

Education partners call for increased funding

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

"Another standstill budget for education will put us further behind," says NSTU president Alexis Allen. "After two years of minimal increases, Nova Scotia's public school system needs at least a 4.5 per cent increase to maintain jobs and programs."

The Nova Scotia Teachers Union, Nova Scotia School Boards Association

(NSSBA), Association of Nova Scotia Educational Administrators (ANSEA) and the Nova Scotia Federation of Home and School Associations Inc. (NSFHSA) have launched a collective campaign to urge the Nova Scotia government to increase funding to public education in this spring's budget.

Touting the slogan *Public education our best investment!* the campaign aims to remind Nova Scotians that in these tough times

public education is one investment that guarantees dividends for all Nova Scotians. Running from January 12 to 18, the campaign will include radio and print advertising and a news conference, with the presidents of the education partners and their respective organizations, to be held at École Beaubassin in Bedford on Thursday, January 15.

"Public education is the key component of Nova Scotia's infrastructure. Recent investments in education are now yielding real returns. Our system needs more funding to ensure student achievement stays high, our dropout rate remains low and students at risk continue to get the help they need.

"Without an increase, school boards across the province will be facing significant staff cuts, which will directly affect

schools and learning," continues Allen. "The partners are also concerned that it will be the most vulnerable students affected—a great step backwards that will see us losing strides we've made over the past five years, particularly with those students who were falling through the cracks."

Programs could also be affected, including the IB program, French immersion, special education, alternate schools, and guidance. "It may also mean class size increases and Nova Scotians have told us time and time again they don't want this," says Allen.

The education partners are encouraging all Nova Scotians to lobby their MLAs about this important issue. For more information please visit www.investineducation.ca.

**PUBLIC EDUCATION
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NSTU and NSNU launch French edition of Kisses, Kisses, Baby-O!—Bisous Bisous Bébé-Ô!

The Nova Scotia Teachers Union and Nova Scotia Nurses' Union (NSNU) are co-sponsoring a French version of Sheree Fitch's baby board book *Kisses, Kisses, Baby-O!—Bisous Bisous Bébé-Ô!* for the province-wide Read to Me! Nova Scotia Family Literacy Program for 2009. The book was the very first Atlantic Canadian board book for babies when it was commissioned by the NSTU, NSNU and Read to Me! Family Literacy Program and published by Nimbus Publishing last year.

"We see the health, education and social benefits of early literacy and are thrilled to be continuing with this program by providing a French-language edition of the book," says NSTU president Alexis Allen.

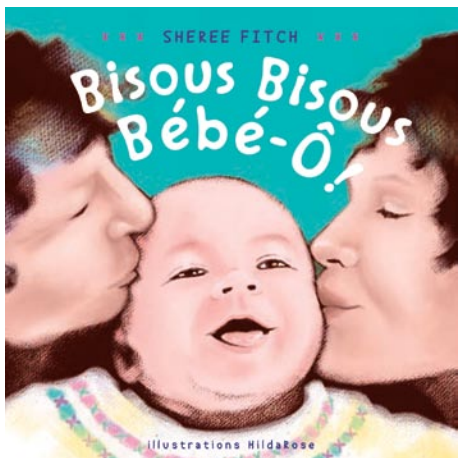
Initiated by the IWK Health Centre in 2001 to raise literacy rates among pre-school children, Read to Me! provides every new mother and baby in hospitals around the province with a book bag containing infant board books, an invitation to come and sign up for the child's very first library card, and a resource booklet.

This year, families requesting a French version of the Read to Me! Bag will receive *Bisous Bisous Bébé-Ô!* The NSTU and NSNU sponsorship has provided 9,000 copies of the English book for inclusion in the Read to Me! bags in eleven Nova Scotian hospitals and 1,000 copies of the French version.

A message from both unions appears on the back of the board book. It reads: "A happy baby is one immersed in love, learning and care. Teachers and nurses see the health, education and social benefits of early literacy through reading. The Nova Scotia Teachers Union and Nova Scotia Nurses' Union are pleased to present this book to you as a reminder to read to your child." « Un bébé épanoui est un bébé dont la vie est remplie d'amour, de soins, de choses à apprendre... Quand vous lisez à votre enfant, vous contribuez à sa santé, à son éducation, et à son développement social. Pour cette raison, les membres du Nova Scotia Teachers Union et du Nova Scotia Nurses' Union ont le plaisir de vous offrir ce cadeau, un livre à partager avec votre enfant. »

The official launch of *Bisous Bisous Bébé-Ô!* will take place on Tuesday, January 27, at 10:30 a.m. in celebration of Family Literacy Day at the IWK Health Centre's Parker Reception Room. Allen and Janet Hazelton, NSNU president will speak at the launch and Sheree Fitch will read her book.

For more information about Read To Me! visit <http://readtome.ca>.



inside



NSTU NOW

Learn how the SAA provides a strong voice for administrators in the Charting Your Course column on page 6.

A program created by the Hants West Local helps to promote the teaching profession. Find out more about it on page 11.

Maple Grove Education Centre art teacher Ron Whalen is exposing his students to mural, window and canvas painting. Read about it in the PDAF profile on page 12.



HAPPY NEW YEAR!

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Negotiations Update

Provincial Negotiations

The parties met on December 2, 3 and 4, 2008 and after 16 negotiating sessions, the negotiating committee came to the conclusion that significant progress could not be made without the services of a conciliation officer. On December 5, 2008 the NSTU president with the authorization of the negotiating committee requested that the Minister of Labour appoint a conciliation officer pursuant to Section 23 of the Teachers' Collective Bargaining Act. A conciliation officer has been appointed, and dates for conciliation have been set for February 4, 5, and 6, 2009.

Community College Negotiations

The last negotiation session was held on November 27, 2008. Future sessions are scheduled to take place January 22, February 5 and February 11, 2009.

people

Nova Scotians celebrate the 60th Anniversary of the Universal Declaration of Human Rights

Nova Scotians had a chance to reflect on human rights, the progress being made in the province, and the work that still needs to be done, at this year's International Human Rights Day event, which took place on December 10 at the Dartmouth Sportsplex.

This year marked the 60th anniversary of the signing of the Universal Declaration of Human Rights which pledged human rights and dignity for all people.

The Nova Scotia Human Rights Commission and Partners for Human Rights (of which the NSTU is a member) hosted *Belonging: Celebrating 60 Years of Human Rights*, an event celebrating this milestone.

"The focus is really to celebrate the achievements we have made in this province over the last 60 years, while acknowledging there is still much work to do so we all feel we are equal and we belong," says Partners for Human Rights co-chair Sandra Smith Muir.

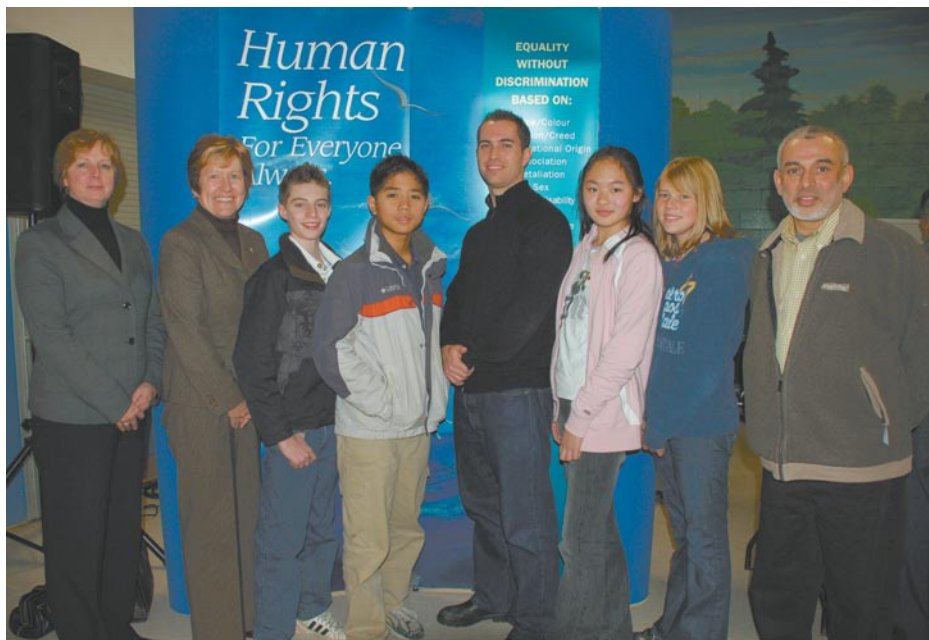
The event began with the signature Harmony Breakfast, and featured spoken word, drumming, youth film, and dance presentations, as well as the presentation of the Human Rights Award. This year, two Human Rights Award winners were selected.

Young filmmaker Logan MacGillvray was chosen for his film *Listen to the Children*, which was screened at the event. Charitable organization *reachAbility* was chosen for its commitment to increasing awareness of innovative and effective programming for persons living with disabilities.

Partners for Human Rights also hosted a public lecture, *Belonging and Inclusion*, the evening of December 10, featuring Martha Kuwee Kumsa, faculty of social work, Wilfrid Laurier University. Kumsa spent 10 years imprisoned in her home country of Ethiopia until Amnesty International and PEN International launched a campaign on her behalf.

An International Human Rights Day event also took place on December 11 at Digby Regional High School. The event included drumming and dance presentations to send students a strong reminder of the diversity in society, and the importance of recognizing and respecting differences.

Partners for Human Rights is a network of organizations that work toward a respectful and inclusive community.



From left to right: Jude Fulton, RCH coordinator for the Tri-County Regional School Board; Alexis Allen, NSTU president; Bedford South School students who attended the event Jonathan Gammon and Marco Ludovice, language arts and social studies teacher Jason Carmichael, students Amy Fang and Kaitlynn Kooiman and Tilak Arora a new-comers settlement staff officer with the YMCA who works at the school.

PD Conference focuses on media literacy

The annual NSTU Professional Development Conference took place November 7 to 8, 2008 at the Delta Halifax, coinciding with National Media Education Week which took place November 3 to 7. Workshops for the event included one on cyberbullying, teaching for the 21st century, and engaging the millennial generation.

Sue Taylor-Foley provided the keynote session for the conference, *Using the Internet for Teaching, Learning and Assessment*. Taylor-Foley is the South Shore Regional School Board's Coordinator of Assessment & Technology. She is shown with NSTU executive staff officers Gérard Cormier and Betty-Jean Aucoin (left) using Senteo hand-held wireless remotes that participants used during her presentation. Taylor-Foley showed delegates how such devices be integrated into the classroom.



Gaetz Brook Junior High featured in NSTU commercial



2,000 food items for Feed Nova Scotia, which were donated by the school's 401 students and 35 staff, and filled a school bus as part of their annual "Stuff-A-Bus program. NSTU president Alexis Allen (back row far left), Gaetz Brook's guidance counsellor Lynn Smith who coordinated the busload of food, and principal Karen Dale (standing, seventh from the left) are shown with all the students who participated in the commercial. The filming of the commercial took place on December 4 at the school.

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(front row, left to right) Brent Shaw, New Brunswick Teachers' Association (NBTA) President; Carole Henderson, Alberta Teachers' Association (ATA) Board Representative; Alexis Allen, NSTU President; Dave Roebuck, Northwest Territories Teachers' Association (NWTTA) Executive Director; Frank Bruseker, CTF Vice-President; Paul Taillefer, CTF Vice-President; Emily Noble, CTF President; Calvin Fraser, CTF Secretary General; Mary-Lou Donnelly, CTF President-Designate; Jimmy Jacquard, CTF Vice-President; Sean Noah, CTF Vice-President; Elaine MacNeil, Ontario English Catholic Teachers' Association (OECTA) President; Gene Lewis, Elementary Teachers' Federation of Ontario (ETFO) General Secretary;

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(back row, left to right) John Staple, CTF Deputy Secretary General; Bruce Kelloway, NSTU Board Representative; Marcel Larocque, AEFNB President; Joe Lamoureux, OTF President; Réjean Laroche, Association des enseignantes et des enseignants franco-ontariens (AEFO) Director General and Treasurer; Gordon Thomas, ATA Executive Secretary; Benoit Mercier, AEFO President; Al Cornes, OECTA Acting General Secretary; Bob Fitzpatrick, NBTA Executive Director.

Absent from photo: Pat Isaak, MTS President; Alan Lombard, Quebec Provincial Association of Teachers (QPAT) Executive Director; Serge Laurendeau, QPAT President; Bill Redden, NSTU Executive Director; John Walsh, YTA Employment Relations Advisor.

RCMP and Canadian Teachers' Federation join forces to fight cyberbullying

(CTF News Service) – The Royal Canadian Mounted Police and the Canadian Teachers' Federation (CTF) are teaming up to tackle cyberbullying.

The RCMP is providing its members working in more than 5,000 schools across the country with lesson plans teaching youth how to recognize, respond to and prevent cyberbullying behaviour. Students will also learn the serious consequences of cyberbullying, which include mean-spirited cell phone text messages and posts on social networking sites as well as threats sent over instant messaging services.

“We are providing front-line officers with tools based on the most up-to-date information on cyberbullying, including input from youth,” says Insp. Rick Shaw, the officer in charge of National Crime Prevention Services, which oversees the force's youth services program. “The idea is to ensure that youth are getting the right message so they take appropriate action when confronted with cyberbullying.”

“Bullying in any form is unacceptable social behaviour and cyberbullying is especially cowardly,” said Minister of Public Safety, Peter Van Loan. “As the government and as citizens we have a responsibility to protect our most valuable and

vulnerable citizens—our children. This latest cooperative effort plus the laws we already have in place are part of that responsibility.”

The 30-to-75-minute presentations, aimed at students in Grades 4 through 12, are available through the RCMP's Youth Officer Resource Centre, an internal website that provides tools, tips and complete lesson plans for members working with youth. The site also includes a number of presentations on topics varying from gangs to drugs to Internet safety and traditional bullying.

The CTF, which provided input into the lesson plans, commissioned a national poll earlier this year highlighting the need for awareness. Thirty-four per cent of those surveyed knew of students in their community who had been targeted by cyberbullying in the past year. One in five was aware of teachers who had been cyberbullied.

“This RCMP education program will go a long way in helping reverse this growing trend by providing tools to help promote proper cyberconduct,” says Emily Noble, president of the CTF, which represents some 200,000 teachers across the country.

Deal.org, the RCMP's by youth for youth

website, is also helping young people fight the problem with the launch of an online interactive game called *Cyberbullying: The Dark Side of Technology*. Placed at a desk with access to several communication technologies, players are faced with a series of scenarios and questions based on information they are given about how to identify, deal with and put an end to cyberbullying. To

play the game, visit www.deal.org.

“It's simply not possible to have parents, teachers or police officers looking over the shoulders of our youth at all times,” says Shaw. “The youth of this country want to contribute, so we need to do everything we can to empower them if we are going to stop this growing problem.”



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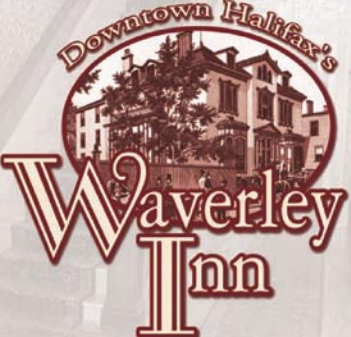
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from the nstu president

Are labour rights human rights?

From November 19 to 21 I had the opportunity to attend an international symposium in Ottawa called Labour Rights are Human Rights. It was organized by the National Union of Public and General Employees, Canadian Teachers' Federation (CTF), Canadian Police Association and the United Food and Commercial Workers Canada and represented over 800,000 Canadian workers. The symposium discussed how labour rights are a critical component of human rights, helping to protect and promote democracy as well as the social and economic well-being of citizens. Labour organizations and unions are the organizations that are recognized as advancing democratic rights and economic benefits to communities. It is often unions that advance health benefits, pensions, job security, ensure collective bargaining and the right to strike, and make workplaces safe and free from discrimination.

At the closing of the symposium on Friday, November 21, conference participants called on the federal government to respect international law and ratify International Labour Organization (ILO) conventions respecting workers' rights, coinciding with the 60th anniversary of the Universal Declaration of Human Rights on December 10.

On the 60th anniversary of the Universal Declaration of Human Rights, Education International, the world's largest international union federation, launched its *Trade Union Rights Manual*, a guide for union activists around the world (www.ei-ie.org/en/news/show.php?id=930&theme=rights&country=global).

According to the CTF website, the following provides an indication of Canada's track record on labour rights:

- In the past 26 years Canadians have seen a serious erosion of their right to organize into a union and engage in full and free collective bargaining.
- Federal and provincial governments in Canada passed 179 pieces of legislation since 1982 that have restricted, suspended or denied collective bargaining rights for Canadian workers.
- Canada now has one of the worst records of any western country in the promotion and protection of labour rights.
- Of the ILO's 188 Conventions, Canada has only ratified 30.
- Canada has only ratified three of the 30 ILO Conventions developed since 1982.
- Canada has ratified only five of the eight ILO core Conventions. We have yet to ratify Convention No. 29 - Forced Labour (1930), Convention No. 98 - Right to organize and Collective Bargaining (1949) and Convention No. 138 - Minimum Age (1973). For example, Alberta allows 12 year-old children to work, Saskatchewan is introducing a bill to allow children age 14 to work.

Today in Canada only 30 per cent of the workforce is unionized, with the public sector accounting for 72 per cent. If Canadians are to continue to expect a decent living wage and benefits unions must be encouraged.

On a more positive note, it should be noted that recently there has been some significant progress in Canada brought on by challenges from labour groups. Prior to a decision in June 2007 it was unclear whether union rights were protected by the freedom of association provided in the Canadian Charter of Rights and Freedoms. In a landmark ruling on June 8, 2007 from a challenge by the British Columbia Health Services and Support Union Canada, a decision was rendered by the Supreme Court of Canada that extended "constitutional protections to collective bargaining rights." It goes on to hold that "Recognizing that workers have the right to bargain collectively as part of their freedom to associate reaffirms the values of dignity, personal autonomy, equality and democracy that are inherent in the *Charter*."

Another example of progress, reported in the Chronicle Herald on December 10, 2008—*Saskatchewan Wal-Mart Unionized*—saw Wal-Mart employees in Weyburn Saskatchewan unionized after a four-year legal battle. Let's hope it remains open.

In British Columbia migrant farm labourers recently won the right to form a union. Although change is slow, hopefully it is coming. We must continue the fight for all governments to recognize the rights of its citizens to unionize and to negotiate collective agreements. Ultimately if we believe as a country that unions provide and support a better lifestyle for their members, then we should promote the belief that labour rights are indeed human rights!

Les droits du travail sont-ils des droits de la personne ?

Du 19 au 21 novembre, j'ai eu l'occasion d'assister à un symposium international à Ottawa intitulé *Les droits du travail sont des droits de la personne*. Ce symposium était organisé par le Syndicat national des employées et employés généraux du secteur public, la Fédération canadienne des enseignantes et des enseignants (FCE), l'Association canadienne des policiers et l'Union internationale des travailleurs et travailleuses unis de l'alimentation et du commerce-Canada, représentant plus de 800 000 travailleurs canadiens. Le symposium a traité du fait que les droits du travail sont un aspect crucial des droits de la personne et contribuent à protéger et à promouvoir la démocratie ainsi que le bien-être économique et social des citoyens. Il est reconnu que les syndicats et les organisations ouvrières aident à promouvoir les droits démocratiques et à augmenter les avantages économiques pour les communautés. Ce sont souvent les syndicats qui permettent d'améliorer les prestations de santé, les pensions, la sécurité d'emploi et qui garantissent les négociations collectives et le droit de grève ainsi que la sécurité et la non-discrimination dans le milieu de travail.

Lors de la clôture du symposium, le vendredi 21 novembre, les participants à la conférence ont appelé le gouvernement fédéral à respecter le droit international et à ratifier les conventions de l'Organisation internationale du travail (OIT) concernant les droits des travailleurs, pour marquer le 60^e anniversaire de la Déclaration universelle des droits de l'homme, le 10 décembre.

À l'occasion du 60^e anniversaire de la Déclaration universelle des droits de l'homme, l'Internationale de l'éducation, qui est la plus importante fédération syndicale internationale au monde, a lancé son *Manuel des droits syndicaux*, guide destiné aux militants syndicaux du monde entier. (<http://www.ei-ie.org/fr/news/show.php?id=826&theme=rights&country=global>).

Selon le site Web de la FCE, les données suivantes fournissent une indication du bilan général du Canada en matière de droits du travail :

- Le droit d'association et de libre négociation collective des Canadiens s'est gravement érodé au cours des 26 dernières années.
- Depuis 1982, le gouvernement fédéral et les gouvernements provinciaux du Canada ont adopté 179 lois qui limitent, suspendent ou nient le droit de négociation collective des travailleurs canadiens.
- Le Canada affiche aujourd'hui l'un des pires bilans, parmi les pays occidentaux, en matière de promotion et de protection des droits des travailleurs.
- Sur les 188 conventions de l'OIT, le Canada n'en a ratifiées que trente.
- Le Canada n'a ratifié que trois conventions de l'OIT sur les trente qui ont été élaborées depuis 1982.
- Le Canada n'a ratifié que cinq des huit conventions fondamentales de l'OIT. Nous n'avons pas encore ratifié la Convention no 29 sur le travail forcé (1930), la Convention no 98 sur le droit d'association et de négociation collective (1949) et la Convention no 138 sur l'âge minimum (1973). Par exemple, l'Alberta permet à des enfants de 12 ans de travailler et la Saskatchewan a introduit un projet de loi permettant à des enfants âgés de 14 ans de travailler.

Aujourd'hui au Canada, seulement 30 % de la main-d'œuvre est syndiquée et le secteur public représente 72 % de la main-d'œuvre syndiquée. Si les Canadiens veulent continuer à recevoir un salaire vital et des avantages sociaux décents, ils doivent encourager les syndicats.

Sur une note plus optimiste, il faut signaler que des progrès significatifs ont été faits récemment au Canada suite aux contestations des organisations syndicales. Avant la décision de juin 2007, on ne savait pas vraiment si les droits syndicaux étaient protégés par la liberté d'association stipulée dans la Charte canadienne des droits et libertés. Le 8 juin 2007, à partir d'une contestation de l'agent de négociation Health Services and Support de Colombie-Britannique, la Cour suprême du Canada a rendu un jugement qui a fait date en élargissant la protection constitutionnelle aux droits de négociation collective. La décision stipule ce qui suit : « Reconnaître que le droit des travailleurs de négocier collectivement est inhérent à leur liberté d'association réaffirme les valeurs de dignité, d'autonomie de la personne, d'égalité et de démocratie, intrinsèques à la *Charte*. »

Un autre exemple de progrès a été signalé dans le *Chronicle Herald* du 10 décembre 2008. Les travailleurs de Wal-Mart, à Weyburn en Saskatchewan, ont été autorisés à constituer un syndicat après un litige juridique de quatre ans. Espérons que ce syndicat survivra.

En Colombie-Britannique, les ouvriers agricoles migrants ont récemment obtenu le droit de former un syndicat. Bien que l'évolution soit lente, elle semble être en cours. Nous devons continuer à lutter pour que tous les gouvernements reconnaissent les droits de leurs citoyens à se syndiquer et à négocier des conventions collectives. En fin de compte, si notre pays est convaincu que les syndicats apportent un meilleur niveau de vie à leurs membres, nous devrions promouvoir l'idée que les droits du travail sont effectivement des droits de la personne!

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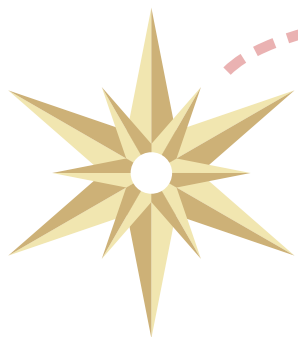
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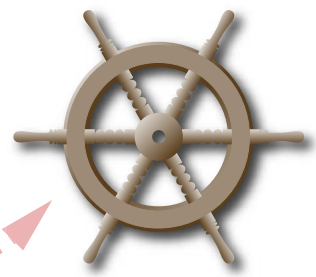
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Charting Your Course FOR PROFESSIONAL DEVELOPMENT



A strong voice for school administrators

By Martine Adriaensen

NOVA SCOTIA SCHOOL ADMINISTRATORS ASSOCIATION PRESIDENT

When an NSTU member hears the words *professional association*, the first thing that comes to mind is provincial conference day. For many professional associations, organizing conferences and providing professional development opportunities for the membership are the heart and soul of their mandate. However, the *Nova Scotia School Administrators Association (SAA)* spends little time discussing conferences at its executive meetings. Due to its structure, this role is delegated to a regional branch which hosts the provincial conference day of the year.

The SAA is an umbrella organization representing local SAA branches across Nova Scotia. These branches take turns organizing the annual provincial conference in their area. SAA locals are active in the Halifax, Colchester-East Hants, Pictou County, Lunenburg/Queens, Annapolis Valley, Cape Breton-Victoria, Tri-County and the Strait regions. Representatives of these locals meet four times per year to discuss all aspects of the SAA mandate.

The first meeting of the Executive Committee of the School Administrators Association of the Nova Scotia Teachers Union was called to order November 3, 1961. The first SAA conference was held at Dalhousie University September 22, 1961. Reading through the minutes of 47 years of SAA meetings is a fascinating experience; for example, in the 60s, the question of “defining the role of the administrator in taking up the slack of the church, home, society. What limits are there to this?” was discussed. Going through these pages of minutes reveals a range of issues dealt with throughout the years: the length of the school year, supervision and evaluation of teachers, administrative allowances, substitute teachers, achievement tests, student suspensions, site-based management, early retirement, budget cuts and salary freezes, accreditation, and professional learning communities, just to name a few.

In 1980, the SAA joined the board of the Canadian Association of Principals (CAP) which had been created in 1977. CAP provides SAA members with opportunities to have access to PD at the national level through the annual CAP Conference and the CAP Journal. SAA members can be nominated for the CAP

Distinguished Principal of the Year Award as well as Canada's Outstanding Principal Award. Through CAP the SAA can have a voice on issues that impact commonly on students, schools and educators all across Canada.

The SAA had the pleasure of hosting its first National CAP Conference in Halifax in 1990. Many current school administrators will remember the second CAP Conference held in Halifax in 2005 with highly inspiring keynote presentations by Todd Whitaker, Crystal Kuykendall, Michael “Pinball” Clemens, and Justin Trudeau. In recent years, two Nova Scotia principals have been bestowed with the prestigious national CAP Distinguished Principal of the Year Award: Jim Burns (Colchester County) received the award in 2005 and in 2008 the honour was given to Allison McNeil, of Pictou County. It is also through CAP and the SAA that every year high school students are eligible to win the CAP and SAA Student Leadership Awards. There is one CAP award of \$500 for Nova Scotia students and four SAA awards of \$250 each.

In 2007 the SAA Executive voted in favour of becoming a member of the Board of the Atlantic Association of School Administrators (AASA). The aim of this newly created organization is to provide networking opportunities for Atlantic school administrators. Its goal is to represent the perspective of school administrators in Atlantic Canada on regional needs and issues that affect students, schools and educators. The AASA will organize an annual Atlantic Leadership Symposium. PEI will organize this event on May 7 to 8 in Charlottetown, followed by Yarmouth, Nova Scotia, October 4 to 5. Stay tuned for more information on these events.

The most important role of the SAA is to provide a unified voice for administrators within the NSTU. The organization monitors evolving questions of importance to administrators and provides leadership and advocacy on issues pertaining to educational leadership. The SAA has representation on the Teachers With Administrative Responsibilities Committee (TWAR), an NSTU standing committee. This provides the SAA with a voice in identifying items that have an impact on improved benefits administrators may receive in the provincial contract.



Members of the NSSA at their December 4 and 5 executive meeting at NSTU's Dr. Tom Parker Building in Halifax. Sitting (l to r) is Mike Landry, member-at-large and principal at West Hants Middle School; Joanne Santilli, secretary, principal at Sir Charles Tupper School in Halifax; Martine Adriaensen, president, principal at Harold T. Barrett Junior High School in Beaverbank; Dan Myles, president elect, principal at Newport Station School in the Annapolis Valley; Rosalie Stewart-Fisher, member-at-large, principal at Cobequid Education Centre in Truro; and David Sollows, TWAR rep, principal at Meadowfields Community School in Yarmouth. Standing: Henry White, member-at-large, principal at Malcolm Munroe Junior High School in Sydney; Patsy Blais, member-at-large, principal at Memorial Composite High School in Sydney Mines; Eileen English, treasurer, principal at North Nova Education Centre in New Glasgow; Ruth Bond, member-at-large, principal at Nelson Whynder Elementary School in Dartmouth; and Ann Whalley, member-at-large, principal at Whycocomagh Education Centre.

The SAA supports excellence in administrative practices through a series of activities. These include the annual SAA Distinguished Administrator of the Year Award, presented at the provincial conference, and membership on the Nova Scotia Educational Leadership Consortium (NSEL) Board and program committee. This consortium provides workshops, modules and conferences on a broad spectrum of topics promoting effective leadership in schools. The SAA communicates with its members through a newsletter and a website.

In spite of its high level of activity and support for Nova Scotia School Administrators, the issue of keeping SAA membership numbers at an adequate level is ongoing. Interestingly enough, the topic of increasing SAA membership was mentioned for the first time at the very first executive meeting in 1961! Historically SAA membership has generally been made up of the delegates attending the Annual Conference paying membership dues. The SAA membership fee is \$30. Ten dollars of this amount is sent

to the Canadian Association of Principals for membership in this national organization. Membership numbers are usually around 200, which is far less than the actual number of educators working as school administrators in Nova Scotia. The SAA continues to search for ways to increase membership to support its programs, regional professional development and awards. Membership application forms are available on the SAA website (<http://local.nstu.ca/web/saa>).

The SAA is more dedicated than ever to voice the issues of Nova Scotia school administrators. Increasing work demands and stress are experienced by all educators; however the origins of these increases are not always the same for teachers and school administrators. For this reason the SAA will continue to endeavour to be the voice school administrators can count on to represent their interests within the Nova Scotia Teachers Union.

Martine Adriaensen is the principal at Harold T. Barrett Junior High School in Beaverbank.



Do you believe that the principal or vice-principal of your school deserves special recognition for their outstanding effort and success in improving student achievement?

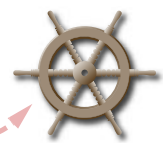
Then nominate your school administrator for the

NSSAA Distinguished Administrator's Award

For nomination information, go to <http://local.nstu.ca/web/saa>. The nomination form is at the bottom of the home page. **The deadline is April 25, 2009.**

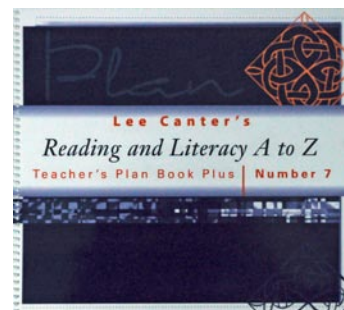


Charting Your Course FOR PROFESSIONAL DEVELOPMENT



Email your name, home address, and school or campus with PD in the subject line to theteacher@nstu.ca by January 30 to be eligible for the draw.

This month's book give away is Lee Canter's *Reading and Literacy A-Z Teacher Plan Book #7*. This book supports the elementary teacher in planning and developing a strong literacy program. Teacher Plan Book #7 has compiled a multitude of tips and ideas for literacy instruction and has organized them for you from A to Z. The weekly planning pages offer motivating activities and strategies that address phonics, vocabulary, fluency, comprehension, writing, assessment and much more. Each planning page also includes space for listing favourite books to read to students or for independent reading. Have fun planning and teaching - from A to Z and beyond.



fresh

Putting new members in the KNOW!

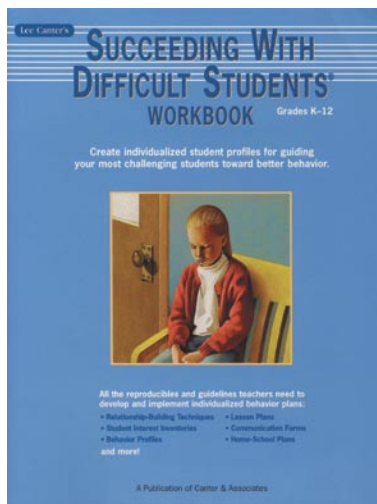
Email your name, home address, and school or campus with FRESH in the subject line to theteacher@nstu.ca by February 20 to be eligible for the draw.

When speaking with new members, the topic of practical, hands-on resources is frequently mentioned. This month's giveaway is just such a resource.

Succeeding with Difficult Students Workbook written by Lee Canter and published by Canter & Associates, will help educators create individualized student profiles for guiding their most challenging students toward better behaviour. It contains reproducible and guidelines for educators to develop and implement individualized behaviour plans, including the following:

- Relationship-building techniques
- Student interest inventories
- Behaviour profiles
- Lesson plans
- Communication forms
- Home-school plans

The owners of this resource will have at their fingertips a customized plan and personalized file to guide all of their behaviour management efforts with students.



The winner of the December PD book giveaway
(Allen N. Mendler and Richard L. Curwin's
Discipline, with Dignity for Challenging Youth
is Jessica McAleer from
Kingston & District School in Kingston.

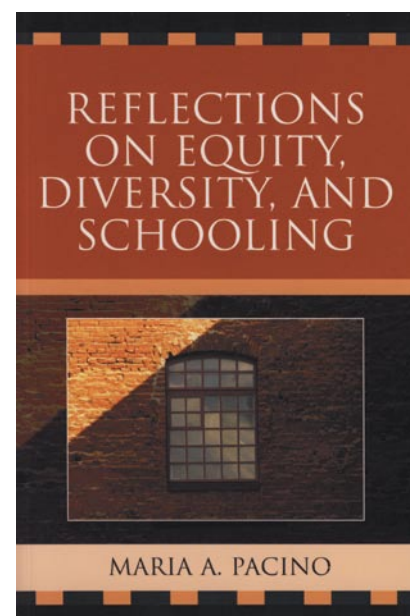
EQUITY COMMITTEE BOOK REVIEW

Email your name, home address, and school or campus with EQUITY in the subject line to theteacher@nstu.ca by February 20 to be eligible for the draw.

Equity, diversity, and social justice are the values to which global democracies aspire. These elements have strong implications for children and their schools. The resource *Reflections on Equity, Diversity, and Schooling*, written by Maria A. Pacino and published by Hamilton Books, is a compilation of essays that address the issues of schooling in relation to diversity and literacy in pluralistic democracies.

A review of the book states the following: 'This book is a welcome and much needed addition to the field of multicultural literature currently available for classroom teachers, university professors, and individuals engaged in research related to equity and diversity in North American schools.'

This resource encourages educators to reflect on their role as agents of change in schools, and advocates of social justice.'



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QUITTING SMOKING: THE SINGLE BEST THING YOU CAN DO TO IMPROVE YOUR HEALTH AND QUALITY OF LIFE

This is an excerpt from The Lung Association of Nova Scotia's website (www.ns.lung.ca)

Quitting smoking may be one of the hardest things you'll ever do. But it gets easier with practice. Research shows every time you try to quit, you boost your chances of quitting for good. Quitting smoking is a process that requires careful planning, courage, discipline, and commitment.

Four steps to quitting smoking

1. Pick a quit day: Choose a date within the next two or three weeks to quit. Having a deadline makes it easier to plan how you will handle the people, places and situations that make you want to smoke. Try to choose a time that is not particularly stressful. But don't wait forever for the "perfect" day. Pick a quit date now and work with it.

2. Choose one or more proven quit-smoking methods: Your chances of success are greater if you combine quit methods like counselling, self-help guides, the patch and other medicines. Choose the methods that will work best for you. It also helps to list your reasons for quitting, write down the things that can replace smoking, speak with friends, family, and colleagues who can give you support, start making the lifestyle changes that will support your plan, and consider joining a support group.

3. Work your plan: When it's your quit date be firm that you won't smoke. Review your plan often. Knowing how you're going to handle the urge to smoke will help you better cope with cravings. Avoid those people and situations where you will be tempted to smoke. Go for a walk instead of a smoke. Find a hobby that keeps your hands and mind busy. Clean your teeth, your clothes, and your house of that stale tobacco smell. Be positive and remember you are choosing to be smoke-free.

4. Celebrate your success: Believe in

yourself and your plan. Understand that it takes time to re-learn smoke-free habits. Remember that quitting is a process, not an event. Though your recovery begins within hours of your last smoke, it takes at least three weeks to make a new habit. Don't be discouraged if you slip. It's part of the process. You are not a failure. Review your plan and ask yourself how you can do it differently next time. Reward yourself!

Here are some of the most common quit methods:

Support groups/counselling: Most people find it helpful to join a support group, get counselling or read self-help books. This type of support will help you understand what to expect and better cope with withdrawal symptoms. The Lung Association of Nova Scotia can provide more information about support groups and programs offered in your community.

Nicotine replacement therapies: Nicotine replacement therapies come in many different forms: skin patches, gum, sprays and inhalers. They have small amounts of nicotine in them and can help take the edge off cravings. These products work by slowly reducing the amount of nicotine delivered to your body to help you handle withdrawal symptoms more easily. Research shows these are effective in helping people to quit smoking, especially when combined with counselling or self-help.

Antidepressant drugs: Bupropion SR (Zyban) is a prescription antidepressant drug that can reduce the urge to smoke in some people. It's most effective in helping people quit when it's combined with other quit methods like counselling.

Unproven methods to quit smoking include acupuncture, acupressure, electrostimulation, laser therapy and hypnosis or hypnotherapy.



Nicotine withdrawal: Withdrawal is your body's response to being without the drug nicotine. Everyone who quits smoking should expect some withdrawal symptoms. Common withdrawal symptoms include craving for a cigarette, feeling tired, coughing, gas or stomach pain, hunger, headache, feeling irritable (bad mood), and trouble concentrating. Symptoms of withdrawal and how long they last are different for everyone. In general, symptoms begin within hours of stopping smoking and can be worse in the evening. Symptoms tend to decrease over the first 4-5 days. Some people have stronger symptoms than others.

When you have the urge to smoke try the 4-D Solution:

1. Drink water: Drink lots of water. This flushes the nicotine and other chemicals out of your system faster. It can help to keep your mouth busy.

2. Deep breaths: Take a deep breath break instead of a smoke break. Take a few deep breaths. Hold the last one. Breathe out slowly.

3. Delay: As a smoker you were not always in control. You smoked when your body wanted nicotine. By delaying or holding off, you are calling the shots. Often the craving for a cigarette can pass in a few minutes.

4. Do something different: When a craving hits, it helps to get out of your current situation. Change what you're doing. Step outside. Call a friend. Read a book. Do something different. Some people find it helpful to do something with their hands when a craving strikes like squeezing a stress ball or knitting.

Here are some other good things that happen to your body once you stop smoking:

Within eight hours: carbon monoxide level drops in your body and oxygen level in your blood increases to normal.

Within 48 hours: your chances of having a heart attack start to go down

and your sense of smell and taste begin to improve.

Within 72 hours: your bronchial tubes relax and make breathing easier and your lung capacity increases.

Within two weeks to three months: your blood circulation improves and your lung functioning increases up to 30 percent.

Within six months: your coughing, stuffy nose, tiredness and shortness of breath improve.

Within one year: your risk of smoking-related heart attack is cut in half.

Within 10 years: your risk of dying from lung cancer is cut in half.

Within 15 years: your risk of dying from a heart attack is the same as a person who never smoked.

There are many other good reasons to quit smoking:

- You'll set a good example for your children.
- Your smoking will no longer affect the health of people around you.
- You'll have more money to save or to spend on other things - a pack of cigarettes a day adds up to more than \$3,000 a year!
- You'll have more energy to do the things you love.
- You'll pay lower life insurance premiums.
- Cigarettes will no longer control your life.

What are your reasons to quit smoking? Write them down and share them with friends and family or post them on the fridge.

References

- Health Canada, Tobacco Control Program. On the Road to Quitting - Guide to Becoming a Non-Smoker 2003.

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

Please contact Erin at ekeefe@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.



Baddeck Academy takes flight

February 23, 2009 marks the 100th anniversary of the historic flight of the Silver Dart. In 1909, the people of Baddeck saw history in the making as Alexander Graham Bell's flight invention flew above the frozen surface of the Bras d'Or Lakes, making it the first powered flight in Canada and the British Empire. Dressed up in mufflers and heavy fur hats, the villagers (including a number of doubters) came out in a festive mood to witness history. The Silver Dart, having been pulled on to the ice with the aid of a horse and sleigh, began to start its 35 hp engine. Close behind, a crowd of

boys and men on their skates followed, most doubtful of the aircraft's ability to fly. In the words of J.A.D. McCurdy, the Silver Dart pilot, who would later reminisce about that historic day on Baddeck Bay: "It was amusing to look back and watch the skaters—they seemed to be going in every direction—bumping into each other in their excitement of seeing a man actually fly."

In anticipation of the Silver Dart Centennial celebrations in Baddeck, which will take place February 20 to 24, Baddeck Academy's art teacher, Glenn Finney planned a fall art unit on flight.

The main focus would be the accomplishment of the great inventor Alexander Graham Bell. Using the Silver Dart anniversary as a springboard, the flight unit would take into consideration a number of educational (curriculum) links, such as art, language arts, social studies, science, and music. For example, the Grade 6 homeroom teacher and Finney collaborated frequently on the angle they would take with the students. In addition, members from the Art Gallery of Nova Scotia made a three-day visit to Baddeck Academy in October to hold a "Flight Dreams" workshop with a small group of students from Grades 8-12. The results of the workshop can be viewed on display at the art gallery until April.

"But it wasn't until late November that the flight unit really began to soar," says Finney. "At that time, I was approached by Parks Canada (Bell museum) to see if I was willing to initiate the creation of various flight models to be used as part of their celebrations for the Silver Dart Centennial. My reply was yes and the students' (Grades 3-9 in Baddeck) response to the project was tremendous. An additional school where I teach, Rankin School of the Narrows, was also invited to participate, with similar results."



A flight model ready for takeoff.

To get this project off the ground, students looked at flight metaphors and explored the science of butterflies, birds, and other winged creatures. "The creative challenge for the art students was to illustrate the physics of flight along with flights of imagination," adds Finney. After numerous hours of using hot glue guns, popcicle sticks, and lots of paint, the students' creativity and originality came through with flying colors. The students made close to 300 flight models. The models will now go on display in the Bell Museum for the next few months, before being returned to the school in April for Education Week.

In his own words, the great inventor Alexander Graham Bell once said: "Leave the beaten track occasionally and dive into the woods. Every time you do so you will be certain to find something that you have never seen before. Follow it up, explore all around it. . . All really big discoveries are the results of thought."



Visual Arts teacher Glenn Finney demonstrating the art of flight with Baddeck students.



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NOTICES

CANADEM looking for candidates for Afghan Educational Development Board

CANADEM, an Ottawa-based NGO created by Foreign Affairs Canada with a mandate to assist the UN and the Canadian Government identify qualified personnel for international field missions, is currently working with Canadian International Development Agency to find suitable candidates for senior advisory positions with the Afghan Educational Development Board/Ministry of Education. All the information about positions can be found on the following website: www.canadem.ca/education-advisors/.

In addition to having a practical background in education (i.e. a former teacher or principal) the ideal candidate will also have experience in the policy-making arena, i.e. someone who has worked within a ministry of education and has occupied senior positions.

If you are interested in learning more please contact: Dusan Jovanovic, Program Officer, Education, Governance and Rule of Law, CANADEM, 1 Nicholas #1102, Ottawa ON K1N 7B7, 613-789-3328 ext. 409, dusan.jovanovic@canadem.ca.

Gowling Lafleur Henderson LLP annual student essay

Gowling Lafleur Henderson LLP's annual student essay competition is

an opportunity for students entering a post-secondary institution in the field of life sciences to receive their first year tuition up to \$5,000 covered by Gowlings. Entering the sixth year of the program, a 1,500 word essay about Canada's Top Biotechnology Story of 2008 is due by **March 31, 2009**. A panel of judges will rank the essays and the selected winner will get their cheque upon proof of enrolment. In addition to receiving tuition up to a maximum of \$5,000 in a life sciences related field, the winner will receive free registration to a BioTalent course, *Making Sense of Biotechnology*, have their essay published in the fall issue of BIOTECANADA's Insights Magazine, and will be recognized during National Biotechnology Week. Please visit Gowlings website at www.gowlings.com/industry/pharma.asp?lang=0 or contact Rhowan Sivel, Industry Group Specialist at 613.786.0286 or rhowan.sivel@gowlings.com.

Dora Baker Trust Fund

Every year, teachers with an interest in pursuing further education in the field of visual art are encouraged to apply for a great opportunity for funding. The Dora Baker Trust Fund provides funding to worthy candidates to further their professional development. It is awarded based on review of applications by a selection committee made up of artists and educators. The fund was set up in memory of a well-known Nova Scotia art specialist, Dora Baker. The fund has continued through investments made

each year.

Because of an ever changing market, the amount of the award may vary slightly from year to year. The funds awarded may be used towards the cost of the following:

- Study in art education at any college or university offering such courses.

- Study in any of the visual, plastic or temporal arts or other courses of study of significant value.

- The value of non-art education courses must be justified in writing to the committee.

Recipients will be required to present proof of their studies, a receipt of registration and evidence of completion of course(s). Applications for this year's Dora Baker award must be postmarked no later than **May 31, 2009**. You may obtain an application by contacting:

The Dora Baker Trust Fund
Application Request
NSATA c/o NSTU
3106 Joseph Howe Drive
Halifax, Nova Scotia B3L 4L7

If you have any questions please feel free to contact Allison Bolton (Chairperson Dora Baker Award 2009), Herring Cove Junior High, 7 Lancaster Drive, Herring Cove, NS B3V 1H9, 479-4214, kansas@staff.ednet.ns.ca.

13th Annual FLARE Volunteer Awards

FLARE Magazine and GAP have put out the call for nominations for the 13th Annual FLARE Volunteer Awards. The awards honour Canadian women aged 13 and up who have made a significant contribution to the lives of people in their communities. The FLARE Volunteer Awards are proud to announce a new

category for 2009—just for teens! In celebration of the FVA's turning 13 and in partnership with teenflare.com, we are searching the country for Canada's most outstanding volunteer between the ages of 13 and 19.

The FLARE Volunteer Awards will be presented to seven Canadian women. The seven recipients will be invited to Toronto in the spring of 2009 as honoured guests. They will participate in an awards ceremony and will be featured in a subsequent awards profile in a national edition of FLARE. The deadline for nominations is **February 6, 2009**.

For nomination brochures and information contact: awards@flare.com, 1-877-2-AWARDS. Nomination forms can be printed from: www.flare.com/volunteer.

14th Annual Canadian High School Design Competition

The Design Exchange is presenting the 14th Annual Canadian High School Design Competition which promotes the study and awareness of various design disciplines in schools across Canada. The competition is open to all junior and high school students. The National Research Council of Canada (NRC) will award the George J. Klein Medal to the overall winning entry of this competition. All winning and honourable mention entries will receive certificates. For further information contact Katie Weber at, 416.216.2138 or katie@dx.org. Please visit the website at www.dx.org/whats_on/competitions_hs01.html for an application form. The deadline is **March 27, 2009 at 5:00 p.m.**

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www.taketherooffwinter.ca



Hants West Local program promotes teaching profession



Van Zoost is shown with Avon View High School colleagues Rhonda Fry (left) and Jan Fraser.

Grade 5 students in the county of West Hants learned a great deal about being a teacher through their involvement in the *What's it like to be a Teacher?* project. Sponsored by the Hants West Local of the NSTU, endorsed by the Annapolis Valley Regional School Board and developed by Avon View High School teacher Steven Van Zoost, the goal of *What's it like to be a Teacher?* is to promote the teaching profession. "I wanted to create a program where the skills of teachers are modeled," says Van Zoost.

Van Zoost, who teaches advanced English, film and video production, and the theory of knowledge and a seminar class for the IB program (among other things), is the vice president of PR/communications for the Hants West Local. "I wanted to be able to validate the profession for teachers, let them know about their profession and their professional organization and work with the parent community and wider community to give them an idea what it's like to be a teacher."

Seventeen students from six schools in the county—Falmouth, Newport Station, Brooklyn, Dr. Arthur Hines, Three Mile Plains and Windsor Elementary—were selected for the program through a simple

application process coordinated through their classroom teachers. Why Grade 5 you may ask? "Students are still very keen about school, it's a very positive thing for them and Grade 5s don't have a specific outing outside of school," Van Zoost remarks.

The students spent April 25, 2008 at Avon View High School in Windsor learning about what makes a good teacher and what is required to become a teacher. They interviewed a panel of high school teachers, got a 'behind the scenes' tour of the school, attended two high school classes, and created a short film about what they had learned.

The program also addressed specific outcomes from the Grade 5 curriculum in language arts, health and technology. Van Zoost also engaged teachers in his Local in the initiative. He was amazed at the support he received from colleagues. "I was surprised at the number of teachers in my own school and Local willing to participate." He says that 25 teachers in his school alone gave up their time to become involved. Avon View students also volunteered their time to escort students and two high school students were teamed up with each volunteer teacher for the day.

Van Zoost created a student workbook for the program which "Ultimately parents would see." In it he provided information about the teaching profession, highlighting a day in the life of a teacher, statistics about Nova Scotia teachers, and the education levels needed to enter the profession.

"Students were really interested in high school," comments Van Zoost. "They were overwhelmed by the number of courses taught in the building and were able to get a real sense of the diversity of high school." They also went home with Hants West Local t-shirts, and trinkets from Johnson Insurance and the NSTU.

Van Zoost's across-the-hall colleague, Jan Fraser, was the other half of his tag team for the day. "I was amazed how much the students learned about the life of a teacher and that they understood that the job extended beyond the day," says Fraser, a law and tourism teacher.

They started their day helping family studies teacher Mrs. DeRoches make muffins for the breakfast program, were

provided with lunch (which they ate in the staff room), and spent their last period of the day with English 10 teacher Rhonda Fry, where they reflected on their day and created short videos of their impressions about the experience.

"They b-lined it to the library in my classroom," says Fry. "They were really excited about books, their love of literature was overwhelming actually."

In their written reflections student comments from their favourite part of the day included: "When we got to visit the classroom"; "behind the scenes school tour"; "Biology was the best!"; "Dodge ball was great!"; "Being the principal"; "I loved cooking it was fun."

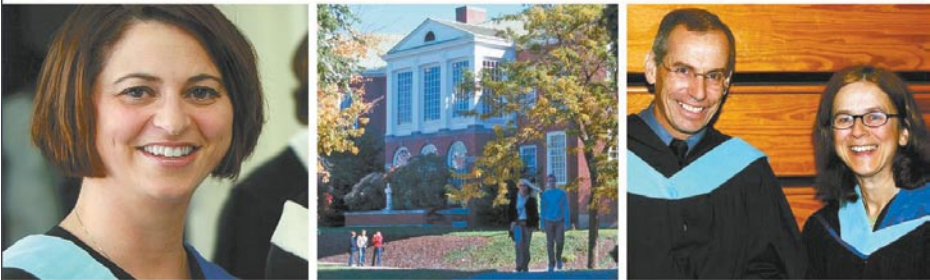
Van Zoost plans on repeating the program this year, and would like to see it go board-wide and beyond. Anyone interested in learning more about this project can contact Steven Van Zoost at Avon View High School at 902-792-6740 or sdvanzoost@nstu.ca.

Congratulations to our NOVEMBER WINNERS of the Fresh & Equity giveaways!

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Maple Grove students paint their way to a more positive school environment

Students at Maple Grove Education Centre in Hebron, Yarmouth County are being exposed to acrylic canvas, mural and window painting with the help of funding from the Program Development Assistance Fund (PDAF) and their art teacher Ronald Whalen.

“Because of this innovative approach not only will students directly benefit from exposure to these types of painting, but they will inherit a school environment that I feel will be greatly improved.”

Whalen says the program is innovative because it’s rare to find a painting program, using professional quality paints, brushes, canvas boards etc. at a junior high level. “Often my student’s paintings are mistaken as being done by high school students and even adults.”

Part of the impetus for this PDAF project came out of the initial phase of the school’s accreditation process. “Bullying and school atmosphere were two areas of concern identified by teachers, and I wondered how I could contribute to a solution.”

Among the existing murals at the school, one depicted a very dark subject matter and another had a violent image of a sword-wielding Viking. “My intent is to replace these two murals with more positive content,” says Whalen. One mural Whalen wants the student body to create would showcase Terry Fox, a positive role model the students are very familiar with. Each year the school raises money for the Terry Fox Run, \$4,000 this past fall alone. “Terry Fox is a hero of mine,” Whalen says while relaying the story of his wife who has battled cancer, a story his students know well.

“The intent of the mural painting and window painting is to involve the entire student body to enhance the aesthetics of the school.”

Whalen has been teaching with the Tri-County Regional School Board since 1999. Before returning home to Nova Scotia he taught for nine years in Northern Alberta. A physical education teacher by trade, it was there he honed his art education skills. “My principal asked if I’d do a class in art for Grade 2s. I reluctantly agreed and ended up loving it, and then started doing more and more

art. By 1995 I was teaching all art.”

Whalen says the intent of the window painting is to showcase special events, such as Remembrance Day, and seasonal themes. “We have a lot of window space and these types of paintings really improve the overall appearance of the school. A first impression of a school can be very positively impacted by colourfully painted windows.”

“Window painting is a bit of a challenge,” he acknowledges. “Students have to paint in reverse. This differs from either canvas or mural painting.” This year, the first set of window paintings depicts winter scenes. “In February we’ll be sick of winter, so our window paintings will focus on spring and summer scenes.”



Art teacher Ron Whalen shows students how to start a canvas painting.

The canvas painting will allow the students to be exposed to an area of art usually reserved for higher level education. Whalen has been involved in canvas painting at the junior high level for the past 17 years. “I also taught adults many years ago in Antigonish, and I find that the junior high students I teach paint as well as most adults I’ve taught. Painting on a canvas can be a lifelong endeavour and I can’t say how often it has happened that many of my best painters have been the high risk student who, once discovering they have artistic abilities, channel their energies in a much more positive manner. This can only help to improve the environment of a school.”

For the canvas painting Whalen gets his students to paint photographs of local scenes, like the one of the wharf just down the hill from where he lives. “They can use four to five photos and add them together to make it their own.” Sometimes he makes use of art instruction books which show step by step how to complete a painting. He tells his students to start by creating a simple outline. “When you’re doing a painting don’t cover up a beautiful drawing,” he tells his Grade 9 students. He explains to them why you use one brush rather than another, and reminds them about mixing colours, using the colour wheel to do so.

Whalen admits that the greatest benefit of his painting program will follow his students into adulthood. “I know that when my students become adults they won’t be afraid to paint. They’ll never be afraid to paint, because they will have learned how simple and enjoyable it can be.” Each student who completes a canvas painting will get to take it home and Whalen hopes this will help lead to a willingness for his students to continue painting throughout their lifetime.

This is the third PDAF grant Whalen has received; he was also successful in 2000 and 2002 when he received grants for acrylic painting and pencil drawing projects respectively. Through the \$5,000



Whalen describes the variety of materials used in painting.

PDAF grant and Whalen’s *Comparing and Connecting Acrylic Canvas Painting/Mural Painting and Window Painting* PDAF project, the school now has high quality painting supplies such as acrylic, water-based, fluorescent and window paints, brushes, paint trays, palettes, canvases/boards and specialty books and students are becoming familiar with the proper care and use of these materials. “Without PDAF I couldn’t do the painting program. To do professional quality painting, you need the proper supplies.”

Last year the school held a public showing of student’s artwork at the school, as part of the school’s Award’s Day. This included an exhibition of the Grade 9s canvas paintings.

Another is planned for June of this year. “It’s spectacular to see,” says Whalen.

The PDAF program encourages innovative program development in Nova Scotia’s public schools. Co-sponsored by the NSTU and the Department of Education, with an annual sum of \$200,000, it provides financial support for projects directly related to the Public School Program. For more information visit the members-only side of the NSTU website at www.nstu.ca or contact NSTU executive staff officer Betty-Jean Aucoin at 1-800-565-6788, 477-5621 or bjaucoin@nstu.ca. **The deadline for the next round of project proposals is February 1, 2009.**



A student created canvas painting.



Above is one of the winter scene window paintings at Maple Grove Education Centre.

coming events

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

JANUARY 18 TO 24

National Non-Smoking Week

The theme for National Non-Smoking Week 2009 is *What have you got to lose?* Visit the official website at www.nnsw.ca for further information. Weedless Wednesday will take place on January 21. More information can be found on the Smoke-Free Nova Scotia website at www.smokefreens.ca.

JANUARY 19 TO 25

The Yoga Loft's 5th Birthday Celebration Week

The Yoga Loft, Suite 301, 5663 Cornwallis Street in Halifax is offering a week of free yoga classes and is inviting all new and experienced yoga students to come and try a class. No pre-registration is required and the week is beginner friendly. Just arrive 15 minutes before classes start. The class schedule can be found at www.theyogaloft.ca/win-ter_sched_2009.html.

JANUARY 24

Kodaly Society winter workshop

The Kodaly Society of Nova Scotia, in conjunction with Carl Orff Nova Scotia, will hold a winter workshop on January 24, with a snow date of February 7. The workshop will feature local clinicians and a sharing session. It will be held in the MacKay Room at Buckley's Music, 6208 Quinpool Road in Halifax from 8:30 a.m. to 1:00 p.m. The fee is \$20 for members, \$25 for non-members, and \$10 for students/retired teachers. All teachers are most welcome. For further information contact Faith Daley, President, Kodaly Society of Nova Scotia at fdaley@staff.ednet.ns.ca.

JANUARY 27

Family Literacy Day (FLD), created by ABC CANADA Literacy Foundation in 1999, is a national initiative that promotes the importance of reading and learning together as a family. Every year, on January 27, families and communities across Canada celebrate this special day at literacy-themed events coordinated by literacy organizations, schools and libraries. Visit www.abc-canada.org/fld/index.shtml. The Nova Scotia Teachers Union and Nova Scotia Nurses' Union are involved in a Nova Scotia literacy day event on January 27. The Read to Me! Program will be launching the French version of Sheree Fitch's baby board book, *Kisses Kisses Baby O!—Bisous Bisous Bébé-Ô*, sponsored by both the NSTU and NSNU. The event will take place at the IWK at 10:30 a.m.

FEBRUARY 19

12th Annual Safe Schools Conference

Registration is on-going for the much anticipated 12th Annual Safe Schools Conference. This year's conference is being held on Thursday, February 19, 2009 at the Toronto Congress Centre (by the Toronto Pearson International Airport). Learn new and practical ways to make your school a safe and caring community. Obtain essential, up-to-date information and training on safe schools issues, procedures and policies. This is an invaluable conference for principals, vice-principals and elementary and secondary schools teachers, school board members, parents and school psychologists. For details on the workshops and presenters, please download the registration form www.canadiansafeschools.com/content/documents/Link/SafeSchools09.pdf. You can register on-line, by fax or mail.

FEBRUARY 21 & 22, 2009

Children's Yoga Teacher Certification Course

The Yoga Loft at 5663 Cornwallis Street, Halifax is presenting a Children's Yoga Teacher Certification Course Saturday, February 21 to Sunday, February 22, 2009 (9:00 a.m. to 5:00 p.m. both days). ***A second course will now be held on Saturday, February 14 to Sunday, February 15.** *Join Tiffany McLintock, founder and director of Teeny Yogini™ from Philadelphia, for this two-day certification course. The course will equip you to teach yoga to children from 18 months to 18 years old and provide you with a curriculum that can be adapted to a school or home setting. You'll also receive a teacher's manual and lesson plans to get you started. This certification course is open to yoga teachers and non-yoga teachers, and will be of special interest to teachers wanting to bring yoga into their classroom or school. The cost is \$210. Please call the Yoga Loft at 902-429-3330 to register. Visit www.theyogaloft.ca for further information.

The John Huntley Memorial Internship Program

The final deadline for applications for the John Huntley Memorial Internship Program for the 2008-2009 school year is **March 15.**

Applications for active NSTU members are available through your NSTU rep, on the NSTU website at www.nstu.ca or at Central Office 477-5621 or 1-800-565-6788. The internship provides members with an opportunity to learn more about the NSTU.

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Highlights

- Opening Keynote — Scott Brison, MP
- Closing Keynote — Steven Van Zoost, PhD
- International Banquet — Entertainers from Halifax West High School
- Workshops on diversity, homophobia, transphobia, Gay-straight Alliances, and more
- 2 Panels: Overcoming Challenges & Youth in Crisis

Registration Fee: \$150.00

Registration Deadline January 30, 2009

Spaces are limited so register early.

Register with Lise Meunier at 479-4718, 1-800-565-6788 or lmeunier@nstu.ca

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NSTU Group Insurance Program – Critical Illness Insurance

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

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

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

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The deadline for the next issue of *The Teacher* (February 2009) is January 23. Please contact Sonia at theteacher@nstu.ca.



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resources

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

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

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

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

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

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

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

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

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

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

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

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

Interweaving interviews with real teens who have experimented with alcohol, animated sequences demonstrating how a growing fetus is affected by alcohol use inside the womb, plus an up-close and personal look at a young woman growing up afflicted with Fetal Alcohol Syndrome (FAS), this program clearly demonstrates the unique risks that alcohol poses to women.

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

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

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

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

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

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

Education Media Library, Brunswick Place, 2nd floor, 2021 Brunswick Street, Halifax, NS B3K 2V5; 902-424-2440; 902-428-5828 (fax), Email us at mediacir@ednet.ns.ca. Visit our website at <http://lrt.ednet.ns.ca>.

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—Dr. Richard Serra, Convocation Address
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RESOURCES

Apprendre sa communauté

La série de fascicules *Apprendre sa communauté* propose des recommandations pour améliorer les programmes d'études destinés aux écoles de langue française.

La Fédération canadienne des enseignantes et des enseignants (FCE) est bien consciente que le rôle du personnel enseignant des écoles francophones en milieu minoritaire se double d'une mission particulière. La transmission et la construction de l'identité francophone constitue en effet une dimension importante de leurs responsabilités.

Nos homologues des écoles anglophones se préoccupent de la réussite scolaire et du bien-être général des élèves qui leur sont confiés et nous devons bien sûr y voir aussi. Mais on s'attend également à ce que le personnel enseignant des écoles de langue française contribue à développer chez les jeunes une identité francophone suffisamment bien ancrée pour se maintenir toute leur vie durant, pour les inciter à s'engager dans la francophonie et, bien entendu, pour perpétuer l'usage du français auprès de leur propre descendance et des générations à venir. Disons simplement que la tâche peut sembler grande quand le chérubin se présente à son école avec ses souliers neufs, parlant peu ou ne parlant pas le français!

C'est ainsi qu'au fil des ans, la FCE a mis sur pied des initiatives qui viennent appuyer le personnel enseignant des milieux minoritaires francophones. L'étude sur la petite enfance et les projets qui en ont découlé, la recherche pancanadienne sur les défis de l'enseignement à l'école de langue française et le projet de pédagogie en milieu minoritaire francophone en sont des exemples.

Plus récemment, la FCE s'intéressait à l'apport particulier des programmes d'études dans la construction de l'identité des jeunes de nos écoles. Puisque ces documents sont à la base même de tout enseignement dispensé dans les écoles publiques, il est tout à fait approprié de se demander comment ils appuient le personnel enseignant dans le quotidien.

Grâce à un partenariat de longue date avec le Centre interdisciplinaire de recherche sur la citoyenneté et les minorités (CIRCEM), et l'appui financier de Patrimoine canadien, une première étape vient d'être franchie. Lors de son symposium annuel, la FCE a procédé au lancement de trois fascicules qui font un survol des programmes d'études de toutes les provinces et territoires canadiens : un premier offre un aperçu général des programmes d'études, un autre qui porte de façon particulière sur les programmes de français et un troisième traite des sciences humaines.

Apprendre sa communauté propose plusieurs recommandations qui découlent d'une consultation publique pancanadienne. Parmi les plus générales, on réfère au fait que le discours théorique des programmes d'études ne retrouve pas souvent écho dans les résultats de l'apprentissage escompté des élèves. On constate aussi le manque de liens entre les différentes francophonies provinciales et territoriales ce qui crée un effet de minorisation encore plus grand chez l'élève. Par ailleurs, la recherche a permis de constater que plusieurs programmes d'études sont avant tout des traductions de l'anglais, ce qui explique dans bien des cas pourquoi on se soucie peu de la construction identitaire francophone!

La série de fascicules *Apprendre sa communauté* est disponible auprès de la Fédération canadienne des enseignantes et des enseignants (FCE) en vous rendant au site Web de l'organisation : www.ctf-fce.ca



Green Teacher

Green Teacher (www.greenteacher.com) is a non-profit, quarterly magazine by and for educators. It helps youth educators enhance environmental and global education inside and outside of schools. Green Teacher has 50 pages of perspective and practical articles, ready-to-use activities, resource listings and reviews. Green Teacher also produces Teaching Green teachers' guides and other resource materials. Print and online subscriptions are available.

El launches new Trade Union Rights Manual

Education International (EI), the global voice of teachers and the world's largest international union federation, is strengthening its support of national unions and workers' rights by publishing its Trade Union Rights Manual, a guide for union activists around the world. The launch of the manual coincided with the 60th anniversary of the Universal Declaration of Human Rights on December 10, 2008. Find out more at www.ei-ie.org/en/news/show.php?id=930&theme=rights&country=global.

Highlights of Human Rights symposium

CTF partnered with other unions to hold an International Symposium on Human Rights entitled *Labour rights are Human Rights* in Ottawa last November. Over 150 people and speakers from around the world gathered to study labour rights and human rights. Many of the presentations, photo gallery, program and background information are posted on the following website: http://www.ctf-fce.ca/e/Events/conference/Human_Rights_2008/index.asp.

At the end of the Symposium, CTF and the unions issued a joint news release calling on Prime Minister Stephen Harper to ratify international human rights conventions, on the 60th Anniversary of the Declaration of Human Rights. Read the release at www.ctf-fce.ca/e/news/news.asp?id=1227279073.

On December 1, 2008 CTF issued a news release expressing deep concerns over the federal government's 2008 Economic Statement because the Harper government attempted to play a game of chance with human rights. Read the release at www.ctf-fce.ca/e/news/news.asp?id=1228166325.

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To book, call Sonia Matheson at 1-800-565-6788 or email theteacher@nstu.ca.

AVAILABLE - Genny Locke Magical Entertainer presents "THE NO BULLY ZONE PRESENTATION" ideal for school assemblies. Telephone 902-567-0825.

HISTORIC HALIFAX ACCOMMODATIONS - HINS Halifax Heritage House. Enjoy holiday shopping downtown Halifax; waterfront trail, and live theatre. Private, family, or dormitory rooms. Kitchen use available. 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. Please phone 902-548-2379 or email wentworthhostel@ns.sympatico.ca to book today. 10% discount when you mention this advertisement.

BRITISH COLUMBIA JOB EXCHANGE - French Immersion teacher, Grades Primary to three, Prince George area, seeking an exchange for 2009-10 school year. If interested, contact Carol Wilkins, Teacher Exchange Coordinator at cwilk@ceef.ca. The Vancouver 2020 Olympics will take place during this time period. What an opportunity for someone to be in BC during this special occasion!

JOB EXCHANGE - Tri-County Regional School Board teacher looking for a job exchange with an elementary teacher from the Halifax Regional School Board for the 2009-2010 school year. Six month free rent in gorgeous oceanfront penthouse suite included in exchange. If interested, please email bevanthony@eastlink.ca or call 902-405-0597.

JOB EXCHANGE - Halifax Regional School Board Senior High Teacher looking for job exchange with a teacher from the CBVRSB for the 2009-2010 school year. Looking to make this change permanent if possible. If interested contact jaharris@staff.ednet.ns.ca or phone 902-489-9080 or 902-733-8080.

JOB EXCHANGE - Halifax Regional School Board teacher looking for a job exchange with an elementary or junior high teacher from the Annapolis Valley Regional School Board for the 2009-2010 school year. If interested, please email scalnen@staff.ednet.ns.ca or call 902-403-9402.

JOB-SHARE - Experienced guidance counsellor (retired, references) interested in job share (20-35%) in HRM. Carol 902-453-2452; carolpage1@gmail.com.

FOR RENT - Mahone Bay carriage house for rent - flexible terms and durations available. Ideal for person needing a place to stay during the week (Monday to Friday) to cut down on winter travel. Two-bedroom/1/2 bath, fully furnished house with upper deck in center of Mahone Bay. Contact Mark at 902-423-9479.

HOUSE FOR RENT - Summer 2009. By Lake Banook in Dartmouth. Walking distance to ferry and Mic Mac Mall. \$800/week. Non-smokers and no pets. Call 902-466-4104.

FOR SALE - 100 year+ home, view, near beach & surfing, kitchen/livingroom/den/4-piece bath, summer kitchen, 3 bedrooms, 45 minutes from Dartmouth, 2228 West Jeddore Road, \$168,000. Call 902-469-1016.

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

IN-PROVINCE TEACHER EXCHANGE PROGRAM 2008-2009 SCHOOL YEAR

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

APPLICATION PROCEDURE

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

Forward completed application form to the NSTU Central Office by January 31st, 2009. Forms should be directed to:

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

IMPORTANT DATES

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