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NSTU/ViewFinders March Break camp rewarding for both teachers and students

This year, March Break wasn't much of a "break" for six teachers and 13 students from across Nova Scotia. Instead, these teachers and students participated in the NSTU/ViewFinders March Break PSA Camp, funded and supported by the Nova Scotia Teachers Union, from March 15 to 19. The aim of the Camp was to provide students with a full video-based curriculum with a focus on commercial marketing. Mentored by top Nova Scotia film industry professionals and facilitated by teachers, the students created three professional 30-second public service announcements (PSAs) for the NSTU with the theme "Teachers Make a Difference."

"The public service announcements address the value of teachers to students and the community as a whole," says NSTU president Alexis Allen. "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 teachers have had on them."

Students were given the opportunity to learn the fundamentals of video production, sound design, and marketing communications. "It is our intention to use the completed, edited versions or ideas from the PSAs for broadcast," adds Allen.

The participating teachers—Catherine McCarthy, Millwood High School, Johanne McInnis, Aldershot School, Kentville, Ryan Sadler, Musquodoboit Rural High School, Duncan Smith, St. Andrew Junior School, Antigonish, Penny Steele, Malcolm Munroe Junior High,



Students use Citadel Hill as the backdrop for filming one of three PSAs during the NSTU/ViewFinders March Break camp.

Sydney, and Jay Thompson, Brookside Junior High School—volunteered their time and expertise over the March Break to facilitate the work of the students. Three local filmmakers—Eva Madden-Hagen, Scott Simpson, and Jeff Wheaton—provided a completely hands-on experience for the students, guiding them through the process of visualizing an idea, setting up storyboards,

setting up scenes, engaging actors, running rehearsals, and eventually shooting an end product. All of the students were able to experience the perspectives of the director, the camera operator, the actor, and so on. While the Camp was designed to be fun for both teachers and students, it was also a serious opportunity to learn about the skills needed to work in film and television, the work culture of the film and television industry, the critical positions involved in the production process, and the significant commitment needed to complete a production.

Catherine McCarthy, one of the volunteer teachers, enthused about the experience: "[The students] learned so much more in the experience of being directors, producers, actors, arts team, and using all the gear and equipment, especially using the camera. Also being under pressure, running out of time, and going without was good experience too," she remarks. "It was so real and exciting. The pace was fast and everything came together in the end which was so rewarding."

The "Teachers Make a Difference" theme provided the participants with the opportunity to reflect on the important roles teachers play in the lives of students. As one student, Ben Sutherland, wrote in his entry essay to the Camp: "Everyone has been influenced by a teacher in their lives. As we go through school, we meet different teachers, each with something to offer us. Teachers can inspire us to do things that we wouldn't usually think of doing, to take risks, and push ourselves to achieve our dreams."

The ViewFinders International Film Festival for Youth is a production of the Atlantic Film Festival Association. Since 2005, ViewFinders has produced a number of film, video and animation camps during the March Break and summer periods by partnering with community groups, government and corporate sponsors. The intensive five-day camps provide a comprehensive examination of the creative process involved in filmmaking while at the same time exploring a theme of choice – "Teachers Make a Difference" in the case of the NSTU. ViewFinders itself is a five day celebration of film, video and media geared towards youth ages 3 to 18 which runs April 20-24, 2010. The festival includes a comprehensive school program complete with a guide for educators, as well as evening and weekend screenings and events for families and young adults.

The PSAs produced by the students will be shown on Thursday, April 22nd at 12:10pm at Empire Theatres – Dartmouth Crossing during the ViewFinders International Film Festival for Youth, Communities in Motion series. The PSAs will also be screened at NSTU's annual Communications Conference on April 24 and during Annual Council in May.

For more information on the ViewFinders International Film Festival for Youth and a complete listing of the screenings visit atlanticfilm.com/view.



Students film PSAs about how teachers make a difference.

Alexis Allen re-elected by acclamation as NSTU president

Alexis Allen has been re-elected NSTU president by acclamation for the 2010 – 2012 term.

"I'm looking forward to continuing to serve public school teachers and community college members in Nova Scotia," says Allen.

Her new two-year term will commence August 1, 2010 and run to July 31, 2012.

Allen took office as the 42nd President of the Nova Scotia Teachers Union on August 1, 2008, becoming the fourth president of the 10,900-member organization to be elected by universal suffrage. A career teacher in Halifax County for 30 years, she holds BA, BEd and MEd degrees from Saint Mary's University.

She has taught social studies at Eastern Shore High and Lockview High, and English and Social Studies at Gaetz Brook Junior High.

Allen was first vice-president of the NSTU from 2004 until 2006 and has been a member of the Union's economic welfare committee and negotiating teams. She has also been an activist in the areas of public affairs, public relations, equity issues and member services and served on the NSTU provincial executive for six years.

Allen served as the president of the Halifax County Local from 2006 to 2008 and chaired the Metro Regional Council in 2006-07.

At the national level, Allen has represented the NSTU on the Canadian Teachers' Federation (CTF) Board of Directors and has served as a member of the CTF Human Rights Diversity Committee.

Allen also sits on the board of Peaceful Schools International.

executive highlights

March 5, 2010

- Filed table officers report:
 - Selected six candidates to the John Huntley Memorial Internship Program, along with two alternates;
- Received personnel committee report approving a permanent contract for Betty-Jean Aucoin, Executive Staff Officer in Professional Development;
- Received nominating committee report: selecting Community College members to fill vacancies on committees flowing from the Community College Agreements;
- Approved the proposed budget go forward to Annual Council 2010 for 2010-2011 with a recommendation it be adopted;
- Approved amendment to Policy 9(a)(iii) (e) – Pet Care to now read \$15;
- Approved amendment to Operational Procedures 14(c)(iii) – Professional Associations;
- Approved the Procedures for the Safe Workplace and Member Conduct Policy as new Operational Procedures – Section 6, General;
- Approved amendment to Operational Procedures 28 – Awards to include a new 28 (f) Retired Member Recognition Award;

- Approved Disposition of 2009 Resolutions to be forwarded to Annual Council 2010;
- Approved the provincial asking package with modifications.

March 25-26, 2010

- Approved audited financial statements as of July 31, 2009 to be forwarded to Annual Council 2010;
- Filed table officers report:
 - Selected members for the Council 2010 nominating and the steering committees;
- Approved nomination of NSTU president Alexis Allen as a candidate for the office of vice president of the Canadian Teachers' Federation;
- Approved an effective date of August 1, 2010 for the increase to pet care expenses as approved by provincial executive at its March 5, 2010 meeting;
- Received nominating committee report, appointing members to serve on the negotiating team and as scrutineers at Annual Council 2010;

Continued on page 2

people

Digby Local hosts PD session for new members

On February 23, NSTU executive staff officer Gérard Cormier provided a classroom management workshop for new members of the Digby Local. Digby Local's new member contact Joanna Wilson, a teacher at Digby Regional High School, organized the workshop for her colleagues. Within the last two years, close to one third of the teaching staff at Digby Regional High School are new to the profession. Cormier will be providing a time management workshop for the Local.



Seated: Mandy Murphy, family studies, art and O2; Laura Sherman, core French and Health; Jason Murphy, English and global history. **Standing:** Gérard Cormier; Christina Giles, substitute teacher; Wayne Thibodeau, French immersion and math; Joanna Wilson, math and science; and Tammy Farrell, speech language pathologist.

Kings Local honours 25-year teachers

Another 19 teachers in the Kings Local joined the quarter-century club and were honoured at a celebration at the Old Orchard Inn on March 25. Each year the Kings Local hosts a reception for its members reaching the 25-year milestone.



Seated are: Rhonda Sewell and Irene Neil, Somerset and District School. **Standing:** NSTU president Alexis Allen; 25-year pin recipient Shelley Morse, NSTU's first vice president from Aldershot School; Kings Local president Cathy Reimer; and 25-year pin recipients: Jim Cahoon, North Kings Education Centre (NKEC); Bob Shields, Kings County Academy (KCA); Tracy Webb, Horton High; Sharon Ewing-Milne and Debbie Fisher, Somerset and District Elementary. Other teachers honoured at the celebration who were not in attendance or missing from the photo are: Janice Foote and Wally Rushton, Central Kings Rural High; Claudette MacDonald, Coldbrook and District School; Corena Burbidge, Glooscap Elementary; Linda Wheadon, Horton High; Lisa Hewson, KCA; Greg Williamson, NKEC; Debbie Forsyth, Somerset and District Elementary; Kathy Lutz, Bruce Prout and Barry Squires West Kings District High.

NSTU/ViewFinders March Break Camp



Above are participants of the ViewFinders/NSTU March Break Camp, which took place from March 15 to 19 at the CBC Radio Room in Halifax (see story page 1). **Front row:** (l-r) Cameron Hennigar, Hants North Rural High; Shawn LePage, Millwood High; Clark Porter, crew; Brandon Gover, Sackville High. **Second row:** Scott Thorne, crew; Hannah MacDougall, Brookside Junior High; Alec Cook, Sackville High; Devon Pennick-Reilly, Cornwallis Junior High; Bonita Leblanc, Ecole du Carrefour; Josh McInnis, Horton High School; Samantha Martin, Halifax West High; Robyn Morris, Halifax West High; Millwood High teacher Catherine McCarthy. **Back row:** Musquodoboit Rural High teacher Ryan Sadler; Daniel Crane, Hants East Rural High; Sarah Smith, Horton High; local filmmakers and facilitators Eva Madden-Hagen and Jeff Wheaton. **Very back:** Ben Sutherland, Sackville Junior High; and Mark Kenny, crew. **Missing:** teacher participants Johanne McInnis, Duncan Smith, Penny Steele, and Jay Thompson, and local filmmaker and facilitator Scott Simpson.

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1-800-565-6788 or email theteacher@nstu.ca.

Canadian Educational Press Association

You may find past issues posted on our website: www.nstu.ca

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executive highlights

Continued from page 1

- Received the personnel committee report accepting the letter of resignation for retirement purposes from Monica Maloney, Executive Staff Officer, effective November 30, 2010;
- Approved the purchase of healthy snacks at provincial meetings sponsored by the NSTU at a cost of \$2.50 per person. The purchasing of said snacks will be the responsibility of the chair of the committee or a designate. The purchaser will be reimbursed, with receipts at the rate identified;
- Approved an amendment to Operational Procedures 21 Negotiations;
- Approved a recommendation that staff be directed to prepare Category 1 articles for single tier bargaining and to present these articles for approval to the provincial executive at its April 29, 2010 meeting;
- Approved a call for nominations for two members for the Single Tier Bargaining Committee;
- Approved the composition of the Single Tier Bargaining Committee;
- Approved an amendment to Operational Procedures 4 Standing Committees;
- Approved a resolution for Council 2010 under New Business that Standing Order 5(f) be rescinded;
- Approved a resolution for Council 2010 under New Business that Standing Order 6(b) be deleted;
- Approved a resolution for Council 2010 under New Business opposing "merit pay" for teachers;
- Approved the NSTU Position Paper on Parental Involvement;
- Approved eleven Local Service Awards be granted at Annual Council 2010.

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Important changes to Canada Pension Plan in planning for retirement

Submitted by Joan Ling, Executive Staff Officer, Pension and Benefit Services

On December 16, 2009, the Minister of Finance, Jim Flaherty, announced that proposed changes to the Canada Pension Plan had received royal assent. The changes will have no impact on you if you are already receiving a CPP retirement pension, disability benefit, survivor benefit or combined benefits, or if you will begin to receive these benefits before 2011.

There are four significant changes. Here is what you need to know:

1. Removal of Work Cessation Test

At the present time, people younger than 65 who wish to start receiving their CPP retirement benefit must have either stopped working or reduced their annual income to less than the maximum allowable level. Effective January 1, 2012, individuals who are 60 or older can apply for their CPP without stopping working or without any earning test being applied.

2. Improved Pension Coverage

At the present time, if you opt to start CPP before age 65 then you no longer contribute to the pension plan. Under the new rules, if you start the pension before age 65, you and your employer will be obliged to contribute to the CPP and you will earn additional benefits based on your pensionable earnings. The CPP entitlement will be recalculated each year based on the additional CPP contributions and the additional CPP benefits will be increased to a maximum of 2.5 per cent commencing in the immediately following year.

3. Pension Adjustments

At the present time, individuals who opt to receive their CPP pensions before age 65 are subject to a reduction of 0.5 per cent for each month prior to 65 for a reduction of 30 per cent if taken at age 60. Alternatively, individuals can opt to begin their pension after age 65 and are

entitled to an increase of 0.5 per cent for each month after age 65, up to age 70.

The new rules make a distinction before age 65 and after age 65.

a. The early retirement reduction will be increased to 0.6 per cent per month for each month before age 65, so the reduction, if applying at age 60, will be 36 per cent. This will be phased in over a five year period starting in 2012.

b. The late pension adjustment will be gradually increased to 0.7 per cent per month for each month that the pension is taken after an individual's 65th birthday up to age 70 for a maximum 42 per cent increase. This will be phased in over a three year period starting in 2011.

4. Drop-Out Years

At the present time, the CPP drops out the 15 per cent of your contributory period in which your earnings were the lowest from your pension calculation. These include any years between the ages of 18 and 60 or 65. For example, if a person elects to receive their CPP at age 60 (i.e., 42 years of required contributions between the age 18 and 60), 15 per cent (or 6.3 years) of the lowest years are excluded from the calculation of the individual's CPP benefit. If the individual applied at age 65 (47 years of contributions), the drop-out would currently be 6.7 years. The changes will increase the 15 per cent drop-out to 16 per cent in 2012 (or 6.72 years at age 60 and 7.52 at age 65) and 17 per cent in 2014 (or 7.14 years at age 60 and 7.99 years at age 65).

All of these changes will be important in planning for your retirement. For more information visit Service Canada at www.servicecanada.gc.ca.



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"This program, created and lead by Jenny and Blair, has revitalized and prepared an inspired group to deliver the new PSP Yoga 11 curriculum. The joy and gratitude is palpable throughout the journey. This course has and will change many lives, having lasting effects within the education system."

- Sue Stevenson, Active Living Consult

Leader(s): Jenny Kierstead is a former Phys. Ed teacher and the founder of Breathing Space Yoga Studios. She contributed to the development of the Yoga 11 curriculum and designed an Elementary school Yoga Program. She also co-created a Yoga for Autism program.

Blair Abbass was the first teacher to bring Yoga 11 to the HRSB. He is a contributing designer of the Yoga 11 curriculum in the area of meditation.

Date(s): August 9--12th, 2010
Time: 9:00am—4:00 p.m.
Location: Breathing Space Yoga Studio, Halifax
Fee: \$ 500.00 +hst (Check with Local PD for funding)
Contact: 444-YOGA (9642) or info@BreathingSpaceYogaStudio.ca
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equity

education week
april 18 - 24, 2010

semaine de l'éducation
18 au 24 avril, 2010

équité

Alexis Allen

PRESIDENT, NOVA SCOTIA TEACHERS UNION



This year's Education Week recognizes teachers and education partners who celebrate and enhance equity in education, and, in the process, support all students. We are proud of the work teachers and education partners do to create and nurture a learning environment that recognizes and celebrates the diversity of our students and of our communities. The impact of teaching students to embrace and

to appreciate all cultures extends far beyond the walls of the classroom; diversity education fosters greater understanding locally, provincially, nationally, and, ultimately, globally.

This year's theme helps us to recognize the importance of our diverse society and culture. Greater knowledge and understanding across cultures is the foundation for cooperation and collaboration. Equity education helps to bring the community and the classroom together. When we treat people equally we recognize and respect differences.

On behalf of the Nova Scotia Teachers Union I thank all of our members for what they do to encourage students to open their minds to the diversity all around them. I applaud the support and commitment of all our education partners in developing and organizing Education Week. I also thank and acknowledge our corporate sponsor, the Teachers Plus Credit Union, which has been a long time supporter of the week, the Black Cultural Centre for providing the venue for this year's ceremony, and Chartwells for providing food for the ceremony.

I congratulate all recipients of this year's Education Week awards. I also acknowledge the teachers, students, parents, and communities whose participation and support for diversity cultivates respect and equality for all!

Ron Marks

PRESIDENT, NOVA SCOTIA SCHOOL BOARDS ASSOCIATION



Equity in education means all students have the opportunity to succeed regardless of their race, gender, culture or socioeconomic background. It means recognizing that every student is different and approaches learning differently.

Nova Scotia's public schools recognize these differences and strive for inclusive education by providing the education tools necessary for each

child to succeed. Through understanding and acknowledgement of a child's individual needs, teachers are helping their students reach their full potential in the classroom.

The Nova Scotia School Boards Association is committed to the promotion of equity in education. Last year, our annual conference explored and celebrated cultural proficiency and equity in the public school system. We commend the effort of school boards, educators, parents and community members who work hard so that students benefit from a positive learning environment.

This year's theme, *Equity in Education: Supporting All Students / Équité en éducation: Soutenir tous les étudiants* allows us to recognize and thank those who are providing equitable opportunities in the classroom. During Education Week, we encourage students, partners and community members to express their gratitude to all educators and school staff across the province who play a special role in the lives of young people.

On behalf of the Nova Scotia School Boards Association, it gives me great pleasure to congratulate this year's award recipients, as well as the many other educators who embrace equity in the classroom.

Dr. Noel Hurley

INTERIM PRESIDENT, ASSOCIATION OF NOVA SCOTIA EDUCATIONAL ADMINISTRATORS



Every day across Nova Scotia extraordinary educational partners and teachers go above and beyond to inspire our students in creative, innovative and effective ways. Many do so with no expectation of recognition or reward, but once a year during Education Week we gather together to celebrate their dedication, commitment, and meaningful work.

This year's Education Week theme honours outstanding Nova Scotia educators and partners who celebrate and enhance equity in education, and in the process, support all students. These individuals inspire a learning environment that appreciates the diversity of our communities and recognizes that everyone gains when we acknowledge and respect our differences.

On behalf of the Association of Nova Scotia Educational Administrators, I congratulate this year's Education Week award recipients for their advocacy and support of equity in education.

Leonard LeFort

PRESIDENT DE LA FÉDÉRATION DES PARENTS ACADIENS DE LA NOUVELLE-ÉCOSSE



La Fédération des parents acadiens de la Nouvelle-Écosse (FPANE) est fière de s'associer avec ses partenaires pour célébrer la semaine de l'éducation en Nouvelle-Écosse. Le thème « Équité en éducation: soutenir tous les étudiants » vient rejoindre la communauté acadienne et francophone ainsi que la communauté néo-écossaise.

La semaine de l'éducation est l'occasion propice pour souligner le travail exceptionnel des enseignants et des spécialistes en éducation. Ces éducateurs stimulent, valorisent et encouragent leurs élèves d'avoir un esprit ouvert auprès de leurs pairs, de leur communauté et sur le monde entier.

Nos éducateurs font aussi valoir les différentes cultures et différentes races qui entourent nos jeunes. C'est surtout à travers les arts et la culture que les élèves vont développer l'habileté de s'exprimer plus ouvertement. C'est en les exposants à différentes cultures et réalités que les jeunes vont discuter, comprendre et se valoriser.

La FPANE juge cela essentiel pour avoir une communauté active qui se comprend et qui partage sa culture avec les autres pour mieux travailler ensemble.

Janet Walsh

PRESIDENT, NOVA SCOTIA FEDERATION OF HOME AND SCHOOL ASSOCIATIONS INC.



Education Week is an opportunity to bring together those involved in educating children and youth in Nova Scotia and celebrating the successes that teachers, educators and students have accomplished, especially those related to this year's theme—*Equity in Education: Supporting All Students*.

Children need support during their school years, and, as I have recently discovered, even when they attend university. Children are unique and as educators and parents we ought to support them with whatever resources and tools we have. Diversity should be embraced and celebrated. Despite differences, all individuals—students, teachers and parents—should be treated equally and recognized and respected for their differences. We each have our own special gift to offer. It doesn't matter what our physical capabilities are or how we look; if we are a gifted student or struggle with learning differences; if we reside in an affluent neighbourhood or require community support; which country our parents were born; what our sexual orientation is; or what religious holidays we observe.

Individuality is what makes each of us special. As Eleanor Roosevelt said, "Remember always that you have not only the right to be an individual, you have an obligation to be one."

Nova Scotia Federation of Home and School Associations Inc. congratulates the recipients of the 2010 Education Week Awards for their teaching excellence in exemplifying Equity in Education. This is a time to honour not only the Education Week Award recipients, but also all those who support Nova Scotia's students.

**Equity in Education:
Supporting all Students**



**Équité en éducation:
Soutenir tous les étudiants**

Honourable Marilyn More

MINISTER OF EDUCATION, PROVINCE OF NOVA SCOTIA



Every day, Nova Scotia's educators provide students with opportunities to develop the understanding, skills and attitudes to become lifelong learners. Education week is a chance to formally recognize educators who are leading the way, making this province an excellent place for our young people to get their education.

This year's theme, *Equity in Education: Supporting All Students*, recognizes Nova Scotia educators who create an environment where students understand diversity and learn to appreciate and embrace people's differences. By celebrating diversity in our schools, our students will gain new perspectives in all aspects of life.

On behalf of the Department of Education and the province, I would like to extend my congratulations and best wishes to all of the Education Week award recipients. It is my sincere hope that you continue to teach our young people the important values that they will use during their education and beyond.

Education Week is proudly sponsored by:



Nova Scotia Federation of Home and School Associations Inc.



Nova Scotia Teachers Union



Fédération des parents acadiens de la Nouvelle-Écosse



Associations of Nova Scotia Educational Administrators



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Diebold is a world leader in self service and security industry. This website provides advice for the safe and secure use of automated teller machines (ATM). Visit www.atmconsumersafety.com or email fraud@diebold.com.

The Seniors' Secretariat is committed to raising awareness for the prevention of elder abuse. To report a known or suspected case of abuse against a vulnerable adult. Call Adult Protection Services at 1-800-225-7225.

For more information, visit <http://www.gov.ns.ca/scs/elderabuse.asp>.

The Nova Scotia Credit Union website has fraud warnings available for the public. If you are interested in viewing these fraud warnings please visit <http://www.nscreditunions.ca/fraud>.

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- 5 Education Week April 18-24, 2010. "Equity"
- 6 Our AGM was a great success, with several of our members winning prizes.



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OK, so you've put on a few pounds over the last few weeks/months/years. Adds up, doesn't it? How does this happen? A few too many chocolates during the holidays and a few too many trips to fast food restaurants and surprise! You're 30 pounds overweight!

Weight loss isn't brain surgery – just eat less and exercise more. So why does this seem so hard? (Trust me, if I knew the answer to this I would be a very rich woman.) You need to be motivated and prepared. If you aren't ready, you'll never be successful.

Here are a few tips to help you on your way:

1. Follow Eat Well with Canada's Food Guide (www.hc-sc.gc.ca). I know you've heard it before, but if we all followed Canada's Food Guide we would be a slimmer, healthier nation. Eating a wide variety of healthy foods with fewer treats is the key.

2. Eat lots of fibre – 25-38 grams per day. Fibre keeps you regular, lowers cholesterol levels, and manages blood sugars. The real miracle of fibre is that it enhances weight loss by absorbing water and makes you feel fuller longer. So add more veggies, fruits, and whole grains to your meals and snacks

3. Eat regular meals and snacks. This helps keep your metabolism high throughout the day. As a result you burn more calories (even when you're in front of the TV). Eating regularly can also prevent overindulging; you are less likely to become famished (leading to reduced impulse control) and run for a burger and fries.

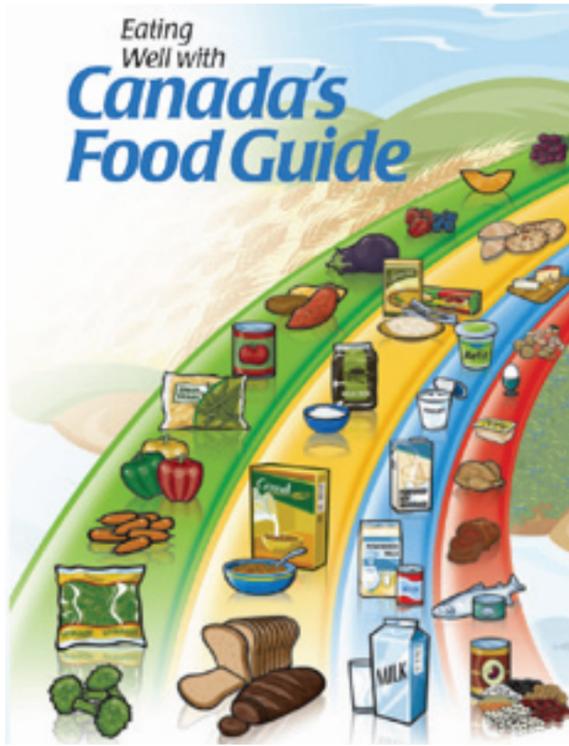
4. See a registered/professional dietitian. Dietitians and nutritionists have a five-year university degree (maybe more) with an accredited internship that focuses on food and health. A dietitian can look at what you eat and maybe see something you're not eating. She/he can also make a plan that fits your lifestyle and takes into account your likes and dislikes. The added bonus is that dietitian services are frequently covered by medical plans.

5. Don't forget to treat yourself every once in a while. The healthiest, slimmest people you know still indulge every once in a while. Just make sure it's worth it. Remember the mantra everything in moderation; just have smaller portions of treats less often.

6. Don't buy unhealthy snacks for your kids or spouse, if unhealthy foods are in the house, you will eat them. Avoid the temptation by banning them from the house or only having them one night a week. The entire family should follow your healthy lifestyle, not just you. So more veggies and air popped popcorn and less chips and pop!

7. Don't weigh yourself too often. Obsessively weighing yourself can mess with your mind. If you take off a pound, you think you can eat more. If you gain a pound, you feel bad about yourself and may turn to food. Some people should only weigh themselves once a month.

8. Plan your meals. Keep a list of easy meal ideas on the fridge and make sure



you have the ingredients on hand. This makes it easier to choose foods from home instead of running through the drive-through when you're in a hurry. Tuna melts, whole-wheat pasta with sauce, and soups are easy, healthy choices.

9. Keep a food journal and monitor your intake. People who write down what they eat find it easier to make healthy food choices. It is much easier to write *broccoli and carrots* than *two hamburgers and a large fries*. Also, if you put on 10 lbs you can figure out why! Buy yourself a little book for your purse (or your back pocket) and take it wherever you go. You'll thank yourself.

10. Work out with a motivating buddy. When you feel like sitting around eating chips, your buddy can get you up and moving. And it's always nice to talk to someone going through the same thing. Remember that you should be working out at least 30 minutes every day. Try something new. In Nova Scotia we have curling, skating, running, tennis, skiing, hiking, walking, squash, yoga, pilates, aerobics, biking, etc. The list is endless. Healthy eating and exercising go hand

in hand. Contact your local municipality and see what your town has to offer.

One last thing: there are many fad diet programs out there. They are not only expensive, but they may also be bad for your health. You do not need supplements, pre-prepared meals, or special body wraps to lose weight. Just use some common sense, eat more fruits and veggies, and get out for a walk on your lunch break. The time is now to commit to a healthy lifestyle!

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did you KNOW?

The Early Intervention Program (EIP) invites NSTU members to sign up for our Wellness email list at Be_Well@nstu.ca.

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

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We Need You to Share Your Expertise!

NSTU STANDING/OTHER COMMITTEES APPLICATION FORM

Would you like to serve the NSTU at the Provincial Level?

The NSTU needs input from the widest-possible cross section of its members to make the most effective contribution to education. Members serve on most provincial standing committees for a maximum of two years,* so we are constantly in search of skilled and interested persons to make our committee structure operate successfully. Committee membership is open to Active and Active Reserve Members.

* NSTU Operational Procedure state: Appointment to a committee will be for one defined term of two years. In extraordinary circumstances, an extension of one year is permissible.

Standing Committees will be appointed at the Executive Meeting scheduled for AUGUST 16-17, 2010. APPLICATIONS MUST BE RECEIVED IN CENTRAL OFFICE BY JUNE 25, 2010

(NOTE EXCEPTION: SUBSTITUTE TEACHER COMMITTEE & INSURANCE TRUSTEES)

Please select **AT LEAST ONE** committee indicating your preference by inserting 1, 2 or 3 in the box beside the committee(s) for which you wish to apply. (SELECT UP TO THREE ONLY.)

AVAILABLE COMMITTEES INCLUDE:

Please indicate if applying for a one year extension

- APPEALS** - reviews applications for assistance on appeals under Section 36 of the *Education Act* and decides if the appealing teacher is to receive legal assistance from the Nova Scotia Teachers Union.
- COMITÉ DE PROGRAMMATION ACADIENNE** - studies the curriculum and all proposed changes in it as it relates to Acadian schools under the direction of CSAP and reports its findings to the Provincial Executive.
- CURRICULUM** - studies the curriculum of schools and proposed changes and reports the findings and recommendations to the Provincial Executive. **NOTE: Three openings exist, one of which is available to a CSANE member.**
- EQUITY** - is concerned with matters pertaining to the status of women, equity and diversity issues.
- FINANCE & PROPERTY** - prepares the annual budget for Council, keeps informed of the Union's financial position, supervises the payment of accounts, forwards financial statements to Executive meetings, determines the amount of travel expenses to Council and checks every NSTU expenditure and expenditures on property.
- INSURANCE TRUSTEES** - oversee the operation of the NSTU Group Insurance Plan which offers Life, Optional Life, Accidental Death & Dismemberment, Total Care Medical/ Total Care Dental, LTD, MEDOC® and Home & Auto. **NOTE: Appointments to the Insurance Trustees are made at the June meeting of the Provincial Executive. Therefore, the deadline for receipt of applications to this committee is May 28, 2010. NOTE: One appointment will be made to the Insurance Trustees from the Chignecto-Central Region.**
- MEMBER SERVICES** - identifies bargainable items; prepares background information related to merits of negotiable items; identifies trends and developments in teacher bargaining across Canada; reviews economic forecasts; considers Council resolutions; plans workshops for REWC negotiators; reviews results of most recent contract bargaining. **NOTE: Two appointments will be made in 2010 - one member from APSEA and one member from Community College.**
- PENSION** - studies pension resolutions and keeps the Executive informed of trends and changes affecting teachers' pensions.
- PROFESSIONAL DEVELOPMENT** - reviews and develops policy programs and ideas intended to improve the effectiveness of teachers as professionals and to advance education through research in Nova Scotian classrooms.
- PUBLIC AFFAIRS** - promotes the involvement in public affairs by encouraging
- INSURANCE TRUSTEES** - NSTU members (and others) to take an active part in government affairs pertaining to public education.
- PUBLIC RELATIONS** - examines and plans directions for public relations programs.
- TEACHERS WITH ADMINISTRATIVE RESPONSIBILITIES** - provides a voice, within the NSTU, for teachers with administrative responsibilities.
- SHEONOROIL BOARD OF DIRECTORS** - the Sheonoroil Foundation is an arms-length charitable agency created to fund school and campus-based projects and research directed at reducing violence in schools and Community College campuses. The Board of Directors is the governing body of the Foundation; it develops Foundation policy, mandates Foundation initiatives and approves project funding. **NOTE: Two appointments will be made to the Sheonoroil Board of Directors. One of these appointments must be a retired member.**
- SUBSTITUTE TEACHER** - advises the Provincial Executive on issues affecting and of concern to substitute teachers. **NOTE: Appointments to the Substitute Teacher Committee are made at the October meeting of the Provincial Executive. Therefore, the deadline for receipt of applications to this Committee is October 22, 2010.**
- I WOULD BE WILLING TO SERVE ON ANY COMMITTEE.**

Name: Prof. Number:

Local: NSCC Employee Number:

Contact Address:
Postal Code:

Phone: (School/Campus) (Home)

Fax: NSTU email:

Present Position: Grade Level(s):

Subject(s) Taught:

Have you previously applied for or been appointed to any NSTU standing or *ad hoc* committee? Yes No
If so, when:

Are you currently involved in an NSTU New Member program? Yes No

OTHER PERTINENT INFORMATION (e.g., skills, interests, relevant courses, professional development, or experiences that relate to the committee on which you wish to serve. You may attach additional information to this application.)

List any other areas of interest you may have so we may consider you in the event that *ad hoc* committee work is required:

The NSTU is committed to the promotion of equity and affirmative action. Equity for under-represented groups, i.e., aboriginal persons, racially visible persons, persons with disabilities and women, must be considered in the hiring of staff, secondments, the formation of committees, and the John Huntley Internship Program. Should you choose to provide any relevant information, please indicate below:

Individuals planning to retire prior to the expiry of a committee appointment term are encouraged not to apply for that committee. (Prov. Exec. Sept. '94)

NSTU ACTIVITIES

List below the NSTU Committees on which you have served:

LOCAL:	REGIONAL:	PROVINCIAL:
DATES	DATES	DATES

List below the offices you have held at the:

LOCAL LEVEL:	REGIONAL LEVEL:	PROVINCIAL LEVEL:
DATES	DATES	DATES

Applications may be made online or download the form on the members-only site at www.nstu.ca and forward to:

*Nominating Committee, Nova Scotia Teachers Union,
3106 Joseph Howe Drive, Halifax, NS B3L 4L7*

While collection of this information conforms with regulations under PIPEDA, please be advised that disclosure of this information is limited to the administration of this organization.

Candidate for NSTU First Vice-President 2010

Eric Boutilier

INTEGRITY. COMMITMENT. LEADERSHIP. EXPERIENCE.

PERSONAL INFORMATION

- Married to Janine, a current NSTU member and former President of a Professional Association of the NSTU.
- Son, Benn a Grade 11 student at Cobequid Educational Centre.
- Daughter, Abby a Grade 9 student at Bible Hill Junior High.
- Resides in Brookside, just outside Truro

PROFESSIONAL EXPERIENCE

- Teacher with 25 years of experience
- Elementary, Jr. High and Sr. High experience
- Guidance Counsellor
- Acting Vice-Principal

EDUCATION

- MEd Acadia University
- MEd Saint Mary's University
- BEd Acadia University
- AEd Nova Scotia Teachers College

NSTU EXPERIENCE

Provincial

- 2nd Vice President
- Provincial Executive Member
- Chair of Personnel Committee
- Chair of Nominating Committee
- Public Affairs Committee
- Public Relations Committee
- Summer Leadership Module Level 3 (highest level)
- Provincial Economic Welfare Committee
- Time to Learn-Time to Teach Committee

Canadian/International

- CTF - Overseas Teachers Association School Rep



Regional

- Chair of Regional Representative Council
- Employment Equity Committee
- Economic Welfare Committee
- Marking and Prep Committee
- Rep Retreat
- Negotiating Team
- Teacher-Board Committee
- Grievance Committee

Local

- President
- Past President
- VP of Economic Welfare
- VP of Public Affairs Committee
- Annual Council Delegate
- Finance Committee
- Grievance Committee
- Rep Retreat
- Local Summer Leadership
- School Rep

Greetings Fellow NSTU Members;

I would like to take this opportunity to share with you my candidacy for First Vice-President of the Nova Scotia Teachers Union.

The Provincial Executive elected me as our Second Vice-President last year during summer leadership. Since that time I have sat as a table officer for the Provincial Executive, and as Second Vice President, I have chaired the Personnel Committee which is responsible for among other things, staffing at the NSTU Central Office. This natural progression has given me the experience needed to ask for your support as First Vice- President.

In my discussions with educators from across our province, the key issue that needs to be addressed is that of member workload. Teachers, Faculty, Administration and Professional Support Staff have been asked to do more and more. The workload for our members is already high when we deal with teaching and curriculum. Initiatives, priorities, assessments, data gathering and implementations must be reduced! Workload must be addressed!

During this time of deficit budgeting, it is imperative for the NSTU to speak out in defence of Public Education. Our education system is already stretched to the limit, being the third lowest funded province, per pupil in Canada. Our members deserve to work in a system that is not chronically underfunded. I commit to you that I will continue to bring forward the issue of this inequity to the Government of Nova Scotia. Our members have been doing more with less for too many years.

Class composition and climate is another matter that teachers are concerned about. When you have a class with more than one IPP, and behaviour plans or modification, and students on adaptations, and other students with strengths and weaknesses, and Educational Assistants all in the same room, needless to say the task is daunting. The Department of Education and School Boards must realize and act on the issue of class composition and climate

The last, but not least, issue I want to bring forward is marking and prep time. Through all of the above, what sometimes gets lost is the fact that teachers have lost and are losing their marking and prep time. Most of this time is now taken up with administrative duties that have been downloaded from the Department and the Boards. Our members need unencumbered time to plan, organize and mark for their students. The number of out of school work hours has grown well beyond what would be considered reasonable. Marking and prep time needs to be increased.

Despite all of these serious issues that face us, I am confident in the ability of the NSTU to respond. I am confident in our member's resolve. And, I am confident that we will be able to move forward on these issues.

The strength of our Union lies in our Locals and the members in it. NSTU Reps are the key link in making our organization work. The leadership at the Local and RRC level is second to none. What makes us strong are the people in our organization. We are very fortunate to have two special Locals within the NSTU. They are, of course, the NSCC and CSANE locals. Both locals are very strong with outstanding leaders within their ranks and are a credit to our organization.

In closing, my commitment to our organization has never wavered. And, at all times my decisions are made with the interests of the NSTU being first and foremost. As you can see from the experience above; I have had a long and heavy involvement within the NSTU. I pledge to you the same integrity and leadership going forward, in working for all our members. I ask for your support at Annual Council 2010!

Eric Boutilier, Second Vice-President
Candidate for First Vice-President

Vote Eric for 1st Vice President

For information call 893-8547 or email at eboutilier@nstu.ca

Candidate for NSTU First Vice-President 2010

Shelley Morse

EXPERIENCE, LEADERSHIP, COMMITMENT

Professional Information

Associate in Education (NSTC);
Bachelor of Education, Diploma in Special Education, Master of Education (Acadia);
25 years teaching experience, including six years in Administration

Provincial Positions

NSTU 1st Vice-President
Provincial Executive Table Officer
Chair, Provincial Economic Welfare Committee (09-10)
Chair, Member Services Committee (08-10)
Provincial Single Tier Bargaining Committee
Provincial (TPA) Bargaining Team (08-09)
Provincial Executive Member (02-06)
Finance and Property Committee
Personnel Committee
Legal Services ad hoc Committee
Public Relations Committee
Structure Review ad hoc Committee
Nominating Committee
New Member Committee
Discipline Committee

Regional Positions - Annapolis Valley Regional Representative Council

Chair, AVRRC
Chair, AVRRC Grievance Committee
Co-chair, Management - Teacher Committee
Time to Learn, Time to Teach Regional Coordinator
Regional Economic Welfare Committee
Regional Asking Package Committees (4)
Regional Collective Agreement Negotiating Teams (3)
Regional Returning Officer - NSTU Provincial Presidential Election
Time to Learn, Time to Teach Regional Committee
Regional Elections Committee
Regional Public Affairs/Relations Committee
Regional Constitutional Review Committee
Regional Finance Committee
Kings Local representative - AVRRC

Local Positions - Kings

Local President
VP - Professional Development
VP - Economic Welfare
Local Table Officer
Local Past President
Chair, Resolutions Committee
Chair, Nominating Committee
Chair, Substitute Teacher Committee
Chair, New Teacher Committee
Chair, NSTU/AVRSB Joint Education Committee
Chair, Kings Local Annual Retirement Banquet Committee (7 years)
Economic Welfare Committee



Secretary, PD Committee
PA/PR Committee
Constitutional Review Committee
Finance Committee
Professional Development Committee
Communications Committee
Staffing/Term Teacher Committee
NSTU/KCDSB Joint Budget Committee
School Representative (7 years)
Annual Council Delegate (14 years)

National Positions

Canadian Teachers' Federation Delegate (05-08; 09; 10)
CTF Advisory Committee on Diversity and Human Rights (09-11)

Leadership Development

Local Presidents' October and April Conferences (99-10)
August Leadership (00-09)
NSTU Executive Planning (02-06; 08-10)
NSTU Mentorship Program - Member Services (07)
CAPSLE Conference 2008
NSTU "Taking Pride in Equity" Conference 2009
Differentiated Instruction Workshop

Annapolis Valley Regional School Board

Library Services Committee
Accreditation Internal Review Committee
Emergency Management Committee
Leadership Development Committee - Administrative Training
Leadership Development Committee - New Teacher Support
Guidance Teachers' Lead Team

Leadership Modules

Working with People
Leadership for Teaching and Learning
Nurturing a Learning Environment
The Administrator and the Law
Leadership for School Improvement: Monitoring and Evaluation
Social Justice

Volunteering with the Nova Scotia Teachers Union is a wonderful way to build leadership skills, meet new people from across the province, and learn first-hand about your rights and benefits as a member. I have volunteered for the union for my entire career and it has been a very rewarding experience. When I started in the profession I wanted to know what the union was doing for its members for the dues we pay. What I learned through my experiences and involvement with numerous union committees and activities has made me feel fortunate to belong to the strongest union in the province.

Our annual union dues rate is one of the lowest across Canada and those dues provide NSTU members with access to many services such as: legal assistance, professional development, leadership conferences, grants, counseling, and much more. We have the opportunity to join committees and attend meetings to gain a wider perspective on life as an educator and union member.

Whether you work in the Public School system or in the Community College as faculty or professional support staff, we have gained many benefits negotiated by dedicated individuals who have volunteered countless hours towards the betterment of all members. The articles in our collective agreements have been negotiated on our behalf and some have not come easily to the profession. Over the years contract rights, benefits and salary increases have been gained and/or improved through the hard work of our bargaining units and from articles which were comprised of submissions from individual members (Public Schools and Community College); Locals; Regional Councils; and the Provincial Executive.

Many different issues play a significant role in the reality of educators today. Increased workload has been the leading issue for a number of years and this concern continues to add stress and strain on our members' already busy (school and home) lives. We constantly have more and more added to our job description, with little tangible support to carry out all the added extras. The members of this union are dedicated to their profession and the welfare of their students. We work hard to ensure success for the students in our care, but many times our efforts appear to go unnoticed. We only seem to hear about our work if there is a problem; wouldn't it be refreshing to actually be thanked for the work we do each day? I'm not saying some people don't get recognition from our employer, but at the end of the day praise for a job well done is sometimes the last thing given attention to for the majority of our members.

The union will begin Public School negotiations later this year and considering the government of the day it is imperative that a candidate have prior negotiating experience. I have experience at the provincial level, as well as many years in different capacities at the local, regional and national level. In my roles as Provincial Economic Welfare Committee Chair; Provincial Bargaining Team member; Member Services Chair; Local and Provincial Table Officer; Provincial Executive member; AVRRC Chair; AVRRC Grievance Chair; Local President; and in my current role as 1st Vice-President, I have fought to uphold members' rights and bargain for improvements to benefits. My experiences are extensive and varied enough to give me the solid foundation required for facilitating meetings, encouraging debate and negotiating at the provincial level.

I offer you my experience, my leadership skills, my dedication, and my commitment of 25 years to unionism - attributes which are valuable in continuing in the position of First Vice-President. I ask for your support on May 23. Thank you.

Candidate for CTF Delegate 2010

Liette Doucet



NSTU Committees

Local:

Chair, Communications Committee–2000-2004
Chair, Program Enrichment Committee–1994-2004
Council Organizing Committee–1999-2005, 2009
Halifax City Local Executive–1999-Present
School Representative–1990-1999

Regional:

Halifax Regional Representative Council–2004-2011
Management/Teacher Committee–2004-2011
NSTU/HRSB Article 60 PD Committee–2004-2008, 2009/10
HRSB Joint Occupational Health and Safety Review Committee–2007-2009
Job Security Committee NSTU Representative–2007/08, 2008/09

Provincial:

Professional Committee–2009/10, 2010/11

Offices Held

Local:

President–Halifax City Local, Nova Scotia Teachers Union–2004-Present
Vice President–Communication–Halifax City Local Executive–2002-2004
Member at Large – Halifax City Local Executive–1992-2002

Regional:

Chair, Halifax Regional Representative Council–2004/05, 2007/08, 2008/09, 2010/11
Co-Chair, Halifax Regional Representative Council–2005/06, 2009/10
Chair, Management/Teacher Committee–2008/09
Chair, Halifax Regional Grievance Committee–2008/09
Chair, Halifax Regional Negotiations Committee–2007/08
Chair, NSTU/HRSB Article 60 Professional Development Committee–2009/10

Provincial:

Chair, Annual Council Steering Committee–2010

Other Positions:

Delegate to Annual Council–1999-2010
NSTU leadership Conference presenter–2010
NSTU/HRSB Teacher Induction Program Coordinator–2006-Present
NSTU Administrators Support Group Coordinator–2010

Candidate for CTF Delegate 2010

Tim MacLeod



NSTU Committees

Local:

Professional Development
Communications & Public Relations
Public Affairs

Regional:

HRSB/NSTU Article 60 Professional Development Committee
Halifax Regional Representative Committee
Grievance Committee
Regional Economic Committee
Regional Negotiations Team

Provincial:

Public Relations Committee
Member Services Committee

Offices Held

Local:

Vice President – Communications and Public Relations
Vice President – Professional Development
Local President – Halifax County Local (2180 members)

Regional:

Co-Chair – Halifax Regional Representative Council
Co-Chair – HRSB-NSTU Article Professional Development Committee

Other Positions

NSTU representative on the HRSB's Diversity Management Committee
NSTU representative on the Breakfast for Learning Council of Nova Scotia
Jon Huntley Internship Program participant
Annual Council participant (11 years)
NSTU Leadership Development Levels I and II
NSTU Summer Leadership Participant (4 years)
HRSB-NSTU Teacher Induction Program group co-leader
Certificate in Leadership Development – Leadership Development, Negotiating and Influencing, and Interpersonal Communications (Saint Mary's University – Executive and Professional Development)

Candidate for Resolutions Committee

Kyle Marryatt

NSTU Committees

Local:

Finance Committee
Nominating Committee
Public Affairs/Public Relation Committee
Professional Development
Economic Welfare Committee
Resolutions Committee
Social Committee
New Teacher Committee

Regional:

Management/Teacher Committee
Grievance Committee
Occupational Health & Safety Committee
Regional Public Affairs/Public Relations Committee
Regional Economic Welfare Committee

Offices Held

Local:

Vice President of Public Affairs/Public Relations Committee
Vice President of Economic Welfare Committee
Local President

Regional:

Chair of Management/Teacher Committee
Chair of Grievances Committee
Co-Chair of Halifax Regional Representative Council Committee

Congratulations to our MARCH WINNERS

of the Fresh & Equity giveaways!

FRESH:

Lisa Harvey, St. Joseph's A. McKay School

EQUITY:

Melissa Serroul, Cabot High School

Negotiations Update

The NSTU provincial executive approved the provincial asking package at its March 5, 2010 meeting.

The NSTU will request that the Minister of Education open negotiations in the Fall of 2010. Information on the agreed upon opening date will be forwarded when it becomes available.

The Provincial Asking Package will be presented to the membership in the days following the opening of negotiations with the Minister of Education.

At its March 25 and 26 meeting, the provincial executive approved two NSTU members to serve on the NSTU Provincial Negotiating Team: Belinda Snow (Hants West Local) and Nathan Smart (Queens Local). Both members served on the Provincial Economic Welfare Committee. The NSTU Provincial Negotiating Team members also include NSTU president Alexis Allen, NSTU first vice-president Shelley Morse, NSTU executive director Bill Redden, NSTU assistant executive director Bruce Kelloway, and member services executive staff officer Allan MacLean.

At the same meeting the provincial executive also initiated the single tier bargaining process. The executive directed staff to prepare designated (Category 1) articles to be presented at the April 29 meeting.

The executive also approved the formation of the Provincial Single Tier Bargaining Committee (PSTBC), and called for the nomination of two NSTU members to serve on said committee. The mandate of this committee is to determine through discussions with the Department of Education if designated articles in the Regional Agreements can move to the Teachers' Provincial Agreement. The provincial executive will approve any recommendations of the PSTBC; any articles that have been approved by the executive will be included in a future tentative agreement and voted on by the membership.

The deadline for application to the PSTBC is April 26. The two representatives will be chosen at the April 29 provincial executive meeting. For further information about this committee, please visit the NSTU website at www.nstu.ca.

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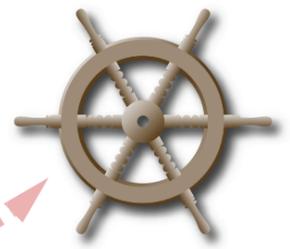
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Charting Your Course FOR PROFESSIONAL DEVELOPMENT



What are we doing right?

By Ron Brunton, Executive Staff Officer, Professional Initiatives & Technology and Betty-Jean Aucoin, Executive Staff Officer, Professional Development

Teachers, parents, students and the public in general frequently hear about problems with public education in Nova Scotia. Our students can't read or they can't do mathematics or they don't understand about Canadian parliamentary democracy or they are bullies or any other failing. This is particularly disheartening for teachers because we all see in our students the potential for doing better and we agonize over the few students not able to do what they should at their age or grade level.

Far too often we only see the challenges and the difficulties, and we miss seeing what we are doing well. In Nova Scotia the glass is more than half full—we are doing much more right than we are doing wrong and we compare very favourably with many other jurisdictions.

One of the most important things shaping our approach to teaching and learning is the principle definition of public education as expressed in the Public School Program (PSP) through the Essential Graduation Learnings (EGLs) of Aesthetic Expression, Citizenship, Communication, Personal Development, Problem Solving and Technological Competence. These EGLs establish the philosophical framework for public education. When members of the NSTU professional development staff talk with educators from across Canada and the United States, many are envious of our foundation principles.

In the 1980s Nova Scotia began a major reorientation of public education. Prior to this, our school system only graduated a small percentage of the number of students who entered Grade Primary. We segregated learning abilities into streamed classes and significant mental and physical handicaps to separate institutions. We have discarded this in principle and, to a greater degree than most other jurisdictions in the world, in practice as well. The graduation rate is among the very best and we are meeting the educational challenges of a greater variety of special needs students more than ever. This does not mean that we have the resources to accomplish all we want in this regard or that no challenges remain. We all know there is more to be done, but the change we have witnessed and the transformation that has been achieved is extraordinary. It is an accomplishment teachers can celebrate with pride while with the same voice call for additional tools and resources to accomplish even more.

Nova Scotia teachers are developing assessment practices that incorporate both assessment *for* learning and assessment of learning that are significant primarily because there is recognition by all the partners in public education that these represent critical approaches to give all students the tools to take charge of their own learning. The large scale assessments produced by the Department of Education for Grades 3, 6 and 9 are unique among jurisdictions because their focus is to

assist teachers, schools, boards and the Department in supporting individual students' learning needs. Most other jurisdictions, most notably the United States with its No Child Left Behind Act, utilize large scale assessments to rank students, teachers and schools.

Although many teachers view these assessments as unwelcome intrusions into the time and focus of their efforts to encourage student learning, telling them nothing they didn't already know from classroom observation, the assessments are rooted in the curriculum and developed by Nova Scotia teachers and serve, at the very least, to validate teacher efforts and may also provide insight into the learning expression of some students. We can use these assessments to augment our efforts while the large scale norm-referenced assessment regime imposed across the United States has the demonstrable effect of exacerbating inequality and depriving schools and students of the resources they need.

Nova Scotia teachers are some of the best prepared teachers anywhere. We all know that teacher education programs cannot produce seasoned teachers complete with 25 years of experience on the first day they enter the classroom. Experience only comes with experience, as Yogi Berra might have said. In some places in the US, practice teaching involves pre-service teachers giving lessons to other pre-service teachers trying to role-play early elementary students. The practicum that makes up a major component of our BEd programs is one of the most extensive in the world and puts pre-service teachers in real Nova Scotia classrooms working with the PSP. Teacher education programs in Nova Scotia remain second to none and provide new teachers with as strong a foundation as possible.

NSTU staff members frequently encounter educators from other jurisdictions who either envy our emphasis, both philosophically and structurally, on a collegial relationship between administrators and classroom teachers or illustrate in their practice the pitfalls and barriers that accompany the contractual and conceptual segregation of the two.



In Nova Scotia we have engaged all the education partners in a broad discussion of what professional learning for teachers must involve. There are many challenges ahead before we can realize what was articulated in the Education Professional Development Committee report. We do, however, have general agreement on where we need to go. We are also working on an instructional leadership program for principals that will provide a strong basis for principals to establish a collegial, professional, learning environment across the school in every school.

Some of the NSTU professional development staff recently had the

opportunity to attend the Association for Supervision and Curriculum Development (ASCD) annual conference. What was most notable was how advanced we are in Nova Scotia. When we talked about what was happening in our province to colleagues from across the country and in the US, the vast majority were impressed, often in awe, of what we are doing. In the midst of all the challenges we face, and in our desire to do even more, we need to stop and recognize the extraordinary accomplishments we have achieved. The next time you hear or read about the crisis with our education system, smile and remember we are among the best in the world!

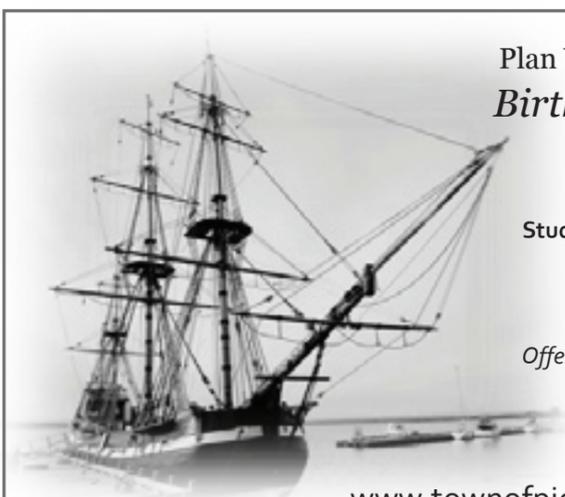
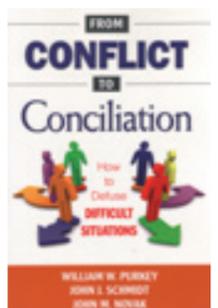


Charting Your Course FOR PROFESSIONAL DEVELOPMENT



Email your name, home address, and school or campus name with PD Giveaway in the subject line to theteacher@nstu.ca by May 3, 2010 to be eligible for the draw.

This month's PD giveaway is *From Conflict to Conciliation: How to Defuse Difficult Situations*, written by William W. Purkey, John J. Schmidt, and John M. Novak and published by Corwin. Conflict is inevitable, but educators can work together effectively if they understand how to defuse difficult situations before they escalate. This resource describes the Six-C process, a conflict resolution method that allows educators to progressively take more assertive steps as necessary to resolve disagreements. The Six-Cs are: Concern, Confer, Consult, Confront, Combat, and Conciliation. This approach helps readers handle challenging situations using the least amount of time and energy. *From Conflict to Conciliation* can be used in any situation, from the classroom to the community.



Plan Your Class Trip this Year to the Birthplace of New Scotland

Pictou, Nova Scotia



Students can stand on the deck of the replica tall ship that brought the first Scots to these shores at the Hector Heritage Quay & hear about their story in the Interpretive Centre onsite.

Offering....a unique, hands on educational experience and fully guided tours, you may even learn a little bit of Gaelic!

www.townofpictou.ca

For more information or to book a tour for your class call Pictou Recreation, Tourism and Culture at 902-485-6057.

NSTU/HRAA support program for HRSB administrators

The NSTU Halifax Regional Representative Council (HRRC), comprised of the three NSTU Locals of the Halifax Regional School Board (Halifax City, Halifax County and Dartmouth) have teamed up with the Halifax Regional Administrators' Association (HRAA), the HRSB branch of the School Administrators' Association, to offer an Administrators Support Program for school based administrators.

"This is a new program for school based administrators working in the Halifax region," says Liette Doucet, president of the Halifax City Local, who developed the program with NSTU executive staff officer Betty-Jean Aucoin. "Interest in developing this program came from discussions with administrators over the past few years looking for support from the NSTU in facing daily or specific challenges."

The 40 participants meet four to five times per year after school hours with meals provided. The inaugural session, which took place at the Tom Parker Building in Halifax on February 8 was facilitated by NSTU executive staff officer Betty-Jean Aucoin, a former school based administrator and coordinator of programs and student services for the South Shore Regional School Board.

Principal of Park West School, Annemarie MacInnes, who is a participant of the program along with her vice principals Benedette Anyanwu and Stephen Driscoll, was very positive about the first session: "It was a good session and a starting point of having a Professional Learning Community of Administrators within the HRSB. It's really important to have this venue for administrators, we are often so caught up in the daily running of our schools that we don't have time to have some meaningful conversations with our colleagues."

The program focuses on supporting administrators in their role as instructional leaders through professional development and networking opportunities. Aucoin speaks of the importance in giving participants an opportunity to come together to learn and support one another within their roles as administrators.

"The program is structured to give administrators a safe, supportive environment which allows discussion and professional development to be fun, engaging and relevant to the needs of the group," adds Doucet. "While the program requires a serious commitment from each participant, the sessions are meant to be informal."

The goals of the program are: to provide NSTU support according to the needs of the group; to manifest and strengthen a collegial, reflective approach to administration; to provide ongoing support through professional development and discussion; to identify personal needs and expectations of administrators; to establish a forum for continuous dialogue and reflection within each group; to problem solve challenges and to celebrate successes and to ensure administrators feel supported both by the HRAA and the NSTU.

MacInnes adds that this first session opened the door to subsequent sessions and provided an opportunity to suggest topics for future meetings. The next session will take place later this month.

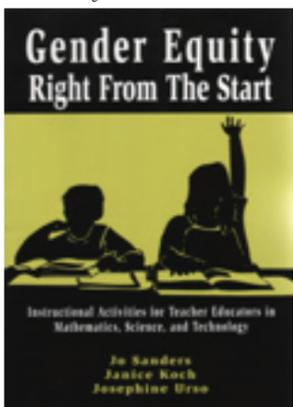


NSTU executive staff officer Betty-Jean Aucoin facilitates the NSTU/HRAA support program for HRSB administrators.

EQUITY COMMITTEE BOOK REVIEW

Email your name, home address, and school or campus with EQUITY in the subject line to theteacher@nstu.ca by May 3 to be eligible for the draw.

This month's Equity book giveaway is *Gender Equity Right From the Start: Instructional Activities for Teacher Educators in Mathematics, Science, and Technology* by Jo Sanders, Janice Koch and Josephine Urso, published by Routledge. What makes girls avoid math, science, and technology in school? And what can teacher educators do to help new teachers keep this from happening so that all of our children's talents can find expression? *Gender Equity Right From the Start* provides teaching materials and background information on gender equity for teacher educators in mathematics, science, and technology education and their students. By adapting the material for other subjects, it can also be used by teacher educators in content areas other than math, science, and technology. It contains some 200 teaching activities on the major issues in gender equity, emphasizing solutions and not just problems. Activities take place in out-of-class assignments and field experiences whenever possible to minimize demands on class time.

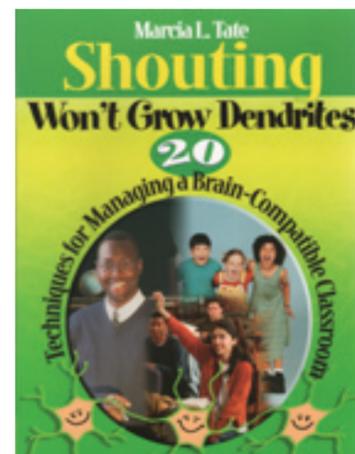


fresh

Putting new members in the KNOW!

Email your name, home address, and school or campus with FRESH in the subject line to theteacher@nstu.ca by May 3 to be eligible for the draw.

This month's FRESH giveaway is *Shouting Won't Grow Dendrites: 20 Techniques for Managing a Brain-Compatible Classroom* written by Marcia L. Tate and published by Corwin. Classroom management is the number one issue for both new teachers and experienced educators. Tate shows that with appropriate planning, a classroom manager can reduce learning problems and increase academic achievement. She demonstrates how to cultivate a physical classroom environment conducive to learning, develop a proactive classroom management plan, deliver brain-compatible lessons, and deal with chronic behaviour problems. Providing easy-to-implement strategies, this reader-friendly guide covers the use of lighting, music, humour, constructive conversations, movement, classroom rituals, and parental support to actively engage students in a positive way. A renowned speaker, Tate has taught over 125,000 teachers, parents, and community leaders worldwide. Designed to complement her other best-selling books, this new work is sure to be an essential resource for all teachers.



The deadline for the May issue of *The Teacher* is April 23. Please contact Selina Hughes at theteacher@nstu.ca or 902-477-5621

I STOP PAIN Acupuncture & Chinese Herb Centre

Attention teachers!

Do you have the following symptoms:



Insomnia, anxiety, unstable emotions, headaches, stress and fatigue, bloating, constipation, diarrhea, hot flashes, lower back pain, sore legs and knees, hot or cold hands and feet, sensitivity to cold?

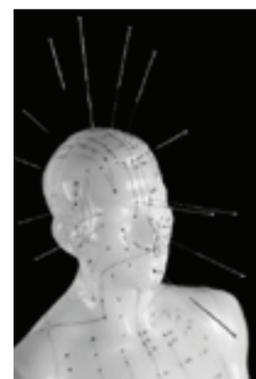
If you have one or more of these symptoms, it may indicate your body is unbalanced because of hormone levels and metabolism changes. Help is here.

Dr. Wei Yuan, practices Traditional Chinese Medicine (TCM) and is a registered acupuncturist. She is very experienced in treating health issues through acupuncture and Chinese herb remedies.

Acupuncture treatment with Dr.(TCM) Wei Yuan is covered 80% through your health plan and direct billing to Medavie Blue Cross is available.

Book and appointment with Dr.(TCM) Wei Yuan by calling (902) 444-3111 or visit us at 6021 Young Street, Halifax.

You can also visit our web site at www.istoppain.ca for more information.



coming events

April is...

National Poetry Month (www.poets.ca), Oral Health Month (www.cda-adc.ca/en/cda/news_events/health_month/index.asp), Cancer Awareness Month (www.cancer.ca), Parkinson Awareness Month (www.pdf.org), Earth Day, April 22/Earth Week, April 16-25 (www.earthday.ca), National Organ and Tissue Donor Awareness Week, April 18-25 (www.transplant.ca/aware_notdaw.htm)

APRIL 17

Healing Hands Mental Health Association of Nova Scotia – Free public workshops

On Saturday, April 17, 2010 Healing Hands Mental Health Association of Nova Scotia, with supporting funding from Halifax Community Health Board, will be holding a one-day conference of free, public workshops on a variety of mental health and other health related issues. These workshops will be held in the Multipurpose Room of the Bloomfield Centre at 2786 Agricola Street in Halifax. Please be there by 9:15 for registration. Register by sending an email to hmhans@gmail.com or by phoning 479-4656 with your name and contact information and whether you want vegetarian or non-vegetarian pizza for lunch on the day of the workshops. Cash donations for Feed Nova Scotia will be gratefully received throughout the day of the workshops.

APRIL 19 TO 25

Canadian Teachers' Federation Global Action Week

Global Action Week (GAW) will take place from April 19 to 25, 2010. This year's theme will be Financing for Education, and the campaign is calling upon Northern donors and Southern governments to keep their "Education for All" promises to provide the money needed to pay for teachers, books, classrooms and other essential elements for quality EFA. This year, the Global Campaign for Education (GCE) is collaborating with FIFA on the 1-Goal Campaign. Events "kick off" during Global Action Week and include soccer (football) themes that will continue through to the 2010 World Cup with the campaign's momentum continuing towards the G8 meeting in September 2010. CTF co-chairs the Canadian Global Campaign for Education (CGCE), and our Web site will carry information, classroom activities, and lesson plans. For more information visit: www.ctf-fce.ca/Events/GAW/?id=625909.

APRIL 20 TO 24

VIEWFINDERS: International Film Festival for Youth, Halifax ViewFinders Opportunities for Educators

ViewFinders is a five-day celebration of film, video and media geared towards youth ages three to 18. The Festival includes a comprehensive school program complete with a guide for educators, as well as evening and weekend screenings and events for families and young adults. ViewFinders features films from around the world and includes a selection of films made by youth. The name of the Festival comes from the part of the camera called the "viewfinder" which is the optical window that frames an image. ViewFinders Festival inspires young people to find and broaden their own views of the world through hands-on media workshops, networking with professionals in the industry, and exposure to the large scope of international cinema. ViewFinders joins the Atlantic Film Festival in the fall for ViewFinders @ the AFF, a slightly smaller version of the regular April event. For more information, visit www.atlanticfilm.com/view/index.php.

APRIL 26

National Healthy Schools Day

Twelve national and provincial organizations met on March 12, 2009 to declare a national Healthy Schools Day in Canada to focus on school indoor environment issues such as air quality. Since then, over 30 organisations have given their support. The purpose of the day is to foster improvements, celebrate successes, and create projects that make indoor environments of new and existing schools the best they can be. To join the international effort or for more information on developing a Healthy Schools Day project, please visit: www.nationalhealthyschoolsday.org. For further information and for ideas Healthy Schools Day projects visit: www.casle.ca/Default.aspx?alias=www.casle.ca/healthyschoolsday.

MAY 5 TO 7

Teaching for Social Justice Conference: A Commitment to Change

The *Teaching for Social Justice Conference: A Commitment to Change* is being held at the Membertou Trade & Convention Centre in Sydney, Nova Scotia on May 5, 6 and 7. The keynote speaker will be Craig Keilberger, Canadian activist and founder of the organization Free the Children, the world's largest network of children helping children through education, with more than one million youth involved in innovative education and development programs in 45 countries. For more information, contact Brenda MacIsaac at 902-564-8845 or reach2teach@bellaliant.net.

MAY 9

Concours d'art oratoire 2010

Canadian Parents for French-Nova Scotia (CPF-NS) will be holding the 27th provincial Concours d'art oratoire (French public speaking contest) on May 9 at Mount Saint Vincent University. The Concours is open to French first and second language students in Grades 5 to 12. Categories include, Core French, Integrated French, Intensive French, Early Immersion, Middle Immersion, Late Immersion, and Francophone. Gold and silver medals will be awarded in each category. Gold medal winners at the 9/10 level receive an all-expenses-paid Encounters with Canada theme week in Ottawa. The grade 11/12 gold medal winners receive a \$2,000 entrance scholarship to Université Sainte-Anne and the University of Ottawa plus an all-expenses-paid trip to Ottawa to compete at the CPF National Concours for a \$20,000 scholarship. Contact the FSL consultant from your school board to find out more about your regional competition. If you would like to volunteer at the provincial Concours, please contact the CPF-NS Program Coordinator at 902-453-2048 or cpfliaison@ns.sympatico.ca.

MAY 13

NSGA Annual African Dinner

The Nova Scotia-Gambia Association (NSGA) is hosting its 25th gathering of Canadians and Gambians around an authentic West African meal. Both a silent and live auction and a fantastic meal will be offered. The three course "Banjul feast" dinner will be held at the Lord Nelson Hotel, May 13 at 6pm. The guest speaker, Stephanie Nolen, will share her impressions of Africa and the impact of NGOs based on her experience as The Globe and Mail correspondent in Africa and the impact of NGOs based on her experience as The Globe and Mail correspondent in Africa on HIV-AIDS. Nolen is the South Asia correspondent for The Globe and Mail. She has reported from more than 40 countries around the world. She is a four-time winner of the National Newspaper Award for coverage that has taken her from war zones to AIDS clinics to camel races, and a three-time winner of the Amnesty International Media Award. Tickets are \$100 each, \$1000 for a table of ten. A membership price of \$75 is also available. Please contact June Boswell, NSGA office, 423-1360 by April 30 to purchase your tickets or email info@novascotiagambia.ca.

MAY 13 TO 14

Nova Scotia Learning Disabilities Conference

The next Nova Scotia Learning Disabilities Conference, hosted by the Learning Disabilities Association of Nova Scotia, will take place May 13 to 14, 2010. This bi-annual conference provides the latest research and dialogue on learning disabilities, including specific workshops on: the Neuropsychology of Mathematics and Writing (Diagnosis and Intervention); Relationship between LD and Mental Health; LD and Issues with Law, Policy and Practice, Non-verbal LD; and much more! This conference will be of interest to education professionals (administrators, classroom teachers, resource/learning centre teachers, LD specialists, educational and clinical psychologists and speech language pathologists) who work in the field of learning disabilities, related professionals and parents. The conference will take place at the World Trade and Convention Centre in downtown Halifax. Delegates can expect to learn effective teaching strategies and hear from leaders in the field of learning disabilities while networking with colleagues and friends. For full conference information and to register visit www.nslconference.ca or contact Matt Currie at 423-2850 or matt@ldans.ca.

MAY 16 TO 19

CNIE Annual Conference – Heritage Matters – Inspiring Tomorrow

You are invited to be a part of the Canadian Network for Innovation in Education Conference 2010. This exciting event will be held May 16 to 19, 2010 in Saint John, New Brunswick during its year-long 225th anniversary celebration. This innovative conference gathers more than 300 delegates from diverse industries and backgrounds and pairs them with accomplished speakers such as: Daniel Peraya from TECFA, an academic unit in the field of educational technology at the School of Psychology and Education at the Université de Genève; Alec Couros, professor of educational technology and media in the Faculty of Education at the University of Regina; and CBC broadcaster and writer Nora Young. Attendees will participate in keynote presentations and workshops focused on our major themes: Heritage, Matters, Inspiring, Tomorrow. Conference participants will create a collaborative, multi-layered discussion and exchange of ideas that will identify research opportunities and advance pedagogical practice in all sectors. For more information visit www.innovationineducation.ca/conference_program.php.

**Our 11th year begins
in September 2010 at
the new Fall River
Yoga Centre**



Led by Jody Myers (B.P.E.) and the AYTT staff. We have many years experience, leading Yoga classes and YogaDance™ experiences for groups of all ages, in a wide variety of locations, including schools.

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NOTICES

35th Annual NSTU Bowling Tournament

The 35th Annual NSTU Bowling Tournament will be held in Truro from April 24-25 at the Bible Hill Bowlcade. This year the host will be the Colchester-East Hants branch of the Retired Teachers Organization. Please contact Walter Farmer at 883-7343 or walterfarmer@ns.sympatico.ca for further information.

Prince Andrew Golden Jubilee

The biggest celebration in Prince Andrew High School's 50 year history will be held July 22 to 24, 2010. Former students who attended the East Dartmouth high school during the "Gerald J. McCarthy Era" (1960 to 1965) are invited to participate in a golden jubilee reunion which will feature a myriad of events over a three day weekend. A dedicated group of Prince Andrew alumni under the chairmanship of Nateleen (Patterson) Zinck and Judy (McNairn) Morrison have been working for the past two years planning the celebration commemorating the school's 50th birthday. Registration information may be obtained by contacting Gil Irwin at 462-4123 or by accessing the Reunion's official web site: www.pahs50.com.

Teachers Explore the World!

This summer Global Exploration for Educators Organization (GEEO) is running travel programs to China, India, Peru, Tunisia, and Southern Africa. Trips are 2-3

weeks in length and are limited to 10 to 18 teachers and their travelling companions. These trips are customized to include activities that will be particularly interesting to teachers, such as school visits. Graduate and professional development credits are available to participating teachers. These trips are being run by established tour companies that specialize in budget travel. GEEO partners with these companies and negotiates substantial discounts on these trips and offers them exclusively to educators. GEEO also gives advice to teachers seeking grants to subsidize the cost of their trip. There is no application process for our trips and they are offered on a first come, first serve basis. However, participating teachers are required to initiate the GEEO education plan upon their return. This simple, easy to implement system is designed to help teachers share their experience with their students. Please visit www.geeo.org to learn more or call toll free at 1-877-600-0105.

Let's save the Learning Centre at Library and Archives Canada!

The federal government has shut down the Learning Centre of the Library and Archives Canada as of March 30, 2010. This is terrible news for the thousands of educators and students who have benefited from the vast array of historical resources, archival information, and educational programs developed by the two staff officers/teachers who have been the backbone of the Learning Centre.

The Canadian Teachers' Federation and many of its Member organizations have sent letters of protest to the Canadian Heritage Minister responsible for Library and Archives Canada.

If Canadian students and teachers do not wish to lose this rich national learning treasure provided by the Learning Centre of Library and Archives, they are urged to:

1. Write a letter to the Honourable James Moore, Minister of Canadian Heritage and Official Languages, House of Commons, Ottawa, Ontario K1A 0A6 (to view CTF Letter to the Minister please visit www.ctf-fce.ca/Documents/Newsroom/EN/2010/LAC%20letter%20of%20support.pdf).

2. Contact your Member of Parliament: webinfo.parl.gc.ca/MembersOfParliament/MainMPsCompleteList.aspx?TimePeriod=Current&Language=E.

3. Sign the online petition launched by Queen's University students (in English only): www.gopetition.com/petitions/lest-we-forget.html.

Thank you very much for your help and support in an effort to keep this valuable national educational resource alive for teachers and students across the country.

2010 REGIONAL ELECTION INFORMATION FOR LOCALS



All regional elections will be conducted by electronic vote.

Region	Date of Election	Electoral Officer	Acclaimed
Annapolis-Hants-West Kings	April 28	Cathy Reimer	Dave Jones
Antigonish-Guysborough	April 21	David MacNeil	
Cape Breton Industrial	April 22	Redmond MacDougall	
Colchester-East Hants	May 4	Kevin Farrell	
Community College	May 5	Cindy Edwardson	
Cumberland	April 16	Lawry MacLeod	
Dartmouth	April 28	Kyle Marryatt	
Halifax City	May 4	Robert Comar	
Halifax County	May 7	Steve Wells	
Inverness-Richmond	April 21	Josie Melong	Marlene Boyd
Lunenburg	April 8	Glenda Wimmer	

Engaging Learning for Exceptional Teachers

Upgrade your skills and certification with Acadia University's School of Education.



Master of Education

Acadia's graduate education programs are recognized by employers as setting a national standard. Master's degrees featuring Acadia's signature academic quality are offered in areas such as leadership, counselling, mathematics education, curriculum studies, and inclusive education.

- Cohort study programs are available in cooperation with local school boards and institutions, and may be paired with summer study at Acadia.
- Study at your own pace throughout the year with select courses available online.

TESOL Certificate

Open up a world of career possibilities in Canada and abroad with our TESOL (Teaching English to Speakers of Other Languages) certificate. The program is available on campus or online as a series of open-entry courses, which allow you to study at your own pace in a way that fits your lifestyle and your commitments.

- Earn Acadia University credits and qualify to apply for TESL Canada Standard One certification.
- Gain valuable ESL teaching experience with the practicum option.

French Proficiency Institute

July 12-23

Acadia's French Proficiency program offers French language teachers and other interested individuals the opportunity to upgrade their speaking, listening, reading, and writing skills for professional or personal development. Participants in this 30-credit-hour program spend two weeks each summer on our beautiful Wolfville campus, and may take select courses online throughout the year.

- Begin at a skill level that fits your learning needs, from beginner to advanced.
- Qualify for an Advanced Teacher's Certificate 1 (ATC 1), upon approval from the Department of Education.

To register or learn more, visit our website today:

edu.openacadia.ca





How to submit your claims under the NSTU Group Insurance Program

The NSTU Group Insurance Trustees want to make sure members are informed with respect to how to submit claims under any portion of the NSTU Group Insurance Program. The claims procedures differ by benefit and may be confusing to some. A summary of the procedure by benefit has been outlined below:

HOSPITAL SERVICES

-The NSTU Total Care Subscriber Card confirms coverage for semi-private room accommodation. Please present your NSTU Total Care Subscriber Card upon admission to the hospital.

-The hospital will bill Medavie Blue Cross directly. No claim forms are needed.

EXTENDED HEALTH BENEFITS (supplies, paramedical practitioners, vision care, hearing aids, etc.)

-Claim forms should be completed and sent directly to Medavie Blue Cross along with itemized receipts and attending physician's prescription where applicable. Some paramedical practitioners and vision care providers now submit electronically with Medavie Blue Cross and will request you to pay your portion only.

-Reimbursement will be made directly to you.

-Claims must be submitted within one year from the date the expense is incurred. If not submitted within one year, your claims will be declined.

PRESCRIPTION DRUGS

-The NSTU Total Care Subscriber Card must be presented to a participating pharmacy at the time the prescription is filled.

-There is a \$5.00 co-pay per covered prescription. Some medications may require special authorization.

-All over-the-counter medications, except life sustaining over-the-counter drugs, as defined by Medavie Blue Cross are not covered under the NSTU Total Care Medical Plan.

DENTAL CARE

-Some dentists will only require you to pay the applicable co-insurance as they will submit directly to Medavie Blue Cross.

-Some dentists may require you to pay for services at the time they are rendered and submit a completed Dental Claim Form with an official receipt to Medavie Blue Cross for reimbursement. Payment will be made directly to you.

-In all cases, claims must be submitted within one year from the date the expense is incurred. As with the Total Care Medical, claims will be declined if not submitted within one year.

If living within Canada but outside Atlantic Canada, you must pay for all services rendered, submit a completed claim form with official receipts, and attending physician's prescription where applicable, and forward to Medavie Blue Cross for reimbursement. Payment will be made directly to you.

For all other claims, including Provincial Master Life Insurance, Optional / Spousal Group Life Insurance, Voluntary Accidental Death & Dismemberment, Long Term Disability and the Funeral Expense Plan, you (or your beneficiary) should contact the Claims Specialist at Johnson Inc. at 453-9502 or 1-800-490-9502 (toll-free). The Trustees encourage you to share this information with your beneficiaries and dependents so they are aware of the steps to be taken at the time of a claim for any coverage under the NSTU Group Insurance Program for which you or your dependents may be eligible for and enrolled in.

If you have questions regarding any of the claiming procedures for the benefits you are enrolled in, or any of the voluntary coverages available to you, please contact Johnson Inc. at (902) 453-9543 or 1-800-453-9543 (toll-free).

update

Enter to **WIN!**

15,000

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Simply request a home or auto insurance quote. (Existing policyholders are automatically entered.)

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Johnson Inc. Insurance

Home and auto insurance is available through Johnson Inc., a licensed insurance agency. Policies are primarily underwritten by Unifund Assurance Company (Unifund). Unifund and Johnson Inc. share common ownership. AIR MILES® reward miles awarded on regular home and auto insurance policies underwritten by Unifund. At the time the premium is paid, one AIR MILES reward mile is awarded for each \$20 in premium. Contest runs from March 1, 2010 to December 1, 2010. No purchase necessary. Those already insured through the NSTU Johnson Inc. home and/or auto program are also entered. Chances of winning depend on the number of entries received. Winner must correctly answer a skill-testing question. Certain conditions may apply. For full contest details visit www.johnson.ca/nstu ®™Trademarks of AIR MILES International Trading B.V. Used under license by LoyaltyOne, Inc. and Johnson Inc. (for Unifund). JSLFeb2010



ENTRY DEADLINE:
May 28, 2010



2010 Student Scholarship Essay Contest

Problem Gambling. Internet. Youth. YOU.

The Nova Scotia Gaming Foundation invites Nova Scotia's graduating students to research and reflect on the potential risks of Internet gambling for youth. How does student's relationship to computers or technology increase their risk for online problem gambling?

WWW.NSGAMINGFOUNDATION.ORG

info@nsgamingfoundation.org

1.866.424.0963 toll free

902.424.0963

About NSGF:
The Nova Scotia Gaming Foundation (NSGF) is a not-for-profit, arms-length government organization that encourages and supports an independent response to problem gambling in Nova Scotia.

Who is Eligible?

The contest is open to all resident graduating high school students in Nova Scotia who intend to continue their post-secondary education at a Nova Scotia Community College or University within the province during the 2010 - 2011 academic year.

Essay Topic:

According to Department of Health Promotion and Protection's 2008 Nova Scotia Adolescent Gambling Exploratory Research report, 28% of adolescents in Nova Scotia gamble on the Internet with fake money or points.

With this figure in mind, explore the potential risks of Internet gambling for youth and discuss how their relationship to computers and technology may increase the risk of developing problems with Internet gambling.

Nova Scotia Learning Disabilities Conference

Hosted by the Learning Disabilities Association of Nova Scotia

May 13 & 14

2010

World Trade and Convention Centre, Halifax

Featuring...



Sheree Fitch, multi-award winning author, speaker, educator



Dr. Steven Feifer, Neuropsychologist, nationally renowned speaker in the field of Learning Disabilities

Plus...

Sessions on:

- Math
- Writing strategies
- Reading strategies
- Non-Verbal LD
- Mental Health
- ADHD – Developing effective learning

Don't miss out on our early bird registration draw!
Visit www.nslidconference.ca for more information

resources

Dubbing Resources from Learning Resources and Technology Services

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

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

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

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

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

Teen Safety Series (51 min.) Healthy Living 9 - Teens, as well as adults, harbour misinformation regarding personal safety. Prevention is the key to stopping abuse, sexual violence or abduction. Knowledge is the key to keeping teens safe with friends, dates, strangers, and others. Titles in this series: Myths vs. reality; When you are alone; and, Dating and relationships.

7 Ways to Block a Cyberbully (13 min.) Health 6; Healthy Living 7-9 - Cyber bullies don't shove kids on the playground or steal lunch money, but they are just as dangerous. They stay hidden behind technology and target students on the Internet and through cell phones. This film details seven effective strategies for dealing with a digital bully and teaches students how to be smart and stay safe in a cyber bully situation.

If the World Were a Village (24 min.) Social Studies P-3 - At this moment, there are more than 6 billion people on the planet. It's hard to picture so many people - but what if we imagine the whole world as a village of just 100 people? Based on the award-winning book of the same name, this video tells us who we are, where we live, how fast we are growing, what languages we speak, what religions we practice and more. So come and learn about our global village. What you find may surprise you!

Portion Control (23 min.) Healthy Living 9; Food and Nutrition 10/12; Physically Active Living 11 - Using the power of video to its best advantage this program teaches teens how to choose the right food portions for their body type and metabolism and to visualize these portions in memorable ways. Nationwide, teenagers have become accustomed to eating supersized, a major factor in the obesity epidemic affecting teens today. The goal of this program is to teach teens how to correctly measure food portions using everyday, easy-to-understand analogies.

Portion Distortion (19 min.) Healthy Living 7/8 - Using video to visualize portions, this program teaches viewers the difference between supersized portions and nutritionally correct portions. Once children understand the right food portions for their body and metabolism, they can make healthy judgments about food portions at every meal, everyday, for long-term health.

Picture Perfect (40 min.) Healthy Living 7-9 - This documentary video explores and challenges stereotypical and distorted media images of girls and women. Diverse girls and women candidly share their experiences and feelings about media depictions and their impact. By weaving together interviews, media images, cut-away footage, text, music, and sound, this documentary artfully challenges and depicts the messages that women and girls are sent daily in our media-saturated culture. Useful in a variety of subject areas from health to lifeskills, it fosters critical-thinking and media literacy. Most of all it empowers young women viewers to become critical consumers of mass culture with the ability to recognize the unrealistic standards that media messages can impose on them.

Shredded (22 min.) Healthy Living 9 - By the time boys hit puberty, they've been bombarded with thousands of images showing the male body as muscled and devoid of fat. And as their own bodies change, boys realize that muscles don't just pop off their frames naturally. For some boys, this leads to anxiety and an obsessive desire to change their image. This film reveals the risks some teenage boys are willing to take to achieve the ideal male shape, exploring supplement use and the temptation of steroids. With complete frankness, the boys relate their own experiences, desires and motivations to the audience, who must draw their own conclusions

Nutrition and You (83 min.) Health 5/6; Healthy Living 7 - This four-part series includes the following titles: Nutrition Basics, Balanced Diet, Healthy Eating Habits, and A Healthy Body.

Education Media Library 424-2440; 428-5828 (fax), 3770 Kempt Road, Halifax, B3K 4X8, Email us at mediacir@ednet.ns.ca. Visit our website at <http://lrt.ednet.ns.ca>.

You CAN Do It! The story of the Antigonish Movement

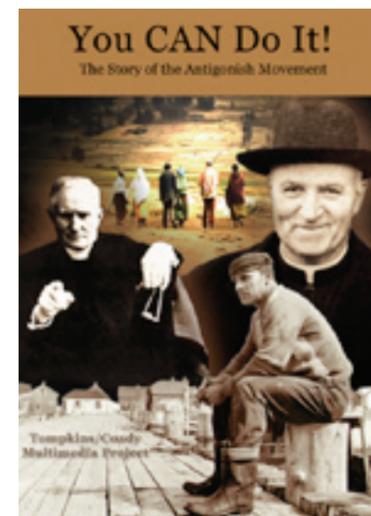
The Antigonish Movement has been the subject of study by journalists, academics and politicians almost from the time it began. During the worst economic depression in modern times, this social and economic movement prompted marketing and financial institutions in the form of producer and consumer co-ops and credit unions to be developed at an unprecedented rate. At a time when much of the western world was faced with loss of industry, loss of homes and the real threat of starvation, the farmers, fishermen and miners of the Maritimes were building their own factories, homes, and stores and creating jobs for themselves, wealth for their communities, and hope for their children. The You CAN Do It! multimedia project now makes it possible for The Antigonish Movement to be the subject of study for high school students as well.

This new video documentary includes the memories of Ruth Doyle, of Little Dover in Guysborough County, who as a child in the 1920s saw firsthand the accomplishments that the leadership of Father Jimmy Tompkins (a prominent figure of the Antigonish Movement) and the cooperative work of the people of her fishing village achieved. As she explains, "... the people must have thought that he was a kook..." to think that uneducated impoverished fishermen could actually take over control of their own lives. "You can do it!" he said, "You CAN do it!" Her accounts of Father Tompkins and the amazing period of community development that resulted from his leadership and the work of her father and the other local fishermen gives a personal touch to the video documentary of The Antigonish Movement. Her enthusiastic account of "Father Jimmy's" uncompromising assertion contributed the title: You CAN Do It!

The documentary grew out of concern that the knowledge of The Antigonish Movement was fading at a time when the lessons learned are perhaps as important as ever. A team comprised of Peter Murphy of Seabright Video Productions and retired teachers, John R. MacDougall, Bill Timmons, and Martin MacDonald worked for more than three years on researching and producing a story that would make this period come to life.

While Father Jimmy Tompkins is seen as the spark that "set the heather on fire," he really stands shoulder to shoulder with Dr. Hugh MacPherson, Dr. Moses Coady, dozens of men and women who provided leadership, and thousands of working class people who provided the energy and found the hope when much of the world saw only darkness. You CAN Do It! is their story.

For more information, email Martin MacDonald at martinangus_macdonald@hotmail.com or call 902-735-2374.



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The Nova Scotia Educational Leadership Consortium

Over the next few months we will continue to highlight Modules which the NSEL C can schedule at the request of any one of our partners in support of professional learning. NSEL C modules are based on current research and are sensitive to the practical needs of educators. They reflect a diversity of perspectives and address knowledge, skills and attitudes.

Module 2 Strategies for Teaching and Learning

This three-day module for school administrators, central office staff, resource teachers and classroom teachers is designed to extend participants understanding of the Nova Scotia curriculum (including current initiatives), principles of learning, learning styles, leadership styles, instructional strategies, differentiated instruction, backward design, classroom based assessment and evaluation, and various models of staff development. This module will be of great value to school administrators as it will provide them with the tools they require to increase their effectiveness as instructional leaders.

Comments and feedback from recent Module 2 participants:

"Great work-I really liked the modelling and practice of effective teaching."

"This was my first experience taking an NSEL C Module. I was thoroughly pleased with my experience. I will be bringing a great deal of this information back to my school."

"Quite possibly the best PD experience I've had. The content chosen for the Module is timely and useful. The quick pace maintained interest."

"Great teamwork. I really liked the constant mini-conferences where you changed the focus of the course to suit our needs."

If you are interested in attending Module 2 visit our website to check the Module schedule. If there isn't one already scheduled, fill out our Wait List and you will be contacted when new dates are posted.

If you would like a Module 2 hosted by your Board or organization check our website to see who your representative is on either the NSEL C Board of Directors or Program Committee and contact them with your request.

Register on-line at www.nselc.ednet.ns.ca or call 422-3270 for more information.

Voir grand à l'adolescence... c'est parti!

Un groupe de consultation s'est rencontré le 19 février dernier au bureau de la Fédération canadienne des enseignantes et des enseignants (FCE) à Ottawa pour amorcer l'élaboration d'un nouvel outil de la série « Voir grand », cette fois-ci destinée aux parents d'élèves du secondaire.

En collaboration avec ses partenaires principaux, l'Association canadienne d'éducation de langue française (ACELF) et la Commission nationale des parents francophones (CNPFF), la FCE a déjà publié deux troupes destinées à favoriser la construction identitaire francophone des élèves. Voir grand petit à petit s'adresse aux parents d'enfants de 0 à 5 ans alors que Voir grand, c'est élémentaire! appuie la construction identitaire des enfants de 6 à 12 ans.

Afin de bien orienter ce nouveau projet, la FCE a réuni un groupe de personnes reconnues dans leur milieu pour bien connaître l'adolescence et ses besoins. Représentant les diverses régions francophones minoritaires du pays, ce groupe a offert des pistes précieuses pour que ce nouvel outil soit à la fois utile et pratique.

Le lancement de cette trousse aura lieu dans le cadre du prochain congrès de l'ACELF, en octobre prochain. Pour toute information relative aux troupes déjà disponibles à la FCE, rendez-vous au www.ctf-fce.ca sous l'onglet « Ressources ».



Sur la photo, dans l'ordre habituel : Première rangée, Natalie Labossière, animatrice, Lynn Doucet-Vautour (AEFNB), Claire Olivier (AEFO), Monique Gravel (ATA), Geneviève Latour (FESFO). Rangée arrière, Ronald Boudreau (FCE), Geneviève Couillard (FESFO), Simone Lévesque (ATA), Huguette Frenette (AEFNB), Sébastien Clément (AEFO), Hélène Morin-Ouellette (AEFNB), Clifford Maillet (NSTU, membre du comité exécutif provincial), Michelle Daigle (AEFNB), Elisabeth Whitaker Jacques (MTS) et Richard Lacombe (ACELF).

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 Selina Hughes at 1-800-565-6788 or email theteacher@nstu.ca.

VACATION RENTAL: Location Yarmouth. Loft with 3 pc. bath, kitchenette and a private entrance. \$60.00 nightly. Two B&B rooms, \$50.00 nightly each. Wonderful peaceful location 5 mins from Yarmouth. Homemade biscuits, muffins and coffee for breakfast. Call 902-742-7665 or e-mail anndurkee@ns.smpatico.ca.

WANTED: Tutor for Grade 10 Math in Bedford area. Ph 457-1803 evenings.

RETIRED HRM TEACHER wishes to rent or house-sit a home, cottage or apartment near Metro for seven weeks beginning June 1st. Willing to do simple chores like mowing, gardening, and/or pet sitting. Contact Frances by phone 867 897-7623 or email fmwebber@mac.com

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

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

Allure, call 902-464-0606 to book an appointment. "Making a difference feels great." **Gift certificates** are available.

AVAILABLE - Teacher Certified Tutoring is presently accepting students for our FRENCH SUMMER READING PROGRAM. There is a limited enrolment. More info: www.teachercertifiedtutoring.com or 1-877-313-READ.

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

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

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

JOB SHARE - Elementary teacher looking for a 20% job share in the metro area for next year. Lots of experience in the early elementary grades. Please contact mackayk7@staff.ednet.ns.ca

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

HRSB ELEMENTARY TEACHER (GR 2) Dartmouth, seeking job exchange with a CCRSB teacher as close to Truro if possible for Sept 2010-June 2012, a 2 year temporary exchange as my husband will be attending the NS Agricultural College. Please contact 221-2344 or email reunite@live.ca.



Above are NSTU members Elsie Rodenhizer, Greg Selig and Yves Rossignol at a Lunenburg County/Queens Local joint professional development session, given by NSTU Counsellor Olga Scibior in Bridgewater at The Fairview Inn on February 16, 2010. The session was for teachers who are close to retiring and was entitled Transition Into Re-Tirement.

Check out the **Deals & Discounts** section for updates on the NSTU website at www.nstu.ca in the Members Only section under Benefits.