



## NSTU takes action after cuts result in loss of 228 teaching positions

The NSTU has started an aggressive campaign protesting the cuts to public education, which are having a direct impact on Nova Scotia classrooms, schools and most importantly, members.

Fourteen permanent teachers in Cape Breton and 44 probationary teachers in Halifax were given layoff notices. To date, here are the number of FTEs (full-time equivalents) being cut. It must be noted that these are early numbers and may not be totally accurate.

- Annapolis Valley Regional School Board – 36
- Cape Breton-Victoria Regional School Board – 63.2 (including 14 permanent teachers)
- Chignecto-Central Regional School Board – 20.5
- Conseil scolaire acadien provincial – 12
- Halifax Regional School Board – 44 probationary teachers
- South Shore Regional School Board – 10.5
- Strait Regional School Board – 19
- Tri-County Regional School Board – 24

“The Minister of Education repeatedly stated that the cuts to public education would put ‘children and learning first,’ and have ‘minimal impact,’” says NSTU president Alexis Allen. “A loss of 228 positions cannot be called minimal impacts and we expect more.”

Allen says the reduction of this many teaching positions will be felt by the students, and have an impact on the classroom. She says class sizes will increase, as will combined classes. Programs designed to meet the needs of struggling students will be eliminated, such as the recent cut to Halifax Regional School Board’s Youth Pathways and Transition program. Other cuts to services and programs like mentors,

coaches, consultants, administrators and Reading Recovery will have an immediate and lasting negative impact on students.

“The ‘back to balance’ strategy the government asked of school boards is decimating the system and the future of our students is severely jeopardized,” Allen says. “Why not use some of the province’s \$400-million surplus to maintain excellence in the classroom?”

The total cut in education this year is \$35 million. Education funding in Nova Scotia is now only nine per cent of the province’s total budget. “And there is still more to come,” she adds. “The government’s ‘back to balance’ strategy will continue into the following two school years, meaning more cuts, and more losses of classroom teachers.”

Opposition Liberal and Progressive Conservative parties have been hammering the NDP government during question period at the Nova Scotia Legislature. Thursday, April 28, Allen and all 22 members of the Provincial Executive watched the proceedings.

“Teachers, Mr. Speaker, are the backbone of our school system,” said Liberal education critic Karen Casey as she stood in the legislature. “Boards predicted these cuts, they told the minister, and she did not listen. My question to the minister is this, why did the minister ignore the voice of educators who know best how the system works and who understand the negative impact of her decision?”

Progressive Conservative Leader Jamie Baillie continued the attack.

“Mr. Speaker, my question to the Premier is this, of all the places he could have gone to balance the budget, why is he saving his sharpest knife for our school system?”

This was Premier Darrell Dexter’s response.

“Well, Mr. Speaker, again that’s not the case; in fact, per student funding in this province will go up this year, and it will go up quite significantly. The reality is that the overall



First vice-president Eric Boutilier; secretary-treasurer Dave Jones; president Alexis Allen; Cape Breton executive member Vince Gillis; Dartmouth executive member Mark Savoury and second vice-president Alison MacPherson on the steps of the Nova Scotia Legislature on their way to question period on April 28.

public education budget will increase this year. We understand the value of education, but we also understand that as enrolment declines it will be necessary to ensure that the system is actually meeting the demand.”

Allen has repeated time and time again that the Hogg formula takes into account declining enrolment and if there are fewer students, Boards get less funding. “Boards already get funding based on declining enrolment. If this was the case, we’d see around 20 positions being eliminated in Cape Breton, instead of the 63 being proposed.”

The NSTU has taken further action by sending a direct message to Education Minister Ramona Jennex. At the Provincial Executive meeting on April 28, members passed the following motion:

“That the Nova Scotia Teachers Union rescind the invitation to the Minister of Education to speak at Annual Council.”

The Executive was deeply concerned by the Minister’s comments in the media about the layoffs.

“The NSTU will not sit quietly while the education system is decimated,” says Allen. “This government should not be getting back to balance on the backs of children.”

NSTU staff has met extensively with school boards regarding the loss of positions. The union president has met with the Minister of Education twice since February and is scheduling another meeting.

“The frustration and chaos that ensue in the wake of these cuts and the resulting loss of teaching positions are failing our children. We will do everything we can to maintain teaching positions for the good of the classrooms of Nova Scotia.”

The NSTU encourages members to call their local MLAs to voice their concern over cuts.

## executive highlights

### April 1, 2011

- Filed table officers report;
- Selected the Council 2011 nominating and steering committees;
- Approved nomination of NSTU President Alexis Allen as a candidate for Vice-President of the Canadian Teachers’ Federation;
- Approved a resolution be forwarded to the Canadian Teachers’ Federation AGM that the CTF President continue to offer ongoing support to the National Education Association and the American Federation of Teachers and teacher affiliates within the U.S. in solidarity of their efforts to protect the right to free collective bargaining;

- Approved audited financial statements as of July 31, 2010 be forwarded to Annual Council 2011;
- Approved the Disposition of 2010 Resolutions be forwarded to Annual Council 2011;
- Approved 13 Local Service Awards be granted at Annual Council 2011.

### April 28, 2011

- Filed table officers report;
- Approved a resolution be forwarded to Annual Council 2011 regarding cuts to public education;
- Selected six candidates to the John Huntley Memorial Internship Program, along with two alternates;
- Approved a recommendation that the invitation sent to the Minister of Education to speak at Annual Council 2011 be rescinded;

- Recommended the NSTU implement a large scale PA/PR campaign including province-wide advertising that focuses on the negative impact of education cuts on the students of Nova Scotia and that the campaign include the use of Facebook and Twitter;
- Recommended that black armbands be provided to attendees to be worn at Annual Council in protest to cuts in education;
- Recommended that the NSTU review its current relationship with the Education Week partners;
- Approved that the mandate, composition & meeting frequency be adopted as the operational procedures for the Governance and Policy Committee;
- Approved a recommendation that the Executive Director be authorized to enter into the new Trust Deed for the Sheonoril Foundation as the successor to the Trust Deed dated December 19, 2000;

- Approved out-of-province conference grants for \$475 each;
- Approved full-time study grants for \$2,000 each;
- Approved travel fellowship grants for \$475 each;
- Approved a recommendation that the NSTU continue the partnership with ViewFinders to develop three PSAs for the school year 2011-2012.

### April 29, 2011

- Approved an amendment to the Strait RRC Constitution;
- Approved that the date for the election of the provincial executive member for Halifax County be set for Tuesday, May 10, 2011;
- Recommended that the letter that will be sent to the Minister of Education regarding rescinding her invitation to speak at Annual Council 2011 be published as an ad in The Chronicle Herald and The Cape Breton Post.



# people

## Longest serving NSTU employee retires after 35 years



On April 15 the NSTU celebrated the retirement of support staff member Linda Kline, NSTU's longest serving employee. She worked for the NSTU for 35 years, beginning on March 1, 1976 in data processing. "When I walked through the front doors in 1976 not in my wildest dreams did I expect to be standing here 35 years later," she says.

She worked in five different positions including working in the member services department for 13 years for staff officers Ron MacPherson and Murray Fahie and the Global Education project with David Ferns. She also worked as the administrative assistant to NSTU president John MacDonald. In 1997 she started working for NSTU's professional associations, where she remained until her retirement. While working as the support staff for professionals associations, Kline worked with NSTU executive staff officers Anne Rodrigue, Donnie MacIntyre, Monica Maloney and Betty-Jean Aucoin.

She also provided support for the Retired Teachers Organization (RTO) for the past six years. "I've seen so many people come and go through the years," she continues. "I grew up here, spent a lifetime here, kicking around through the 70s, 80s, 90s and 2000s."

During her 35 years Kline worked under 12 presidents and six executive directors.

## NSTU and Strait Regional School Board sign new Local Agreement



The NSTU and the Strait Regional School Board (SRSB) signed a new collective agreement April 14 during a ceremony held at the Board's Port Hastings office. In an online vote February 2 members of the Antigonish, Guysborough County, Inverness and Richmond Locals voted 95 per cent in favour of acceptance of the tentative agreement. The new contract, which expires on July 31, 2013, contains articles not covered under the Teachers' Provincial Agreement such as working conditions, teacher assignments, teacher transfers as well as bereavement and leave benefits.

"The Board and the Union have a strong professional working relationship of which all will work to continue," said NSTU president Alexis Allen. "The Strait Regional School Board has enjoyed an excellent working relationship with the Union," said SRSB Chair Mary Jess MacDonald.

*Shown are members of both negotiating teams. Front row (l to r) NSTU executive staff officer Joan Ling; NSTU president Alexis Allen; SRSB Chair Mary Jess MacDonald; and SRSB Superintendent of Schools Jack Beaton. Back row: (l to r) Guysborough County Local president Dianne Raoul; Inverness Local president Sheila Hawley; Strait REWC (Regional Economic Welfare Council) Chair Bill Murphy; Richmond Local president Bernie LeBlanc; and Antigonish Local president Amanda Marchand.*

## NSTU welcomes new occupational therapist



The NSTU welcomes Lori MacNeil as the newest member of the Early Intervention Program. She is here temporarily filling in for Jennifer Finlayson who is on maternity leave. MacNeil graduated from Dalhousie University in 1998 and has worked in both the public and private systems. Her clinical experience began in New Brunswick within the Saint John Regional Hospital. In 1999, she moved to Vancouver, B.C., to pursue a career in vocational rehabilitation, workplace health, and case coordination, to facilitate return to work for injured workers. Since 2001, she has co-owned OT Works!, a private practice, community-based occupational therapy company that provides assessment, rehabilitation and case coordination for clients whose physical, mental and/or emotional health have been compromised.

## Five more members participate in Huntley Internship

Another group of NSTU members participated in the John Huntley Memorial Internship April 14 and 15. This two-day internship provides NSTU members with an opportunity to learn more about NSTU programs and services. They meet with the NSTU president and executive director, and with staff from member services, professional development, communications, counselling and the Early Intervention Program.



They are shown with Betty-Jean Aucoin, professional development executive staff officer. From left to right: Nathan Robar, CSANE Local, teaches English and history at École Rose-des-Vents; Preman Edwards, Halifax County Local, teaches math at Auburn Drive High School; Aucoin; Cathy Townsend, Kings Local, teaches Primary at Gaspereau Elementary; Scott Murchison, Cape Breton District Local, is a Grade 6 teacher at Riverside Elementary and Eva Farmakoulas, Halifax City Local, is a French immersion teacher at Gorsebrook Junior High School.



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**Managing Editor:** Angela Murray  
**Assistant Editor:** Mary Jane Webber  
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**Return undeliverable Canadian  
addresses to: 3106 Joseph Howe Drive,  
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Phone: 902-477-5621 Fax: 902-477-3517  
Toll free: 1-800-565-6788  
email: theteacher@nstu.ca website: www.nstu.ca

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# NSTU to sit on cyberbullying task force

NSTU members have been asked to play a key role on a cyberbullying task force set up by the Nova Scotia government.

Education Minister Ramona Jennex announced the decision April 6 in the Nova Scotia legislature and NSTU president Alexis Allen applauds the move.

“Bullying in this day and age has changed because kids can’t get away from it. Years ago they could go home to escape a playground bully. But with smart phones, the Internet and Facebook it is everywhere they turn,” says Allen.

Police, parents and mental health professionals have been asked to sit on the task force along with teachers. The first meeting will be held this month with the task force reporting to government in December.

“I think the work the task force is undertaking will be highly useful to members. It’s ambitious, with a short time frame,” says Allen who particularly likes the fact different government departments will be involved. “We need to break down silos and come together to support all of the children in our schools.”

The goals of the task force include:

- the extent to which cyberbullying is occurring among school-aged children and youth;
- strengthening provincial and school policy around online bullying, including proactive strategies and consequences for bullies;
- guidelines to help school administrators address online abuse;
- legislative change;

- raising awareness and identifying resources that will better support students to develop digital literacy skills.

Betty-Jean Aucoin, NSTU executive staff officer, professional development will serve as the NSTU representative on the taskforce, which will include front-line teachers. She recently helped organize the Union’s successful *Peace...ing It Together* conference which brought 150 educators together to discuss digital citizenship.

“Technology and the Internet are developing at such a fast pace that we as educators have a responsibility to teach our students appropriate online skills and etiquette,” says Aucoin. “We saw this as a professional development opportunity to provide educators with practical hands-on strategies that can be used in the classroom when these issues come up.”

Aucoin continues “Just as we have been teaching students to be good citizens of society we now need to move forward and teach students to be good online citizens. Students need to learn both at school and home how to respect and protect themselves and others online.”

A series of eight focus groups will also be held to seek input from young people before the task force produces recommendations.

“We must end the silence on this as well,” says Allen. “When I was a junior high school teacher I could only help students who came forward. We all have to remind everyone in our classroom that we can and will help but we have to know what’s going on.”

# Nova Scotia Teachers’ Pension releases 2010 results

The Nova Scotia Teachers’ Pension Fund achieved a solid gain of 11 per cent for 2010 (for the 12 months ended December 31, 2010). This was the second consecutive year the Fund saw improved investment returns. The funded ratio of the Nova Scotia Teachers’ Pension Plan rose to 78.7 percent, an increase of nearly three percent over the last year (ended December 31, 2009).

Since the Plan’s funded ratio remains below 90 percent, indexing (cost of living adjustment) will not be available to pensioners who retired on or after August 1, 2006. The Trustee will announce a decision on the amount of indexing for pensioners that retired before this date in June 2011.

“We’re pleased to see a strong return on investment over a two year period. Although we don’t expect the funded status to return quickly, it’s moving in a positive direction,” says John Carter, chair of the Nova Scotia Teachers’ Pension Trustee Inc.

Although the funded ratio of the Plan has improved over the previous year, the unfunded liability exceeded \$1.1 billion at December 31. The Nova Scotia Teachers Union and the Province, sponsors of the Plan, continue to examine options to improve the funded health of the Plan with input from the Trustee.

As part of its 2005 agreement with the Nova Scotia Teachers Union, the Province will make a contribution to the Nova Scotia Teachers’ Pension Fund equal to the actuarial value of indexing not paid. This amount will be determined after July 1, 2011.

“It’s encouraging to see the returns improving consistently. We’re pleased with how the Plan’s investments are being managed,” says Alexis Allen, president of the Nova Scotia Teachers Union.

Financial statements and annual report are posted on the Nova Scotia Pension Agency’s website: [www.novascotiapension.ca/teachersplan/publications/annualreport](http://www.novascotiapension.ca/teachersplan/publications/annualreport).

## About the Nova Scotia Teachers’ Pension Trustee Inc.

The Teachers’ Pension Plan Trustee Inc. is responsible for directing and monitoring investment of Fund assets and for operation of the Plan. There are currently nearly 14,000 active members of the Plan, 5,000 inactive members, and more than 11,000 pensioners.

## TIP OF THE MONTH

### Financially Overweight on your Money Scale?

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- 2 Using credit to buy things that you used to pay for in cash (groceries, gas, clothing)
- 3 Using Overdraft Protection on your chequing account to pay monthly bills
- 4 Using Savings to pay regular bills
- 5 Using one credit card to pay another
- 6 “Floating” the bill: delaying one bill payment in order to pay another overdue bill
- 7 Using another loan or line of credit to service your debt
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If you see yourself in any or all of these categories please call us for a personal weigh in with one of our Financial Fitness Trainers. We will try to get your Money Scale back reading the right numbers ASAP.

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- 2 Decide on a price range, location and other characteristics that you want for your new home.
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## TPCU INFO CENTRE

- 1 Our office will be closed Monday, May 23, 2011 for the Victoria Day Holiday.
- 2 Check your mail box in May for your Credit Union Rebate.
- 3 Planning to upgrade your Teaching License this summer. Ask us about our Master’s Plus Incentive Program.
- 4 TPCU enjoyed attending Education Week opening ceremonies.
- 5 Credit Union Staff will be attending the Annual Council in May. Visit our booth.

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## from the nstu president

### Defending our professionalism

I am always puzzled when the media and others are so quick to look at things negatively, rather than positively.

This was crystal clear March 28, 2011 on the CBC radio call-in show *Maritime Noon*. The question was “What’s wrong with our schools?” with guest Michael Zwaagstra, a social studies teacher from Manitoba and co-author of *What’s Wrong With our Schools - and How We Can Fix Them*. He was in Halifax to speak at a forum sponsored by the right-wing think tank Atlantic Institute of Market Studies (AIMS). He was on a panel with Charles Cirtwell, the CEO of AIMS; Doretta Wilson, Executive Director for the Society for Quality Education (in favour of more standardized tests); and Denise Delorey, a parent in Antigonish who is co-founder of “Save Community Schools.” All the panelists were in favour of more standardized tests and private schools.

As I listened to the phone-in show, I was struck by a parent who called in to ask why the CBC would ever pose such a negative (he actually said right-wing) question instead of asking what’s right with our schools and how can we continue to improve.

Which question is more accurate?

I decided to attend the session and hear from the “experts” on what is right or wrong with education in Nova Scotia.

I listened to the various speakers talk about Ontario, Manitoba, Alberta and American schools before I finally heard from Antigonish parent Denise Delorey. She spoke about how great her children’s school is, how supportive the teachers and principal are and how well they do as a school on provincial tests. By now I was confused indeed, as the only time I heard Nova Scotia referenced I heard only good news and nothing about how we were failing our kids.

I posed this question. “If by all accounts we are doing well in Nova Scotia, even with the underfunding, where is the problem?” Even with public education accounting for only nine per cent of the total budget in the province, we have improved in PISA standings. It was then that I was told to cut it short and ask a question. Obviously my question was: how are we failing children in Nova Scotia as the only time they referenced our system I heard good things? Some of the panelists then began to question my statistics—believe me, I had done my homework. Some became sarcastic and continued on with their message that our system is not working without providing any substantial data to support their argument.

The irony here is that perhaps they were unaware of the recent International Summit on the Teaching Profession held in New York and convened by the U.S. Department of Education, the Organisation for Economic Co-operation and Development (OECD) and Education International (EI). A Washington Post article pointed out that the first-ever International Summit on Teaching showed more clearly than ever that the United States has been pursuing an approach to teaching almost diametrically opposed to that pursued by the highest-achieving nations.

Here is how the summit was described by Linda Darling-Hammond, education professor at Stanford University and founding director of the National Commission on Teaching and America’s Future. “*There were many “firsts” in this remarkable Summit. It was the first time the United States invited other nations to our shores to learn from them about how to improve schools, taking a first step beyond the parochialism that has held us back while others have surged ahead educationally. It was the first time that government officials and union leaders from 16 nations met together in candid conversations that found substantial consensus about how to create a well-prepared and accountable teaching profession. And it was, perhaps, the first time that the growing de-professionalization of teaching in America was recognized as out of step with the strategies pursued by the world’s educational leaders.*”

Maybe the reason our schools are doing so well in Nova Scotia with so little is because of our professionalism. Perhaps we should honour and praise teachers instead of criticizing them. That is how they do things in Finland. At the Summit, the Finnish Minister of Education began her speech with the words, “we are very proud of our teachers.” Her statement was so appreciative of teachers’ knowledge, skills, and commitment that one American participant later confessed he thought she was the teachers’ union president, who, it turned out, was sitting beside him agreeing with the description.

Canadian Teachers’ Federation president Mary-Lou Donnelly attended the Summit on Canada’s behalf and says it was not only a powerful and impressive meeting; it also showed how well we are doing in Canada compared to the U.S. Maybe we have the right idea in Nova Scotia after all. Let’s celebrate our successes as demonstrated in our *Tales out of School* campaign (nstaletoutofschool.ca), which gives Nova Scotians the opportunity to tell their personal, true stories about the positive impact of the province’s education system. We should all spend more time emphasizing the positive, rather than tearing our system apart with questions like “What’s wrong with our schools?” Instead, we should thank all of you—the teachers of Nova Scotia—for all you do to support public education despite acute underfunding.

The recent cuts announced to teaching positions in Nova Scotia are indeed regressive and with fewer professionals at the helm will not help us meet 21<sup>st</sup> century needs. You are doing your best. Government must assume the disappointment, frustration and chaos that ensue in the wake of these cuts as they are failing our children by severely underfunding a basic human right: a good education.

### Défendons notre professionnalisme

Je me demande toujours pourquoi les médias et certains autres sont tellement enclins à voir les choses de manière négative, plutôt que positive.

Cela a été très clair, le 28 mars 2011, lors de l’émission de radio *Maritime Noon* sur CBC. La question posée était « Qu’est-ce qui ne va pas dans nos écoles? » et l’invité d’honneur était Michael Zwaagstra, professeur d’études sociales au Manitoba et co-auteur de l’ouvrage *What’s Wrong With our Schools - and How We Can Fix Them*. Il était à Halifax pour participer à un forum parrainé par le groupe de réflexion conservateur Atlantic Institute of Market Studies (AIMS). Il faisait partie d’un panel en compagnie de Charles Cirtwell, PDG de AIMS, de Doretta Wilson, directrice exécutive de la Society for Quality Education (qui est en faveur de davantage de tests standardisés) et de Denise Delorey, une mère d’élève d’Antigonish qui est la co-fondatrice du groupe Save Community Schools. Tous les panélistes étaient en faveur de davantage de tests standardisés et d’écoles privées.

En écoutant cette tribune téléphonique, j’ai été frappée par un parent qui a appelé pour demander pourquoi la CBC posait-elle une question aussi négative (il a dit en fait une question « de droite ») au lieu de se demander ce qui va bien dans nos écoles et comment nous pouvons continuer à les améliorer.

Quelle est la question la plus juste?

J’ai décidé d’assister au forum pour écouter ce que les « experts » avaient à dire sur ce qui ne va pas et sur ce qui va bien dans le domaine de l’éducation en Nouvelle-Écosse.

J’ai écouté divers participants parler des écoles de l’Ontario, du Manitoba, de l’Alberta et des écoles américaines avant de finalement entendre les commentaires de la mère d’élève d’Antigonish, Denise Delorey. Elle a parlé des qualités de l’école de son enfant, du soutien offert par les enseignants et le directeur et des excellents résultats de l’école aux tests provinciaux. Je commençais à me sentir vraiment perplexe, car la seule fois où l’on a parlé de la Nouvelle-Écosse, c’était pour dire du bien de nos écoles et non pas pour dire que nous ne tenions pas nos engagements à l’égard de nos enfants.

J’ai posé la question suivante : « Si, au dire de tous, nous avons de bons résultats en Nouvelle-Écosse, en dépit du manque de financement, où est le problème? » Bien que le budget de l’enseignement public représente seulement 9 % du budget total de la province, nous avons amélioré notre classement au PISA. C’est à ce moment-là qu’on m’a dit d’abréger mes remarques et de poser une question. Bien évidemment ma question était : Comment se peut-il que nous ne tenions pas nos engagements à l’égard des enfants de la Nouvelle-Écosse si la seule fois dont on a parlé de notre système, c’était de manière positive? Plusieurs des panélistes ont alors commencé à mettre mes statistiques en doute – et croyez-moi je m’étais très bien documentée. Certains se sont montrés sarcastiques et ont continué à faire passer leur message que notre système ne fonctionnait pas sans fournir aucune donnée substantielle à l’appui de leur argument.

L’ironie est qu’ils n’étaient peut-être pas au courant du récent sommet international sur la profession enseignante qui s’est tenu à New York, organisé par le ministère américain de l’éducation, l’Organisation de coopération et de développement économiques (OCDE) et l’Internationale de l’éducation. Un article du Washington Post a fait remarquer que ce tout premier sommet international sur l’enseignement montrait plus clairement que jamais que les États-Unis suivaient une approche à l’enseignement qui était presque diamétralement opposée à l’approche adoptée par les nations ayant les meilleurs résultats scolaires.

Voici comment le sommet a été décrit par Linda Darling-Hammond, professeur d’éducation à l’université Stanford et administratrice fondatrice de la National Commission on Teaching and America’s Future (commission nationale sur l’enseignement et l’avenir de l’Amérique).

« *Il y a eu de nombreuses « premières » lors de ce remarquable sommet. C’était la première fois que les États-Unis invitaient d’autres nations sur son territoire pour apprendre d’elles comment nous pouvons améliorer nos écoles, faisant ainsi un premier pas pour surmonter l’esprit de clocher qui a freiné nos progrès tandis que les autres nations allaient résolument de l’avant en matière d’éducation. C’était la première fois que des représentants du gouvernement et des dirigeants syndicaux de 16 pays se réunissaient pour tenir des conversations candides qui ont révélé un consensus solide sur les moyens de créer une profession enseignante bien préparée et responsable. Et c’était probablement la première fois que la déprofessionnalisation croissante de l’enseignement en Amérique était reconnue comme allant à l’encontre des stratégies adoptées par les chefs de file de l’éducation dans le reste du monde.* »

La raison pour laquelle les écoles de la Nouvelle-Écosse réussissent si bien avec si peu est peut-être justement notre professionnalisme. Nous ferions mieux de rendre hommage à nos enseignants et de faire leurs éloges plutôt que de les critiquer. C’est comme cela que les choses se font en Finlande. Lors du sommet, la ministre finlandaise de l’éducation a ouvert son discours par ces mots : « Nous sommes très fiers de nos enseignants ». Sa déclaration révélait une telle appréciation des connaissances, des compétences et de l’engagement des enseignants que l’un des participants américains a avoué plus tard qu’il l’avait prise pour la présidente du syndicat des enseignants qui, en fait, était assise juste à côté de lui et était tout à fait d’accord avec cette description.

La présidente de la Fédération canadienne des enseignantes et des enseignants, Mary-Lou Donnelly, a assisté au sommet au nom du Canada et a déclaré que ce sommet n’avait pas été seulement une réunion impressionnante et convaincante; il a également démontré que le Canada obtenait de meilleurs résultats que les États-Unis. Après tout, c’est peut-être nous qui avons raison en Nouvelle-Écosse. Célébrons nos réussites comme nous l’avons fait dans le cadre de notre campagne *Récits d’école* (nstaletoutofschool.ca), qui donne aux Néo-Écossais une occasion de raconter leurs expériences réelles et personnelles au sujet de l’impact positif du système d’enseignement de la province. Nous devrions tous passer davantage de temps à souligner le positif, plutôt que de démolir notre système par des questions comme « Qu’est-ce qui ne va pas dans nos écoles? ». Nous devrions remercier chacun d’entre vous – les enseignants de la Nouvelle-Écosse – pour tout ce que vous faites en faveur de l’enseignement public en dépit de l’extrême manque de financement.

Les récentes compressions de postes d’enseignants annoncées en Nouvelle-Écosse sont effectivement rétrogrades et ce n’est pas en ayant moins de professionnels à la barre que nous pourrions répondre aux besoins du 21<sup>e</sup> siècle. Nous faisons de notre mieux. Notre gouvernement doit assumer la déception, la frustration et le chaos qu’ont entraîné ces réductions budgétaires car c’est lui qui trahit nos enfants en refusant de financer convenablement un droit fondamental de la personne : une bonne éducation.



# École Beaubassin joins the circus

Grade 5 students at École Beaubassin in Bedford joined the Circus thanks to funding through ArtsSmarts/Génies Art and the Program Development Assistance Fund (PDAF).



Students practice their unicycle riding.

“It’s been great to have Michael come to the school and work with the students,” says Belanger. “He’s been very accommodating to our schedule.”

For the month of March, École Beaubassin’s Grade 5 students spent an hour and a half each week learning about circus arts. In early April, the students presented to the entire school. “It was a great experience for the students,” says Belanger.

He was able to use the circus unit to engage all his students. “Some students are not really interested in

Phys Ed teacher Régis Belanger wanted to bring the art and physicality of circus to his students. “We applied to ArtsSmarts and the project was accepted,” he says.

Through project grants to a maximum of \$3,000 ArtsSmarts (<http://artsmarts.lonelyfridge.com/>) injects arts into academic programs by providing artists for schools.

Belanger initially received a PDAF grant for his project *Les Arts du Cirque* during the 2009-10 school year. It enabled him to purchase circus equipment for the school—unicycles, stilts, a tightrope, juggling balls, flower sticks, diabolo sticks, spinning plates, rola bola etc. As an extension of the PDAF project, he did a workshop in Quebec and wanted to go further. That’s when he found Mike Hirschbach through classes at Halifax Circus.

Hirschbach is the director of Halifax Circus ([www.halifaxcircus.com](http://www.halifaxcircus.com)), a newly formed circus school located in Halifax. He has performed with the Cirque du Soleil show, “Dralion” and has taught intensive workshops in Orlando, Los Angeles, Las Vegas, Montreal, South Africa and Burkina Faso. He is also the Director of Circus Circle, teaching circus skills to youth throughout Nova Scotia in programs that range from youth detention facilities to recreational programs to weekly venues for street youth.

sport, but it doesn’t mean they don’t have the skills,” he comments. “They can do this project and have fun. I want to see every student succeed and I’m seeing success with some students I didn’t expect.”

Belanger likes to try different activities in his Phys Ed classes along with the more traditional offerings. He’s been successful in obtaining seven PDAF grants over his years of teaching to build on innovative teaching in his classroom.



On the tightrope while Hirschbach and Belanger look on.



Trying the diabolo sticks.



This student juggles while on stilts, and is happy to be taller than his 6 foot 4” teacher Régis Belanger.

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In 2004 I attended my first anti-aging medical convention in the states. I found the information that I acquired there fascinating and decided to look into it further. I was especially taken with all of the new technology available for aiding the skin in healing. Naturopathic Medicine is amazing at healing skin issues from the inside out, but at best can be slow to create change. So when I discovered that a machine like an IPL (intense pulsed light) system would be able to speed the healing of broken blood vessels, rosacea and acne, I had to purchase my own. In 2005 when I purchased my IPL system and began using it on my patients' skin, they then started to ask my opinion on what beauty products I would suggest. I had no idea! And so, my research into the world of natural/organic beauty and personal hygiene products began. And quite the journey it has been.

One of the first things that I learned was that there seem to be two major camps of beauty products. Those which are very effective, but full of toxic chemicals and those which are beautifully organic and eco-conscious, but completely ineffective unless you are 20 years old and already have perfect skin. With the skin absorbing approximately 60 per cent of what you put on it, I felt the effective-yet-toxic category was not an option for me to recommend. So I had to further explore the growing, yet very new world of effective organic/natural beauty and hygiene products.

"Green washing" was a term that I quickly learned with my research. Many companies, in an effort to get in on the organic movement, will use very carefully worded statements to describe their products as natural or organic. In doing this they hedge around the fact that their products also contain toxic chemical ingredients or at the very least a very small amount of anything that would be considered 'organic' or 'natural'."

The word "natural" printed on a skin care product apparently doesn't always mean the product is all natural. A cosmetic company is allowed to call its skin care product natural if just one ingredient used in producing the product comes from a natural substance; even when that one natural ingredient is chemically enhanced

and altered making it unrecognizable, the product can still be called natural.

A product that is called "organic" may not be 100 per cent organic. A company is permitted to call its product organic with just 70 per cent organic ingredients. The other 30 per cent of the ingredients used to make the product can be anything the manufacturer chooses to put in the product. And along with this came the real eye opener, that organic on a label does not mean chemical-free. Once I learned this I then began to educate myself on what chemicals may be contained in many easily available beauty items; what the chemicals are used for and what harm they may cause.

The David Suzuki Foundation released the results of a major study in 2010 and named the "Dirty Dozen" ingredients that should be avoided in personal care products to decrease health risks. They are as follows;

**BHA and BHT:** Often in moisturizer and cosmetics, may cause some forms of cancer and interfere with hormonal function.

**Coal Tar dyes:** In many hair dyes and colours. Potentially cause cancer and can be contaminated with heavy metals which are toxic to proper brain function.

**Cyclomethicone and siloxanes:** Widely used in moisturizers, cosmetics and hair products. May interfere with hormonal function and damage the liver.

**DEA, MEA and TEA:** In creamy and foaming products. Can react to form cancer-causing nitrosamines.

**Dibutyl Phthalate:** In nail products, especially polish. Toxic to reproduction and may cause hormonal imbalance.

**Formaldehyde-releasing preservatives:** Look for DMDM Hydantoin, Diazolidinyl urea, Imidazolidinyl urea, methenamine or Quaternium-15. Formaldehyde causes cancer.

**Parabens:** Widely used as a preservative. Associated with breast cancer and hormonal imbalance. Now illegal in Europe and recently in California.

**Parfum:** Widely used in scented and unscented products. These chemicals can trigger asthma, allergies, cancer and neurotoxicity.



**Petrolatum (mineral oil):** In hair products, lip balm and lipstick; skin care products. Can be contaminated by cancer-causing impurities and over time can encourage dry skin.

**Sodium Laureth sulfate (SLES) and Sodium Lauryl Sulfate (SLS):** In products that foam or lather. These chemicals often contain 1, 4-dioxane, which can cause cancer and/or liver damage.

**Triclosan:** Is used in "anti-bacterial" products and may interfere with hormones and contribute to anti-biotic resistant bacteria.

Quite the list of offenders. And this is not all of the things to watch for in products. We are constantly being exposed to toxic chemicals from almost every thing we eat, drink, wear, wash with and apply to our skin. The average woman uses 12 personal care products each day, possibly exposing herself to 168 different chemicals.

When I started to learn all of this information it made my head spin. Why are these ingredients permitted in commonly used products? Who's watching out for us? And what average person has the time or knowledge to check every label, every time they shop? Thankfully, certification has become a bigger deal in Canada. The David Suzuki Foundations and groups like Ecocert are making our decisions easier.

Eco-certification began in France in 1991 and in the past few years has become international. A big problem in the past with things being certified organic has been that regulations greatly varied due to the number of certification boards worldwide. A trailblazer in this field, Ecocert created and introduced the "Natural and organic cosmetics" standard in 2003. A cosmetic certified as organic by Ecocert must be labelled "Ecocert-certified ecological and/or organic cosmetic" and may display the Ecocert certification logo. Its criteria are among the most stringent on the market

requiring at least 95 per cent natural ingredients in the finished product. No GMO - genetically modified organisms, ingredients derived from petrochemicals or synthetic chemistry and no testing of the finished product on animals. The whole manufacturing process is controlled, up to the packing stage, and the packaging and outer packaging must be biodegradable or recyclable, with the labeling being transparent for the consumer.

For more information here are two great websites. The Skin Deep data base at [www.cosmeticdatabase.org/](http://www.cosmeticdatabase.org/) where you can search any product or ingredient that you want more information on. Also at [www.davidsuzuki.org/issues/health/science/toxics/dirty-dozen-cosmetic-chemicals/](http://www.davidsuzuki.org/issues/health/science/toxics/dirty-dozen-cosmetic-chemicals/) not only can you get more information on the chemicals that I have just mentioned, but the website has a great pamphlet that you can print off and take with you in your pocket or purse for when you next go shopping, to make sure that you buy healthy.

If you're not using certified organic skin care products you are likely feeding your skin chemicals, some of which will be stored in your body tissue, most of them for many months, if not longer. We are still figuring out the long term issues to this kind of continued exposure to so many different toxic chemicals. Now that you have choice and the decisions are being made easier for you, doesn't it make sense to check the labels of what you currently use on your body and maybe make different decisions next time you shop?

*Dr. Cheryl Lycette, N.D. has been practicing Naturopathic medicine for over 17 years, is a member (and co-founder) of the Nova Scotia Naturopathic Association and owns the Be Well Spa, Atlantic Canada's first organic and chemical free spa, with her husband, Brian Nichols.*

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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@staff.nstu.ca](mailto:ekeefe@staff.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.





# NOTICES

## Faculty of Science FUN AND DISCOVERY DAYS

Have you heard about the Faculty of Science FUN AND DISCOVERY DAYS at Dalhousie University? These **free** science and math events for Nova Scotia schools take place in May. Last May over 1200 students/teachers from across the province joined participated for fun, hands-on and educational science and math activities.

**Here are planned events for 2011: Math Fun Days, May 16-21, 2011; Physics Fun and Discovery Days, May 9-13; Discover Chemistry Days, May 17-19, and Biology Fun Days, June 8.**

Stay tuned for additional events being planned for schools to celebrate Oceans Days in June 2011. For more information contact: Theresa Myra, School Outreach-Faculty of Science, Dalhousie University at 902-494-6448 or Theresa.myra@dal.ca, or visit [http://science.dal.ca/FOR\\_P-12\\_EDUCATORS/Contact\\_Us.php](http://science.dal.ca/FOR_P-12_EDUCATORS/Contact_Us.php).

## Service Award Nominations

Do you know a young adult who is committed to service of others? You're invited to submit nominations for the Elizabeth Ann Seton Youth Award. Candidates must be between 17 and 25 years old, live in Nova Scotia, be dedicated to serving those in need, and lead or participate in a youth-directed program. Award recipients can be of any faith.

The Sisters of Charity have presented the Elizabeth Ann Seton Award for more than 10 years, to those who personify the qualities of their founder. Your nomination ensures that the Award remains a meaningful and worthwhile recognition of service in our communities.

**Deadline for nominations is June 15.** The Award will be presented at the Seton Award Luncheon on November 6. For full criteria and a nomination form, go to [www.schalifax.ca/advancing\\_our\\_mission](http://www.schalifax.ca/advancing_our_mission) or call 902-406-8114.

## CCRSB and HRSB teachers needed for study

Rebecca MacNevin, Master of Arts in School Psychology Program (MASP) student at Mount Saint Vincent University is currently recruiting Chignecto Central Regional School Board (CCRSB) and Halifax Regional School Board (HRSB) elementary, junior high, and high school teachers to complete an online survey regarding teacher perceptions of chronic pain in children. The survey will take 20 minutes of your time and gives you the option of being entered into a draw to win a Scholar's Choice or Chapters gift certificates (your choice). If you would like to participate, please follow this link to complete the survey: <https://surveys.dal.ca/opinio/s?s=9224> by June 30.

## UNESCO wiki directory project to promote a culture of peace

UNESCO invites teachers to participate in a new wiki directory project to promote a culture of peace. The UNESCO Chair in the Philosophical Foundations of Justice and Democratic Society at the University of Quebec at Montreal (UQAM) took the initiative of proposing a wiki directory project on a Culture of Peace.

Use the form on the websites: <http://directorypeace.blogspot.com/> or <http://www.repertoirepaix.com/> to describe an educational project that you consider relevant or worth sharing. In particular UNESCO is looking for activities to develop skills in applying one or more of the following Culture of Peace principles.

- |                      |                          |
|----------------------|--------------------------|
| 1. Respect all life  | 4. Listen to understand  |
| 2. Reject violence   | 5. Preserve the planet   |
| 3. Share with others | 6. Rediscover solidarity |

## Gambling Awareness Nova Scotia Student Scholarship Video Challenge

Gambling Awareness Nova Scotia (formerly the Nova Scotia Gaming Foundation) has announced its 2011 Student Scholarship Video Challenge.

The challenge is an opportunity for graduating Grade 12 high school students to think critically about gambling issues relevant to youth. To apply, students must create a three-minute video that debunks a common gambling myth: *It's easy to make money playing poker.*

Gambling Awareness Nova Scotia will award student scholarships to the top applicant(s) in two categories. For team submissions, the scholarship will be equally divided among the teams' members:

Judges' Choice - \$2,000 - a panel of judges will select top video pick based on pre-selected criteria.

Viewers' Choice - \$2,000 - all videos will be available for viewing online at [facebook.com/GamblingAwareness](http://facebook.com/GamblingAwareness). The video with the most 'likes' at the close of the Video Challenge will be deemed the Viewers' Choice top video pick.

**The Video Challenge deadline is May 27, 2011, at 4 p.m.**

Visit [TogetherWeCanWin.ca](http://TogetherWeCanWin.ca) and [facebook.com/GamblingAwareness](http://facebook.com/GamblingAwareness) for more information and application instructions. Direct any questions to Jen Wheatley, Communications Officer, at [jennifer.wheatley@gov.ns.ca](mailto:jennifer.wheatley@gov.ns.ca) or 902-424-2147 (toll free at 1-866-424-0963).

Gambling Awareness Nova Scotia (GANS) is a not-for-profit, arms-length government organization that encourages and supports an independent response to gambling harm in Nova Scotia. By providing an opportunity for youth to research and dialogue about gambling, GANS is helping to realize its vision for Nova Scotia: Individuals, families and communities free from gambling harm.

## Multicultural Festival Volunteers Needed

The 27th annual RBC Multicultural Festival will be held from June 30 to July 3rd at Halifax Seaport (opposite Pier 21) and will feature live music, exhibits and wonderful foods from around the world. One of the reasons this festival has seen such success and longevity is due to the tireless efforts of volunteers - they are the backbone of the event and every year their hard work and dedication produces a memorable festival. Volunteer application forms are found on the Multicultural Festival website at [www.multifest.ca](http://www.multifest.ca). They can be emailed to volunteer coordinator Kyle Davis at [volunteers@mans.ns.ca](mailto:volunteers@mans.ns.ca), faxed to 902-422-0881 or dropped off in person.



# Summit on Gifted Education and Talent Development

Mount Saint Vincent University  
May 23 - 25, 2012

NSELC along with the Department of Education, NSTU and school boards around the province are organizing a Summit on Gifted Education and Talent Development at Mount Saint Vincent University May 23 to 25, 2012.

Internationally known speakers, Dr. Sally Reis, Dr. Rachel McAnallen, and Dr. Rebecca Eckert are already confirmed for this Summit.

Dr. Reis is a professor in educational psychology at the University of Connecticut and has gained international recognition as one of the top five experts in the field of gifted and talented education.

Dr. McAnallen or "Ms. Math" shares the joy and beauty of mathematics with learners of all ages. A professional educator for 45 years, she travels the globe teaching her subject at every grade level.

Dr. Eckert is a clinical professor in the Neag School of Education at UConn. She was the Gifted Resource Specialist for the National Association for Gifted Children, and co-edited the book *Designing Services and Programs for High-Ability Learners*.

The Summit's steering committee encourages teachers to put their request for this conference through their Article 60 committee as soon as possible.

More information will be available on the NSELC website at  
[www.nselc.ednet.ns.ca](http://www.nselc.ednet.ns.ca)

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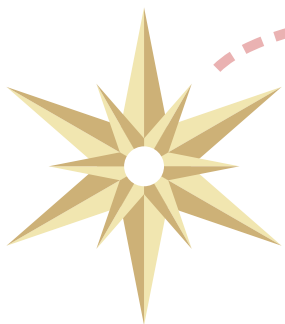
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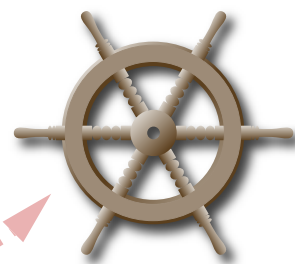


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# Charting Your Course FOR PROFESSIONAL DEVELOPMENT



## Conference focuses on equity, social justice and peace

Equity, peace and social justice was front and centre when more than 150 Nova Scotia members converged at the *Peace...ing It Together* conference April 7 to 9 at the Delta Halifax.



Ron Nugent presented his 21<sup>st</sup> Century Families workshop at the *Peace...ing It Together* conference.

"The conference presented delegates with interactive, motivational and relevant sessions," says NSTU president Alexis Allen. "We wanted teachers to gain deeper insight and understanding, along with creative ideas, to support peace in their respective schools and communities."

The conference was organized by the NSTU's professional developments and equity committees and the Sheonorail Foundation to look at ways to promote peace in classrooms, on campuses and in communities.

Keynote speaker Dr. Samantha Nutt, founder and Executive Director of War Child Canada, congratulated delegates on their participation. "It's important you are taking on this challenge," she said. "We've all had teachers that have encouraged us to see beyond limitations."

With over 15 years experience helping children in war zones including Iraq, Afghanistan, Sierra Leone and Somalia, Nutt's stories of her work with women and children inspired the audience to make change.

"The keynote speaker is the most amazing individual I've heard at a conference in 36 years," commented one delegate. "I found Dr. Nutt moving, inspiring and informative. She has opened my eyes as a teacher, mother and citizen," commented another conference participant.

Dr. Nutt encouraged teachers to take the opportunity to effect change. "To support peace we need to challenge our assumptions

and encourage our students to act globally and locally," she says.

Nutt provided some practical advice for teachers in helping their students act in a socially just manner. "True social change begins with education."

Take the time to read one piece of international news a week, she says. War Child Canada ([warchild.ca](http://warchild.ca)) has resources to help keep teachers informed about the state of worldwide conflicts.

"If you care about people and development it's very important to give," she says. She also points out that change at a local level is attained through sustained consistent investment.

"You can change the world by changing the way you shop and invest, many organizations have ethical guidelines and frameworks, and it's important to ask the hard questions."

She encourages teachers to continue to give youth a voice. "It's more important than ever that kids learn to find their voices and that we steadfastly refuse them to be silenced."

The conference also featured 11 different concurrent workshops, allowing delegates the opportunity to attend four workshops throughout the weekend. Vice principal of Oxford School in Halifax Joe Morrison and Heather Harris principal at Kingston and District School presented *Creating a Climate of Peace in your School*. This workshop featured what both leaders have implemented at their schools through their involvement in Peaceful Schools International (PSI). "We have mentor groups instead of homerooms for the upper Grades," says Morrison. Each day the mentor groups spend 20 minutes on a particular topic of the day that's important to the students. The mentor groups are a mix of Grades 6 to 9 students. During the week of the conference, cyberbullying was an issue of concern for the mentor groups. "Teachers have been trying to create opportunities for relationship building," Morrison adds. "The PSI workshop had excellent presenters with great ideas who were very knowledgeable and approachable," said one delegate.

Another popular workshop was 21<sup>st</sup> Century Families presented by Georges P. Vanier

guidance counsellor Ron Nugent. "Family is no longer the nuclear family that many of us grew up in," he says. "It's important to get to know your students' family circumstances and celebrate them. Students in your class need love and acceptance—they are not always getting it at home." Nugent uses his own story to demonstrate the power this can have on a child. Nugent and his husband adopted a son, and he is so grateful for his son's Grade Primary teacher who took the time to make him feel welcome and accepted. One delegate says, "A special thanks to Ron for finding his courage and sharing his wonderful story."



educator, but now I see how I am being an activist for social change," says Van Zoost.

One delegate said, "Dr. Steven Van Zoost—WOW, exciting and inspiring. It makes me want to start tomorrow."

Other workshops included *How to Tame a Bully*, *Digital Citizens—Appropriate Online*



The NSTU sought artwork from students from around the province to adorn the walls and the tables for the conference. Above are students from Terence Bay School displaying some of their artwork.

Dr. Steven Van Zoost, Advanced English teacher at Avon View High School presented a workshop on his Grade 12 students' "realfriends" stop cliquing, start connecting: an Imagineaction project. This social action project created a face-to-face social network, to help their school community become more social. Van Zoost says that his students felt the need to create such a project because they feel that with a growing dependency on technology to interact with one another has decreased the face-to-face interaction. The project received project money from the Canadian Teachers' Federation's Imagineaction program ([www.imagine-action.ca](http://www.imagine-action.ca)). "When I started as a teacher, I saw myself as an

Behaviour, Restorative Practice, The Virtues Project, and Peace Through Art. NSTU members from around the province presented almost all of the workshops.

"Our presenters are among the many exceptional educational leaders in our provincial classrooms—colleagues who have proven talent and expertise, and colleagues eager to share resources and strategies to address the needs of students at every age and education level," Allen says.

The conference also featured an Honour with Peace dinner with a 100-mile menu. "We're very pleased with the response we've received about this conference," concludes Allen.



Betty-Jean Aucoin, Ruth Draper, Johnson Inc.; Bill Redden, Dr. Samantha Nutt, Alexis Allen, and Gérard Cormier are shown. Johnson Inc was a supporter of the conference.



Over 150 teachers attended the *Peace...ing It Together* conference.



# DEVELOPING SUCCESSFUL SCHOOLS

## Changing With The Profession:

Guidelines for School  
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Institute Resource Person  
**ANDY HARGREAVES**



Andy's  
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For too many years, educational change has been imposed on teachers through waves of reform that ignore professionals, overtake each other and wash over the schools, leaving only superficial changes in narrow areas of the curriculum behind them.

This institute points to and draws on research on leading edge and high performing practice from around the world that produces positive improvement, dynamic innovation and increased results by working with the teaching profession as enthusiastic partners in the change and innovation process. All the research has been conducted directly by Professor Hargreaves on the world's highest performing countries and systems in education and in other organizations as well.

In this Institute, leaders will understand the key criteria underpinning high performance far beyond expectations through international benchmarking of high performing jurisdictions such as

- Finland – the highest performing non-Asian country on the international PISA assessments;
- Singapore – the highest performing country on PISA of all;
- Canada – that performs just behind Finland and Singapore – particular with reference to Alberta's innovation strategy and Ontario's special education reforms.
- England – high performing schools with high-poverty populations within that country.
- Teacher union–driven reforms in the US.
- Leading performers in business and sport.

Through presentation, interaction and engagement with case materials, as well as reflection on and application to their own practice, leaders will come to grips with the living principles of The Fourth Way of educational change as discussed in the Hargreaves's co-authored book on The Fourth Way and in the upcoming sequel: The Fourth Way in Motion.

Leaders will learn that successful and professionally inclusive change has been and can be achieved when leaders pay attention to:

- developing an inspiring and inclusive dream
- securing public engagement in change at all levels
- ensuring that what is essential for some students with disabilities is good for all students
- promoting innovation as well as improvement
- making judicious rather than capricious use of new technology
- distributing leadership widely and wisely
- building professional learning communities that are evidence informed not data driven
- creating systems and commitments in which strong schools help weaker neighbours.

Work with the profession, not on it. Move towards resistance, not away from it. Bring about change that is supportable, successful and also sustainable. This institute will introduce you to the world's leading exemplars of high performance, the common principles that underpin their success, and the practices that can make the same success come alive in your school and high performing practice from around the world that produces positive improvement, dynamic innovation and increased results by working with the teaching profession as enthusiastic partners in the change and innovation process. All the research has been conducted directly by Professor Hargreaves on the world's highest performing countries and systems in education and in other organizations as well.

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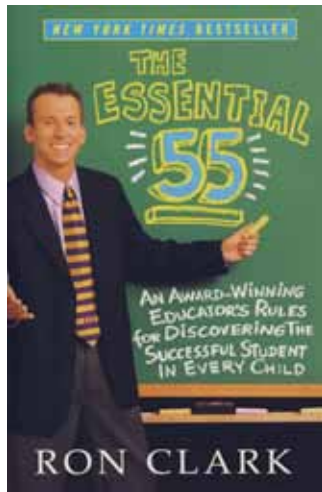
**This Institute is intended for School/District and other educational administrators from Atlantic Canada. A total of 60 participants will be accepted.**

**Educators who are members of the sponsoring organizations - registration fee is \$300. All others \$400. For registration information, contact Gail Doucette at the NSTU, 3106 Joseph Howe Drive, Halifax, N.S. B3L 4L7; 902-477-5621, 1-800-565-6788 (toll-free in N.S.).**

# fresh

## Putting new members in the KNOW!

Email your name, home address, and school or campus with **FRESH** in the subject line to [theteacher@nstu.ca](mailto:theteacher@nstu.ca) by May 27 to be eligible for the draw.

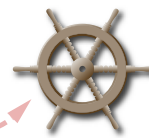


This month's FRESH giveaway is *The Essential 55: An Award-Winning Educator's Rules for Discovering the Successful Student in Every Child* by Ron Clark and published by Hyperion. Clark is the winner of the 2001 Disney Teacher of the Year Award and presents some revolutionary ideas for the classroom: manners, industriousness and accountability. The rules go beyond simple politeness as they promote respect for self and others, and help foster a mature and responsible way of living in the world. This book is a definite winner; it also makes a strong case that students lack only good teachers to achieve great things. Clark's slim but valuable volume will make a welcome addition to any teacher's library.

"Clark's book is a handy blueprint for parents who want to equip their elementary- and middle-school children..."—Time magazine



## Charting Your Course FOR PROFESSIONAL DEVELOPMENT



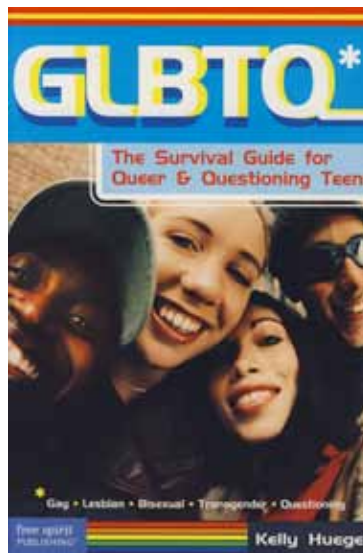
Email your name, home address, and school or campus with **PD** in the subject line to [theteacher@nstu.ca](mailto:theteacher@nstu.ca) by May 27 to be eligible for the draw.

This month's PD giveaway is *realfriends: stop cliquing, start connecting*, edited by Steven Van Zoost. *Realfriends* is a social action project created by a group of Grade 12 students in rural Nova Scotia. The purpose of *realfriends* is to create a face-to-face social network, connecting as many people as possible in order to help institutional climates and communities become more social. *Realfriends* addresses the growing concern among young people that they are missing face-to-face social connections due to the increased dependency on technology to interact with others. This collection of student essays offers insights into the importance of "real" friends, the social problems created by technological dependency, the ways in which we might change societal behaviour, as well as reflections about their social action project, *realfriends*.



## EQUITY BOOK REVIEW

Email your name, home address, and school or campus with **EQUITY** in the subject line to [theteacher@nstu.ca](mailto:theteacher@nstu.ca) by May 27 to be eligible for the draw.



This month's equity book is *GLBTQ: The Survival Guide for Queer and Questioning Teens* by Kelly Huegel and published Free Spirit Publishing.

This is an indispensable guide for gay, lesbian, bisexual, transgender, and questioning teens, as well as for their straight peers and parents. In 11 candid, fact-filled, nonjudgmental chapters, she covers every aspect of being GLBTQ—from coming out to homophobia, from religion and culture to sex and sexuality. GLBTQ doesn't cover any new ground, but it does give sound, practical information and advice in an inviting package from an author who has done her homework and has written the book that she wished she could have read when she was a teen.

## Congratulations to our May BOOK WINNERS!!

**FRESH:** Vocabulary Games for the Classroom  
**Rachel Best** of Kingston School, AVRSB

**EQUITY:** More Than a Mountain  
**Julie Ramey** of North Queens Community School, SSRSB



## Educators, partners honoured during Education Week

Teachers, students and education partners from across the province gathered on April 11, to kick-off Education Week in Nova Scotia at the official awards ceremony at the Halifax Regional School Board building.

Twenty-three teachers and four partners received awards for using innovative teaching methods to provide students with the tools to be successful in their studies and beyond graduation. The awards supported this year's Education Week Theme—*Innovative Teaching in the 21<sup>st</sup> Century/L'enseignement novateur dans le 21<sup>e</sup> siècle*.

“Nova Scotia’s educators provide students with opportunities to develop a wide range of skills and attitudes to become lifelong learners,” said Education Minister Ramona Jennex. “Thanks to our teachers and education partners, Nova Scotian students are engaged in our changing world in a way that is not only keeping pace but raising the bar.” Celebrated since 1935, Education Week honours teachers and education partners’ commitment to their students and subjects. Education Week activities took place in schools across the province April 10 to 16. “Education Week is a great way to honour teachers and partners who are using innovative teaching practices for the benefit of students,” said Natalie Aucoin, Chair of the Provincial Education Week 2011 Committee. “It is imperative that Nova Scotia students continue to develop the skills they need to be successful. Nova Scotia teachers and partners are doing great work to help students reach their goals.” Education Week is a co-operative effort of the Nova Scotia Teachers Union, the Nova Scotia School Boards Association (NSSBA), the Nova Scotia Federation of Home and School Associations (NSFHSA), la Fédération des parents acadiens de la Nouvelle-Écosse (FPANE), the Association of Nova Scotia Educational Administrators (ANSEA) and the Department of Education.

The Teachers *Plus* Credit Union sponsored Education Week for the ninth year in a row. The Halifax Regional School Board provided the venue for the ceremony and Chartwells provided the refreshments for the reception.

### Education Week 2011 Award Recipients are shown with representatives of Nova Scotia’s Education Partners:



Front row: NSTU president Alexis Allen, Russell Deveau (Yarmouth Local), Jennifer Smith (Shelburne Local), Lori Richard (Inverness Local), Lucie Michaud (CSANE), Forest Ridge Academy, Glenda Fisher (Hants West Local), Education Minister Ramona Jennex, Jennifer Burke and Nancy Macdonald (Department of Education partner awards), Allister Wadden (Annapolis Local), Pamela Langille (Kings Local), and ANSEA executive director Guy LeBlanc. Second Row: Gérard Cormier and Daphne Saulnier (CSANE Local), Ron Marks (NSSBA partner award), Carl Anderson (Cape Breton District Local), Karen Berezowski (Pictou Local), Greg Turner (Digby Local), Ben Hill (Halifax County Local), Brenda Lavery (Northside-Victoria Local), Elizabeth Woodford Collins (Queens Local), FPANE executive director and Education Week 2011 chair Natalie Aucoin. Third row: Ray Rousseau (FPANE partner award), Dave Jones (ANSEA partner award), Ron Stewart (Dartmouth Local), Elizabeth Aikens (Cumberland Local), Krista Murray-Hayden (Colchester-East Hants Local), Kevin Chisholm (Guysborough County Local), Tracy MacIsaac (Richmond Local), Bruce MacDonald (Antigonish Local), Andrew Stickings (Halifax City Local), Amy Sullivan (Lunenburg County Local), NSFHSA president Vanda Dow and NSSBA president Vic Fleury.



**Congratulations to our  
PD Book Giveaway winner...  
ALBERT WHITTAKER  
of Meadowfields Community School  
in Yarmouth**

## REMINDER!

The deadline for NSTU committee applications is **June 24!**

Please go to [www.nstu.ca](http://www.nstu.ca) for information and forms or call 1-800-565-6788

### NEW for 2011 CONFERENCE



ATENS recognizes that in the past we have not necessarily offered an even representation of professional development for all levels of English Language Arts teachers in the province.

We have changed this for 2011 and will have an equal number of sessions suited for elementary, junior, and senior classroom teachers.

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HIGH PERFORMANCE GREEN  
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## Eric Boutilier

### INTEGRITY. COMMITMENT. LEADERSHIP. EXPERIENCE.

#### PERSONAL INFORMATION

- Married to Janine, a current NSTU member and President of a Professional Association of the NSTU.
- Son, Benn a Grade 12 student at Cobequid Educational Centre.
- Daughter, Abby a Grade 10 student at Cobequid Educational Centre.
- Resides in Brookside, just outside Truro

#### PROFESSIONAL EXPERIENCE

- Teacher with 26 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

- 1st Vice-President
- 2nd Vice-President
- Chair of Member Services Committee
- Negotiating Committee
- 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 Board of Directors
- CTF - Overseas Teachers' Association School Rep



##### Regional

- Chair of Regional Representative Council
- Vice 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

**Vote Eric for 1st Vice-President**  
**For information call 893-8547 or**  
**email at [emboutilier@nstu.ca](mailto:emboutilier@nstu.ca)**

## Arcadia Grade 5 Class wins provincial competition

The roof over the theatre in the Halifax Discovery Centre nearly lifts as students of Arcadia School's Grade 5-Rideout class cheer. They have just learned they have won the 12<sup>th</sup> Annual Grade 5 Science Video Competition. Their movie, *Dr. Fill*, about a talk show host helping a guest understand properties and changes in matter, has topped the other two finalists: Grade 5 classes from Bridgewater Elementary and Sacred Heart School of Halifax.

The Arcadia students began planning their movie in November after studying the outcomes earlier in the fall. It had to be based on a Grade 5 science topic, and had to be between eight and ten-minutes long. Filming and editing were done during January and February, and the final DVD was ready in early March.

The talk-show concept and the science pieces of the show are all products of the students' creativity. Each segment contains a demonstration or experiment to teach Dr. Fill's guest a point about matter. At the end, Dr. Fill tells the guest he is getting a scholarship to "St. Matter's University" where he can continue studying the subject. Students digitally altered the Saint Mary's University logo to accompany the announcement, a nod to one of the competition's sponsors.

A panel of judges from the Discovery Centre and Saint Mary's selected the three finalists, who were invited to Halifax on March 31 to learn their placing at an awards ceremony. Each student was given a certificate and the winning classroom received \$500 for science supplies. This was followed by a pizza lunch, and time to explore the centre.

This is the fourth time teacher Jim Rideout's class has entered the competition, but the first time they clinched the coveted top prize. Their previous entries (2007, 2008 and 2009) all placed second.

"We had so much fun doing this video. We got to do science experiments and we learned so many things. We really love Science!" said student Michanda Romard in her part of the thank you speech.

Classmate Ciara Jeffery-Bent concurred, "We enjoy science because we have a great teacher!"



## Yoga in Schools

### Summer Teacher Training Intensive



**Summer Institute Yoga Teacher Training Intensive:** empowering educators to teach with inspiration, connection and peace.

This program will provide teachers with module 1 & 2: an introduction to Yoga, Yoga 11, Special Needs and Yoga for Autism, with physical practice and experiential activities. These hours are part of the optional 200hr certification, which is required to teach Yoga 11 in schools (graduates of the 200hr Teacher Training will receive all yoga programs designed by Jenny).

Be one of the growing number of teachers bringing this transformational yoga experience to their students!

*"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

*"I have felt for quite some time that I have been missing something and through this program, I have come to realize that something was me."* —Megan Grant

**This PD workshop will leave you feeling refreshed, renewed and inspired.**

**Leader(s):** **Jenny Kierstead** is a former Phys. Ed teacher and the founder of Breathing Space Yoga Studios. She was the contributing designer of the Yoga 11, co-author of Yoga for Autism and Special Needs. She created the Yoga Posters for Elementary and Secondary levels published through Thompson Publications and has trained and mentored the many teachers introducing yoga to their schools.

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

**Date(s):** July 18-21<sup>st</sup>, 2011

**Time:** 9:00 a.m. - 4:00 p.m.

**Location:** Chocolate Lake Hotel, Halifax

**Fee:** \$ 500.00 + HST (check local PD for funding)

**Register early to secure your spot!**

**Contact:** Jenny Kierstead and Blair Abbass 444-YOGA (9642)  
[info@BreathingSpaceYogaStudio.ca](mailto:info@BreathingSpaceYogaStudio.ca)

## SPRING BREAK ... DELTA STYLE



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**\$88\***

Now members of NSTU can make reservations online.

\*NSTU id must be presented at check-in for special rate; discounted parking rate of \$9.95

Reservations: [www.deltahotels.com/nstu](http://www.deltahotels.com/nstu)



[www.deltabarrington.com](http://www.deltabarrington.com) [www.deltahalifax.com](http://www.deltahalifax.com)  
For reservations and information call 1-888-423-3582 (toll free)



# coming events

**May is...** Asian Heritage Month (<http://vmacch.ca/>), Cystic Fibrosis Month ([www.cysticfibrosis.ca](http://www.cysticfibrosis.ca)), Speech and Hearing Awareness Month ([www.sdhhs.org](http://www.sdhhs.org)), Multiple Sclerosis Awareness Month ([www.mssociety.ca](http://www.mssociety.ca)), Huntington Disease Awareness Month ([www.hsc-ca.org](http://www.hsc-ca.org))

## MAY 17

### International Day Against Homophobia

The *International Day Against Homophobia*, held on May 17 every year, is a rallying event offering an opportunity for people to get together and reach out to one another.

Every year, the *International Day Against Homophobia* kicks off an awareness campaign on sexual diversity. The current campaign's theme is **Same-sex Couple—A Story of Love**. Free posters, pamphlets and other materials can be ordered and are available to download. Visit [www.homophobiaday.org](http://www.homophobiaday.org) for further information.

## MAY 25 TO 28

### Aboriginal Awareness Week

Aboriginal Awareness Week, first introduced in 1992, is held on the four days that follow the Victoria Day long weekend. It was designed to increase awareness of Aboriginal peoples within the Canadian mosaic and the public

service. It has evolved into a week to honour the many Aboriginal cultures in Canada, including the Métis, the Inuit and First Nations. For more information visit [www.tbs-sct.gc.ca/ee/awsa-eng.asp](http://www.tbs-sct.gc.ca/ee/awsa-eng.asp).

## JUNE 29 TO JULY 2

### Celts in the Americas Conference

The Celts in the Americas conference will be held June 29 to July 2 at Saint Francis Xavier University in Nova Scotia, hosted by the Celtic Studies Department of St. FX and the Centre for Cape Breton Studies at Cape Breton University.

The Celts in the Americas conference will offer a unique opportunity to share scholarship about the history, culture, and literature of Celtic-speaking peoples in North and South America. It will be the first academic conference devoted to this theme, with presentations about aspects of the experiences and literatures of the communities speaking Breton, Cornish, Irish Gaelic, Manx Gaelic, Scottish Gaelic, or Welsh in the Americas. One day of the conference will be devoted to examining the interactions between Celtic peoples and non-Celtic peoples in the Americas, with a special emphasis on indigenous peoples and peoples of African descent.

For more information visit: [www.mystfx.ca/academic/celtic-studies/conf2011.html](http://www.mystfx.ca/academic/celtic-studies/conf2011.html).

## JULY 4

### Understanding Media Literacy Online course available through Athabasca University

Athabasca University is offering a six-week online course called *Understanding Media Literacy: Inside Plato's Cave* starting July 4, 2011.

**The deadline for registration is June 10.**

This online credit course is for teachers, teachers in training, and students interested in communication studies and media education. The course is especially designed to aid Grades 7 to 12 teachers in helping their students to develop an informed and critical understanding of the nature, impact and techniques of the mass media. The units are highly interactive and will assist teachers in developing skills to adapt these lessons to their students' needs and their teaching situations.

For more information visit [athabascau.ca](http://athabascau.ca).

## JULY 25 TO 29

### Marine Biodiversity Institute and Active Researchers Institute

The Huntsman Marine Science Centre in St. Andrews, New Brunswick is offering the *Marine Biodiversity Institute* from July 25 to 29, designed to assist teachers in delivering science in the classroom in a fun, hands-on way. It is also offering the *Active Researchers Institute* from July 11 to 15, which is open to everyone over the age of 15 (teachers, students, etc.). This institute will provide a firsthand experience collecting data for a variety of Huntsman projects. Both institutes include multiple field excursions to the shore, a boat trip to see whales, and time in the lab to learn about the marine creatures participants collect. Come and learn while having fun by the sea!

For more information visit: [www.huntsmanmarine.ca](http://www.huntsmanmarine.ca), email [tdean@huntsmanmarine.ca](mailto:tdean@huntsmanmarine.ca), or call 506-529-1220.

## Improve Your Mental Health Knowledge and Understanding

This summer, the Sun Life Financial Chair in Adolescent Mental Health ([www.teenmentalhealth.org](http://www.teenmentalhealth.org)) is partnering with the IWK Health Centre and Dalhousie University to bring the first *Academy in School Mental Health*.

Educators can play a very important and supportive ongoing role in the lives of students struggling with mental health problems—when provided with training, tools and techniques that make sense. The *Academy in School Mental Health* was conceived by a team of experts that were eager to offer a forum that would provide educators with a host of tools to help them succeed in the classroom.

This summer's workshop is designed for **junior high and high school educators** to provide them with:

- a practical understanding of the most prevalent adolescent mental health disorders
- discussion of strategies for learning and social success
- in classroom applications of effective tools and techniques
- an understanding of how to talk to youth and parents about mental health

This two-day workshop is comprised of innovative and interactive lectures, activities, and open discussions, which will include: effective strategies to communicate with parents, understanding mental health and mental disorders, evaluating evidence-based scientific research, psychotherapy and medication use and abuse, as well as specific sessions focused on: mood disorders, anxiety disorders, disruptive behaviour disorders, eating disorders and psychosis.

Hosted at Dalhousie University by Dr. Stan Kutcher, the workshop includes sessions conducted by leading child and adolescent psychiatrists, educators and mental health professionals.

Two sessions will be offered this summer, July 11-12, 2011 or July 14-15, 2011. Attendees will receive a certificate of completion, as well as a host of electronic resources including live meeting notes complete with strategies for success. The early bird fee is \$200/educator, after June 1 the price increases to \$250/educator.

Please visit our academy webpage for complete workshop information and registration details: <http://teenmentalhealth.org/index.php/educators/academy-in-school-mental-health/>.



*Yigeng Wei, Research Coordinator of School Mental Health and Jeff O'Neill, Program and Networks Coordinator with the Sun Life Financial Chair in Adolescent Mental Health met with the NSTU's provincial executive during its April 1 meeting to discuss their research and the Academy in School Mental Health. They are shown with NSTU president Alexis Allen.*




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### Gets Them Moving Safely!



**Looking for a fun, hands-on way to teach your students to walk, cycle, in-line skate or skateboard safely and confidently?**

**Elementary and Jr. High:** learn how to teach active transportation safety skills to your students!

**Sr. High:** engage students in teaching active transportation safety skills to younger students!

Making Tracks is approved by the Nova Scotia Department of Education and connects with multiple physical education and leadership cross-curricular outcomes. Its flexible modular design can easily fit your needs.

Learn more about Making Tracks at:  
[www.saferoutesns.ca](http://www.saferoutesns.ca) | [walk@ecologyaction.ca](mailto:walk@ecologyaction.ca) | 902.442.5055

Ecology Action Centre

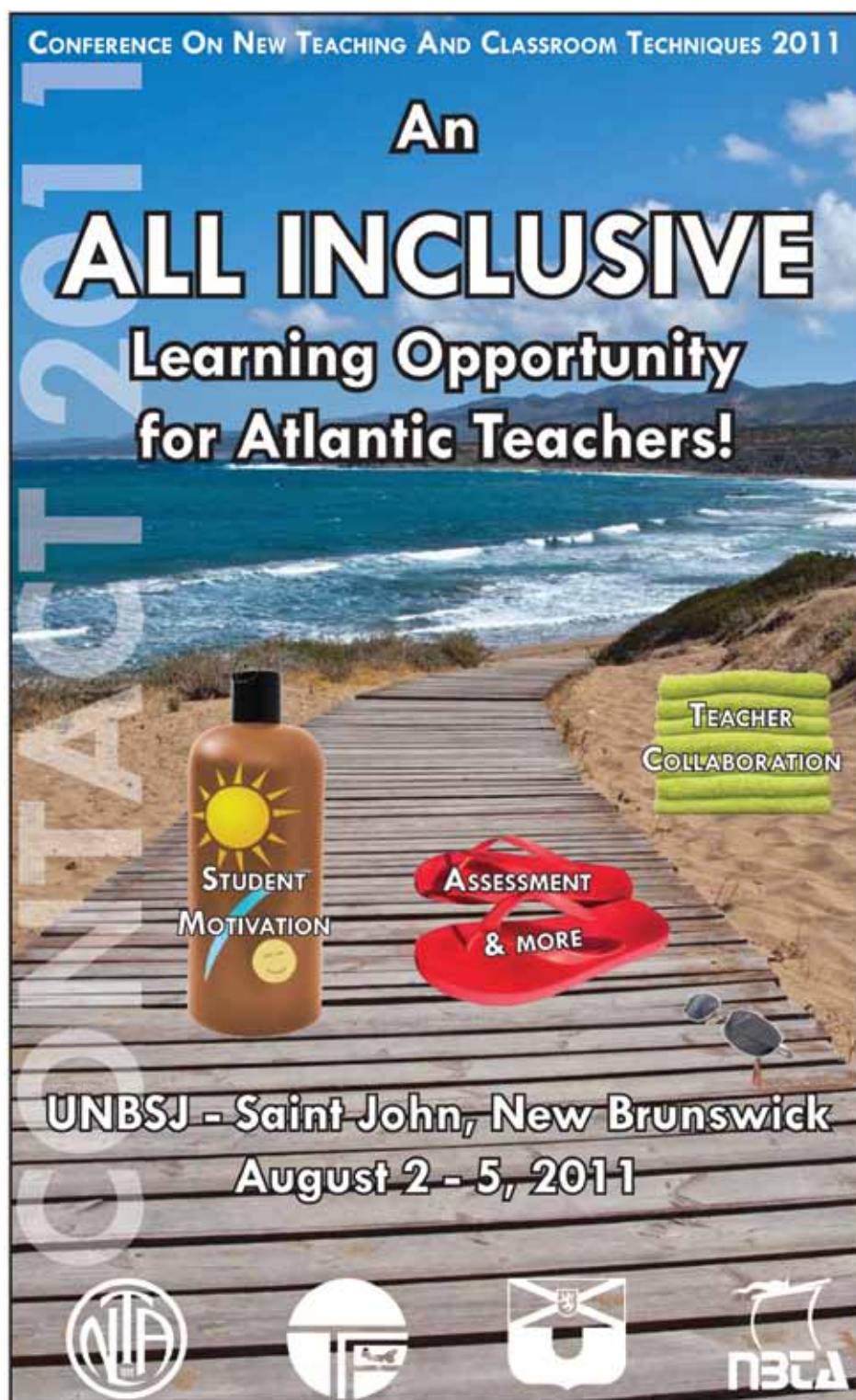
NOVA SCOTIA  
Transportation and Infrastructure Renewal

Thanks also to Mountain Equipment Co-op, the Nova Scotia Department of Justice, St. Francis Xavier University, and Skate Patrol for their support of the Making Tracks program.




CONFERENCE ON NEW TEACHING AND CLASSROOM TECHNIQUES 2011

# An ALL INCLUSIVE Learning Opportunity for Atlantic Teachers!



UNBSJ - Saint John, New Brunswick  
August 2 - 5, 2011



## Communications Conference

The annual Communications Conference took place at the Delta Halifax on April 14 and 15. This year's conference featured a presentation from the market research company CRA on the latest polling data regarding consumer confidence, federal politics, and the quality of education in the province. NSTU results concerning the quality of teaching in the province, perceptions of funding of the education system, and the performance of the latest NSTU ad campaign were also covered. Participants also viewed the latest NSTU/ViewFinders videos and provided feedback and learned more about the new NSTU website.



Shown are delegates from the conference (l-r): Garland Standing (Cape Breton District Local), member of NSTU's public relations committee, Digby Local VP's of PA/PR Ann Marie MacKenzie-Kelly and Céline LeClerc, Lunenburg County Local Public Affairs committee member Curtis Snyder and Chad Hanrahan (Halifax County Local) VP of Public Affairs.

The deadline for the June issue of *The Teacher* is May 20. Call 1-800-565-6788 or email [theteacher@nstu.ca](mailto:theteacher@nstu.ca)

## 25% DISCOUNT FOR NSTU MEMBERS

Petrie's *Halifax Feast* Dinner Theatre  
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Halifax's Longest Running Dinner Theatre

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**The Real Housewives of Cape Breton**  
FEBRUARY - JUNE  
The Cape Breton Reality show that everyone is talking about. These ladies give a whole new meaning to "Reality." Follow the antics of modern Cape Breton housewives as they struggle to keep step with traditional values in a not-so-traditional world.

**REVIEWS**  
Broadway may have Cats, but Cape Breton's got cougars.  
— Anita Man, Meat Cove Messenger

A Thousand Thumbs Up!  
— Hugh Jass, St. Peter's Pinnacle

Laughs as big as the Bras D'Or lakes.  
— P. Nutts, Cape Breton Monthly

Seating for small and large parties.  
Reservations recommended:  
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Maritime Centre,  
5188 Salter Street, Halifax  
Jim Petrie, Artistic Director

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Education

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**Why not consider**

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- Seeing the world while working in a rewarding school environment

Teaching and Administrative opportunities are available immediately in

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Compensation includes

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[internationalprograms@gov.ns.ca](mailto:internationalprograms@gov.ns.ca)







update

## Mental Health Practitioner coverage available to Active & Retired NSTU members

As a follow-up to a recent article placed in *The Teacher*, with respect to Paramedical Practitioner coverage available through the NSTU Total Care Medical Plan, the NSTU Group Insurance Trustees want to inform members of the availability of mental health practitioners both through the NSTU Total Care Medical Plan and the Nova Scotia MSI program.

Mental health practitioners play an important role in managing the well being of society as mental health issues become more and more prevalent.

Through the Total Care Medical Program, the following services are available to both active and retired NSTU members:

### Psychologist Coverage

Psychologists study the human mind and human behaviour. Psychologists apply their knowledge to a wide range of practice including health and human services, management, education, law and sports. In addition to a variety of work settings, psychologists usually specialize in one of a number of different areas. Counselling psychologists use various techniques, including interviewing and testing to advise patients on how to deal with problems of everyday living.

### Master of Social Work Coverage

Many of the roles performed by social workers are common to all mental health disciplines. Work in the area of mental health provides an opportunity for social workers to practice collaboratively with allied professionals while maintaining the integrity of their knowledge and skill base. Social workers provide direct services to individuals, couples, families and groups, in the form of counselling, crisis intervention, and therapy, as well as advocacy, co-ordination of resources and case management.

Social workers in the mental health field are also involved in the planning and delivery of a variety of services such as building partnerships among professionals, caregivers, and families; collaborating with the community, usually with the goal of creating supportive environments for patients.

### Benefit

Psychologist/Master of Social Work coverage is 80 per cent of the usual and customary charges per treatment to a maximum of 20 visits per calendar year. A Master of Social Work is considered as an eligible service provider under the psychologist services benefit. The psychologist or Master of Social Work must be one approved by Medavie Blue Cross.

### Services available through the Nova Scotia Teachers Union

As an NSTU member, you have access to counselling services through the Nova Scotia Teachers Union internal counselling staff. All counsellors have their Master of Social Work and provide counselling and other services to NSTU Members. These services can be accessed through the NSTU office in Halifax. It is important to note that the services offered by these professionals are not part of the NSTU Group Insurance Program.

### Psychiatrist coverage available through the Nova Scotia MSI Program

Residents of Nova Scotia have access to mental health services through the Medical Services Insurance (MSI) Program. The Nova Scotia Department of Health and Wellness provides policy direction for these programs. Your family physician may be able to provide mental health counselling services or may decide that it is best to make a referral to a psychiatrist.

Psychiatrists are physicians who enhance a person's quality of life by providing psychiatric assessment, treatment and rehabilitation care to people with psychiatric disorders to prevent, reduce and eliminate the symptoms of subsequent disabilities resulting in a mental illness or disorder. Psychiatrists are informed and uniquely skilled in the integration of medicine, psychiatry, neuro-science and the psycho-social sciences.

A psychiatrist is trained primarily as a clinician to diagnose, treat, and provide ongoing care for mental disorders to patients of all ages. Psychiatrists not only provide direct care to patients, but often act as consultants to other health care professionals such as family physicians. Psychiatrists use a mix of treatment options, including medications and psychotherapy, depending on the psychiatric conditions. Often part of the treatment or rehabilitation plan will include referral to, or collaboration with, a range of social and support services.

### Benefit

Psychiatrist services are covered by MSI if, in the opinion of your attending physician, you require the services of a specialist, a proper referral to the specialist is necessary. Payment through MSI at the specialist rate is based on a valid referral by the attending physician.

**It is important to note that for NSTU members who suffer from a mental health disorder and are insured for Long Term Disability coverage, a specialist's report will be required to be submitted to the insurer as part of the LTD claims submission process.**

### Summary

The NSTU Group Insurance Trustees hope that the information provided with respect to the various Paramedical and Mental Health service providers has provided helpful information to you as you work to achieve your wellness goals.

If you have any questions with regard to the above, please do not hesitate to contact Johnson Inc. at 453-9543 (local) or 1-800-453-9543 (toll-free).

Exclusively for Active and Retired NSTU Members

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1.800.563.0677

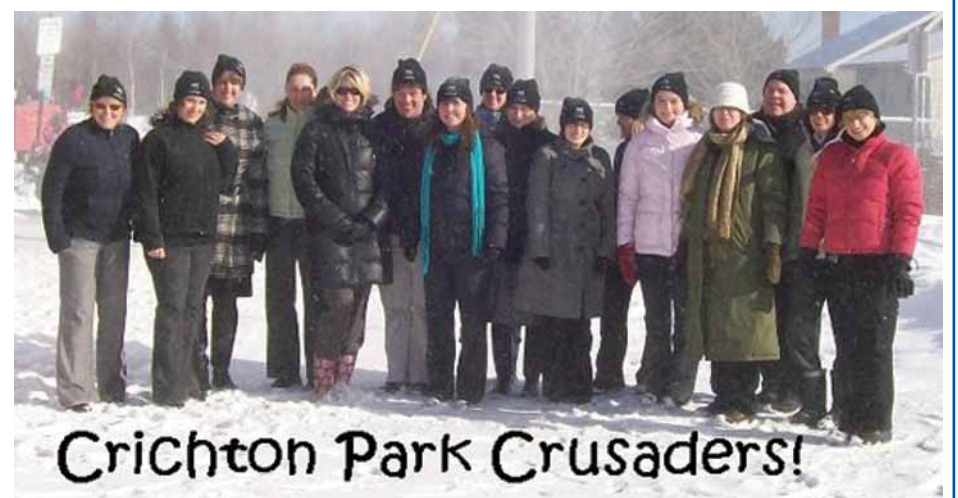
[www.johnson.ca/nstu](http://www.johnson.ca/nstu)



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Proud to be One of Canada's Top 100 Employers for 2011.

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. Contest runs from March 1st to December 1st, 2011. No purchase necessary. Existing policyholders are automatically entered in the contest. The contest is open to active and retired NSTU Members. One (1) \$1000 gift card will be awarded to each winner. Chances of winning depend on the number of entries received. Winner must correctly answer a skill-testing question. Certain conditions may apply. Visit [www.johnson.ca/nstu](http://www.johnson.ca/nstu) for full contest details. LRP.01.11

## Winter Workout Wellness Challenge



The Insurance Trustees held a successful three-week Winter Wellness Challenge in January, 2011. We are quite pleased by the enthusiasm and participation by teachers across the province as seen in the photo of teachers from Crichton Park School wearing the black toques provided to each participant in the challenge. There were a total of 976 participants with 94 schools entered in the Challenge. The top school with a total average of 1,658 minutes of activity per participant over the course of the Challenge was Cape Smokey Elementary receiving a \$1,000 gift certificate for fitness equipment for their school. The other prize winners were: Beaver Bank-Monarch Drive School, L.E. Shaw Elementary School, Mount Carmel Elementary School, Redcliff Middle School and Upper Stewiacke Elementary.



# resources

## Elementary anti-bullying titles available 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](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 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.

**Share.EDnet** (<http://Share.EDnet.ns.ca> [English] <http://Ensemble.Ednet.ns.ca> [French]) Launched February 6, 2011, Share.EDnet is positioned as the key resource-sharing arm of the Nova Scotia Virtual School. It hosts 21st century learning resources and professional materials designed and created by the Nova Scotia education community and mapped to Nova Scotia learning outcomes. Join us!

**Apples and Oranges** (2003; 17 min.) Grades 4-7  
This video is an ideal discussion-starter to teach children about the negative effects of certain words and bullying behavior and challenges them to think about their responses to people and families different from their own. In a lively talk about why names are bad and hurtful, stereotypes about gays and lesbians are dismantled and new views are put into place by the children themselves.

**Feather Boy** (2004; 180 min.) Grades 4-6  
This six-part adaptation of the award winning children’s book, *Feather Boy* by Nicky Singer, tells the story of Robert Nobel, a 12 year old schoolboy who is bullied by schoolmates. Robert mistakenly volunteers to take part in a story telling campaign in a local nursing home, where he meets an elderly woman who will change his life forever.

**Glasses** (2001; 23 min.) Grades P-3  
This animated program explores how difficult it can be when you don’t see things the same way everyone else does.

**See a Bully! Stop a Bully!** (2006; 15 min.) Grades P-2  
This video helps viewers identify various types of bullying, appreciate how the targets of bullying feel, and gain insight into what children really think about bullies. It also helps viewers consider the consequences of their own behavior, understand the behavior of others, and feel comfortable turning to adults for support.

**You’re Mean!: When Words Hurt Us** (2007; 13 min.) Grades P-5  
This program helps children understand that words can hurt—whether the insults are intentional or the inadvertent result of “trying to be funny.” Four common school and home vignettes identify the power of words, each including a positive outcome where children find a way to stand up for themselves and overcome the power of hurtful words.

**We’re In, You’re Out: Looking At Cliques** (2005; 16 min.) Grades 3-5  
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 impacts of cliques on both individuals and groups.

**Developing Self Confidence** (2007; 18 min.) Grades 5-9  
Using a series of dynamic vignettes and engaging animated cartoons, this program examines the ins and outs of learning self confidence. Students will learn four key strategies for improving self-confidence—Stop Making Excuses; Take Reasonable Risks; Examine Your Fears; and, Identify and Change Negative Self-Talk -- and how to analyze their own behaviour.

**Feeling Good About Me** (2006 ; 14 min.) Health - Grades P-2  
This video teaches children that being responsible means helping out when you’re asked, following the rules, and doing the right thing without being told. These three points are illustrated in a series of engaging vignettes and makes clear that acting responsibly is a great way to feel good about yourself.

For more anti-bullying resources, please visit our website and click the link on our main page.

Education Media Library, P.O. Box 578, Halifax, N.S. B3J 2S9, 902-424-2440; 902-428-3176 (fax); email us at [mediacir@ednet.ns.ca](mailto:mediacir@ednet.ns.ca) or visit <http://lrt.ednet.ns.ca>.

## RESOURCE

### Interactive yoga DVD available

*Yoga Pals*, the first Canadian interactive yoga DVD for kids, is now available across Canada through Scholastic Canada. Creator Eloisa Slimmon-Weber says it is broken into 20-minute classes which give the kids a healthy amount of exercise without losing their attention span. Feedback from teachers and parents alike has been incredibly positive. “There’s nothing better than seeing a group of six to eight year olds so excited, focused and engaged all at the same time,” she added. Learn more online at [www.yogapals.ca](http://www.yogapals.ca).

## 2011 REGIONAL ELECTION INFORMATION FOR LOCALS



*All regional elections will be conducted by electronic vote.*

Region	To be elected	Date of Election
Annapolis-Hants West-Kings	Acclaimed—Allister Wadden	
Cape Breton Industrial	John Helle	
Community College	1 member	May 5
Cumberland	Acclaimed—Patricia Hillier	
CSANE	Acclaimed—Ian Comeau	
Digby-Yarmouth	Acclaimed—Wally Fiander	
Halifax City	1 member	May 5
Halifax County	1 member	May 10
Northside-Victoria	Jacinta Gracie	
Pictou	Cindy MacKinnon	
Shelburne-Queens	Acclaimed—John MacKay	



### Wagon Ride & Cook-out!

- Wagon Ride to Fort Clayton.
- All-you-can-eat/drink: hotdogs or pizza, orange/apple juice & pop.
- And of course our Rubber Rodeo and much more!

## School Special


*This May & June!*

**\$12.00 per person**  
(+HST)

1 Free Chaperone for every 10 Students

Call today to make your reservation!  
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## TALES OUT OF SCHOOL



### WE'RE PROUD OF NOVA SCOTIA'S PUBLIC SCHOOL SYSTEM

Smaller class sizes, support for kids with special needs, as well as after-school care, busing service and healthy living programs are all part of what today's Primary to Grade 12 education system offers.

A strong public education system also helps businesses recruit and retain talent and fosters vibrant learning communities. It's good for the economic and social future of Nova Scotia.

Public Education affects all of us.  
Tell us why you're proud of Nova Scotia's public education system.

visit [www.nstalesoutofschool.ca](http://www.nstalesoutofschool.ca)





# classifieds

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

*Non-teachers pay \$6.00 for the first 15 words and 25¢ per additional word.*

*To book, call Sonia Matheson at 1-800-565-6788 or email [theteacher@nstu.ca](mailto:theteacher@nstu.ca).*

**TEACHER EUROPEAN TRIP—JULY 2012** - Teachers, relatives and friends are invited to join an AMAZING trip of a lifetime! In July 2012, travel to London, Paris, Switzerland, Italy, Greece (with Island cruise) Turkey. For more information please email Sarah/Wally Fiander (TCRSB teachers) at [sfiander@nstu.ca](mailto:sfiander@nstu.ca). See [www.eftours.ca/eLiterature/DBD/12/EUS.pdf](http://www.eftours.ca/eLiterature/DBD/12/EUS.pdf) for itinerary.

**JOB SHARE** - Experienced guidance counsellor looking for a job share in HRSB. Any percentage. Please reply to [bckathryn809@gmail.com](mailto:bckathryn809@gmail.com).

**JOB SHARE** - I would like to share a teaching position (20% or less) starting in Sept. 2011 or later. I have 28 years experience teaching in French Immersion (P-6) and am looking for a school within reasonable distance from Fall River (exit 5 Hwy 102). Veuillez me contacter a [losierdt@staff.ednet.ns.ca](mailto:losierdt@staff.ednet.ns.ca).

**JOB SHARE** - Elementary Teacher looking to job share in HRSB. Any percentage. [c.mckeough@gmail.com](mailto:c.mckeough@gmail.com) or 902-293-4695.

**JOB SHARE** - 20% Job Share opportunity 2011-12, Gr. 9 math/sci, Southend Halifax. Contact [marianm@staff.ednet.ns.ca](mailto:marianm@staff.ednet.ns.ca). Math degree or math teaching experience is required.

**JOB SHARE** - Mature teacher with several years experience seeks elementary position at any percentage for 2011-2012 in the area of downtown Halifax. Phone Margot 902-471-8301.

**JOB SHARE** - French Immersion Teacher looking for job share 2011/12 in HRSB (Dartmouth area preferred). 15 years experience. Currently in a job share and enjoying the opportunity. Any percentage. Contact [cgillard@staff.ednet.ns.ca](mailto:cgillard@staff.ednet.ns.ca).

**JOB-SHARE** - Experienced sub looking for elementary share teaching position. Term experience in resource, learning centre and upper elementary. To see full resume, [mlstaple@ns.sympatico.ca](mailto:mlstaple@ns.sympatico.ca).

**JOB SHARE** - Experienced elementary term teacher seeking a 40% plus job share opportunity for the 2011/2012 school year. I have had consistent term contracts with ample experience running my own classroom. If you are a permanent teacher looking to share your class please contact me at [stevensn@staff.ednet.ns.ca](mailto:stevensn@staff.ednet.ns.ca).

**JOB-SHARE** - Secondary School Teacher looking for a job share in the metro area. Experience includes Learning Center, Resource, Computer Technology and History. Please contact [pmaceachern@staff.ednet.ns.ca](mailto:pmaceachern@staff.ednet.ns.ca).

**TEACHER EXCHANGE** - Permanent elementary teacher in SRSB looking to exchange positions with a teacher from CBVRSB. Please contact [mkeller@eastlink.ca](mailto:mkeller@eastlink.ca).

**TEACHER EXCHANGE** - An elementary teacher with the HRSB is looking for the same position with the CCRSB for the next school year (primary to six). If interested, please email [lennev@staff.ednet.ns.ca](mailto:lennev@staff.ednet.ns.ca).

**TEACHER EXCHANGE** - An elementary resource teacher with the HRSB is looking for the same with the CBVRSB for the 2012-2013 school year. A permanent exchange is also possible. If interested, please email [dl@staff.ednet.ns.ca](mailto:dl@staff.ednet.ns.ca).

**TEACHER EXCHANGE** - Special Education (Resource) teacher with the Cape Breton-Victoria Regional School Board is looking for a teacher exchange with the Chignecto-Central Regional School Board for the 2011-12 school year. If interested, please contact [teachermove@yahoo.ca](mailto:teachermove@yahoo.ca).

**HISTORIC HALIFAX ACCOMMODATIONS** - HINS Halifax Heritage House. Experience downtown Halifax; shopping, waterfront trail, and live theatre. Private, family or dormitory rooms. Kitchen use available. Please phone 902-422-3863 to book today.

**WENTWORTH COUNTRY HOSTEL** - Experience nature; bird watching, hiking trails, star gazing, and open space. Private, family, or dormitory rooms. Kitchen use available. Please phone 902-548-2379 or email [wentworthhostel@ns.sympatico.ca](mailto:wentworthhostel@ns.sympatico.ca) to book today.

**BEACH RENTAL** - Newly renovated 3-bedroom beach front cottage on warm Northumberland Strait, NS. Weekly/Monthly rentals available. \$825 weekly. Panoramic views of PEI, Pictou and Big Island Contact Joanie 902-758-1414 or [woodjm@ccrsb.ca](mailto:woodjm@ccrsb.ca) The stunning sunsets are waiting for you.

**SUMMER RENTAL** - Dartmouth - in Brightwood area, 2-3 bedroom home on quiet cul-de-sac. Available June through September 2011. For details, please contact [hollyj12@gmail.com](mailto:hollyj12@gmail.com).

**SUMMER FRENCH READING PROGRAM** - Certified French Teachers read **one-on-one** online with P-5 students - letter-sound relationships, word recognition skills and reading comprehension strategies with plenty of opportunities to apply and practice these skills. [www.teachercertifiedtutoring.com](http://www.teachercertifiedtutoring.com).

**BUYING A NEW CAR?** Contact [us](http://www.buninsautoassist.com) before you do anything else! [www.buninsautoassist.com](http://www.buninsautoassist.com),

[abunin@eastlink.ca](mailto:abunin@eastlink.ca), or 902-792-1777. **\*NSTU members are offered a 10% discount on all services.**

**TRAVEL SERVICES FOR TEACHERS** - We help you create incredible memories & experiences through Independent Travel, Escorted Tours, Group Trips, Educational/Eco-Touring or Sun Vacations & Cruising. Get the best value & personal service! "Go with those who know!" Karen Giffen-Balcom & Don Balcom - Travel Professionals International. Email [dbalcom@tpi.ca](mailto:dbalcom@tpi.ca); call 902-825-3286 or visit [www.dbalcomtravel.ca](http://www.dbalcomtravel.ca).

**AVAILABLE** - "The Bully And The Purple Pants - A Dynamic School Assembly" Award-Winning songs are combined with motivational speaking to provide students with effective strategies for dealing with bullies. Hundreds of schools across Canada have experienced this fabulous presentation! For bookings call 519-655-2379 or visit [www.paulbehnke.on.ca](http://www.paulbehnke.on.ca) for complete details.

**FOR SALE** - Roxton buffet & hutch, excellent condition, one front drawer, two cupboards with shelf underneath. Contact [marharris@ns.sympatico.ca](mailto:marharris@ns.sympatico.ca) or 902-469-9117.

**AVAILABLE** - For Professional Development sessions on HUMOUR and/or ART go to [www.SusanCarterComic.com](http://www.SusanCarterComic.com) for more information.

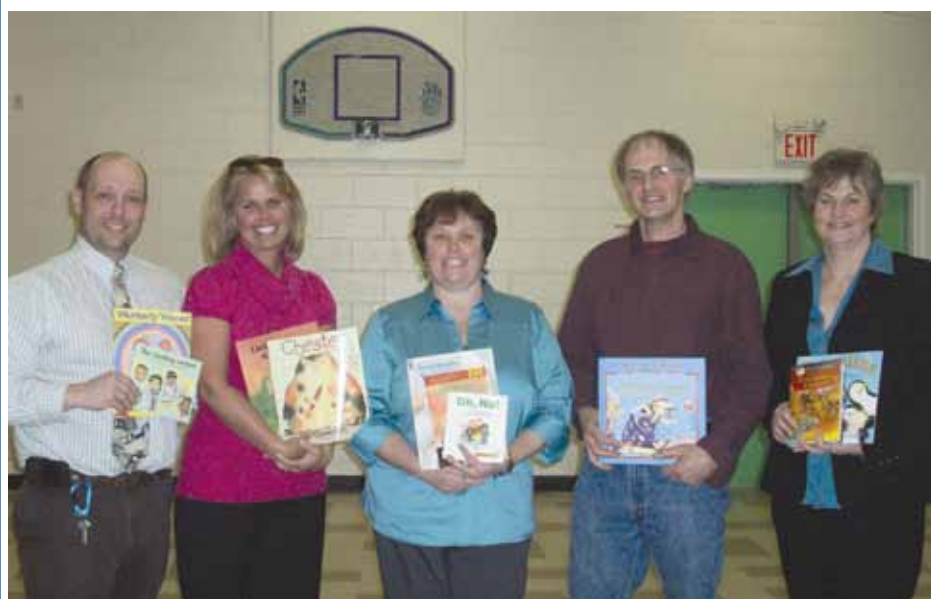
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**REGISTERED MASSAGE THERAPY AT ALLURE**, 115 Portland St., Dartmouth, just up the street from Alderney Landing. Teachers are entitled to 20 massages per year per family member with Blue Cross, no referral required. Excellent for relieving stress, anxiety, muscle tension, fibromyalgia, improving sleep. **Chris Bagnell RMT**, 10 years experience. To contact Chris for an appointment, call 902-464-0606.

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for NSTU members, please contact  
[theteacher@nstu.ca](mailto:theteacher@nstu.ca) or phone 1-800-565-6788  
or visit [www.nstu.ca](http://www.nstu.ca).

## NSTU Reading Recovery Teachers make generous book donation

Marni Pye, a reading recovery teacher tragically died in December of 2010. Holly MacDonald, Heather Janes-Pedersen and Joanne Lacey on behalf of Reading Recovery teachers in the Chignecto region of the Chignecto-Central Regional School Board generously donated books to principal Steve Wells and the staff of Northport Elementary. "Marni impacted many lives, both students and teachers. This is a wonderful way for her to be remembered," said Holly MacDonald.



*Pictured above are Steve Wells, Holly MacDonald, Heather Janes-Pedersen, Andrew Pye, and Joanne Lacey.*

## Congratulations to our winners of the Leaders & Legacies Series giveaway...

The Mystery of the Moonlight Murder:  
An Early Adventure of John Diefenbaker — **Diane Peach, HRSB**  
**AND**

The Legends of Lake on the Mountain: An Early Adventure  
of John A. Macdonald — **Erin McPhee, (Sydney) CSAP**

## NSTU SECONDMENT RESOURCE FILE

Secondment application forms  
are available on the NSTU website.

To obtain the secondment application form:

- Go to the NSTU website at [www.nstu.ca](http://www.nstu.ca)
- Select "The NSTU" from the drop-down menu
- Select "Staff Directory" and then "Secondments"