



## Community College members ratify agreements

Community College members in the faculty and professional support bargaining units voted in favour of their tentative agreements on October 23. They were voting on agreements reached between the Nova Scotia Community College and the Nova Scotia Teachers Union on October 19.

Eighty-one per cent of faculty voted 85 per cent in favour of their agreement. Eighty-seven per cent of the professional support staff voted 97 per cent in favour of their agreement. Terms of both collective agreements are from September 1, 2008 to August 31, 2011.

"We felt this was the best deal possible for our members at this time," says NSTU president Alexis Allen. "We will continue to press the important role our College members play in the post-secondary education system and the economy of Nova Scotia."

"I am pleased that our dedicated and talented colleagues have ratified this new agreement," says NSCC president Joan

McArthur-Blair. "Their focus on student learning during the final stages of a complex and stressful negotiation process is proof of their professionalism, talent and commitment to improving lives through education."

The NSTU and the College reached tentative collective agreements on behalf of the faculty and professional support staff averting a strike that was scheduled to begin Tuesday, October 20.

Both agreements contain a 2.9 per cent annual salary increase in 2008-2009, a one per cent salary increase in 2009-2010, and a one per cent salary increase in 2010-2011. There is also a one per cent adjustment to salary grids to be applied on September 1, 2008 that responds to industry specific demands. Improvements that support continuing professional development include two self-directed learning days annually. Enhanced medical insurance benefits in both agreements bring them in line with those negotiated previously by the NSTU with the Department of Education on behalf of public school teachers. Enhanced sick leave accumulation provisions were also attained.

"This has been a difficult and challenging time for all of us," adds Allen. "I thank and applaud our negotiating team, our Community College reps and members, and the NSTU leadership for their commitment and contribution to achieving a successful conclusion."

The faculty bargaining unit includes some 760 members who teach at NSCC campuses across the province. The 165-member professional support bargaining unit includes professionals such as registrars, librarians, counsellors and training coordinators at NSCC sites across Nova Scotia.

At press time, the date for the official signing of the agreements had not yet been set.



Community College members march around Province House on October 15.



October 15 Province House Rally

Following is a brief synopsis of the 16-month negotiation process for Community College members:

- June 5, 2008: Contract talks open between the Nova Scotia Community College and the Nova Scotia Teachers Union.
- September, October, November 2008, March and April 2009: Further talks between NSCC and NSTU.
- April 18, 2009: All outstanding issues are resolved except for salary, term of agreement and medical benefits. The NSTU is advised by the College that there is no commitment to support an economic increase of 2.9 per cent beyond August 31, 2009.
- May 5: NSTU asks the Minister of Labour to appoint a conciliation officer to help the parties reach an agreement.
- May 27: A conciliation meeting is held, but the parties are unable to reach an agreement.
- June 23: Conciliation officer files a report, declaring an impasse.
- September 8: Provincial Executive authorizes NSTU president to conduct a strike vote, set for September 22.
- September 12: Community College NSTU representatives meet at Central Office in advance of strike vote.
- September 14 to 17: Strike Vote Information sessions for Community College members are held at all NSCC campuses in the province.
- September 22: Strike Vote: In electronic balloting, 91 per cent of Faculty members vote 93 per cent in favour of strike; 96 per cent of Professional Support members vote 90 per cent in favour of strike.
- September 23: Strike Notice filed with the Minister of Labour and Workforce Development.
- September 28 to October 1: Strike Protocol sessions for Community College members are held at NSCC campuses in the province.

- October 2: NSTU and NSCC go back to the table, but no deal is reached.

- October 8: NSTU calls upon the Community College and Minister of Education to agree to binding arbitration to settle outstanding issues, and set a strike date of October 20.

- October 13: After attending a session of Question Period at Province House, NSTU president Alexis Allen meets with Premier Darrell Dexter, and is joined by executive director Bill Redden and assistant executive director Bruce Kelloway.

- October 15: Provincial Executive makes changes to strike pay procedures.

A rally in support of Community College members is held outside the Nova Scotia Legislature.

- October 17: Community College NSTU representatives and NSTU leadership meet at central office in advance of strike date.

- October 18: NSTU and NSCC meet late into the night and reach a tentative agreement.

- October 19: Community College negotiating team recommends that the provincial executive accept tentative agreements.

Provincial Executive accepts tentative agreements and recommends approval by both bargaining units. Tentative agreement vote day is set for October 23.

- October 20-21: Tentative agreement information sessions are held at all NSCC campuses in the province.

- October 23, 2009: Faculty and Professional Support members vote in favour of the tentative agreement.



Community College members at Kingstec campus receive information about their tentative agreement.

## executive highlights

### October 15, 2009

- Filed table officers' report;
- Approved two amendments to operational procedures under Strike Procedures relating to Strike Pay;
- Approved amendment to Community College negotiations operational procedures;
- Invited Local Presidents and RRC Chairs to attend information meeting of Community College reps on October 18;
- Filled vacancies for Comité de programme acadienne and Distance Education Committee;
- Appointed Substitute Teacher Committee for 2009-2010;
- Extended a permanent intermediate staff contract to financial officer Melanie (Hartling) Waye;
- Granted six out-of-province conference grants of \$475 each, with two alternates;
- Requested president write each superintendent to establish proper protocol regarding changes to student class assignment;
- Recommended revisions to operational procedures for the election of the NSTU President for 2010;
- Approved permits to teach to the Tri-County Regional School Board for substitutes.



# people

## NSTU members receive Prime Minister's Awards

Prime Minister Stephen Harper announced the recipients of the 2009 Prime Minister's Awards for Teaching Excellence at a ceremony in Ottawa on World Teachers' Day—October 5, and this year five Nova Scotia educators were among the 84 across Canada to receive Certificates of Excellence and Certificates of Achievement for teaching excellence.

**Dr. Steven Van Zoost** received a Certificate of Excellence. Van Zoost, teaches a variety of subjects at Avon View High School including film and video, advanced English, theory of knowledge (International Baccalaureate) in Grades 11 and 12. His integration of technology into the curriculum emphasizes student collaboration and prepares young people for careers in the 21st century economy.

Certificates of Achievement were given to Kent Brewer, Jason Fuller, Michael Diabo, and the teaching team of Shelley MacDonald and Carla MacEachern. **Kent Brewer** teaches Grade 11 and 12 electrical construction at Memorial Composite High School in North Sydney and he stresses the high standards for safety and work quality that students will be expected to meet in the workplace.

Prince Arthur Junior High School Music teacher **Michael Diabo** leads bands on "world tour" of local elementary schools to connect students to the community and immerse them in its diversity. **Jason Fuller**, who teaches advanced and regular stream biology in Grades 11 and 12 at Horton High School capitalized on new technology to augment biology instruction for students at his school and extended it to students across the region that would not otherwise have access. Thorburn Consolidated School's Grades 4 and 5 teaching team **Shelley MacDonald** and **Carla MacEachern** introduced laptop technology with wireless access to all students and integrated it into all aspects of the curriculum.



Steven Van Zoost receives his Certificate of Excellence from Prime Minister Stephen Harper.

## NSTU/NSSBA win BRAVO! Award of Excellence

The Canadian Association of Communicators in Education (CACE) has awarded a prestigious **BRAVO!** Award of Excellence to the Nova Scotia Teachers Union and Nova Scotia School Boards Association for the Education Partners campaign *Public Education: Our Best Investment!*

The 2009 **BRAVO!** Award of Excellence was presented to NSTU public relations coordinators Paul McCormick and Angela Murray and NSSBA communications manager Sharon Findlay-MacPhee, members of CACE, at the annual CACE conference and business meeting, which took place October 4 to 6 in Montreal.

A source of both individual and group prestige, the **BRAVO!** Program showcases Canada's best work in the field of educational communications and provides the opportunity to be recognized by fellow members and colleagues for outstanding work. Award of Excellence projects score 85 per cent or higher and demonstrate excellence in research, planning, execution and evaluation.

*Public Education: Our Best Investment!* lobby campaign called for a continued investment in public education. The education partners, NSTU, NSSBA, Association of Nova Scotia Educational Administrators (ANSEA) and the Nova Scotia Federation of Home and School Associations (NSFHSA) asked the public to urge their MLAs to put education first in last year's provincial budget. It reminded both the government and the public that during difficult financial times education is an investment that guarantees dividends for all Nova Scotians. The campaign involved a news conference, a print and radio ad campaign and a website.

CACE represents communications professionals who work in private and publicly funded school boards, colleges and universities, teachers' associations, and government departments and ministries across Canada. Celebrating its 25th anniversary this year, CACE provides networking and professional development opportunities for its members and acknowledges their contributions to the success of the educational system in Canada.



Angela Murray, Paul McCormick and Sharon Findlay-MacPhee with CACE Board Member Doug Strachan.

## Private session with the Dalai Lama

The Canadian Teachers' Federation (CTF) had a private session with the Dalai Lama after his public talk, *Educating the Heart: The Power of Compassion*, in Montreal on October 3. CTF president Mary-Lou Donnelly presented him with a framed copy of the Federation's 2009 World Teachers' Day poster along with the three winning student essays that focused on peace and the environment. The five-person CTF delegation included Donnelly, Heather MacIsaac, winner of the Federation's 2009 World Teachers' Day poster contest, as well as Daniel Jewson, Miguel Huard and Emily Ritson, the three students who won the CTF student essay contest. Shown with His Holiness the 14th Dalai Lama of Tibet (left to right) are MacIsaac, Donnelly, Ritson (Ontario), Jewson (Ontario) and Huard (Alberta).

MacIsaac, a faculty member at Marconi Campus in Sydney, was able to travel to Montreal and meet the Dalai Lama as part of her win of CTF's World Teachers' Day Poster Design Contest. The Green Street Program of the Canadian Teachers' Federation organized the *Peace: Live it. Teach it.* poster contest and the Peace Education student essay contest.



Photo: Élise Jacob (www.elisejacob.com)

## Coady Celebrates 50 years

On September 26, 2009 the Coady International Institute celebrated its 50th anniversary with a celebratory dinner at St. FX University in Antigonish.

The NSTU has been a long-time supporter of the Coady Institute and purchased a table for the event. The NSTU hosted two Coady students at their table, Alphonsa Monsang from Northern India who is an area coordinator with the Diocesan Social Service Society in her country and Sylvia Chivweta, a program Officer with the Mulumbo Early Childhood Care and Development Foundation in her home country of Zambia. Monsang (standing) and Chivweta (seated) are shown with NSTU executive director Bill Redden, 2nd vice-president Eric Boutilier (Colchester-East Hants), secretary-treasurer Dave Jones (Annapolis-Hants West-Kings) president Alexis Allen and provincial executive member Antigonish-Guysborough Amanda Marchand (seated).



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# Celebrating literacy and Mi'kmaq History Month with first Mi'kmaq board book for babies

In celebration of Mi'kmaq History Month, the Read to Me! Program launched the Mi'kmaq version of Sheree Fitch's popular baby book *Kisses Kisses Baby-O!*, translated by Mi'kmaq linguist Bernie Francis, and the Mi'kmaq edition of the Read to Me! bag at Indian Brook House of Learning on October 2. The Mi'kmaq bag contains *Weska'qelmut Apje'juanu* (*Kisses Kisses Baby-O!*) and other books and reading resources for Mi'kmaq families. *Weska'qelmut Apje'juanu* is the very first Mi'kmaq board book for babies.

"It is important that our literacy resources reflect the diversity of culture and language in Nova Scotia," says Carol McDougall, Director of the Read to Me! Program. "I am excited to add the Mi'kmaq bag to our growing collection of literacy resources."

"Having books in Mi'kmaq help maintain our language and culture," says Francis. "Sheree's book provides a good foundation for early literacy for Mi'kmaq families."

Since 2008, this book has been provided with sponsorship from the Nova Scotia Teachers Union and the Nova Scotia Nurses' Union and is now available in three languages: English, French and Mi'kmaq.

"The teachers of Nova Scotia understand how important it is to root education in culture," says NSTU president Alexis Allen.



Bernie Francis and Sheree Fitch read to a Grade Primary class at Indian Brook House of Learning.

Fitch and Francis read *Weska'qelmut Apje'juanu*, (*Kisses Kisses Baby-O!*) to a class as part of the celebration. Indian Brook Mi'kmaq Elder Ellen Robinson began the event with an opening prayer, followed by the singing of the honour song by Indian Brook students. Sister Dorothy Moore, a Mi'kmaq Elder from Membertou and a member of the Read to Me! Mi'kmaq Advisory Committee presented the first Mi'kmaq Read to Me! bag to families in attendance.

Through the Read to Me! Nova Scotia Family Literacy Program, the family of every baby born in Nova Scotia receives a free bag of books and literacy resources at the hospital bedside. The program encourages parents to talk, read and sing to their babies to support early language development and nurture a love of reading. Since the launch of the program in 2002, Read to Me! has distributed 57,000 bags.

*Kisses Kisses Baby-O!* is completely homegrown. It was written by local author Sheree Fitch, illustrated by local artist HildaRose, published by Nova Scotian publisher Nimbus Press and supported by both the Nova Scotia Teachers Union and the Nova Scotia Nurses' Union.



From left to right: Mi'kmaq Elder Ellen Robinson, Neal, Theresa and baby Peyton Levi (the first Mi'kmaq family to receive the first Mi'kmaq Read to Me! Bag), author Sheree Fitch, Mi'kmaq linguist and translator Bernie Francis. Back row: Mi'kmaq Elder and member of Read to Me! Advisory Group Sister Dorothy Moore, Read to Me! Director Carol McDougall, NSTU president Alexis Allen and NSNU president Janet Hazelton.

The Teacher has three sets of books to give away. Each set contains the English, French and Mi'kmaq version of the book. Please send an email with your name, address and school/campus name to [theteacher@nstu.ca](mailto:theteacher@nstu.ca) with 'KISSES BOOK SET' in the subject line by December 22 to be entered into the draw.



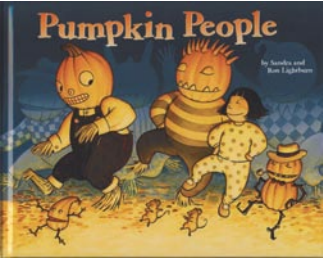
Students perform the Honour Song

"We're proud to be a part of enhancing early literacy in the Mi'kmaq language and our continued support of increasing literacy rates in Nova Scotia."

"We recognize the health, education and social benefits of early literacy," says NSNU president, Janet Hazelton. "Literacy is an important determinant of health, and nurses in Nova Scotia are very pleased to offer continued support of the Read to Me! Program and the legacy of long-term health benefits it can provide to our communities."

## OCTOBER GIVEAWAY WINNERS!

The three winners of the Pumpkin People are: Jane Wilson of Portland Estates Elementary; Ruthann Organ of Felix Marchand Education Center in Louisdale and Kim Laybolt of Oldfield Consolidated in Enfield.

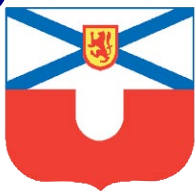


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	18 & 19 (Wednesday & Thursday) - Halifax ( <i>NSTU Building</i> )
	24 & 25 (Tuesday & Wednesday) - Halifax ( <i>NSTU Building</i> )
	26 & 27 (Thursday & Friday) - Annapolis ( <i>Old Orchard Inn</i> )
December	1 & 2 (Tuesday & Wednesday) - Bridgewater - <i>Days Inn (formerly Wandlyn Inn)</i>
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## Alexis from the nstu president

Dear Colleague:

Following a difficult set of negotiations and a great deal of hard work, I join you in your relief that the NSTU and the Nova Scotia Community College were able to reach a tentative collective agreement, and that our NSCC Faculty and Professional Support members have ratified the deal. The goodwill and spirit of cooperation shown between the NSTU and the College during this trying time greatly assisted in reaching the agreement.

This has been a difficult and challenging time for all of us. First, I want to thank and applaud all of our Community College Reps who worked so hard behind the scenes, and maintained cool heads under intense pressure. Hearty thanks as well to ALL of our Community College Faculty and Professional Support members who seamlessly continued to provide the highest quality of

education and services to their students during this most arduous time. I commend our NSTU leadership at all levels for their guidance and wisdom, our NSTU staff who worked flat out to keep on top of the ever-changing developments, and our public school teachers who attended the rally and loaned their sup-



*Rally at Province House October 15.*

port in terms of phone calls, letters and emails to MLAs and members of government. The Retired Teachers Organization also loaned their support which was very much appreciated. Thank you all. It was impressive and encouraging to witness, in such concrete terms, that our Community College members were not alone.

Our negotiating team must be commended for its keen strategizing and tireless determination. In particular, I'd like to thank Community College president Louis Robitaille and Provincial Executive rep Damian Hall, who participated in the strike vote information sessions, the strike school sessions and the tentative agreement sessions. Your focus, commitment and contribution are greatly appreciated.

As you know, our September 22 strike vote gave us a strong mandate to move forward and sent a clear message to the Department of Education that we meant business and we were not backing down.

On October 2, the NSTU and NSCC met again, but no deal could be reached. On October 8, we called upon the Community College and Minister of Education to agree to binding arbitration to settle outstanding issues, and at the same time, we set a strike date of October 20. On Tuesday, October 13, following attendance at Question Period in the Legislative Assembly, I met with Premier Darrell Dexter, and was joined by executive director Bill Redden and assistant executive director Bruce Kelloway. We outlined to the Premier the issues and the principles of a binding arbitration process.

Despite our efforts, the province refused binding arbitration. We did not despair; rather, we remained steadfast in our mission to see our members fairly treated.



*Alexis Allen addresses the crowd during a rally for Community College members on October 15.*

A well-attended and enthusiastic rally outside the House of Assembly on October 15 further displayed a tremendous show of support and strength on behalf of our membership. It was a bitter cold evening, but that did nothing to quell the high energy, robust chanting and feeling of solidarity experienced by the gathering of Community College members, Local presidents, Provincial Executive, NSTU staff, teachers and public supporters.

It was down to the wire when the two sides met late into the evening on Sunday, October 18 and finally negotiated an acceptable deal, worthy of our Community College members.

Moving forward, we should be proud of ourselves for standing strong and united in a time of such adversity, and for drawing on all of our knowledge and creativity to reach a fair settlement. At 114 years old, the Nova Scotia Teachers Union is stronger and more experienced than ever. And ready to take on the future.

Chers collègues,

Suite à une série de négociations difficiles et à énormément de travail, je partage votre soulagement que le NSTU et le Collège communautaire de la Nouvelle-Écosse aient été en mesure de parvenir à une convention collective temporaire et que les membres de la faculté et du personnel de soutien professionnel du CCNE aient ratifié cet accord. La bonne volonté et l'esprit de coopération dont ont fait preuve le NSTU et le collège durant cette période éprouvante ont beaucoup contribué à la conclusion favorable de cet accord.

Ceci a été une période pénible et éprouvante pour nous tous. Tout d'abord, je voudrais remercier et applaudir les représentants du Collège communautaire qui ont travaillé très activement en coulisses et qui ont su garder la tête froide en dépit des pressions intenses. Nos remerciements les plus chaleureux également à TOUS les membres de la faculté et du personnel de soutien professionnel du Collège communautaire qui ont continué à fournir un enseignement et des services de la plus haute qualité à leurs élèves durant cette période difficile. Je veux féliciter aussi les dirigeants du NSTU à tous les niveaux pour leurs bons conseils et leur sagesse, le personnel du NSTU qui a travaillé très fort pour se tenir au courant de l'évolution constante de la situation et les enseignants des écoles publiques qui ont participé à la manifestation et apporté leur soutien par des appels téléphoniques, des lettres et des courriels aux députés provinciaux et aux membres du gouvernement. L'Organisation des enseignants retraités a également apporté un soutien qui a été très apprécié. Merci à tous. Nous avons été ravis et encouragés de constater, en termes très concrets, que les membres de notre Collège communautaire n'étaient pas isolés.

Notre équipe de négociations mérite des félicitations pour ses stratégies habiles et sa détermination infatigable. Je voudrais remercier tout particulièrement le président du Collège communautaire, Louis Robitaille, et le représentant du Comité exécutif provincial, Damian Hall, qui ont participé aux séances d'information sur le vote de grève, aux séances d'information dans les écoles sur la grève et aux négociations de l'entente provisoire. Votre détermination, votre engagement et votre contribution ont été hautement appréciés.

Comme vous le savez, le vote de grève du 22 septembre nous a donné un mandat puissant pour aller de l'avant et envoyer un message clair au ministère de l'Éducation pour indiquer nous ne plaisantions pas et que nous n'allions pas revenir sur notre position.

Le 2 octobre, le NSTU et le CCNE se sont rencontrés à nouveau, mais aucun accord n'a pu être conclu. Le 8 octobre, nous avons appelé le Collège communautaire et le ministre de l'Éducation à accepter un arbitrage exécutoire pour régler les questions en suspens et, en même temps, nous avons fixé la date de la grève au 20 octobre. Le mardi 13 octobre, après avoir assisté à la période des questions orales à l'assemblée législative, j'ai rencontré le premier ministre, Darrell Dexter, en compagnie de notre directeur exécutif, Bill Redden, et de notre directeur exécutif adjoint, Bruce Kelloway. Nous avons présenté au premier ministre les enjeux et les principes du processus d'arbitrage exécutoire.

En dépit de nos efforts, la province a refusé l'arbitrage exécutoire. Nous n'avons pas cédé au découragement; au contraire, nous sommes restés résolus à accomplir notre mission d'obtenir un traitement juste pour nos membres.

La manifestation enthousiaste et de grande envergure qui s'est tenue devant l'assemblée législative le 15 octobre a été un témoignage extraordinaire de soutien et d'espoir pour nos membres. Ce soir-là, même le froid glacial n'a pas réussi pas à étouffer l'intensité de l'énergie, la vigueur des slogans et le sentiment de solidarité éprouvé à l'occasion de ce rassemblement réunissant des membres du Collège communautaire, des présidents de section locale, des membres du Comité exécutif provincial et du personnel du NSTU, des enseignants et des sympathisants.

C'était vraiment la toute dernière chance lorsque que les deux parties se sont réunies tard dans la soirée du dimanche 18 octobre et ont finalement réussi à négocier un accord acceptable, digne des membres de notre Collège communautaire.

Nous devrions être fiers d'avoir tenu bon et d'être resté forts et unis face à une telle adversité et aussi d'avoir su mobiliser nos connaissances et notre créativité pour parvenir à un règlement juste. Le Nova Scotia Teachers Union, qui a aujourd'hui 114 ans, est plus puissant et plus riche en expériences que jamais. Et il est prêt à affronter l'avenir.

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In the recent book *Overcoming the Fear of Fear: How to Reduce Anxiety Sensitivity* Dr. Sherry Stewart from Dalhousie University and I talk about the need for maintaining a healthy vehicle (i.e., one's body) to reduce and maintain reduced levels of anxiety. We also discuss how stress can increase the likelihood that we experience anxiety. Stress can arise from major life events (loss of a loved one, lack of employment, financial problems, serious injury or illness) or from daily hassles (traffic jams, housework, home repairs, noisy neighbours, too many emails). Work is a common source of stress and research shows that teaching is one of the most stressful occupations with its long working hours, demanding workload, staff shortages, challenging students and, sometimes, challenging co-workers. In a study conducted by Smith et al. (2000), which assessed the stress levels of various jobs in the UK, teaching came out on top with 42 per cent of teachers describing themselves as being "highly stressed".

Regular exposure to stress can impair one's physiological and psychological functioning (Taylor, 2003). Like death and taxes, however, stress is unavoidable, which is why we need to manage it effectively. This requires that we take good care of ourselves, especially the vehicle in which we live—our body. Just like our cars, trucks, boats, and snowmobiles, our body performs better when it has proper fuel (nutrition), good ventilation (breathing), and periodic breaks (rest). A vehicle works best, however, when operated regularly at a level that brings the motor up to its regular working temperature. For the human body, this means regular physical exercise at a level that increases the heart rate.

Research shows that regular physical exercise is important in the prevention and treatment of many medical disorders, including coronary artery disease, hypertension, diabetes, various cancers, obesity, and chronic obstructive pulmonary disease (Smits et al., 2008). Research also attests to the benefits of exercise in the prevention and treatment of psychological disorders. Regular exercise has been found to reduce symptoms of anxiety and depression; feelings of anger, time urgency, and time pressure; and to enhance cognitive performance and concentration; self-image;

feelings of confidence and perception of mastery; and sleep quality (DiLorenzo et al., 1999). Regular physical exercise is associated with an increase in endorphins both during and after exercise (Harber & Sutton, 1984). Endorphins contribute to pain relief, stress reduction, immune system enhancement, and postponement of the aging process (Salmon 2001).

Physical exercise is recognized as a valuable coping technique for managing stress and anxiety (Inglelew & Sullivan, 2002). Exercise may confer a prophylactic effect by increasing our resilience to stress (Salmon, 2001). Ströhle and colleagues (2009) investigated the anti-anxiety effects of acute exercise in 12 patients with panic disorder and 12 matched healthy controls. They compared the effects (panic attack frequency, anxiety and somatic symptoms) of quiet rest to an aerobic treadmill exercise (30 minutes at an intensity of 70 per cent of maximal oxygen uptake) on chemically-induced panic attacks. They found that induced panic attacks were less frequent following prior exercise, occurring in only five participants after exercise (four patients and one control) as compared to 15 participants after rest (nine patients and six controls). In both patients and healthy controls, the severity of the induced panic and anxiety was reduced by exercise.

Broocks et al. (1998) compared the anti-anxiety effects of physical exercise to a tricyclic antidepressant (i.e., Clomipramine), and a placebo in a sample of 46 outpatients diagnosed with panic disorder. Participants were randomly assigned to one of the three conditions. The exercise condition consisted of a 10-week graded aerobic exercise program where participants were asked to walk/run a four-mile route between three to four times per week. Results showed that both the exercise group and the Clomipramine group showed significant improvements at post-intervention (i.e., 10 weeks) for all measures of anxiety as

compared to the placebo condition.

In 2001, Dratcu described the results of three case studies of middle-aged women who met the diagnostic criteria for panic disorder. Two of the three women also presented with depressive symptoms. The women had been encouraged to participate in regular physical exercise after failing to show significant treatment gains following psychological and/or pharmacological interventions. All three women adopted a graded exercise program increasing in duration (30 to 60 minutes), frequency (one to three times per week), and/or intensity. One woman chose to adopt brisk walking and jogging while the other two women chose swimming. Results showed that the three women's anxiety symptoms and panic attacks completely resolved after two to three months of exercise participation.

Although the aforementioned studies focused on anxiety, several studies have demonstrated the benefits of physical exercise in reducing symptoms of depression; stress, anger, and cynical distrust; and improving social functioning and vitality among persons with substance use disorders. Moreover, prospective studies have shown that physical exercise is associated with decreased risk for developing depression even after controlling for age, social economic status, and educational level (Smits et al., 2008).

In short, regular physical exercise appears to be a cost-efficient way of preventing and treating both physical and psychological problems. So how much exercise do we need? Health Canada's *Physical Activity Guide* (2007) advises 60 minutes of light-intensity activities every day to stay healthy or improve your health. The time needed depends on effort. Light intensity exercise, such as strolling/light walking, dusting, light yard work such as gardening, stretching, yoga, volleyball, requires about 60 minutes a day. Moderate-intensity exercise, such as brisk walking, biking, heavy yard work (e.g., raking leaves), swimming, dancing, water aerobics, stair climbing, requires 30-60 minutes, four to five days a week. Vigorous intensity exercise, such as aerobics, running, skating or hockey, basketball, fast swimming, fast dancing, tennis, cycling, requires only 30 minutes a day. Moreover, the 30 minutes can be made up of three 10-minute bursts of activity spread across the day. Also, the activity can be a "lifestyle activity" (for example, walking in the mall or taking the dog out), structured exercise or sport, or a combination of all three. It is not the activity

per se but the time and intensity that counts (Health Canada 2007).

In short, regular physical exercise can protect us from the ravages of daily stress. In the film *La Dolce Vita*, one of the characters says, "I want to live my life so that it cannot be ruined by a phone call." Practicing good stress management is one way of ensuring that no one event completely derails us, and good stress management begins with a healthy body. As John Locke said: "A sound mind in a sound body is a short but full description of a happy state in this world."

*Dr. Watt has a doctorate degree in clinical psychology. She has conducted research, published, taught, and practiced in the area of anxiety and related disorders for over ten years. She is an Associate Professor of Psychology at St. Francis Xavier University in Antigonish, and an Adjunct Professor of Psychology at Dalhousie University. Her research interests include investigating and treating anxiety-related disorders, including health anxiety and pain, and cognitive behavioral therapy (CBT) approaches to treatment. Dr. Watt maintains a limited clinical practice treating patients with anxiety and pain-related disorders.*

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### INTERNATIONAL TEACHING OPPORTUNITIES THROUGH SEARCH ASSOCIATES

Plan to attend the 14th annual SEARCH Associates International Teacher Recruitment fair Friday, January 29 to Sunday, January 31, Delta Chelsea Hotel, Toronto. This is the only SEARCH international job fair in Canada during the recruiting season. Hundreds of jobs. Sixty (60) recruiters representing over 80 schools in over 30 countries will be in attendance. Please go to the SEARCH Associates website [www.searchassociates.com](http://www.searchassociates.com) click on 2010 FAIR SCHEDULE and Toronto fair for more information.

**Information sessions will be held at MSVU in Halifax, Saturday, November 14 at 2:00 p.m. in Evaristus Hall Room 316. Please check [www.searchassociates.com](http://www.searchassociates.com) under LATEST NEWS for updates.**

**Contact Ray Sparks at [raysparks@eastlink.ca](mailto:raysparks@eastlink.ca) for additional information.**

### 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](mailto: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.







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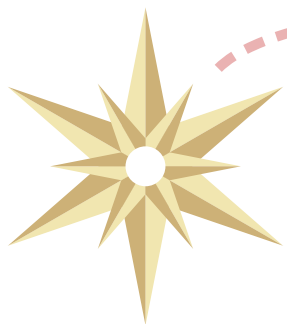
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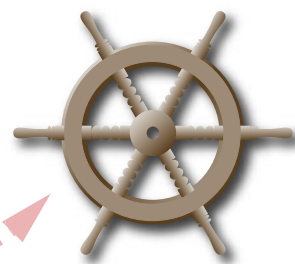
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# Charting Your Course FOR PROFESSIONAL DEVELOPMENT



## Wikipedia in the Classroom: Teaching students about information authentication

by Matthew Johnson, Media Education Specialist, Media Awareness Network

Discussions with teachers about the Internet in the classroom often come back to a particular refrain: “Students just don’t know how to do research anymore; all they use is *Google* and *Wikipedia*.”

It’s certainly true that students need to learn better research skills: in my own time as a teacher, I was frequently amazed to see supposed “digital natives” who did not have the slightest clue how to do a Boolean search, how to judge the likely usefulness of a *Google* hit before clicking on it, or even how to open links in a new page so they wouldn’t have to navigate back to *Google* if it didn’t pan out.

Forbidding students from using *Wikipedia*, though, is a bit like telling them not to use the library. In fact, *Wikipedia* is a lot like a library: it has a lot of different things in it, assembled by a variety of people from a variety of sources; some of them are useful, some less so. We don’t forbid students from using the library; instead we teach them how to find what they need there, and to judge whether a source is useful and reliable.

Henry Jenkins, Head of Comparative Media Studies at Massachusetts Institute of Technology (MIT), suggests that learning to use *Wikipedia* is a good way for students to acquire what he calls *New Media Literacies*, particularly those termed Collective Intelligence (collaborating with others in creating, obtaining and judging information), Judgment (assessing the reliability and usefulness of information), Networking (finding, synthesizing and spreading information) and Negotiation (moving between different contexts, formats and communities).<sup>1</sup>

The main concern teachers have with *Wikipedia*, of course, is its reliability. It’s true that because of its open structure, *Wikipedia* is susceptible to error—but in practice it seems to be less so than one might expect. In fact, a well-known article in the magazine *Nature* found it to be on a par with the *Encyclopedia Britannica* in its science articles. Roy Rosenzweig, Professor of History and New Media at George Mason University,

found it was about as accurate as Microsoft’s professionally-developed *Encarta* encyclopedia and compared well to the prestigious *American National Biography Online*.<sup>2</sup> More importantly, the problems Rosenzweig finds with *Wikipedia*—its articles often favour lively detail over historical significance, they adopt a post of neutral objectivity rather than reflecting the ongoing debates among historians—are common to all tertiary texts such as encyclopedia. In effect, Rosenzweig is saying that *Wikipedia* is no worse as a source than a high school history textbook, most of which share similar flaws.

While the problem of reliability should not be ignored, *Wikipedia* can be used to teach students to be critical readers. As a consequence of its openness, *Wikipedia* offers many ways to judge the reliability of its articles. To begin with, any *Wikipedia* user who is concerned about the quality of an article can place a cleanup banner, for instance, that the tone of the piece may not be fully neutral, that it may lack corroborating sources, or that the author or a contributor to the article may have a conflict of interest with its subject. In this way *Wikipedia* is no different from any other source (particularly any online source), in that it must be approached critically and skeptically.

*Wikipedia* has a number of other features for judging the reliability of an article, though they are less obvious than the cleanup banners. For instance, almost every *Wikipedia* article is rated based on its accuracy, completeness and style. These ratings follow a somewhat eccentric scale from Stub (a basic description, meant to be expanded) to Start (more developed than a stub, but lacking in

outside sources) and ascending to C, B, GA (“good article”) status to A; *Wikipedia* recommends that only articles with a GA status or better be used in serious research. Articles can also be nominated for “Featured Article” status on the grounds of being “professional, outstanding, and thorough; a definitive source for encyclopedic information.” (A guide to this rating scale can be found at [http://en.wikipedia.org/wiki/Wikipedia:Version\\_1.0\\_Editorial\\_Team/Assessment](http://en.wikipedia.org/wiki/Wikipedia:Version_1.0_Editorial_Team/Assessment).) These ratings are found on the article’s Discussion page, accessible through one of the tabs at the top of the page.

Another useful tab for verifying reliability is the one leading to the History page. This page summarizes all of the edits that have been made, allowing a reader to see the changes that have been made to the article since its creation.

Aside from teaching students to check the reliability of articles, teachers can introduce students to the idea that knowledge is not a fixed body of facts but rather is constantly evolving—and students can be part of that evolution. Using the Edit tab, which is the source of *Wikipedia*’s fame, teachers can have students edit an article with the aim of raising its rating.

Using *Wikipedia* in the classroom has its challenges and it, like any encyclopedia, should never be a student’s only source.

Its flaws, though, highlight issues that students will encounter with even the most authoritative sources, and provide a unique opportunity to teach students to view all sources of information critically.

Media Awareness Network has recently created a resource aimed at helping teachers integrating *Wikipedia* into the classroom. *Taming the Wild Wiki*, a lesson for students in Grades 7-9, helps teachers incorporate *Wikipedia* into their classrooms and teaches students how to use it in an effective and responsible way. For more information on this and other great media literacy resources, visit [www.media-awareness.ca](http://www.media-awareness.ca).

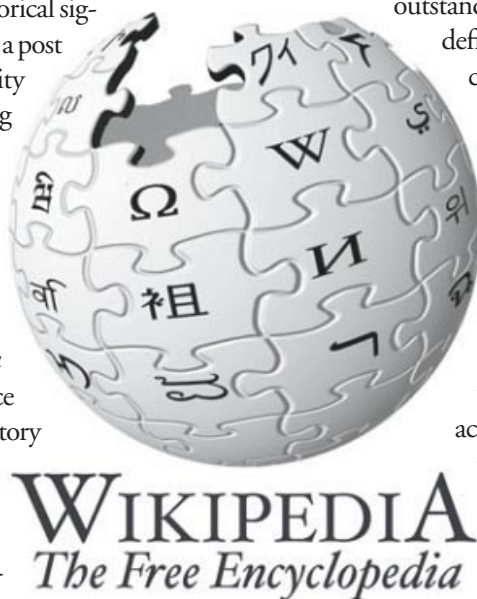
Media Awareness Network (MNet) and the Canadian Teachers’ Federation (CTF) are hosting the fourth annual Media Literacy Week, November 2-6, 2009.

Together, MNet and CTF are encouraging Canadians across the country to get involved in media literacy activities in their communities. This year’s theme *Media Literacy in the Digital Age* emphasizes the multiple literacy skills needed by today’s youth for accessing, evaluating, repurposing, creating and distributing digital media content.

### FOOTNOTES

<sup>1</sup> Jenkins, Henry. *What Wikipedia can Teach us About the new Media Literacies* (part one). June 26, 2007. <[http://www.henryjenkins.org/2007/06/what\\_wikipedia\\_can\\_teach\\_us\\_ab.html](http://www.henryjenkins.org/2007/06/what_wikipedia_can_teach_us_ab.html)>

<sup>2</sup> Rosenzweig, Roy, *Can History be Open Source? Wikipedia and the Future of the Past*. Center for history and new media. 1999. <<http://chnm.gmu.edu/essays-on-history-new-media/essays/?essayid=42>>



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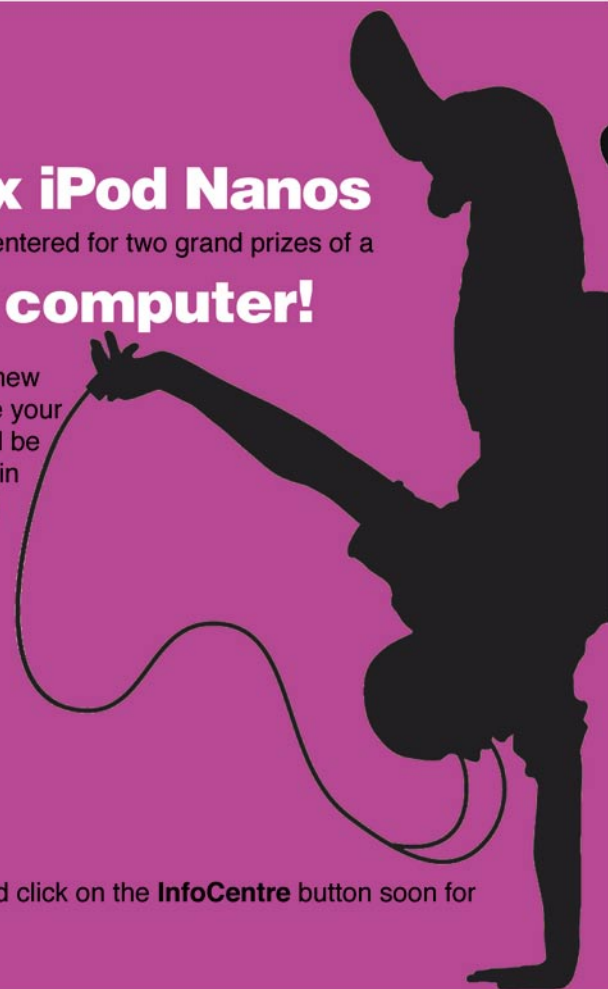
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NOVA SCOTIA EDUCATIONAL LEADERSHIP CONSORTIUM

### *Our Sincere Thanks!*

The NSELC would like to thank all of you who attended "Assessment Summit 2009". The fact that almost 600 delegates from across North America attended the Summit during the summer break speaks volumes about the importance of the theme and the thirst educators have for relevant professional learning activities. We trust that all participants gained information which will support them in their quest to enhance student learning.

For those interested in continuing their own learning about assessment, we remind you of the development of the NSELC's most recent offering. Module 13: "It's Time to Use Assessment to Improve Learning" is a highly personal and interactive module which is based on recent research and is designed to assist you in developing a balanced and practical classroom assessment program. Further details about Module 13 and all of our other professional learning offerings can be found on the NSELC website.

*We extend to all Nova Scotia educators an enjoyable and productive school year.*

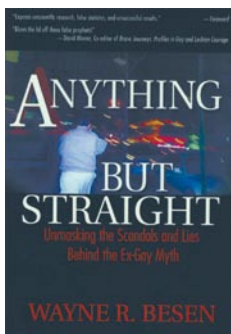
To register for NSELC offerings please go to the NSELC website:  
[www.nselc.ednet.ns.ca](http://www.nselc.ednet.ns.ca)



Shown in the photo above are the NSTU delegates who attended CONTACT 2009 last summer from August 4 to 7 at the University of Prince Edward Island. The CONTACT (Conference on New Techniques and Classroom Teaching) 2009 theme was Contemporary Classrooms and was hosted by the Prince Edward Island Teachers' Federation. CONTACT is a regional conference organized by the Nova Scotia Teachers Union, the New Brunswick Teachers' Association, l'Association des enseignantes et des enseignants francophones du Nouveau-Brunswick, Prince Edward Island Teachers' Federation and the Newfoundland and Labrador Teachers' Association (NLTA). The conference provides teachers with the opportunity to remain current in their profession and make contact with colleagues from the Atlantic region. Next year's conference will be hosted by NLTA.

## EQUITY COMMITTEE BOOK REVIEW

Email your name, home address, and school or campus with EQUITY in the subject line to [theteacher@nstu.ca](mailto:theteacher@nstu.ca) by December 22 to be eligible for the draw.



This month's equity book giveaway is *Anything But Straight (Unmasking the Scandals and Lies Behind the Ex-Gay Myth)*. Written by Wayne R. Besen and published by Harrington Park Press, the author spent four years examining the phenomenon of 'ex-gay' ministries and reparative therapies. It tells the story of reparative therapy and the ex-gay ministries from a historical perspective. The information comes from dozens of interviews, undercover work, attending ex-gay and reparative therapy conferences, countless hours of research, scouring ex-gay sites, and reading mounds of ex-gay literature.

The forward of the book states that it is an essential read for parents who think their gay children can become heterosexual.

If there is anyone left in North America who believes sexual orientation is a matter of choice, he or she should read this book.

## NOVA SCOTIA Department of Education

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# fresh

## Putting new members in the KNOW!

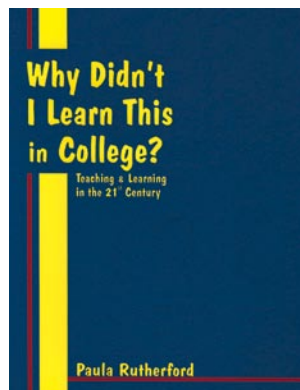
Email your name, home address, and school or campus with FRESH in the subject line to [theteacher@nstu.ca](mailto:theteacher@nstu.ca) by December 22 to be eligible for the draw.

This month's FRESH giveaway is *Why Didn't I Learn This in College? (Teaching and Learning in the 21st Century)*. It is written by Paula Rutherford and published by Just ASK Publications.

Here are six possible answers to the question posed by the title:

- I knew it for the test, but then I forgot it.
- I didn't take that course.
- I think I did, but that was a long time ago.
- I wasn't listening that day.
- At the time, I didn't think it was all that important.
- They forgot to mention it.

One review says, "This is a great resource for any teacher, particularly a novice teacher. This book is very organized and user friendly... The book goes beyond theory and infuses standards as well as best practices in the comprehensive ideas presented in the book. It is one we plan to use throughout the year in our teacher induction program."





New CTF Resource

The Canadian Teachers' Federation (CTF) and two national partners, the Commission nationale des parents francophones and the Association canadienne d'éducation de langue française, recently launched *Dream Big, It's Elementary!*

The new CTF bilingual resource aims to provide exogamous families of children aged 6 to 12 with support in order to develop, nurture and improve their children's French language skills and build their children's identity.

Among the million Francophone Canadians living in provinces or territories where French is a minority language, more and more are forming couples and starting families with non-Francophone partners. This is why there is an English section of this bilingual booklet, specifically geared for the Anglophone parent who might have been raised in an Anglophone unilingual environment or exposed to the French language all her or his life. In addition, this section might be helpful for people of French descent who are no longer able to speak the language as well as for parents who are learning and maintaining their French language skills.

For further information visit the CTF website at [www.ctf-fce.ca](http://www.ctf-fce.ca).

Sheet Harbour Consolidated School receives \$50,000 grant



Sheet Harbour Consolidated School recently received a \$50,000 grant from the Indigo Love of Reading Foundation. Pictured (back row) are the grant application co-writers Judith Graham and Shelley Leslie, and (front row) students Hannah Glawson, Lauren Jodrey and Noah Hawes, sharing a story written for the grant application by PTA Chair and local librarian Lynn

Lowe. For more information on the Indigo Love of Reading Foundation, visit [www.loveofreading.org](http://www.loveofreading.org).



The Curriculum Committee met for the first time of the 2009-2010 school year on October 2.

This year's committee is chaired by Elizabeth Thomas (Digby), and includes Mary Ann Alley (Colchester-East Hants), Donald Rice (Lunenburg County), Ernestine Oakley (Halifax County), Michael Soares (Richmond), Dayna Engelhard (Cape Breton), and

Grant Dunn (Annapolis). Angela Gillis is the provincial executive member and Ron Brunton is NSTU staff liaison.

The mandate of the Curriculum Committee is to:

- Study the curriculum and all proposed changes
- Report findings and make recommendations to the Provincial Executive
- Inform teachers of trends and developments in curriculum
- Consider resolutions referred by Annual Council and make recommendations
- Review NSTU Policy and make recommendations to the Provincial Executive

At this meeting, we reviewed the curriculum resolutions adopted at Council 2009 as well as NSTU Policy and the recommendations made by the 2009-2010 Curriculum Committee. The Committee invited Ann Blackwood, Director of English Program Services for the Department of Education, to join the committee in conversation about many of the issues in curriculum raised by classroom teachers, by NSTU leadership and through resolutions to Annual Council. Accompanying Ms. Blackwood were Donna Karsten, Mathematics Coordinator for the Department and Nancy MacDonald, Curriculum and Technology Integration Consultant. Some of the topics discussed were: updates about the available supports for struggling readers and writers, resources for teachers of multi-age classrooms, the status of the Grade 9 social studies curriculum, the use and role of Literacy Development Records (LDR) and Mathematics Development Records (MDR) and the status of the provincial literacy and mathematics assessments. We had an extended discussion with Nancy MacDonald concerning available Internet resources and the school board policies preventing teachers and students from having access to websites and social media sites. Donna Karsten provided an extensive overview of the upcoming "de-spiraling" of the P to 9 mathematics curriculum.

Ms. Blackwood said the support for struggling readers and writers is both a Canadian and a Nova Scotian priority. The cuts to education in the provincial budget forced the Department to reduce the funds available for support and intervention from \$2.8 million to \$1.4 million. Regional school boards have the authority to allocate their portion of this funding as they see fit. While the approach taken by each board varies greatly, the Department's Literacy Support Consultant, Janet Porter, monitors how the funding is used.

Some boards are finding it increasingly difficult to meet the needs of their students in multi-age classrooms. The Department is ensuring these challenges are considered in the design of curriculum in all subjects areas, including elementary mathematics. Resources will be developed and made available electronically to teachers. The Department would also welcome ideas and suggestions from teachers.

The Grade 9 Social Studies curriculum is currently still in development. Although social studies has historically had a very content-driven curriculum, there have been some thoughts to moving the curriculum toward skills development, similar to the science curriculum.

The LDR and MDR continue to be workload issues for teachers. The Department maintains that they are meant to provide some consistency across the province for the documentation of what teachers are doing to support student learning. The Department is working with the boards to revise the records to simplify record keeping. Currently, the provincial LDR forms are available online and can be downloaded to ensure a quick, to the point, record for these students.

The Grade 6 math assessment will take place in May 2010. The Department anticipates the introduction of the Grade 9 assessment in 2012-2013. There is some discussion about the placement of these assessments, which currently are taking place in Grade 3, 6, and 9. Some feel that Grade 8 may be a better year for the mathematics assessment, for example.

We also discussed Internet use within our schools. Boards across the province are exploring a variety of strategies in dealing with this resource. One issue discussed was access to social networking sites such as *Facebook*. Although some teachers see potential for such a site, students must create a login and give out personal and potentially dangerous information. Furthermore, this personal information is stored on servers in the United States and is therefore accessible to the US government under the provisions of the US *Patriot Act*. The Department has pledged to work with boards, via the board technology directors, to ensure that policies advance positively and provide teachers and students with the means to integrate a wide variety of technologies into the curriculum and to demonstrate the appropriate use of these technologies.

Donna Karsten presented a draft copy of the proposed mathematics curriculum for Nova Scotia Grade Primary to 9. She emphasized that the curriculum review is in its developmental stages. The next step will be to solicit feedback from national and international experts concerning the content, sequencing and developmental appropriateness of the curriculum. Teachers will then be asked to review the resulting draft with respect to how manageable the new curriculum is for teachers to deliver to students. This consultation with Nova Scotia teachers will take place later this academic year and pilots are planned for the 2010-2011 academic year.

The Curriculum Committee will hold its next meeting on January 8. The Committee has invited Shannon Delbridge, Director Policy Branch, Department of Education. The focus of the conversations with Ms. Delbridge will be around the models for professional learning and instructional leadership.

Elizabeth Thomas  
Chair, NSTU Curriculum Committee



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- Preparing leaders for educational change
- Engaging in critical reflection
- Challenging assumptions and introducing new thinking
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BRITISH COLUMBIA SECURITIES COMMISSION

Canada



# coming events

## November is...

Osteoporosis Month ([www.osteoporosis.ca](http://www.osteoporosis.ca)); Diabetes Awareness Month ([www.diabetes.ca](http://www.diabetes.ca)); Crohn's and Colitis Awareness Month ([www.cccf.ca](http://www.cccf.ca)); CPR Awareness Month ([www.heartandstroke.ca](http://www.heartandstroke.ca)).

### NOVEMBER 11

#### Remembrance Day

Each year, Canada marks Veterans' Week from November 5 to 11. It is a time to honour and remember all those who served Canada in times of war, military conflict and peace. Throughout the week, commemorative events and activities will be held in communities across Canada, including many schools in Nova Scotia. For study guides, activities and teacher resources for Veterans' Week, go to [www.vac-acc.gc.ca/youth/](http://www.vac-acc.gc.ca/youth/).

The following are just a few of the public events taking place in Nova Scotia on November 11, Remembrance Day. A Remembrance Day parade and ceremony, under the direction of the Royal Canadian Legion Zone 14 will take place at the War Memorial at the Grand Parade in Halifax, beginning at 11 a.m.; In Bass River, a Remembrance Day ceremony at the Veterans Memorial Park on Highway #2 will begin at 10:30 a.m. followed by a reception; and in Millbrook, young people will honour Mi'kmaw veterans on Remembrance Day. Stories and histories of Mi'kmaw veterans collected by the Millbrook Youth Group will be exhibited at the Glooscap Heritage Centre, beginning at 12 noon. The opening ceremony, community feast and speaking circle will celebrate these stories. For more information, visit [www.glooscapheritagecentre.ca](http://www.glooscapheritagecentre.ca)

### NOVEMBER 15 TO 21

#### National Bullying Awareness Week

This year's National Bullying Awareness Week's theme is *Stand Up! (to bullying)*.

Organized by Bullying.org Canada, this is the seventh annual Bullying Awareness Week. This Week has received support from businesses like Family Channel and organizations like the Canadian Teachers Federation. Since its inception in November 2003, Bullying Awareness Week has grown in support and is increasingly recognized by schools, individuals, organizations and communities as a time to celebrate and promote solutions to the problems of bullying. For more information, visit [www.bullyingawarenessweek.org](http://www.bullyingawarenessweek.org).

### NOVEMBER 20

#### National Child Day

Canada's "National Child Day" has been celebrated in Canada every November 20 since 1993 to celebrate the rights of children and youth. In particular, it commemorates the United Nations' adoption of two documents centered on children's rights: the United

Nations Declaration of Rights of the Child on November 20, 1959, and the United Nations Convention on the Rights of the Child on November 20, 1989, which marks its 20<sup>th</sup> anniversary this year.

The Public Health Agency of Canada has provided National Child Day activities and ideas for parents, students and educators. Those resources are available at [www.phac-aspc.gc.ca](http://www.phac-aspc.gc.ca). Another source of information is the Canadian Child Care Federation website at [http://www.cccf-fcsge.ca/nationalchildday/ncdnov20\\_en.htm](http://www.cccf-fcsge.ca/nationalchildday/ncdnov20_en.htm).

### NOVEMBER 26

#### Discovery Awards for Science and Technology

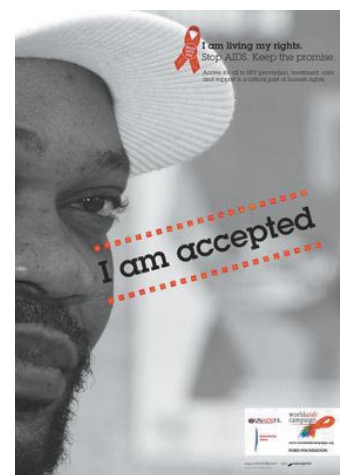
Discovery Centre will hold its seventh annual Discovery Awards for Science and Technology November 26 at the Westin Nova Scotian, with special guest CSA astronaut Chris Hadfield, the first Canadian to walk in space and now Chief of NASA's International Space Station Operations in Houston. Discovery Centre will also introduce two new inductees into its Science Hall of Fame—Brian Hall, a global trailblazer in the field of skeletal and evolutionary development and Oswald Avery (posthumously), a pioneer in immunochemistry, best known for his early work with DNA.

The Discovery Awards dinner is a major fundraiser for the Discovery Centre. Funds raised will help the Centre enhance school outreach programming, public programming and school workshops. The funds will also enable the Centre to develop new exhibits and bring travelling exhibits to Nova Scotia. Tickets can be purchased online at [www.discoverycentre.ns.ca](http://www.discoverycentre.ns.ca) or by emailing Linda Laurence at [llaurence@discoverycentre.ns.ca](mailto:llaurence@discoverycentre.ns.ca) (902-492-4422 ext. 23).

### DECEMBER 1

#### World Aids Day

*Universal Access and Human Rights* - or *I AM* - is the theme for this year's World AIDS Day, one of the most recognised international health days. World Aids Day marks a key opportunity to raise further awareness in communities and across the world about the state of the pandemic, and critical next steps that must be taken to halt its spread. This year's theme was adopted as an attempt to make it easier to understand HIV and AIDS from a human rights perspective—that access for everyone to HIV prevention treatment care and support is a critical part of human rights. Among the key slogans accompanying this year's Universal Access and Human Rights theme include, *I am accepted; I am safe; I am getting treatment; I am well; I am living my rights; Everyone deserves to live their rights; Right to Live and Right to Health*. You can find more information at [www.worldaidscampaign.org](http://www.worldaidscampaign.org).



### DECEMBER 6

#### The National Day of Remembrance and Action on Violence Against Women



December 6 is the *National Day of Remembrance and Action on Violence Against Women* in Canada. Established in 1991 by the Parliament of Canada, this day coincides with the grim anniversary of the death of 14 young women who were tragically killed because of their gender on December 6, 1989 at l'École Polytechnique de Montréal.

In addition to commemorating the 14 young women whose lives ended in an act of gender-based violence that shocked the nation, December 6 represents an opportunity for Canadians to reflect on the phenomenon of violence against women in our society. It is also an opportunity to consider the women and girls for whom violence is a daily reality, and to remember those who have died as a result of gender-based violence. Finally, it is a day on which communities can consider concrete actions to eliminate all forms of violence against women and girls. For more information, go to the Status of Women Canada website at [www.swc-cfc.gc.ca](http://www.swc-cfc.gc.ca).

Every year, YWCA Canada launches the December 6 Rose Button Campaign across the country. The Campaign takes its name from the original Rose Button, created almost 20 years ago to commemorate 14 l'École Polytechnique murder victims. Money raised through the sale of the buttons supports anti-violence programs and services. More information is available at [www.ywcanada.ca](http://www.ywcanada.ca).

## THANK YOU!

to the Educators of Nova Scotia for supporting the  
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# AVISO

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## CALL FOR MANUSCRIPTS

Submissions are encouraged from Nova Scotia's public school teachers and community college faculty and professional support staff. Please submit:

AVISO  
3106 Joseph Howe Drive  
Halifax, NS, B3L4L7  
[aviso@nstu.ca](mailto:aviso@nstu.ca)

Manuscripts submitted should reflect AVISO's mandate as a professional journal for Nova Scotia's teaching profession. Manuscripts will not be returned. Any manuscript chosen to appear in AVISO may be edited for clarity, style, length and consistency.

Contributor guidelines are available to interested writers on the NSTU Website – [www.nstu.ca](http://www.nstu.ca)

Please ensure email attachments are Microsoft Word, Rich Text Format or Text Only.

## DEMANDE DE MANUSCRITS

Nous encourageons des soumissions des enseignants des écoles publiques et du personnel enseignant et de soutien des collèges communautaires. Veuillez envoyer vos soumissions à :

AVISO  
3106 chemin Joseph Howe  
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Les manuscrits soumis devraient refléter la mission d'AVISO en tant que revue professionnelle des enseignants de la Nouvelle-Écosse. Les manuscrits ne seront pas retournés. Les manuscrits sélectionnés pour la publication dans AVISO pourront être édités pour ce qui est de la clarté, du style, de la langue et de la cohérence.

Les directives relatives aux collaborateurs sont disponibles en consultant le site Web du NSTU – [www.nstu.ca](http://www.nstu.ca)

Les manuscrits envoyés par voie électronique doivent être en format Microsoft Word, Rich Text Format ou Texte seulement.



# Youth play important role in combating climate change

By Kevin Harrison  
PROGRAM OFFICER FOR DRIVEWISER AND CLEAN NOVA SCOTIA

From unstable seasons to melting ice caps to droughts and flooding, the world is experiencing a fundamental shift in weather patterns that many scientists have attributed to climate change.

Carbon dioxide is one of the biggest contributing factors to climate change. Most people tend to think of Canada as being a fairly “green” country, but most are surprised to learn that Canada is the third largest emitter of carbon dioxide in the world.

Much of climate change has been induced by human beings. We have grown a little too comfortable with our lifestyles, which are affecting the earth in a negative way. One of these lifestyles is our driving culture.

Here in North America, we have gotten used to large vehicles such as pick-up trucks and SUVs as our personal modes of transportation, but the problem with these vehicles is that they burn a lot more gas than conventional cars and thus emit notably more harmful emissions into the atmosphere.

Carbon dioxide, carbon monoxide, nitrous oxide and particulate matter create a toxic cocktail of chemicals that comes out of a vehicle’s tail pipe. The latter is responsible for causing health issues such as asthma.

This is undoubtedly not the kind of world we wish to leave behind for our children, but in addition to our generation making a change, our children can do their part as well.

Driving more efficient vehicles makes a positive impact on carbon dioxide emissions. While that may not be an immediate option for some people, especially our youth, making a difference can be as simple as changing our driving habits.

Inefficient driving practices such as speeding, jackrabbit driving (quick starts and stops) and idling all contribute substantial amounts of carbon dioxide emissions. As many youth at the high school level begin to learn how to drive, it is important to instill efficient driving practices—which double as defensive driving techniques —into their driving education not only for the purposes of reduced greenhouse gases, but also to save money. If they learn these techniques at a young age, they will likely stick with them throughout their adult years.

DriveWiser is a behavioural change program run through Clean Nova Scotia that helps youth and adults facilitate this process through education, and free presentations and workshops. We offer entertaining activities to help educate Grade 11 and 12 students who are starting to learn how to drive, or are considering getting their licences in the near future.

DriveWiser has been educating the public on fuel efficiency for three years now with help from Natural Resources Canada and Conserve Nova Scotia. Anyone interested in a free presentation or workshop for their class on this topic is encouraged to contact DriveWiser at 902-420-3474.

### FREE WORKSHOPS

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Drive Wiser offers fun, interactive workshops ideal for classrooms, staff days and lunch & learns. We can work with teachers to meet curriculum needs. Participants will learn about local and global environmental challenges and simple and effective ways to reduce fuel consumption.

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- Energy: A Life Cycle Macromodel
- Driving Wiser: Drive, buy and maintain for fuel efficiency

For more information or to book a free workshop please contact: Therese Bombardier 902-420-3475  
tbombardier@clean.ns.ca | www.drivewiser.ca

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## NSTU MEDOC® GROUP TRAVEL PLAN & TRIP CANCELLATION / TRIP INTERRUPTION PLAN

For many years now, the NSTU Group Insurance Trustees have made available to both active and retired members, a competitively priced Out-Of-Country/Province Travel Insurance Program. The MEDOC® Travel Insurance Plan offers NSTU members complete coverage for your travel insurance needs.

The Provincial Health Insurance Plan provides limited basic coverage while members travel outside of province. However, this coverage is not enough. If you have a medical emergency while travelling out of province or out of Canada, costs can easily escalate and it can cost thousands of dollars.

Some of the covered expenses under the NSTU MEDOC® Group Travel Plan include prescription drugs, x-rays, nursing services, air emergency transportation or evacuation, emergency dental services, bedside transportation, repatriation, return of vehicle, and board and lodging.

The MEDOC® Group Travel Plan provides year-round coverage. With a 35-day annual Base Plan, you are covered for an unlimited number of trips up to 35 consecutive days per trip during the policy year. For longer periods of travel, you can purchase a Supplemental Plan for additional protection to cover the period of time that you will be away. The Supplemental Plan provides coverage for one single trip longer than 35 days and includes the annual Base Plan coverage. Premium payments are made through monthly

payroll deduction to the policy renewal, **September 1**. Effective May 1, 2008, the MEDOC® Group Travel Plan introduced a new, lower rate structure, while coverage remained the same.

### NSTU Trip Cancellation/Trip Interruption Plan

Effective November 1, 2008, the NSTU Group Insurance Trustees introduced a Trip Cancellation/Trip Interruption Plan. This plan helps protect travellers against unforeseen circumstances that may prevent or discontinue a trip. Coverage highlights of this plan are:

#### Annual Plan

**Trip Cancellation** - up to a maximum of \$5,000 per insured person per annual coverage period.

**Trip Interruption** - up to a maximum of \$5,000 per insured person for each covered trip.

- Up to a maximum of \$3,500 for lodging, meals, car rental, telephone calls and taxi costs (\$350 per day).
- Up to a maximum of \$1,000 for loss of, or damage to, baggage and personal effects during a covered trip.
- Personal effects - actual cash value or \$500, whichever is less.
- Document replacement - up to a maximum of \$200.
- Baggage Delay - up to \$400.

You must be enrolled in the MEDOC® Group Travel Plan in order to apply for Trip Cancellation/Trip Interruption coverage. For members purchasing Trip Cancellation/Trip Interruption coverage for the first time, premiums will be pro-rated from the date your coverage is effective until the policy renewal date (September 1). Like the MEDOC® Group Travel Plan, coverage will renew automatically on September 1 of each year. The monthly premium is very competitive with the convenience of year-round coverage.

It is easy to enroll. If you have any questions or pre-existing conditions, please contact Johnson Inc. for additional information at 453-9543 (local) or 1-800-453-9543.



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A.E. 02.09

**Congratulations to our SEPTEMBER WINNERS**

**of the FRESH & EQUITY giveaways!**

**FRESH: Lana Pothier of Middleton Regional High School**

**EQUITY: Starr Pettipas of Pictou Academy/  
Dr. T. McCulloch Schools**

## Music

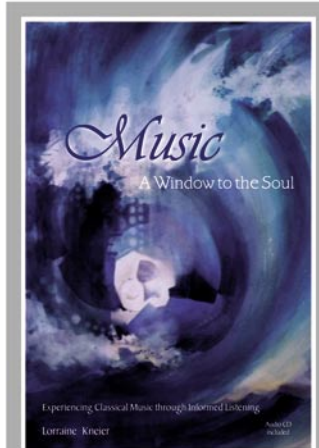
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# resources

## Last Chance for Teacher PD Series Videos 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 at [http://lrt.ednet.ns.ca/media\\_library/express/Video\\_Express.shtml](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.

We have limited copies of these professional development series focusing on literacy. They are available in VHS format only and on a first-come first-served basis.

### Focus on Spelling (120 min.)

Diane Snowball, co-author of *Spelling K-8* outlines key principles of teaching spelling in her book, and demonstrates concepts on four videos in the series. The four titles in this series are: *Learning Words* (28 min.); *Exploring Sounds* (31 min.); *Investigating Letters and Spelling Patterns* (29 min.); and, *Discovering Generalizations* (31 min.), and are dubbed onto one two-hour tape.

### Happy Reading (110 min.)

First grade teacher Debbie Miller takes you beyond comprehension instruction and shows how she sustains a thoughtful primary reading program that challenges and supports readers of all abilities and needs. The three titles in this series are: *Essentials: Tone, Structure, & Routines for Creating & Sustaining a Learning Community* (41 min.); *Explicit Teaching: Portraits from Readers' Workshop* (27 min.); and, *Wise Choices: Independence and Instruction in Book Choice* (40 min.). The three titles are dubbed onto one two-hour tape.

### Know It All (30 min.)

The *Know It All* professional development series will introduce you to a cross-curricular, collaborative learning process for teaching information literacy in elementary and middle schools. These professional development videos model a variety of strategies for use in the classroom and will introduce you to the process of gathering, presenting and evaluating information in different subject areas. The Education Media Library has two titles in this series: *Primary Learners: Introduce Learning Skills In Early Grades* (15 min.); and, *Intermediate Learners: Watch the Learning Process Unfold* (15 min.), and are dubbed onto one 30-minute tape.

### Reading is Fundamental (RIF) Exchange (120 min.)

*RIF Exchange* is a video series designed to inform educators, librarians and parents about the developments and trends in children's literacy. Each 30-minute video profiles exemplary literacy programs, offers practical tips and strategies for educators and parents, and provides enriching activities that spark children's interest in reading. The Education Media Library has four titles in this series: *First Steps Toward Literacy* (30 min.); *Poetry, Fun With Words* (30 min.); *Older Students and Literacy Order* (30 min.); and, *Literacy and the Arts* (30 min.), and are dubbed onto one two-hour tape.

### The Road to Reading (29 min.)

Children do not magically become readers in Grade 1. Reading skills gradually emerge in preschool years as families share storybooks or play alphabet games and rhymes during their normal daily routines. If key adults in children's lives are aware of the variety of the literacy experiences they can provide before children start school, then opportunities for supporting literacy development will not be missed, and the likelihood that all children will experience success in reading will improve. This program uniquely combines the personal experiences of real-life families with the wisdom of professionals to deliver easy and meaningful ways families can prepare children for the reading journey.

### When Students Write (120 min.)

This series takes us into the classrooms at Bailey's Elementary School in the outskirts of Washington, DC, where teachers wrestle with the questions of what it means to become an effective writer and what is a teacher's role in developing students' competence as writers. The four video tapes cover all the practical components necessary for establishing and implementing a successful writing workshop, including the importance of choice, creating a risk-taking environment, the difference between skills and craft, the writer's notebook, the writing conference, revision, the role of literature, and much more. The four titles in this series are: *Building a Writing Community* (32 min.); *Teaching Writing Skills In Context* (25 min.); *Literature That Supports Writing* (30 min.); and, *Craft Lessons to Stretch Young Writers* (35 min.), and are dubbed onto one two-hour tape.

**Education Media Library, Brunswick Place, 2nd floor, 2021 Brunswick Street, Halifax, NS B3K 2V5; (902) 424-2440; (902) 428-5828 (fax); email [mediacir@ednet.ns.ca](mailto:mediacir@ednet.ns.ca) or visit <http://lrt.ednet.ns.ca>.**

## NOTICES

### Green Street Youth Leadership Challenge

**DEADLINE TO APPLY - NOVEMBER 20, 2009**

Green Street's Youth Leadership Challenge is providing an innovative opportunity for youth across Canada. In partnership with the Vancouver Foundation, Green Street is offering grants to dedicated change makers who want to improve their schools and communities. Green Street is challenging youth to think critically and develop a project that meets the needs of their communities.

For additional information, review the guidelines <http://www.green-street.ca/en/ylc.html> or contact [info@green-street.ca](mailto:info@green-street.ca).

### Surveys Coming to 66 Schools in November

Sixty-six schools are participating in a Nova Scotia pilot data collection project this month, administered by Dr. Ronald Ferguson, of Harvard University. Dr. Ferguson's interest lies in raising achievement for all students, while narrowing gaps among students from different racial, ethnic and social backgrounds.

The Department of Education and school boards are doing this as part of the ongoing implementation of the provincial Racial Equity Policy. A Steering Committee, consisting of representatives of all school boards, the Department of Education, and the NSTU, is working with schools and school boards to effectively administer the surveys. Results and recommendations are expected later in this school year. For more information contact Susan E. Crandall, Director, Education Quality Services, Public Schools Branch, Department of Education at 902-424-1594 or [CRANDASE@gov.ns.ca](mailto:CRANDASE@gov.ns.ca).

### Scholarships for study in France, Germany, Brazil and Argentina

Nacel Canada Inc., a not-for-profit cultural exchange organization, will be awarding a number of full tuition scholarships to Nova Scotia students to travel to one of the above countries, live with a host family and attend local high school. The scholarships will be available to students aged 15 to 17 who will not be graduates from high school in September, 2010. They will be awarded in March, 2010 for the September, 2010 school year. Families of scholarship recipients are asked to host a cultural exchange student from another country during the time their son or daughter is away, and have an opportunity to choose a student they feel will be a good fit for their family. Partial scholarships are also available for students of families who do not wish, or are not able, to host a student. **The deadline for receipt of preliminary applications is December 18.**

For more details, visit [www.nacel.ca/scholarship](http://www.nacel.ca/scholarship), or contact Kim Monteith at 902-252-6243 or at [kmonteith\\_can@nacel.org](mailto:kmonteith_can@nacel.org).

### Atlantic Path is looking for participants

The Atlantic Path is looking for 12,000 participants throughout Nova Scotia for a national study funded by the Canadian Partnership Against Cancer. The study will follow the health of 300,000 Canadians between the ages of 35 and 69 to determine what roles lifestyle, the environment and genetics play in the development of cancer and other health issues. To become a participant or to find out more, visit [www.atlanticpath.ca](http://www.atlanticpath.ca), or call 902-494-7284.

## NSTU REP PINS

The Nova Scotia Teachers Union has the NSTU Rep pin available for **purchase by NSTU Locals**, for their NSTU Reps. At only \$2.50 each these brushed pewter pins are sure to be recognized at your school or campus.



To order, contact:

**NSTU Public**

**Relations Department**

[Phone] 477-5621 or

[Toll-Free] 1-800-565-6788 or

[Email] [pr@nstu.ca](mailto:pr@nstu.ca)

## NSTU SECONDMENT RESOURCE FILE

Secondment application forms are available on the NSTU "Members-Only" website.

To obtain the secondment application form:

- Enter the NSTU members-only website
- Select "Union Affairs" from the menu
- Select "Secondments" from the drop-down menu

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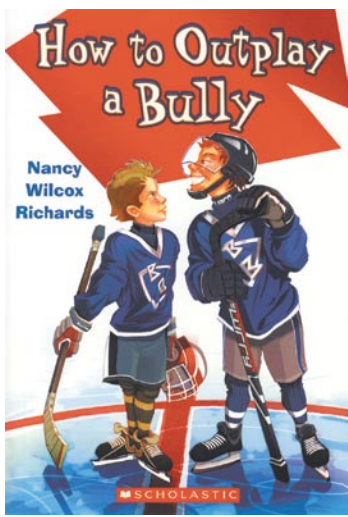


**[www.ambassatours.com](http://www.ambassatours.com)**



# NATIONAL BULLYING AWARENESS WEEK

## BOOK GIVEAWAY!



Email your name, home address, and school or campus name with *Bullying Awareness Week* in the subject line to [theteacher@nstu.ca](mailto:theteacher@nstu.ca) by December 22, to be eligible for the draw.

In honour of this year's National Bullying Awareness Week (November 15-21) organized by Bullying.org Canada, *The Teacher* has one copy of Nancy Wilcox Richards' *How to Outplay a Bully* to give away. Wilcox Richards teaches Grade 2 at Bayview Community School in Mahone Bay.

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

## ViewFinders & NSTU March Break Video Camp

ViewFinders: International Film Festival for Youth and the Nova Scotia Teachers Union are presenting a student video camp during March Break 2010. Participants will be mentored by top Nova Scotia industry professionals while they team up to create three professional 30-second public service announcements.

The public service announcements will address the value of teachers to students and the community as a whole. Since a teacher's influence stays with us throughout our lives, they will answer the question "How do teachers make a difference?" The impetus behind the PSAs is to help raise the profile of teachers in a positive way and get people to think about the formative effect great teachers have had on them.

Students will have the opportunity to learn the fundamentals of video production, sound design, and marketing communications.

This camp is open to Nova Scotian high school students attending public school and will also include NSTU members interested in professional development connecting to Film 12 program outcomes. For more information or for an application form please visit the ViewFinders website at [www.atlanticfilm.com/view](http://www.atlanticfilm.com/view) or contact Courtenay Kyle at 902-420-4398 /[Courtenayk@atlanticfilm.com](mailto:Courtenayk@atlanticfilm.com).



## STAND-UP AGAINST BULLYING DAY BOOK

### WINNERS

The two winners of *How to Tame a Bully* (English & French) are: **Nancy Robinson** of Sydney River Elementary School (English) and **Anne Bastarache** of École acadienne de Truro (French). *Congratulations!*



## Teachers' Pension Plan Inc. Board of Directors

### Call for applications...

The NSTU Provincial Executive is inviting applications from retired NSTU members for one (1) Director's position on the Teachers' Pension Plan Inc. Board. Operating under a Trust Agreement, this nine-member corporation oversees the administration of the Plan and the investment of the Plan's assets.

The NSTU is currently seeking:

- One (1) retired member - A (3) three-year term, renewable for a second (3) three-year term If you are interested in this appointment, please complete this application form and indicate your knowledge or experience with the criteria below and other related information.

Criteria for selecting persons for the above positions include:

- Has considerable knowledge about the Teachers' Pension Plan;
- Has experience in and/or knowledge about investments particularly the investments of pension funds; and
- Has experience as a Trustee or has a working knowledge of trusts.

**Applications must be received by NSTU Central Office  
by 12:00 noon, November 20, 2009.**

**Application form is available on the NSTU website at  
[www.nstu.ca](http://www.nstu.ca)**

## 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](mailto:theteacher@nstu.ca).

**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.

**FLORIDA VACATION HOME RENTALS** - Kissimmee. 2-5 bedroom vacation homes with private pool. Five miles to Disney. Family holidays or conferences. Two-bedroom SPECIAL rate until December 15, \$79US/nt. Please call 902-861-4814 or visit [www.herderholidayhomes.com](http://www.herderholidayhomes.com) or email [rherder@eastlink.ca](mailto:rherder@eastlink.ca).

**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](mailto:marcellederoche@gmail.com) for details.

**FIELD TRIP IN HALIFAX?** Stay downtown Halifax, walking distance to Pier 21 and the Metro Centre. Dormitory and private rooms available, ask about our group rates. Wireless available. Please call 902-422-3863 or email [halifax@hihostels.ca](mailto:halifax@hihostels.ca).

**SKI TRIP IN WENTWORTH?** Stay at charming county hostel house. Minutes to Wentworth Ski, snowshoe rental, and outdoor classroom and wireless available. Dormitory and private rooms available, ask about our group rate. Please call 902-548-2379 or email [wentworth@hihostels.ca](mailto:wentworth@hihostels.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 5 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 1149 Bedford Highway. Phone: 902-240-1627. [www.righttouchmassagetherapy.ca](http://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. Excellent for relieving stress, anxiety, muscle tension, and improving sleep. **Chris Bagnell RMT** - 10 years experience. To contact Chris call 902-464-0606 to book an appt. Monday to Saturday. "Making a difference feels great."

**AVAILABLE** - French teachers needed to work from home computer. 17\$/hr. Online French leveled reading program. No preparation and training provided. Visit [www.teachercertifiedtutoring.com](http://www.teachercertifiedtutoring.com) or call 1-877-313-READ.

**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.paulbehne.on.ca](http://www.paulbehne.on.ca) for complete details.

**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](mailto:lgraham@staff.ednet.ns.ca).

**TEACHER EXCHANGE** - Experienced teacher in AVRSB seeking exchange with teacher in HRSB for 2010-2011. Current school: Hants County. Current load: Middle School Social Studies and Resource. Willing to consider exchanges in any suitable subject area and grade level. Please contact me at [avrsb2010@gmail.com](mailto:avrsb2010@gmail.com) if you are interested. Looking to make move permanent.

**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](mailto:bevanthony@eastlink.ca) or call 902-405-0597.

**JOB EXCHANGE** - Permanent teacher in CBVRSB looking to exchange position in the HRSB for September 2010. I am fluent in French and seeking a position outside the city teaching Grade 4 to 9. Please contact [amjb48@hotmail.com](mailto:amjb48@hotmail.com).

**JOB EXCHANGE** - Permanent teacher in HRSB looking to exchange positions with a teacher in the CBVRSB for Sept. 2010. Please contact [adelekelly1@hotmail.com](mailto: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](mailto: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](mailto:gjsampson@staff.ednet.ns.ca).

**IN-PROVINCE TEACHER EXCHANGE** - Experienced Chignecto Central Regional School Board teacher (near Halifax) seeking job exchange with elementary teacher in the Annapolis Royal area for the school year 2010-2011. Please call 902-719-3282 or email [fayenvp@gmail.com](mailto:fayenvp@gmail.com).

## EDUCATION WEEK

**April 18 - 24, 2010**

**EQUITY IN EDUCATION: SUPPORTING ALL STUDENTS**

## 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  
**November 15, February 15 and April 15.***

*Applications for active NSTU members are available  
through your NSTU rep, on the NSTU website at [www.nstu.ca](http://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**