direct experiences and hands-on, tactile exploration.

“For infants who are visually impaired, guided instruction to promote basic gross motor development is necessary. A sighted child can see where a baby bottle or toy has fallen in its crib. For a baby who is visually impaired, if an object is not within reach, it is, in effect, not there.

“These children are presented with various objects from their environment, which provide them with an opportunity to learn from their own active exploration and examination.

“As vision teachers, we address student needs based on eight areas of the disability-specific Expanded Core Curriculum. These include: compensatory or functional academic skills and communication modes; orientation and mobility; social interaction; independent living and personal management; recreation and leisure; career and life management; assistive technology; and visual efficiency.”

MacVicar adds, “The challenge for students who are blind or visually impaired is intense. In addition to completing the required curriculum, these students must master the technology needed to put them on a level academic playing field with their sighted peers, while those who are blind must also become literate in Braille.

“If I were to summarize what APSEA, the curriculum, and my colleagues do for children and youth who are blind or visually impaired, it is to teach them how to access their potential, highlight their abilities, and empower each student to advocate for themselves.”

APSEA teachers a much-appreciated resource for classroom teachers

Nova Scotia Teachers Union (NSTU) president Alexis Allen responds quickly and favourably when describing teacher colleagues who work for the Atlantic Provinces Special Education Authority (APSEA).

“Since its inception in 1975, APSEA has, as an inter-provincial cooperative agency, provided educational services, programs and opportunities for persons with low-incidence sensory impairments, from birth to age 21.

“These include children and youth who are deaf, deaf-blind, hard of hearing, blind, or visually impaired, and who are residents of Atlantic Canada.” NSTU represents about 130 APSEA teachers in Nova Scotia, New Brunswick and Prince Edward Island, Allen says.

“Our Union has stressed repeatedly that inclusion works in our schools. Teachers believe in inclusion, which is adequately funded.

“Our professional colleagues at APSEA provide substantial support for students, and adaptations for teachers who seek assistance to meet the needs of their students.”

Allen speaks from personal experience. “I taught a Grade 10 student who was hearing impaired. An APSEA teacher provided a device, instructions and technical support which enabled me to project my voice into his receiver.

“The technology and encouragement allowed me to meet his needs. It allowed him to participate fully in class discussions and activities.”

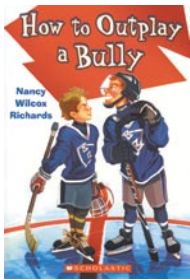
She says the fact that APSEA members are teachers, first and foremost, enables them to work as colleagues to meet the requirements of all students in today’s diverse classrooms.

“They’ve worked in the classroom. They recognize and appreciate the challenges we face. They encourage and assist classroom teachers, such as myself, to support a student who may be visually impaired, blind, hearing impaired or deaf.”

Allen is emphatic: “APSEA teachers not only provide an immense support to students, they are a much appreciated resource for classroom teachers, school administrators and parents.”

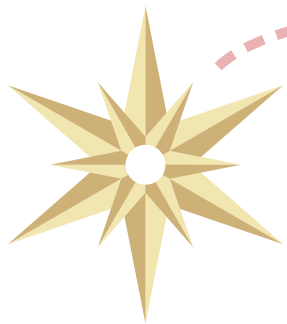
NATIONAL BULLYING AWARENESS WEEK

CONGRATULATIONS!

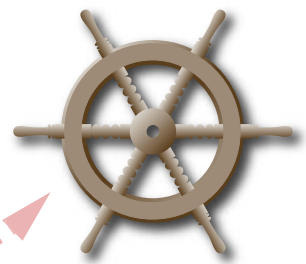


The winner of Nancy Wilcox Richards’ *How to Outplay a Bully* is **Shelley Moore of Wolfville Elementary.**

For more information about Bullying Awareness Week, visit www.bullyingawarenessweek.org. *How to Outplay a Bully* is published by Scholastic Canada (www.scholastic.ca/titles/howtooutplayabully/).



Charting Your Course FOR PROFESSIONAL DEVELOPMENT



NSMEA - Promoting music education for over 50 years

By Allan Gaskin

The Nova Scotia Music Educators' Association (NSMEA) is an organization of professional music education specialists who believe that music is an integral part of the core curriculum and who promote the concept that music is one of the most basic elements in educating the whole person. Furthermore, NSMEA members are dedicated to continually improving the quality of music education for all Nova Scotians.

The Nova Scotia Music Educators' Association was founded by a dedicated group of music educators who saw the need to support and develop public school music education and provide professional development for teachers. According to archival records, discussions took place as early as 1956 to begin conferences for school music educators. As a result, the first conference of school music teachers was held on Saturday, June 1, 1957 at St. Patrick's High School in Halifax and was sponsored by the NSTU. On Saturday, Nov. 1, 1959, approximately 50 public school and private music teachers met at the Normal College in Truro (later known as the Nova Scotia Teachers College). The gathering was chaired by Catherine Allison with guest speakers Dr. Richard Johnston, Mr. B. C. Silver, and Irene MacQuillan Murphy. It was unanimously agreed that the provincial teachers of school music would form a chapter of Canadian Music Educators' Association. At that time, charter members of NSMEA were: Catherine Allison, Shirley Blakeley, Vivian Brand, Mae Cameron, Marion Hockey (formerly Mader), Marion Lightfoot, Betty Murray, Irene Murphy,

Edith Rowlings, Marie Smyth, Frances Tyrrell, Eveline Vogler and Annie Wallace. Each person who attended paid \$1 to defray costs for the coming year.

The 1960s was a decade of unprecedented change in public school music education. The music educators of that time worked tirelessly to raise the standards of curriculum delivery through intensive professional development offerings to teachers across the entire province. They also broadened offerings in all areas of delivery including choral, instrumental, and classroom music. The structure of the newly formed NSMEA provided these music educators with a strong unified voice supporting high quality music education for all. Fifty years later, the role of NSMEA is remarkably similar.



Since its inception, NSMEA has operated under a constitution with elected executive officers. The officers oversee administration of awards, publication of newsletters and journals, association finances and special projects. They also ensure that an annual conference committee is created for each Provincial Professional Development Day conference in October. NSMEA has also been linked with the Canadian Music Educators' Association (CMEA) since 1959 and Nova Scotia was one of the first provinces to become officially affiliated during the 1970s. The fee structure includes membership in the national organization. NSMEA also operates as a professional association of the NSTU.

NSMEA has been promoting music education for 50 years. Our educators have worked closely with CMEA as well as the Coalition for Music Education in Canada to support learning through music and the arts. As Coalition documents succinctly state, "More

than ever, music education is a vital contributor to the success of our children—both in school and in life. Our young people must be able to think and analyze, to question and innovate and we need them to work together in a spirit of collaboration and respect. Music nourishes creativity, confidence, self-expression, intellectual development and more. Music

programs also help communities share ideas and values among cultures and generations. Music is a disciplined human endeavor with intrinsic value to society."

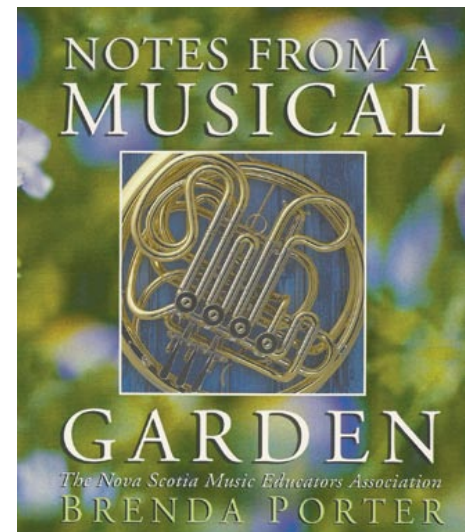
Furthermore, "Participating in the arts helps people develop...creativity. Creativity involves imagination and the ability to visualize. 'Seeing' situations as they might be in the future is a valuable tool for solving problems and changing situations."

—Voluntary Arts Network, 2005

NSMEA advocates for music programs as they provide opportunities for students to:

- express themselves in verbal and non-verbal ways;
- appreciate diverse perspectives, openness and flexibility in thinking;
- develop a high level of self-awareness and self-confidence;
- take risks and solve problems creatively;
- embrace a variety of unique ways to gain insights about cultural and historical issues;
- develop a rich and healthy sense of beauty and imagination.

NSMEA offers a wide range of annual awards. Each October one (or more) music educator is recognized with an Honourary Life Membership. At the same time an individual or organization is recognized for contributions to music education "beyond the walls of the classroom" with the "Music Viva Award." The NSMEA also offers financial assistance for members of the association and those entering the profession through the Catherine Allison Memorial Scholarship (professional development), NSMEA Development Grant (for special projects), workshop funding, the Fran Tyrrell Scholarship and summer study bursaries. Finally, the Elizabeth & Forest Fyfe Memorial Bursary is offered annually for musical development to a Nova Scotian (up to age 21) who functions with a physical disability.



Over the years there have been many notable achievements and special projects. The most notable achievement is the ongoing success of conferences and workshops aimed specifically at professional development. Membership continues to be strong with over 200 full members. Also, just a few years ago Brenda Porter was enlisted to research and write a book celebrating some of the "pioneer" music educators in Nova Scotia. Brenda created a beautiful book titled *Notes from a Musical Garden*. The book features stories celebrating the careers of Mae Cameron, Edith Rowlings, Paul Murray, Wilf Harvey, Mederic LeFort, Sister Rita Clare, Robert Angel, Sister Blanche Gillis, Chalmers Doane, Marlene Jackson, and Ron MacKay.

The Nova Scotia Music Educators' Association continues to provide music educators with important benefits including professional development opportunities and support, newsletters and other professional publications, access to arts advocacy initiatives as well as social and professional music education networks. As NSMEA moves into its second "half-century" both the executive and membership are committed to maintaining strong provincial professional development networks to ensure continuing high standards of music education.

Allan Gaskin is a former NSMEA president and retired school principal.

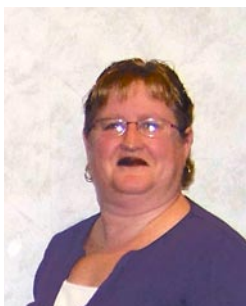
NSMEA Executive (2009-2010)



Sean McLennon, President



Donalda Westcott, Vice-President/Professional Development



Tammy Landry, Secretary/Webmaster



Steve Hartlen, Treasurer



Marg Kristie, Membership Secretary



Belinda Fraser, Newsletter/Communications



Charting Your Course FOR PROFESSIONAL DEVELOPMENT

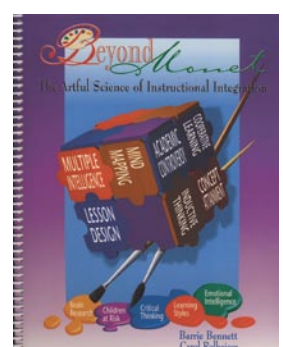


Email your name, home address, and school or campus name with PD in the subject line to theteacher@nstu.ca by February 5 to be eligible for the draw.

This month's PD giveaway is *Beyond Monet: The Artful Science of Instructional Integration* by Barrie Bennett and Carol Rolheiser.

This book focuses on how to integrate a variety of instructional skills and strategies based on knowledge of how students learn. It provides numerous sample lessons by teachers at all Grade levels.

Other books by Bennett and Rolheiser are *Cooperative Learning: Where Heart Meets Mind* and *Classroom Management: A Thinking and Caring Approach*.



Attention: Bridging Teacher Certificate Holders

As you may already be aware, the Canadian provinces have endorsed a labour mobility agreement that will allow workers certified in one Canadian province to receive permanent certification in another province. The agreement recognizes that workers who are certified in a field of expertise in their home province should be able to apply their skill in any province in Canada and have their certification recognized on a permanent (as opposed to interim) basis. This includes the teaching profession.

As a result of this agreement, the Nova Scotia Department of Education has determined that the class of Bridging Teacher's Certificate (BTC) will become a permanent certificate. This represents a change from the previous status of the BTC, where the holder was required to complete the academic credentials for an Initial Teacher's Certificate (ITC) within four years of being issued a BTC. As the holder of a BTC in Nova Scotia you will not be required to do any additional course work to maintain your current BTC classification.

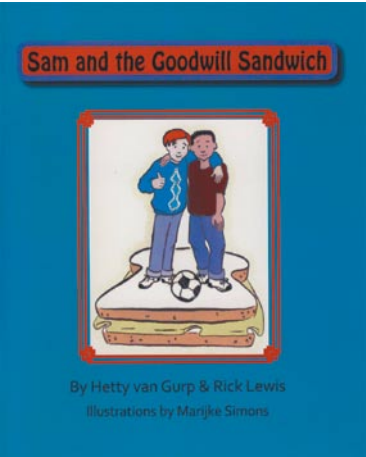
There are outstanding details to be reconciled concerning the implementation of the labour mobility agreement (including corresponding certificate levels, salary, potential upgrading to an ITC, etc.) in Nova Scotia. With that said, the teaching status of a BTC holder will be acknowledged on a permanent basis. It is the intent of this letter to confirm the permanency of the current BTC.

The Teacher Certification Office looks forward to providing additional information concerning the details referred to above when these matters are finalized. In the meantime, this information clarifies the Department of Education's position concerning the permanent certification status of BTC holders. If you have any additional questions, please do not hesitate to contact the Teacher Certification Office at 902-424-6620 or visit <http://certification.ednet.ns.ca>.



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 26 to be eligible for the draw.



This month's FRESH giveaway are three sets of *Keeping Our Children Safe: The 'Whole Village' Approach* packet published by Peaceful Schools International. The sets contain three books written by Hetty van Gurp and Rick Lewis. The books are *Sam and the Goodwill Sandwich*, *Sam Speaks Up*, and *Sam Takes a Stand*.

Peaceful Schools International is a non-profit, charitable organization with the mission of supporting schools as they work to develop innovative programs and policies to ensure that everyone in the school feels safe, valued, and respected.

These three books will help students learn strategic communication techniques to de-escalate problem situations and deal with verbal abuse and unfair treatment in a respectful and assertive manner.

These resources were made possible with the generous support from the IWK Community Grants Program and the Sheonorol Foundation of the NSTU.

The John Huntley Memorial Internship Program

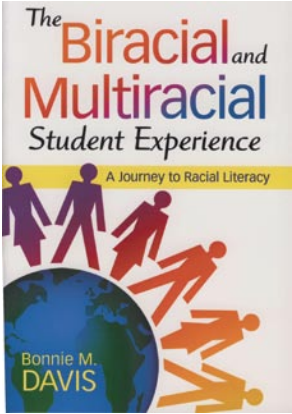
The remaining deadlines for applications for the John Huntley Memorial Internship Program for the 2009-2010 school year are
February 15 and April 15.

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

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 26 to be eligible for the draw.



This month's equity giveaway is *The Biracial and Multiracial Student Experience—A Journey to Racial Literacy*, written by Bonnie M. Davis and published by Corwin.

As more biracial and multiracial students enter the classroom, educators have begun to critically examine the concept of race. Through compelling student and teacher narratives, Bonnie Davis gives voice to a frequently mislabeled and misunderstood segment of the population. This resource includes the following:

- The meaning of race, difference, and ethnicity
- How mixed-identity students develop racial identities
- How to adjust instruction to demonstrate cultural proficiency
- Complex questions to help deepen understanding of bi- and multiracial experiences, white privilege and the history of race in the U.S.

This resource will help educators to become empowered by a real understanding of what it means to be biracial or multiracial thus enabling all students to experience increased self-confidence and believe in their ability to succeed.

Our Country, Our Parliament—BOOK WINNERS!

The winners of the English books are Neeta Kumar-Britten, Bernie McVeigh, Colleen Scott, Daniel Doroshenko, and Cathy Anderson. Denise d'Entremont wins 5 copies of the French.

WE STILL HAVE SOME FRENCH COPIES LEFT! Email theteacher@nstu.ca by February 5 to be eligible to win.

To learn more about this resource, visit www2.parl.gc.ca/Sites/LOP/Education/ESL/index-e.asp.





StFX Graduate Studies in Education

Faculty of Education

St. Francis Xavier University, renowned for its commitment to quality educational experiences for students, is accepting applications for full-time and part-time study in the **Master of Education** program.

AREAS OF SPECIALIZATION

- Educational Leadership and Administration
- Curriculum and Instruction (with opportunities for specialized study in specific subject areas such as Mathematics and French Immersion Resource)

PROGRAM OPTIONS

- Part-time or full-time study
- Thesis, project or Course-based degree routes
- Cohort Learning in partnership with school boards, Mi'kmaw Kina'matnewey and/or the NS Department of Education
- On-line learning

PROGRAM GOALS

- Developing future leaders to improve education
- Preparing leaders for educational change
- Engaging in critical reflection
- Challenging assumptions and introducing new thinking
- Cultivating educational inquirers and researchers

Application deadline: March 1

To receive an information package contact:
877 867-3906 or (902) 867-3906
www.mystfx.ca/academic/continuinged/graduate.html
Email: med@stfx.ca



NOTICES

NSTU Bowling Tournament

Colchester-East Hants Retired Teachers will host the 35th Annual NSTU Bowling Tournament at the Bible Hill Bowlcade on April 24 and 25, 2010. **Registration deadline is March 3, 2010.** For additional information, contact Ken Williams at kb.williams@ns.sympatico.ca, 902-443-7168 or Walter Farmer at walterfarmer@ns.sympatico.ca, 902-883-7343.

Dignity for All Campaign

The NSTU is promoting Dignity for All: The Campaign for a Poverty-free Canada, a multi-partner coalition striving to secure federal leadership to combat poverty in Canada. Co-founded and co-convened by Canada Without Poverty and Citizens for Public Justice, the campaign has three goals:



- 1) A federal plan for poverty elimination that complements provincial and territorial plans;
- 2) A federal Act for poverty elimination that helps ensure enduring federal commitment and federal accountability for results;
- 3) Sufficient federal investment in social security for all Canadians.

The campaign timeframe is initially three years (2009 to 2011), with potential for extension.

The percentage of people living in poverty in Canada has fluctuated between nine and 16 per cent over several decades. The rate has been significantly higher for women than men, and even more so for Aboriginal people, recent immigrants, single parents, people with disabilities, and injured workers. Moreover, the depth of poverty—how far below given poverty lines the poor find themselves—has been gradually worsening, as evident by the food bank phenomenon and overflowing city shelters.

For individuals, poverty may negatively impact self-esteem, educational attainment, employment prospects, physical and mental health, and family cohesion. For Canada as a whole, poverty likely exacts a cost of over \$100 billion per year—roughly six per cent of the Gross Domestic Product—factoring impacts on health care systems, criminal justice systems and economic productivity.

To find out more about the Dignity for All Campaign, please visit www.dignityforall.ca.

Experiences

Experiences is a national mentorship program for girls aged 12 to 17 and young women aged 18 to 25. It aims to provide them with the leadership skills and confidence to consider elected office, whether that is school council next year or 24 Sussex Drive down the road. Mentors will introduce the young girls and women to the impact of politics on their lives and what they can be doing now to make a difference. To explore mentorship opportunities or to register, visit www.equalvoice.ca/experiences.

Experiences est un programme de mentorat d'envergure nationale à l'intention des filles de 12 à 17 ans et des jeunes femmes de 18 à 25 ans. Le programme a comme objectif de permettre aux participantes de développer des compétences en leadership et d'acquérir une meilleure confiance en soi afin de les inciter à se porter candidates à des élections, que ce soit au conseil d'école l'année prochaine ou, rien de moins, qu'au 24, promenade Sussex! Les mentors amèneront les mentorées à réfléchir sur les répercussions de la politique dans leur vie et sur ce qu'elles, à titre de filles et de jeunes femmes, peuvent faire pour changer les choses : poser un geste important comme de voter, s'engager dans sa collectivité ou même se lancer en campagne électorale! (www.equalvoice.ca/experiences).

Pace Car Program

Tired of cars speeding in your community? Concerned about the safety of your children/ students as they walk or cycle to school? If you answered yes, then the Pace Car Program is for you. The Pace Car Program is a community driven, anti-speeding program geared towards making our streets safe, especially for those who walk or cycle. Community members agree to sign the Pace Car pledge and agree to drive the speed limit. There are over 20 schools and communities across Nova Scotia currently promoting the program. Pace Car is a partnership of Active & Safe Routes to School of the Ecology Action Centre, Canada's home, car and business insurers, and the Nova Scotia Department of Transportation and Infrastructure Renewal. If you would like to learn more about the Pace Car Program please check out our website www.pacecar.ca; contact Maryanne Nduati at pacecar@ecologyaction.ca or call 902-442-5055.

Upcycling Program

Kraft Canada and TerraCycle Inc. have teamed up to help reduce packaging waste and, at the same time, support schools, community groups, charities and non-profits across Canada. TerraCycle takes packages and materials that are challenging to recycle and turns them into affordable, high quality merchandise. Here is how the program works: Schools can sign up with TerraCycle to establish a Brigade location. The school then collects used drink and snack packaging and sends them to TerraCycle for "upcycling" into eco-friendly products like backpacks, tote bags and pencil cases. TerraCycle donates two cents per pouch or package collected. There are no costs to join, and all shipping costs are paid. Kraft Canada is sponsoring three TerraCycle Brigades. The *Drink Pouch Brigade* collects used Kool-Aid Jammers and Del Monte drink pouches. The *Cookie/Cracker Wrapper Brigade* collects used Mr. Christie's Snak Paks and other Mr. Christie cookies and crackers wrappers. And the *Back to Nature Nut Snacks Brigade* collects Back to Nature packages as well as ANY nut package currently available on the market—be it a tin, plastic pouch or other container. For more information on how to sign up, visit www.terracycle.ca.

Second Annual Teaching with Technology Contest

CDW Canada has launched its second annual Teaching with Technology™ Story Contest and Sweepstakes, offering Canadian educators and administrators opportunities to win information technology for their classrooms and schools. The contest runs until February 28, 2010 and offers up to \$18,700 in total prizes.

The Teaching with Technology program is made up of three distinct contests:

- A 'Story Contest' allows educators and administrators to submit a description of how IT has improved the learning experience in their classroom or school.
- 'Tweet UR Tech Tale' is similar to the Story Contest, but stories must be submitted via Twitter, and therefore written within Twitter's 140-character limit.
- A 'Sweepstakes' contest is the third component.

To enter the Story Contest entrants must submit a short story (200 to 500 words) that describes how technology improves the learning experience in their classroom or school.

Submit your technology story online at www.teachingwithtechnology.ca, by email (storycontest@teachingwithtechnology.ca) or postal mail. **Online and email entries must be received by 11:59 p.m. ET on Sunday, February 28, 2010. Mail entries must be postmarked no later than 11:59 p.m. ET on Sunday, February 28, 2010.**

Six winners will be selected to win prize bundles containing technology products such as printers, projectors, personal computers, monitors, whiteboards, digital cameras, networking equipment, software, etc.

To enter the Sweepstakes contest visit www.TeachingWithTechnology.ca to enter a chance to win one of five prizes or submit your entry by email (sweepstakes@teachingwithtechnology.ca) or postal mail. Same deadlines as the story contest apply. All entries must include your full legal name, title, educational institution and school board, contact address, email address and daytime and evening telephone numbers.

Winners will be selected by random draw. Each will receive a prize such as a Microsoft wireless bundle, an HP Mini Netbook, a Sony eBook reader or a Sony Cyber-shot digital camera.

To enter the Tweet UR Tech Tale Contest, submit via Twitter, in no more than 140 characters, a tweet describing how technology has been used (or can be used) to enhance or improve the learning experience in your classroom or school. Tweets must be posted by 11:59 p.m. ET on Sunday, February 28, 2010. Two lucky winners will each receive a prize such as a Lenovo Netbook or Sony Cyber-shot digital camera.

Complete rules and regulations for all three contests are posted at www.teachingwithtechnology.ca.



**ÉLÈVES D'AUJOURD'HUI
FRANCOPHONIE DE DEMAIN**

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www.ctf-fce.ca/symposium2010



Fédération canadienne des enseignantes et des enseignants
Canadian Teachers' Federation

NOVA SCOTIA

Education

**OVERSEAS SCHOOLS
TEACHING OPPORTUNITIES**

Are you

- A certified teacher in Nova Scotia
- A new teacher graduate seeking full-time experience
- A retiree still interested in teaching

Why not consider

- Teaching Nova Scotia curriculum in overseas schools
- Seeing the world while working in a rewarding school environment

Teaching/administrative opportunities are available immediately in

- China (High School Program)
- United Arab Emirates (Primary – High School Program)
- Kuwait (Primary – High School Program)
- Egypt (Primary – High School Program)

Compensation includes

- Basic salary
- Return airfare
- Fully furnished apartment (including utilities)
- Meal allowance
- Medical Insurance Plan
- Work Visa

For further information contact coveyfp@gov.ns.ca



NOTICE OF ELECTIONS

Spring 2010

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 (20) members elected on a regional basis at the local level, including one member elected by all the members of the CSANE Local, and one member 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:

- 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;
- provide suitable offices and equipment for carrying on the work of the NSTU;
- 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;
- determine the place and date and make arrangements for workshops and special Council meetings;
- issue a post-Council press release;
- provide assistance with organizing Locals and Regional Representative Councils and Professional Associations;
- shall ratify constitutions of Locals, Regional Representative Councils and Professional Associations by following regulations outlined in the NSTU Guidebook;
- determine the boundaries of the Locals;
- publish a magazine or other official publications;
- 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;
- have the power to convene an emergency meeting of a Local or a meeting of the NSTU members in a given area; and
- 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 region.

10. Composition Of The Provincial Executive

- Members of the NSTU teaching in the following regions shall elect twenty members to the Executive subject to the following conditions:

- elections shall be held fifteen (15) days or more prior to the first meeting of the Council;
- 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-Hants East	1 member
Community College	1 member
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	To Be Elected
Annapolis-Hants West Kings (2)	1 Member
Antigonish-Guysborough (1)	1 Member
Cape Breton Industrial (2)	1 Member
Colchester-East Hants (1)	1 Member
Community College (1)	1 Member
Dartmouth (1)	1 Member
Halifax City (2)	1 Member
Halifax County (2)	1 Member
Inverness-Richmond (1)	1 Member
Lunenburg (1)	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 2010 regional elections, contact Monica Maloney, Executive Staff Officer at mmaloney@nstu.ca or 1-800-565-6788.



NSTU Stress Survey

The NSTU is collaborating with researchers from Saint Mary's University to conduct a survey on the causes & consequences of NSTU members' workplace stress.

Complete the survey by January 31, 2010:

Teachers go to:

www.smu.ca/nstu-teacher

Administrators (Teachers with administrative duties: 1/3 or more of your work assignment is administration) go to:

www.smu.ca/nstu-administrator

These surveys are for public school teachers and administrators only

For more information on this study contact:

Natasha Scott @ 496-8759 or workstress@smu.ca



Nova Scotia
Teachers Union



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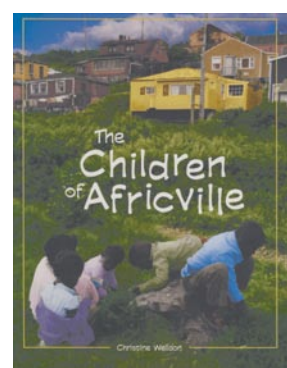
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BOOK GIVEAWAY!

Email your name, home address, and school or campus name with **AFRICAN HERITAGE MONTH** in the subject line to theteacher@nstu.ca by **February 5** to be eligible for the draw.

Looking ahead to **African Heritage Month**, *The Teacher* has **four copies** of *The Children of Africville* by Christine Welldon to give away. This giveaway is courtesy of Nimbus Publishing.

This is a story of children during the community's final years, before it was torn down and its families were relocated. Full of photographs and stories from former residents of Africville, this book is an important celebration of Nova Scotia black history, its vibrant community, and the children who lived there.



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coming events

January is...

Alzheimer Awareness Month (www.alzheimer.ca), National Physiotherapy Month (www.physiotherapy.ca), Crime Stoppers Month (www.canadiancrimestoppers.org).

JANUARY 17 TO 23

National Non-Smoking Week

The theme for National Non-Smoking week is *Quitting is contagious, pass it on!* Researchers have found that it was easier for people to quit smoking when others in their social circle also kicked the habit. People followed the quitting habits of their spouses, friends, brothers and sisters, and in small firms, behaviour of co-workers was also influential. Weedless Wednesday will take place on January 20. For more information visit www.nnsnw.ca.

FEBRUARY—ANY DAY

Winter Walk Day

Sign up your school for Winter Walk Day and qualify for prizes and resources as an official supporter of Take the Roof Off Winter. The event is a partnership of Active & Safe Routes to School of the Ecology Action Centre and Take the Roof Off Winter, which promotes healthy outdoor winter activity in Nova Scotia. When you register your school, it will be recognized on the Take the Roof Off Winter website. It will also receive a free Winter Walk Day Kit including 10 toques, posters, flyers, teachers' guides, and winter walking tip sheets for parents. Participating schools choose any day in February as Winter Walk Day. Promote the event to students, staff and parents, distribute the Winter Walk Day teachers' guide to participating staff members, and educate students and parents on winter walking safety. For more information, visit www.taketherooftoffwinter.ca/winterwalk.php. Participating schools automatically enter a prize draw to win \$500 worth of recreation equipment.

FEBRUARY 18

13th Annual Safe Schools Conference

Registration is on-going for the much anticipated 13th Annual Safe Schools Conference. This year's conference is being held on Thursday, February 18, 2010 at The International Centre (by the Toronto Pearson International Airport). Learn new and practical ways to make your school a safe and caring community. Obtain essential, up-to-date information and training on safe schools issues, procedures and policies. This is an invaluable conference for principals, vice-principals and elementary and secondary school teachers, school board members, parents and school psychologists. For details on the workshops and presenters and to access the registration form, please visit <http://www.canadiansafeschools.com/professional/upcomingDev/conf10.htm>.

MARCH 31 (MARCH 12 DEADLINE)

Understanding Grief and Loss—An introduction to Bereavement Support/Counselling

This day-long workshop will take place on March 31 at Future Inn in Halifax. The day-long session costs \$135, and includes break refreshment and lunch. It will be hosted by the Nova Scotia Critical Incident Stress Management Network (NSCISMN), and facilitated by Cara Grosset, a certified thanatologist who specializes in grief and trauma counselling for children, teens and families. **Deadline for registration is Friday, March 12, 2010. Space is limited to 50 participants.**

If you are interested in registering or finding out more, please contact Patsy Mombourquette of NSCISMN at nscismn@eastlink.ca.

International Human Rights Day Standing up for Hope

This school year's International Human Rights Day Event took place December 10 at L'nu Sipuk Kina Muokuom/Indian Brook House of Learning in Indian Brook.

It featured a variety of speakers and dancers and a cultural harmony breakfast. Indian Brook Chief Jerry Sack provided the Mi'kmaq welcome speech after students at the school performed the Honour Song.

The keynote speaker was Sister Dorothy Moore. "By being here today we are making the commitment to stand up for hope," she says.

The event was a joint effort by L'nu Sipuk Kina Muokuom/Indian Brook House of Learning, Partners for Human Rights and the Nova Scotia Human Rights Commission. The Partners for Human Rights is a network of organizations that includes the Nova Scotia Teachers Union that works toward a respectful and inclusive community. The NSTU was a sponsor of the event.

"Partners for Human Rights really enjoyed working with Indian Brook House of Learning to take the event into a community outside of the Halifax area," says Partners For Human Rights co-chair Sandra Smith Muir. "Together we encourage all Nova Scotians to stand up for hope and make positive changes in our communities."

Three Nova Scotians received and were presented with Nova Scotia Human Rights Awards for their continued dedication to advancing Human Rights in the province.

The recipients of the 2009 Human Rights Awards were: Helena Jockel, Philip Riteman, and Viola Robinson. Jockel, a Holocaust survivor, has taken her message about the brutality of the Holocaust and genocide to young people across the province. Riteman, also a Holocaust survivor, works to give voice to the millions who died in the concentration camps. Robinson, an advocate and leader for Mi'kmaq rights in the province, has worked tirelessly to end discrimination against Mi'kmaq people and Aboriginal women and helped develop the Made-in-Nova Scotia process for negotiating treaty rights and governance.

"The theme of today's event was *Stand Up for Hope*. The recipients demonstrate this by standing up in their communities and the province," says Krista Daley, director and CEO of the Nova Scotia Human Rights Commission. "Their messages and stories highlight the need to create awareness about human rights and continue to inspire other to do the same."

On December 10, 1948, members of the United Nations gathered in Paris to adopt the Universal Declaration of Human Rights. Canadian John Humphrey drafted the original document which shaped and enhanced human rights across the globe.



Sylvia Paris from the Department of Education, NSTU president Alexis Allen and YMCA school settlement program worker Kathryn Khan are shown with Highland Park Junior High students who attended the Stand Up for Hope International Human Rights Day celebration. They are Ra-Lynn Ballard-Lively, Sina Mandari, Karin Jafer and Ayda Jafer.

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NSTU donates to Regional Independent Students' Association

Every year, in lieu of printing and sending Christmas/Holiday cards and purchasing gifts, the budgeted amount is forwarded to a charity. This year, the NSTU donated \$2,000 to the Regional Independent Students' Association (RISA). This was on top of the nearly \$600 raised by NSTU staff to provide gifts for the homeless youth living at the group homes run by RISA.

RISA's mission is to address the unique problems and circumstances of "at risk" high school students, and to work toward eliminating those problems through the establishment of student residences and support centres, as well as through the implementation of a variety of outreach programs targeted at non-resident independent students. Brockwell House for the girls and Edwards House for the boys have 10 beds each. Student residence provides a supportive, secure living environment for youth working towards completing their education. Charles Dolan, a retired principal who spent 27 years at Prince Andrew High School, founded this not-for-profit organization in 1993 to help at risk students stay in school. They range in age from 16 to 19.

Students from Edwards and Brockwell House and Brockwell House itself were featured in NSTU's 2009 holiday commercial which was broadcast on CTV, CBC and Global Television during the last two weeks of December. The annual holiday message focused on encouraging Nova Scotians to support youth in our communities.



Shown with Allen are left to right: Lesley Davidson, Assistant Director at RISA, Charles Dolan RISA's founder and director and Lee Anne Mosher, manager of Edwards House.

RESOURCES

Debout!

The Canadian Teachers' Federation (CTF) has launched the second edition of *Debout!* (Be proud, stand tall). It's a national cultural activities handbook which celebrates the Francophone culture in minority settings. The resource is intended for educators in French-language schools as well as teachers of French as a second language who wish to instill cultural values in their students. This second edition provides a wealth of resources in support of proposed activities and features a calendar of events that take place in French. It is complemented by a website which provides access to the entire content of *Debout!* and facilitates the continuous updating of proposed activities and resources.

Acting Sustainably, Living Peacefully

CTF has also launched a new resource which gives teachers an innovative tool to engage students in a discussion on critical issues for the future of our planet. *Acting Sustainably, Living Peacefully* develops the link between peace and the environment; two key concepts in citizenship education. The first part of *Acting Sustainably, Living Peacefully* proposes guidelines for understanding how the absence of peace is intricately intertwined with detrimental effects on the environment. The environment can also be a source of conflicts and challenge peace and stability. It includes activities that explore solutions both at the international and regional levels to achieve harmony and balance between peace and the environment.

[continued on page 14]

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To view workshop topics and request instructors in your school, head to the SuperNOVA website:

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NSTU Group Insurance Program—Critical Illness Insurance

The NSTU Group Insurance Trustees would like to remind members of a benefit that became effective May 1, 2008. The Trustees completed a market survey process in early 2008 with respect to the group insurance coverages available to NSTU members. As part of this market survey, an enhancement that provides a Critical Illness benefit was added to the Provincial Master Life Accidental Death & Dismemberment Insurance Program. This enhancement is available to all members covered under the Provincial Master Life Insurance Program.

Critical Illness Insurance is a type of insurance that pays out a lump sum on the diagnosis of a “serious illness.” The Critical Illness Insurance included in the Provincial Master Life Insurance Program covers heart attack, coronary artery bypass surgery, stroke, and life threatening cancer.

If you are diagnosed with one of the above noted critical illnesses, you may be eligible to receive a \$2,000 one time lump sum payment tax free. Diagnosis means the certified diagnosis of a critical illness by a medical practitioner or specialist who is licensed and practicing medicine in Canada, other than the insured member or a business associate or relative. The payment of the benefit is subject to a survival of 30 days following the date of diagnosis or the date of surgery for coronary bypass surgery. Pre-existing condition clauses do exist in this policy.

The Trustees are pursuing a Voluntary Critical Illness benefit that will hopefully be available in 2010.

If you have any questions with respect to your eligibility for this benefit, please contact Johnson Inc. at 1-800-453-9543 (toll-free) or 453-9543 (local).

update



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MORE RESOURCES

New offerings from Library and Archives Canada

Library and Archives Canada has launched several new, free and bilingual educational resources. They feature topics such as Canadian literary landscapes, aboriginal storytelling, artist books, Irish immigration and early public education in Canada.

Canada: A Literary Tour—Creatively Writing Canada is geared towards Grades 8 to 12 language arts students. Students apply various modes of creative expression to write. The first two activities encourage students to explore writing styles and the last three instruct them on different ways to write about a personal landscape. (www.collectionscanada.gc.ca/literary-tour)

Our Voices, Our Stories: First Nations, Métis and Inuit Stories Oral Storytelling and *Class Story Quilt*, geared for Grades 4 to 8 students in social studies, native studies, language arts and visual arts, consists of two lessons which explore the dramatic and artistic elements of storytelling. (www.collectionscanada.gc.ca/stories)

Artists’ Books Bound in Art, geared for Grades 8 to 12 visual and language arts students, integrates visual arts and language arts as students create their own artist’s book. (www.collectionscanada.gc.ca/stories)

Quarantine: Life and Death on Grosse Île, 1832-1937 is a unit designed for Grades 7 to 12 social students, history, Canadian studies and civics classes. Students examine the Grosse Île Quarantine Station in mid-19th century Quebec, and explore the significance of this point of immigration by writing an essay that addresses critical thinking questions, by acting out a mock Royal Commission and by selecting a final culminating activity. (www.collectionscanada.gc.ca/grosse-ile)

A Virtual Schoolhouse for social studies and history students is a website that offers a glimpse into the rise of public education in Canada. It features photographs and educational materials from the Collection of Library and Archives Canada and allows Canadians of all ages to explore the early days of school. Visitors can also experience what school life was like through an interactive environment entitled “Travel Back in Time”. (www.collectionscanada.gc.ca/schoolhouse)

resources

More Health Resources from Learning Resources and Technology Services

Learning Resources and Technology Services ships multimedia curriculum resources to schools anywhere in the province. Dubbing programs become a part of your school's collection; we charge only for the price of the blank media used. Read the Public Schools Branch newsletter *Branching Out* available online at <http://lrt.ednet.ns.ca/branching.shtml>.

Order pre-made titles from our lists online: visit http://lrt.ednet.ns.ca/media_library/express/Video_Express.shtml.

EBSCO Periodical database (<http://search.epnet.com>) EBSCO provides a series of online bibliographic and full text databases so that you and your students can find information, pictures and citations on curriculum related topics.

EBSCO offers access to a wide variety of professional databases like ERIC and to a highly specialized collection of over 450 full text journals, designed for professional educators. EBSCO is available to all students and teachers in Nova Scotia through computers connected to Ednet, or at home with passwords that can be obtained from your school.

ImagesProject (<http://imagesproject.ednet.ns.ca>) Need a photo to use in a school project? Visit the ImagesProject, a web-based collection of images for Nova Scotia public school program use. Nova Scotia students and teachers who are on Ednet may freely download, use and modify images from the ImagesProject website for curriculum purposes.

These programs are available in VHS and DVD format. Unless otherwise specified, DVD format will be sent.

Advertising, The Media and Your Health (20 min.) Healthy Living 7-9; Media Studies

This program examines how different forms of media encourage young consumers to smoke more, drink more, eat more unhealthy foods, and take greater risks with sexual behaviour. This unique presentation reminds today's teens that as they become skilled creators of media—making their own films, music and blogs—they can learn to look critically at media tricks. Real teens deconstruct ads to expose the emotional hooks used to encourage teens to buy unhealthy products.

It's Your Body: You're In Charge (14 min.) Health Grades P-2

Helps young children differentiate between good and bad touches, learn that they have the right to say "no" to a touch that makes them feel uncomfortable, understand the "touching rule," and realize that if they experience a bad touch they must speak up and tell an adult they trust. After viewing this program, students will be better prepared to trust their feelings about touches, know which parts of their bodies are private, know the difference between good and bad secrets, and protect themselves by speaking up.

See a Bully! Stop a Bully! (15 min.) Health Grades P-2

Bullying expert Detective Bill E. Finder shows young elementary students how they can become "Junior Bullying Detectives." Using his old case files, Detective Bill helps viewers identify various types of bullying, appreciate how the targets of bullying feel, and gain insight into what children really think about bullies. This lively program helps viewers consider the consequences of their own behaviour, understand the behaviour of others, and feel comfortable turning to adults for support.

We're In, You're Out: Looking At Cliques (16 min.) Health Grades 3-5; Bullying

Finding their niche in a particular social group can be the most important focus in a youngster's life. The idea of being left out or not belonging to a particular group can make kids miserable. This program helps youngsters look at the positive and negative impact of cliques on both individuals and groups.

No Safe Amount: Women, Alcohol and FAS (20 min.) Healthy Living 7-9

Interweaving interviews with real teens who have experimented with alcohol, animated sequences demonstrating how a growing fetus is affected by alcohol use inside the

womb, plus an up-close and personal look at a young woman growing up afflicted with Fetal Alcohol Syndrome (FAS), this program clearly demonstrates the unique risks that alcohol poses to women.

Say "Know" To Diets (20 min.) Healthy Living 7-9

This program teaches teens to recognize the difference between fad diets and a healthy lifestyle of nutrition and exercise. Viewers will learn about the health risks of being overweight, but they will also learn to reject the unreasonable—and often unhealthy—body types that are commonly presented in the media. Armed with the information they need to take care of their bodies, your students will have the opportunity to develop a confident self-image that will serve them well as they embark on a lifetime of healthy choices.

Safe To Eat (20 min.) Healthy Living 10-12

Originally broadcast on CTV's W5, this program looks at food safety, food industry standards of other countries as well as testing done by the Canadian Food Inspection Agency on foods that are imported. This program also looks at the controversy surrounding the "Product of Canada" label.

Eating Well With Canada's Food Guide (22 min.) Healthy Living 7-9

This Canadian production gives you information about what each of the arcs in the rainbow represent, information on healthy eating habits and food labeling. Our two hosts, Steve and Tara take students through a comprehensive and informative review of what today's students should know about nutrition and staying healthy. We also introduce students to foods that are eaten by other cultures and vegetarians. The importance of staying active is also discussed.

Education Media Library, Brunswick Place, 2nd floor, 2021 Brunswick Street, Halifax, NS B3K 2V5; 424-2440; 428-5828 (fax); email mediacir@ednet.ns.ca or visit our website at <http://lrt.ednet.ns.ca>.

EDUCATION WEEK April 18 - 24, 2010

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Cape Breton District Local’s Equity committee



On November 16 the Cape Breton District Local’s Equity Committee invited NSTU’s Executive Staff Officer, Equity and Outreach, Gérard Cormier to their meeting to help in planning the committee’s work for the school year. The committee discussed strategies it could use to help promote awareness of the committee and equity issues at the Local level and in schools. From left to right are: Maureen McNamara a social studies and Mi’kmaq Studies teacher at Riverview High School; Donalda Westcott, Equity Committee Chair and music teacher at Shipyard and Myra Road Elementary Schools; Connie Ferguson, an English teacher at McLennan Junior High; Cormier; Mary McLeod, a Grade 6 teacher at St. Agnes; Juanita Romard, a Grade 5 teacher at Coxheath Elementary School; and Mike Isaac, a Mi’kmaq language and support teacher at Shipyard elementary.

Other members of the Local’s Equity Committee missing from the photo are Scott Murchison, Mike McPhee, Sheila Jones, and Heather MacLean.

IN-PROVINCE TEACHER EXCHANGE PROGRAM 2010-2011 SCHOOL YEAR

The In-Province Teacher Exchange Program was initiated to provide a mechanism for teachers to experience new work environments through alternate teacher assignments in different geographical settings. Such work experiences may be beneficial to the professional growth of NSTU members by providing new challenges and opportunities in their teaching careers.

APPLICATION PROCEDURE

Download the application form from the Members’ Only NSTU website www.nstu.ca or contact the NSTU: 477-5621, 1-800-565-6788 or by email: nstu@nstu.ca

Forward completed application form to the NSTU Central Office by January 31, 2010. Forms should be directed to:

**SUPERVISORY COMMITTEE
IN-PROVINCE TEACHER EXCHANGE PROGRAM
c/o Nova Scotia Teachers Union, 3106 Joseph Howe Drive,
Halifax, Nova Scotia B3L 4L7**

January 31	Application Deadline
By February 28	Meeting of Supervisory Committee to review applications and submit to School Boards for approval

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or www.nstu.ca “What’s New” section

Deadline for applications is Friday, February 12 at 12 pm



Congratulations!

The winners of the “Kisses Kisses” book sets are:

- 1) Heather Crouse, Middleton Regional High
- 2) Allen Whittaker, Port Maitland Cons.
- 3) Maureen Woodard, Hants North Rural High / Kennetcook District Elementary

Each set contains the English, French and Mi’kmaq version of the book.

Congratulations to our NOVEMBER WINNERS of the FRESH & EQUITY giveaways!

FRESH: Angela Taylor - Uniacke District School in Mount Uniacke

EQUITY: Mike Soares - Richmond Academy in Louisdale

classifieds

Classified rates are \$2.00 for the first 15 words; 25¢ per additional word upon presentation of a professional number. Non-teachers 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.

PRE-PRIMARY EDUCATION - Pleasant Little School is a small independent school (located in Bedford) specializing in pre-primary education. The school promotes emergent literacy, math, science, social studies, music and art skills through a developmentally appropriate play-based approach to learning. The school accepts children who are four years of age by December 31st, 2009. The school is owned and operated by myself, Eileen Millett (B Ch Study, Sp Ed, MEd, RMA). I have 28-years experience as a classroom teacher, which includes 18-years teaching in the 4+ program, Primary and Grade 1. A maximum class of six children ensures much individual attention. The day begins at 9:00 a.m. and ends at 2:00 p.m. Tuesday, Wednesday and Thursday. The cost is \$25.00 per day. Official tax receipts will be available to claim your child care. For more information please email emillett@ns.sympatico.ca or see website www.pleasantlittleschool.ca

MASSAGE THERAPY & ACUPUNCTURE - Where the West meets the East. Massage therapy treatments will now come with a **guarantee** towards achieving your objective. In the event that, the treatment does not fulfill its goal, as determined prior to treatment, I will be more than happy to access the problem with you in detail and reschedule an appointment at no cost to you, with justifiable reason that the treatment did not fulfill its goal. I have 18-years experience in massage therapy along with five years experience in acupuncture & auricular therapy. Interactive Reflexology, Cupping therapy, Healing stone massage. Treatment plans always focus on the original cause/source of their symptoms. The emphasis is on education and awareness. Massage therapy, and Acupuncture are covered under the Blue Cross plan. **Douglas H. Benson RMT/Dr. of Acupuncture. The Right Touch Massage Therapy & Acupuncture.** Located at 1248 Bedford Highway. Phone: 902-240-1627. www.righttouchmassagetherapy.ca.

REGISTERED MASSAGE THERAPY AT ALLURE - \$5.00 donation to Canadian Cancer Society for every therapeutic massage covered by Blue Cross. Located up the street from Alderney Landing at 115 Portland St., Dartmouth. Teachers are entitled to 20 massages per year per family member with Blue Cross, no referral required. Now, with every 5th massage, the co-pay is free. Excellent for relieving stress, anxiety, muscle tension, and improving sleep. **Chris Bagnell RMT** - 10 years experience. To contact Chris at Allure, call 902-464-0606 to book an appointment. “Making a difference feels great.” **Gift certificates** are available.

HOUSE CLEANING - Step into a home cleaned to your complete satisfaction. Cross a major chore off your to-do list and let me take care of the house cleaning. 902-422-2153.

PET SITTER - Veterinary Technician (not currently working in a veterinary clinic) available for petsitting in the HRM. Bilingual service, security clearance, reasonable rates, excellent references! Please email marcellederoche@gmail.com for details.

AVAILABLE - Online French leveled reading program for elementary aged students. Courses are offered by Certified French teachers from the Maritimes. More information @ www.teachercertifiedtutoring.com.

AVAILABLE - “The Bully And The Purple Pants” - A Dynamic School Assembly - Award-Winning songs are combined with motivational speaking to provide students with effective strategies for dealing with bullies. Hundreds of schools across Canada have experienced this fabulous presentation! For

bookings call 519-655-2379 or visit www.paulbehnke.on.ca for complete details.

INTERESTED IN A VOLUNTEER OPPORTUNITY TO HELP PROMOTE WORLD PEACE WHILE DOING SOME TRAVELLING? CISV - Halifax is the perfect match for you! We are looking for dynamic leaders to accompany a delegation of youth to international camps being held in summer 2010, expenses paid. Contact halifax@ca.cisv.org for more information or view www.cisv.ca.

FOR RENT - Dartmouth - in Brightwood area, 2-3 bedroom home on quiet cul-de-sac available for July & August 2010. For details call 902-463-5547 or email hollyj12@gmail.com.

HISTORIC HALIFAX ACCOMMODATIONS - HINS Halifax Heritage House. Enjoy holiday shopping downtown Halifax; waterfront trail, and live theatre. Private, family, or dormitory rooms. Kitchen use available. Wireless available. Please phone 902-422-3863 to book today. 10% discount when you mention this advertisement.

WENTWORTH COUNTRY HOSTEL - Experience nature, snowshoeing and nearby Wentworth skiing, star gazing, and open space. Private, family, or dormitory rooms. Kitchen use available. Wireless available. Please phone 902-548-2379 or email wentworthhostel@ns.sympatico.ca to book today. 10% discount when you mention this ad.

IN-PROVINCE TEACHER EXCHANGE - CCRSB teacher (near Halifax) seeking job exchange in AVRSE Elementary Grades. Please call 902-883-5350 ext. 112 or email johansenf@ccrsb.ca.

TEACHER EXCHANGE - French Immersion teacher in Bridgewater looking to do an exchange in the Halifax area. Would prefer Grades 4-6 but will consider all possibilities. Call Louise 902-832-4475 or email lgraham@staff.ednet.ns.ca.

JOB EXCHANGE - Permanent PE teacher in HRSB looking to exchange positions with a PE teacher in CCRSB (Celtic or Cobequid families) for September 2010. Looking to make exchange permanent. Please contact shampton@staff.ednet.ns.ca.

JOB EXCHANGE - Permanent Junior High teacher in HRSB looking to exchange position with a teacher from CBVRSB for September 2010. Please reply to jmackley@staff.ednet.ns.ca for any questions.

JOB EXCHANGE - Tri-County Regional School Board teacher looking for a job exchange with an Elementary teacher from the Halifax Regional School Board for the 2010-2011 school year. If interested, please email bevanthony@eastlink.ca or call 902-405-0597.

JOB EXCHANGE - Permanent teacher in HRSB looking to exchange positions with a teacher in the CBVRSB for Sept. 2010. Please contact adelekelly1@hotmail.com.

JOB EXCHANGE - CBVRSB Tech Ed teacher seeks a permanent, similar job exchange in the New Glasgow area. Please reply to techedman@hotmail.com.

JOB EXCHANGE - Elementary French Immersion teacher with the Halifax Regional School Board looking to exchange jobs with someone from the Strait Regional School Board. Looking to make this exchange permanent if possible. Call 902-631-5532 (cell) or email gjsampson@staff.ednet.ns.ca.