



Burgeoning class sizes mar school beginning

As students returned to classes across the province this school year with 350 fewer teachers—close to half of which were cut from the Halifax Regional School Board alone—many classrooms exceeded the provincial class cap.

“With 700 fewer teachers in the system over the past two years, and the NDP government moving the class size cap from 25 to 27 which allows a maximum of 29 students in the early grades, we knew we’d be seeing some large numbers in early grade classrooms,” says NSTU president Shelley Morse. “We’re also seeing larger numbers in the upper elementary, junior high and high school level.”

Morse has been receiving feedback from NSTU members about the sizes of classes since school started on September 5. “We know that each school year some classes won’t be settled for a few weeks in to the school year, and Boards are to give their final class size numbers to the Department by September 30,” she admits. “However, with boards cut to the bone it will be more difficult for administrators to solve these issues when there isn’t enough money to hire more teachers. This causes a domino effect on other classrooms. We will start to see more combined classrooms and increased class composition challenges.”

The Herald reported that two Grade 1 classrooms at Spring Street Academy in Amherst, had 33 and 30 students. Feedback from NSTU members includes: A Grade 4 French immersion classroom in the South Shore with 32 students; a Grade 9 French Immersion class with 42 and Grade 12 Physics at 41 in Cape Breton; in the Valley Board there are reports of 35 in Grade 10 Math and 49 in Grade 9 music. In the Halifax Board, the NSTU has learned about a Primary class of 31 (down from 35), 37 in Grade 7 Immersion, 41 in Grade 10 History, 39 in Grade 11 Chemistry and 50 in Grade 11 English IB.

“We’ve been hearing of instances of primary classes being over the cap at 30, 31 and 32,” adds Morse. “Given the composition of many of these classrooms and the diverse learning needs of students, class sizes of this magnitude are demanding and not conducive to sound pedagogical practices.”

At the NSTU bi-annual Local Presidents conference’ September 14, Morse encouraged presidents to continue to feed information through NSTU reps about the reality of classrooms this school year after two years of severe budget cuts to the system.

Dear Colleague:



Welcome back! I hope your summer break provided relaxation and rejuvenation. September is a time of renewal for all of us, a time to remember lessons learned, while we embrace new challenges.

This is the first online-only edition of The Teacher. Moving into the new digital format, it will still involve, inform and inspire NSTU members and remain a crucial communication tool for the NSTU by showcasing the amazing efforts of members throughout the province.

One priority this school year will be to negotiate fair and equitable agreements for both public school and Community College members. We will continue to work to ensure that government restores funding to the public education system. We are responsible for educating our students, and the government’s responsibility is to ensure that the system in which they learn is adequately funded.

We will continue to monitor the impact education funding cuts are having on the system. We are asking for your input to help illustrate the reality of today’s classrooms in the wake of two years of cuts.

School board elections are on the horizon. School board members play a key role in public education. Make sure you cast your vote on October 20 and encourage others to do so as well. Better yet, have conversations with the leaders in your community who are running for office to make sure they have a sincere interest in public education, and want to make a difference in the lives of children and young people. Nova Scotia’s 123,485 students deserve more champions to advocate for their education.

The NSTU continues to offer many professional development opportunities every school year. Sessions to meet specific needs can be arranged. We are looking forward to October Conference Day on October 26. Please visit our website at www.nstu.ca to view the complete Professional Association conference program offerings or call Central Office at 477-5621 or 1-800-565-6788 for more information on any of our professional development opportunities.

We are here for you. If you have any questions related to the NSTU, please contact your NSTU representative at your school or campus, talk to your Local President/RRC Chair, or call/email Central Office. This is YOUR union. Attend a Local general meeting or get involved in your Local.

As the new NSTU President I am honoured to have been chosen to represent such dedicated, caring professionals. I look forward to serving you over the coming year.

Here’s to a healthy, safe and successful school year.

Sincerely,

SHELLEY L. MORSE
NSTU President



people

NSTU appoints executive staff officer

The NSTU welcomes Deborah McIsaac as the newest member of the NSTU executive staff. She was appointed as Executive Staff Officer, Professional Initiatives effective August 1, 2012 filling a vacancy created by the pending retirement of Executive Staff Officer, Ron Brunton. She is responsible for coordinating curriculum, PD initiatives, special education, council resolutions, research and data analysis.



McIsaac has been a teacher with the Cape Breton-Victoria Regional School Board for the past 26 years, and most recently served as the Coordinator of Secondary Programs for the Board. She was also the Coordinator of Human Resources for the CBVRSB in 2010-11. She has been an elementary, junior and senior high teacher, teaching various programs including English, Health/PDR, Geography and Entrepreneurship, and was a vice principal of Breton Education Centre. She spent 10 years in guidance and counselling at all three levels, including being Sydney Academy's guidance counsellor from 2002-2008. She has been an active NSTU volunteer serving on the NSTU's provincial executive from 2004 to 2008, as an Insurance Trustee from 2008-10, and member of the PDAF committee from 2002-04. While serving on the provincial executive, she served on the personnel committee and was liaison to the Professional Association Coordination Committee, in which she also served as chair. She was also very active in the Nova Scotia School Counsellors Association as director, president and past president. She holds a Master of Education (Administration), B.Ed. and BA from St. FX. University, and diplomas in Curriculum Studies and Educational Counselling from Cape Breton University.

STAFF PROFILE: Khrista Jeffrey Supervisor of Office Services

Khrista Jeffrey has been a member of the NSTU staff for 24 years beginning as the NSTU receptionist the day after she graduated from St. Patrick's High School in Halifax. As the Supervisor of Office Services, her responsibilities include assisting the Business Manager, coordinating air travel, internal office systems and services, internal technology and network administration, and procurement of office supplies and services. She has worked in the member services division of the NSTU and spent 14 years working in insurance, benefits and pensions before her position of Supervisor of Office Services was created six years ago.



"My favourite part about working at the NSTU, is the people," she says.

In her spare time she likes to exercise, read, go for walks and engage in lifelong learning. Jeffrey has diplomas in Business Administration (Mount Saint Vincent University), and Human Resources & Labour Relations (Athabasca University) and is enrolled in a post-diploma Bachelor of Human Resources and Labour Relations program at Athabasca. She is also studying to write the national exam to become a Certified Human Resources Professional (CHRP) candidate and is a member of the Human Resources Association of Nova Scotia.

Jeffrey's most influential teacher was Peter Rackham, Grade 8 English. "He made learning fun and so many things he taught me back then have stayed with me over the years," she comments.

She recalls how he would use humour to help students make connections with word definitions. "Take the word melancholy. He would say 'if you had a head like a melon and a face like a collie you'd be sad too'."

She hopes to accomplish many great things in the upcoming year.

NSTU hosts CEPA conference

This past July, the Nova Scotia Teachers Union hosted the annual Canadian Educational Press Association (CEPA) conference and annual general meeting. The event brought 14 delegates from teacher associations across Canada to share ideas and experiences in education, communication, and public relations. Sessions included Social Media and Digital Diplomacy, Ethics in Social Media, Digital Citizenship and Citizen Journalism.



Every year CEPA gives Golden Leaf Awards to honour outstanding contributions to educational publications and public relations programs. This year, Yvette d'Entremont, teacher at École secondaire de Par-en-Bas, was recognized for her article *Bienvenue à Café Paris!* in the Spring 2011 edition of *Aviso*. This year's award brings the magazine's total to 57. NSTU was also awarded a Golden Leaf Award for Public Relations-Media Campaigns and Broadcast Advertising for its *Cut to the Core* campaign.

CEPA has sponsored the Golden Leaf Awards since 1994, and has been providing excellence in educational publishing for over 40 years. It provides a national identity in educational communications, assists members in their professional development, and offers networking opportunities with colleagues across Canada. Members of CEPA work for teacher organizations across Canada as public relations/communications professionals and/or writers, editors and publications managers. Next year's conference will be hosted in Ottawa by the Canadian Teachers' Federation.



ISSN 0382-408X

Managing Editor: Angela Murray / Advertising & Layout: Sonia Matheson

An online only publication appearing 15 times per year (September-June) by the
Nova Scotia Teachers Union

3106 Joseph Howe Drive, Halifax, NS B3L 4L7

Phone: 902-477-5621 | Fax: 902-477-3517 | Toll free: 1-800-565-6788

email: theteacher@nstu.ca | website: www.nstu.ca

The publication schedule and advertising rates for the
2012-2013 school year are available on our website.

The opinions expressed in stories or articles do not necessarily reflect opinions or policy of the
Nova Scotia Teachers Union, its staff or elected provincial representatives.

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

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NSTU hosts CTF AGM with special guest the Right Honourable Paul Martin

The Right Honourable Paul Martin joined over 100 educators from teacher organizations across the country at the 2012 Canadian Teachers' Federation's (CTF) Annual General Meeting July 11 to 13 in Halifax. Hosted by the Nova Scotia Teachers Union the theme was *Teacher organizations: Charting the course for democracy*.

"The former prime minister reiterated for me that Canadians must realize that before we point to areas around the world where citizens are neglected and mistreated we should look at protecting all Canadian children, provide them with the basic necessities of life, safe living conditions, adequate food and housing, and an adequately funded education system in which they can learn to the best of their potential," says former NSTU president Alexis Allen, who was also a member of the NSTU CTF-AGM organizing committee.



March of provincial flags.

The three-day conference started the evening of Wednesday, July 11 as union and association presidents were piped in and lead by an RCMP Red Surge. They proudly carried the flags of their provinces and territories into the summit room. The night continued with a special presentation on a joint research report of the Canadian Education Association (CEA) and the CTF: *Teaching the Way*

We Aspire to Teach: Now and in the Future. It paints a national picture of who teachers are and articulates the support they need to teach at their best. The research involved extensive input from over 200 teachers who participated in CEA focus groups across the country and over 4,700 teachers who responded to a CTF online survey.

The Women's Caucus took place Thursday morning with special guest Diane Redsky, project director for the Task Force on Human Trafficking of Women and Girls in Canada. The AGM commenced with The Right Honourable Paul Martin speaking about his charitable organization, Aboriginal Initiatives (<http://mai-iam.ca/>) that supports education for Aboriginal students across the country.

It was NSTU CTF delegate Meg Ferguson's first CTF AGM, since being elected CTF delegate at NSTU Annual Council last May. "Being a CTF delegate enabled me to learn more about what's happening across the country. I found it fascinating to see how other teacher organizations are structured and function," says Ferguson, who is also the Halifax County Local president. "It was an enriching and rewarding experience



Paul Martin and Shelley Morse

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for me, as we celebrated and shared what we are doing well in this profession across the country.”

Thursday ended with Nova Scotia Night at the Canadian Museum of Immigration at Pier 21. Delegates were greeted by piper Lorna Kennedy and highland dancers from the Nova Scotia Highland Dance Association. Lobster dinner was served while young pianist Ashton Wisener and Acadian songstress Sonia Losier entertained. After dinner, folklore enthusiast Clary Croft performed followed by Celtic Fusion who wowed the crowd.

Highlights of Friday included a session on Education as a Public Good, federation elections and resolutions. “As Canadian educators, and members of CTF we must guard and protect public education, which is after all the great equalizer for all children. Working collectively we



Seated (l-r): Meg Ferguson, Alison MacPherson, Tim MacLeod, Shelley Morse, Marlene Boyd and Bill Redden.

can ensure that we protect free public education in every province and territory in this country,” says former NSTU president Alexis Allen.

NSTU president Shelley Morse was a delegate at the event. “Hosting the CTF AGM was a great way to showcase all of the important work we’re doing here in Nova Scotia,” she says. “I commend the work of our organizing committee and the many volunteers who worked incredibly hard on this event. We’ve received accolades from our colleagues across Canada about how much they enjoyed the Nova Scotia experience.”

The NSTU CTF-AGM organizing committee consisted of the following: former NSTU president Alexis Allen, along with NSTU members Alison MacPherson (Pictou Local), Tim MacLeod (Halifax County Local), and Cathy Reimer (Kings Local). The lead staff people were special events facilitator Audrey Cuvilier, business manager Maureen Smith and executive director Bill Redden. Volunteers included: NSTU members Meg Ferguson, Marie Hawley, Keri Butler, Sue Baldwin, Dan Campell, Paul Boudreau, Peter Myatt and retired members Debbie Mitchell, Colleen Putt, Marg MacDonald, Lynn Simms and Peter Myatt. Executive staff members also assisted with various roles during the week.

The John Huntley Memorial Internship Program

The deadlines for applications for the John Huntley Memorial Internship Program for the 2012-2013 school year are September 15, November 15, February 15 and April 15.

Applications for active NSTU members are available through your NSTU rep, on the NSTU website at www.nstu.ca or at Central Office 477-5621 or 1-800-565-6788.

The internship provides members with an opportunity to learn more about the NSTU.

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NSTU Leadership Skills Development Institute 2012

More than 160 union members continued to develop their leadership abilities at the 2nd Annual NSTU Leadership Skills Development Institute August 14-16. This is the eighth summer in a row that the two-day leadership conference was held at St. Francis Xavier University. Last year, the format of the conference changed in response to the changing needs of the organization, in particular with respect to the demographic shift from late to early career teachers.

"The structure allows members to participate in sessions relative to their individual leadership requirements," says NSTU president Shelley Morse. "The focus is in providing skills training that complements and supplements participants' volunteer roles within the NSTU while also providing support in helping participants become more effective educational leaders."

Twenty workshops were offered under six strands: Communication; Inside the NSTU; People Skills; Contractual; Educational Leadership; and Finance. Concurrent workshops included: Public Relations Strategies (Communication); Work Stoppages, Teachers Collective Bargaining Act (Inside the NSTU); Understanding and Working with Others (People Skills); Collaborative Professional Relationships (Educational Leadership); and Budgeting (Finance).



Myles Ellis was the keynote closer for NSTU's Leadership '12.

"This Institute is a great vehicle for the NSTU in helping our volunteers prepare for the coming school year, but enables us to engage our youngest and newest members, as they network, expand their knowledge of the NSTU and develop and hone their leadership expertise," continues Morse.

Canadian Teachers' Federation Acting Deputy Secretary General Myles Ellis provided the closing session: Putting the "public" back in public education: the role of teacher unions as advocates. "Democracy as we know it is in jeopardy," he says. "You are in the vanguard of defense from those who would corrupt it." Ellis outlined the demise of public education and public institutions in the US and urged teacher organizations to continue the public promotion of the belief that a strongly funded public education system is essential to sustaining democracy.



Lunenburg County Local members Jaylene Chase and Raymond Aucoin (top) and Halifax County Local members Preman Edwards and Turk MacDonald are shown doing some group work during one of NSTU's Leadership 2012 workshops.



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We all know teachers work long hours that involves standing continuously on a daily basis. What you may not know is you can implement strategies to rest and recover your legs and feet from overuse.

The health of your legs and feet can be at risk with the ultra marathoning you do. Not taking time to recover after the day, or working in some preventative strategies throughout the day, can contribute to the risk. The term "accidental athletes" has been used to describe teachers because they work out their legs and feet to the same level of many athletes. You are performing all of this activity unintentionally, not even realizing the impact on your body. This high performance daily activity will lead to angry muscles and joints that have been over worked and over stimulated. It's the equivalent of running a marathon and the response is fatigue, soreness, and restlessness.

Beyond simple fatigue and discomfort, more serious health effects can result from working on your feet. Some of these include plantar fasciitis and heel spurs, orthopedic changes in the feet (e.g. flat feet), restricted blood flow, swelling in the feet and legs, varicose veins, and increased chance of arthritis in the knees and hips.

What can cause these health issues?

- **Joint Compression:** Gravity compresses your joints. Each body part is squeezed by all of the sections of the body above it. Your feet are compressed by the weight of your entire body.
- **Postural muscle fatigue:** Postural muscles keep your body upright while you're standing or walking. Standing or walking for prolonged periods forces these muscles to work without a rest. Without rest these muscles become tired and worn out, resulting in pain or tenseness.
- **Inadequate venous blood return in the legs:** Gravity pulls blood down into your feet. Blood is pushed back up to your heart through recurring muscle contractions, often called a 'muscle pump'. If the muscles are occupied in one lengthy contraction to keep you standing, they cannot fabricate a 'muscle pump' effect.
- **Shock transmission from heel impact on the floor:** With regular walking, your heel strikes on the floor with a force of 1.5-2 times your body weight. This impact can lead to microscopic damage to the soft tissue of your feet. With insufficient rest (i.e. sitting), these microscopic traumas can lead to injury.

What can you do to promote the health and well-being of your legs and feet?

- Try to arrange your work activities so you can **alternate between standing and walking, with sitting**. Incorporating periods of sitting throughout the day is a great way to rest and recuperate. Your chair supports your body, giving your legs and feet a break. Consider sitting or perching on a stool for positions that traditionally require standing. If on a high stool, you can still easily be seen by all your students, capturing their attention. With smaller classes, it may be possible to rearrange student seating so you may sit on a classroom chair but still be easily viewed by all your students, i.e. semi circle.
- If sitting is not an option, there is still an advantage from alternating between standing and walking as walking has a muscle pump effect to increase blood flow and can somewhat counteract the effects of working on your feet.



- **Shift your balance** between feet. This allows one leg to rest while the other supports your body. This also increases blood flow in the legs. You could also try standing with one foot raised on a box or small stool. This posture moves your weight forward from the heel to the ball of your foot.
- **Wear supportive foot wear** and consider the use of insoles or orthotics. Using insoles or orthotics is similar to having an anti-fatigue mat inside your shoes. The benefit is that you can take your mat anywhere you go. Insoles will change the fit of your shoe so it may be necessary to buy both shoes and insoles at the same time to ensure an appropriate fit. Always ask your treating health professional if you have concerns about your insoles or orthotics. You may consider buying a new pair of shoes as this can achieve the same effect. As shoes break down, their shock absorbency decreases and may provide little or no protection against the effects of working on your feet.

Consider the following when purchasing shoes:

- Wear shoes that do not change the shape of your foot.
- Shoes should have a firm grip for the heel, but allow freedom to move the toes. Your feet should not slip inside your shoes. Such instability can lead to soreness and fatigue. Shoes with laces allow more control of how your shoe fits.
- Wear shoes with arch supports.
- Shoes with flat soles are not recommended. Your heel should be elevated by at least 1/4-inch.
- Shoes with heels higher than two inches are also not recommended.

So, all of you teachers, ultra marathoners, accidental athletes, please pay attention to the health of your legs and feet. Reduce your risk of injury from working on your feet.

To learn more about how you can improve the health of your legs and feet if you're standing on the job, please visit: www.ohcow.on.ca/resources/...on...feet/working_on_your_feet.htm or contact the staff at NSTU's Early Intervention Program for Teachers at eip@nstu.ca, local 477-5621, or toll free 1-800-565-6788.

did you
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Be Well@nstu.ca.

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



NSTU members march in Pride Parades

As part of the awareness campaign about sexual minority issues in education, and in its efforts to create safe and caring schools for all students and staff, the NSTU continued its participation in Pride Parades in Nova Scotia. This summer the NSTU marched in the Cape Breton Pride parade on August 11 in Sydney. The NSTU also had presence in the 25th Annual Halifax Pride Parade on July 28.



Above are students from various high school GSAs in the Cape Breton-Victoria Regional School Board who joined NSTU members for the Cape Breton Pride Parade.



NSTU president Shelley Morse (far left) was joined by provincial executive members, Local presidents and other active NSTU members for NSTU's participation in Halifax's Pride Parade. This year the NSTU rented buses to be used in both the Halifax and Cape Breton Pride celebrations.

Check out the **Deals and Discounts** for NSTU Members on the NSTU website at www.nstu.ca



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- Canadian passport valid until at least December 2013, at the time of application (proof that a passport application has been made will be accepted)

PO is a volunteer experience. Administrative, travel, and living expenses are borne by CTF, provincial and territorial teachers' organizations (which are CTF members).

No salaries or honoraria are paid to participants in PO and the sponsors do not cover costs associated with substitute teachers or release time.

Further information and application forms are available from Gail Doucette, NSTU, 3106 Joseph Howe Drive, Halifax, NS B3L 4L7; www.nstu.ca or 902-477-5621, 1-800-565-6788 or www.ctf-fce.ca

APPLICATION DEADLINE: NOVEMBER 9, 2012

CTF'S INTERNATIONAL PROGRAMS: Together We Make a Difference!



Students participate in Historica's War of 1812 quiz

by Danielle Cyr

Did you know Laura Secord is more than just a chocolatier? Kathleen Lingley's Grade 10 students from Prince Andrew High School knew that answer and many others as they competed at a War of 1812 quiz show this past June at the Maritime Museum of the Atlantic.

"The students really enjoyed the interactive Twitter feeds, the chance to compete and share their knowledge, and to get outside of the classroom and tour a museum in their city," says Lingley. "They had a lot of fun doing things that were 'outside the normal' class activities."

The quiz show was part of Historica Dominion Institute's War of 1812 Bicentennial Education Campaign, which used engaging, interactive activities to educate students about this important part of Canadian history. Lingley's students competed at the event even though the topic isn't a part of their class curriculum.

"The War of 1812 is a topic that we study in Canadian History but the group that I brought was the Grade 10 Ancient History class," said Lingley. "We treated it as an enrichment opportunity."

Four students from Lingley's class competed against four of Chris Fabuert's students from Caledonia Junior High. The two teams faced off answering questions about the War of 1812. Using memorial bells to buzz in, the teams went answer for answer until the final tiebreaking question. Lingley's Prince Andrew students came out on top.

"I really enjoyed competing and learning about the War of 1812," said Prince Andrew student Amanda Clack. "Being Canadian, you could feel a real connection to it."

Faubert and his students were equally impressed with their own showing.

"I enjoyed the fact that students from our school who attended were supportive of our group on stage and represented our school positively," said Faubert. "I think our students enjoyed competing against and almost defeating a team from a high school."

Both teachers found out about the opportunity when their schools were notified by the Historica Dominion Institute. Lingley and Faubert used resources from The War of 1812 Education Guide to help students prepare.

"We spent time outside of class preparing for the quiz show and discussing some of the issues surrounding the War of 1812 and the larger context," said Lingley. "I was really impressed with how the students took the initiative to learn the material and engage in a historical topic. It showed me how keen they are and how they have an interest in learning in and outside the classroom."

The quiz show gave students the opportunity to learn outside of their normal classroom setting. Part of the event allowed students in the audience to Tweet answers on an interactive screen as questions were being asked. After the quiz show East Coast rockers The Motorleague performed their own musical renditions of celebrated Heritage Minutes like Laura Secord and The Medium is the Message. The day finished with Lingley, Faubert and their students touring exhibits at the museum.

"Being able to see the Halifax Explosion and Titanic exhibits really interested them. They were able to make connections between the place that they live and important historical events," said Lingley "I think that was a powerful experience for them."

Both Lingley and Fabuert agreed the experience was very rewarding for their students.

"For those that are into history, it exposed them to things about Canada's past that they don't normally get exposure to in the junior high curriculum," said Faubert.



Pictured above (l-r): Alex Melvin, Amanda Clack, Prince Andrew High School Grade 10 teacher Kathleen Lingley, Jamie Swinimer and Justin Gollop.

Provincial Professional Development Day

October 26, 2012

Complete listings of the conference offerings are accessible on the NSTU website.

While we encourage all members to have an NSTU web account, please be advised that access to the online registration is **NOT** dependent on having one. **ANY** email address will gain you access to the registration forms. The advantage to accessing the form with an NSTU username and password, plus confirmation of your identity with either your professional or NSCC employee number, is that your personal information will be automatically entered into the registration form.

If you do not already have an account and would like to take advantage of this feature, please email webaccounts@nstu.ca (the email should include your full name, including middle name, and your professional or NSCC employee number) or phone NSTU Central Office 477-5621 or 1-800-565-6788.



2012 First Vice-Presidential Campaign Expenses	
<i>Marlene Boyd</i>	
Posters, Business Cards, Note Pads, and Door Knockers	\$443.90
Promotional Items	\$272.37
TOTAL.....	\$716.27

2012 First Vice-Presidential Campaign Expenses	
<i>Alison MacPherson</i>	
Posters.....	\$46.17
Pins.....	\$51.18
Paper & Labels	\$24.89
Promotional Items	\$702.95
TOTAL.....	\$825.19

Twitter, Technology and Teaching

by Danielle Cyr

Being able to use Twitter in class would be a dream for many students. For Shelly Tulloch's Grade 6 class at Bedford South School, it isn't just a dream, it is reality. Twitter is just one of the many ways Tulloch is using social media tools to help teach her students and keep up with her ever changing classroom.

"The demands are increasing on classroom teachers. Whether it is class size, differentiation, or special needs," says Tulloch. "There are so many demands to ensure student success and the only way I can do it is with the help of technology."

Social media technology connects her students' learning with life outside of the classroom. Through her class Twitter feed she updates homework assignments. She not only uses technology to aid her own teaching, but also uses social media tools to help students express themselves and teach others. She has a class blog that she uses to efficiently connect students' parents, family and friends to the work students are doing in class.

"Showing students how they can blog and put their work out for others to see has been really exciting. It flattens those classroom walls and makes them realize that our classroom is so much bigger than Bedford South," she says. "It has also been great to communicate with parents on a daily basis rather than a monthly newsletter. It opens up a different dining room discussion for families and gives parents and kids a common language to communicate in."

Tulloch is the lead in starting a project at Bedford South called STEM (Science, Technology, Engineering, Mathematics) NS which looks to transform teacher-centered classrooms. STEM promotes problem solving, discovery and exploratory learning through the STEM subjects. Tulloch encourages her students to use different forms of technology to express themselves. For example, doing a language arts project through video or using Twitter to ask questions and look for answers to solve problems. Above all, Tulloch allows and encourages her students to facilitate their own learning. Most recently, students added an iPad library to their school.

"There is a lot of talk of cuts to budgets, teacher allocations and resources and kids get that," says Tulloch. "They know schools don't have a lot of money so they thought how can we enrich our school experience ourselves? The kids gave up their lunch hours and completely committed to it."

The Grade 6 classes at Bedford South created their own socially responsible business with different departments. Students wrote job applications saying why they wanted to be a part of each section. Tulloch and her associates treated it like a real business and the students rose to the challenge.

"It was unbelievable," she says.



Shelly Tulloch

Tulloch uses technology as a vehicle and motivator to teach problem solving, critical thinking, lifelong learning and even curriculum outcomes.

"It's not just about the sake of technology but it is about maximizing learning potential for students and keeping them engaged. That is what really excites me, the engagement you see when kids are given a different way to learn," she says.

Tulloch fully supports the use of technology in the classroom and encourages educators to use it as a tool to help their teaching.

"I think a lot of teachers see it as an add-on for their day and think it is so overwhelming because they think they can't possibly work any harder than they already are," she says. "I think my best advice for teachers is that you don't have to work harder, you have to work differently."

Bedford South has fully embraced this philosophy and will see a new program take flight this school year. Instead of reading buddies, STEM buddies will be introduced seeing older students introduce Science, Technology, Engineering and Math to younger students. Tulloch is looking forward to another year of learning for her students and for herself as they take on the ever changing realm of technology together.

You can follow Tulloch's homeroom class on Twitter at [@6Tulloch](#)

NSTU Provincial Executive Meeting Dates

2012

• September 21-22 • October 19

• November 30 - December 1

2013

• January 17-18 • February 28 - March 1

• April 5-6 • June 7-8



Congratulations to our book winners from June!

FRESH: *Top Tunes for Teaching*

JOEL CHIASSON of CSAP

EQUITY: *Culturally Proficient Instruction*

ANGELA N. CARTER of HRSB

PD: *Teacher Leader Stories — The Power of Case Methods*

MICHELLE CURLEY of HRSB



NOVA SCOTIA TEACHERS UNION

2012 - 2013 COMMITTEES



The NSTU Nominating Committee would like to thank the 79 members who applied for NSTU Provincial Committees. Thirty-seven positions were filled based on a number of criteria including: regional representation; experience in Union activities; curriculum/grade level representation; and gender representation. The Committee encourages members to continue to apply for NSTU committees.

*With the exception of the Resolutions Committee, the following list does not contain committees appointed at Annual Council or those members serving on external committees. **This list is current as of August 1, 2012.***

STANDING COMMITTEES

ADMINISTRATIVE

FINANCE & PROPERTY COMMITTEE

John Helle, Chair, Secretary-Treasurer; **John Sperdakes**, Pictou (2013); **Lana Pothier**, Annapolis (2014); **Lori MacKinnon**, Yarmouth (2014); **John Driscoll**, Executive Member; **Melanie Waye**, NSTU Financial Officer; **Maureen Smith**, NSTU Business Manager; **Bill Redden**, NSTU Executive Director

GOVERNANCE & POLICY COMMITTEE

Angela Gillis, Halifax; **Pat Hillier**, Chignecto; **Tammy Landry**, Strait; **Bill Bruhm**, South Shore; **John MacKay**, Tri-County; **Jacinta Gracie**, Cape Breton; **Kim Frank**, Annapolis; **Louis Robitaille**, Community College; **Shelley Morse**, NSTU president; **Bill Redden** and **Debbie McIsaac**, NSTU staff liaison

NOMINATING COMMITTEE (EXECUTIVE MEMBERS)

Bill Bruhm, Chair; **Cindy MacKinnon**, **Tammy Landry**, **Mark Savoury**, **Paul Boudreau** and **Bill Redden**

PERSONNEL COMMITTEE (EXECUTIVE MEMBERS)

Allister Wadden, Chair; **Gerry Alley**, **Wally Fiander**, **Sheila Hawley** and **Bill Redden**

PROGRAM

COMITÉ DE PROGRAMMATION ACADIENNE

Shelia Henderson, Chair (2013); **Ian LeBlanc**, (2013); **Cécile Thériault**, (2014); **Marc Poirier**, (2014); **Ian Comeau**, Executive Member; **Gérard Cormier**, NSTU staff liaison

CURRICULUM COMMITTEE

Grant Frost, Chair, Halifax County (2013); **Cathy Doucet**, Colchester-East Hants (2013); **Joyce Lively**, Cape Breton District (2013); **Tanya Sampson**, Richmond (2013); **Sophie Pedneault**, CSANE (2014); **Sarah Tutty**, Queens (2014); **Steve Trussoni**, APSEA (2014); **Pat Hillier**, Executive Member; **Debbie McIsaac**, NSTU staff liaison

EQUITY

Alex Oickle, Chair, Lunenburg County (2013); **Stacy Thorburn**, Queens (2013); **Nadine Arnold**, Colchester-East Hants (2014); **Robert Lelievre**, Inverness (2014); **Ben Sichel**, Dartmouth (2014); **Sandra Guinan-Donaldson**, Halifax County (2014); **Sally Capstick**, Executive Member; **Gérard Cormier**, NSTU staff liaison

MEMBER SERVICES COMMITTEE

Marlene Boyd, Chair (1st vice-president); **Myla Borden**, Pictou (2013); **Jed Corbett**, Cape Breton District (2013); **Bill Murphy**, Antigonish (2013); **Diane Raoul**, Guysborough County (2013); **Leslie Soulsby**, APSEA (2013); **Peggy Joiner**, Community College (2014); **Louis Robitaille**, Executive Member; **Janine Kerr**, NSTU staff liaison

PENSION COMMITTEE

Calvin Peters, Chair, Halifax County (2013); **Gary Schmidt**, Hants West, (2014); **Elizabeth Thomas**, Digby (2014); **Dayna Enguehard**, Cape Breton District (2015); **Bernard LeBlanc**, Richmond (2015); **Hope Lemoine**, Cumberland (2015); **Albert Johnson**, RTO Representative; **TBA**, Pension Board Liaison; **Paul Boudreau**, Executive Member; **Joan Ling** and **Allan MacLean**, NSTU staff liaisons

PROFESSIONAL DEVELOPMENT COMMITTEE

Roland Hannem, Chair, Yarmouth (2013); **Catherine McCarthy**, Halifax County (2013); **Lee Goreham-Smith**, Shelburne (2013) 1 year term replacement; **Tami Cox Jardine**, Hants West (2014); **Nancy Doyle**, Pictou (2014); **Andrew Pedersen**, Cape Breton District (2014); **Kim Frank**, Executive Member; **Betty-Jean Aucoin**, NSTU staff liaison

PUBLIC AFFAIRS COMMITTEE

Jo-Leigh MacPhee, Chair, Kings (2013); **Kevin Pearle**, Hants West (2013); **Robert George**, Colchester-East Hants (2013); **Brennan Goreham**, Shelburne (2014); **Tim MacLeod**, Halifax County (2014); **Ian Comeau**, **Wally Fiander**, and **Shawn Hanifen**, Executive Members; **Simon Wilkin**, NSTU staff liaison

PUBLIC RELATIONS COMMITTEE

Bernadette Julian, Community College (2013); **Mark MacPhee**, Halifax County (2013); **Lynn Simms**, Lunenburg County (2014); **Paul Syme**, Kings (2014); **Mark Savoury**, Executive Member; **Angela Murray**, NSTU Public Relations & Communications Coordinator and **Simon Wilkin**, NSTU staff liaison

SUBSTITUTE TEACHER COMMITTEE

Kathy Kerr, Executive Member and **Grant MacLean**, NSTU staff liaison.
To be appointed October 2012.

TEACHERS WITH ADMINISTRATIVE RESPONSIBILITIES

Michael Stewart, Chair, Lunenburg County (2013); **Marlene Johns**, Halifax County (2013) 1 year term replacement; **Paul Betuik**, Halifax City (2014); **Daniel Stephenson**, Colchester-East Hants (2014); **Stephanie Campbell**, Cape Breton District (2014); **Chris Nicholson**, SAA Representative; **Jacinta Gracie**, Executive Member; **Danny Eddy**, NSTU staff liaison

STATUTORY

APPEALS COMMITTEE

Peter Murphy, Chair, Northside-Victoria (2013); **Tim O'Reilly**, Halifax County (2013); **Pauline MacGillivray**, Pictou (2014); **Sean McLennon**, Cape Breton District (2014); **Laura McCulley**, Kings (2014); **Chris Doiron**, Dartmouth, (2014); **John MacKay**, Executive Member; **Bruce Kelloway**, NSTU staff liaison

OTHER COMMITTEES

INSURANCE TRUSTEES

Thérèse Forsythe, Chair, Kings (2013); **Stephanie Black**, Cape Breton District (2013) 3 year term replacement; **Sharon Midwinter**, Cumberland (2015) 3 year term replacement; **Phil Doucette**, Antigonish (2016); **Susan Noiles**, Halifax County (2016); **Wanda Rodgeron Fuller**, Yarmouth (2017); **Bruce Spares**, NSCC; **Joe MacEachern**, Department of Education; and **Joan Ling**, NSTU staff liaison

PROGRAM DEVELOPMENT ASSISTANCE FUND (PDAF) COMMITTEE

Erin Moser, Halifax County (2014); **Milton Bonnar**, Northside-Victoria (2015); **Alex Bruce**, Department of Education; **Roy Bourgeois**, Department of Education; and **Betty-Jean Aucoin**, Chair, NSTU staff liaison

PROFESSIONAL ASSOCIATIONS COORDINATION COMMITTEE

Jo-Ann Mumford, Chair, (NSTALL); **Rob Wigle** (EDANS); **Janine Boutilier** (SPAA); **Marlene Uguhart** (MTA); **Rick MacKinnon** (ATEC); **Debbie McVeigh** (AAE); **Cindy MacKinnon**, Executive Member; and **Betty-Jean Aucoin**, NSTU staff liaison

RESOLUTIONS COMMITTEE

Angela Gillis, Chair, Executive Member; **Jed Corbett**, Cape Breton District (2013); **Leon Swinkels**, Dartmouth (2013); **Shelley Luddington**, Halifax County (2014); **Dean Marchand**, Antigonish (2014); **Debbie McIsaac**, NSTU staff liaison

SHEONORAIL BOARD OF DIRECTORS

Bill Redden, Chair; **Darren Cummings**, Yarmouth (2013) 2 year term replacement; **Mary-Claire MacMillan**, Halifax City (2013); **Mary MacPherson**, Cape Breton District (2014); **Cathy Townsend-Fuller**, Kings (2014); **Liam Timmons**, Cumberland (2015); **Gail Walsh**, Retired Member (2015); **Kathy Kerr**, Executive Member; **Thérèse Forsythe**, Insurance Trustees; **Shelley Morse**, NSTU president; **Betty-Jean Aucoin**, Coordinator, NSTU executive staff officer

Negotiating Committee ready for public school negotiations



Above are members of the Negotiating Committee for this round of public school contract negotiations; front (l-r) Shelley Morse (President) and Marlene Boyd (1st Vice-President); back (l-r) Bruce Kelloway (NSTU Assistant Executive Director), Janine Kerr (NSTU Staff Liaison), Bill Murphy (Antigonish Local), Allison MacPherson (Pictou Local) and Bill Redden (Executive Director). The committee exchanged asking packages with the Department of Education on June 12, and on June 12 and 13, regional meetings were held in which the NSTU asking package was presented to NSTU members. The committee is in process of finalizing negotiating meeting dates with the Department. Updates will be provided through the Negotiations Bulletin.



MAKE IT A *Date* NIGHT

Treat yourself to a night out at Neptune Theatre! NSTU members save 20% off subscriptions and single tickets. Enjoy *Sweeney Todd*, *Elf*, *The Musical*, *Legally Blonde* and more! Packages starting at \$48.

aviso

Call for Manuscripts

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

AVISO, 3106 Joseph Howe Drive, Halifax, NS, B3L 4L7

Or email submissions to aviso@nstu.ca

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

Contributor guidelines are available to interested writers on the NSTU Website — www.nstu.ca

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

Original pictures or images related to submitted content are appreciated.

The themes for the 2012-2013 academic year AVISO editions are:

Fall – Teacher Unions in the 21st Century

Winter – Wellness/Self Management for a Healthy Soul

Spring – Supporting Our Boys and Girls in Education

Demande de Manuscrits

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

AVISO, 3106 chemin Joseph Howe, Halifax, NS, B3L 4L7

Ou bien envoyez vos soumissions par courrier électronique à : aviso@nstu.ca

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

Les directives relatives aux collaborateurs sont disponibles en consultant le site Web du NSTU — www.nstu.ca

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

Les photos/images originales reliées aux soumissions sont appréciées.

Les thèmes des éditions d'AVISO pour 2012-2013 sont les suivants:

Automne – Les syndicaux des enseignants au 21^e siècle

Hiver – Comment appuyer nos garçons et nos filles dans notre système d'éducation

Printemps – Bien-être/Gestion de soi pour un Âme en bonne santé

executive highlights

July 4, 2012

- Filed the table officers report;
- Appointed members to the Insurance Trustees and the Comité de programmation acadienne;
- Advertisement to be placed to fill two vacancies on the Comité de programmation acadienne; and for members to apply to serve on the ad hoc Committee on Member Engagement;
- Approved a recommendation from the Personnel Committee to appoint Debbie McIsaac as an Executive Staff Officer effective August 1, 2012;
- Approved the report of the Joint Committee;
- Selected the Executive Liaison for the Sheonorail Board of Directors;
- Approved a recommendation that the current Treasurer for the Colchester-East Hants Local continue in role for the 2012-13 school year;
- Approved the terms of reference and mandate for the ad hoc Committee on Member Engagement;
- Renewed agreement for Permits to Teach between the NSTU, Department of Education & the Conseil Scolaire Acadien Provincial for the 2012-2013 school year.

NOTICES

Discover Your Democracy through CTF's Imagineaction Program

Canada's democracy is well respected throughout the world, yet fewer and fewer young Canadians are voting. According to research, teachers can have a big impact in reversing this trend by educating, informing and engaging the next generation of voters through interactive, hands-on projects. In conjunction with the 2nd annual Canada's Democracy Week (September 15 to 22, 2012), The Canadian Teachers' Federation's Imagineaction will be offering a number of project supports for student-developed and student-led projects on "Discover Your Democracy – past and present". This pilot project window is offering a limited number of subsidies to support projects. Click here <http://www.imagine-action.ca/NewsArticle.aspx?id=12&lang=EN> to find out more.

Teachers' experience as infection control agents research published

Research conducted with Cape Breton elementary teachers, in cooperation with the Cape Breton-Victoria Regional School Board (CBVRSB), and in collaboration with Public Health Services, Cape Breton District Health Authority (CBDHA) has been published in the peer reviewed international journal *Phenomenology and Practice* (6), 1. The article can be accessed through www.phandpr.org. The research was funded by the Cape Breton Health Research Centre.

The objective of the project was to describe elementary teachers' experience of assuming the role of infection control agents and health promotion resources during the 2009 H1N1 influenza pandemic. Research and analysis were employed to describe the experiences, perceptions and beliefs of 11 elementary teachers working in Cape Breton at the time of the pandemic outbreak.

The researchers would like to acknowledge the cooperation of the CBVRSB, the CBDHA and the Nova Scotia Teachers Union and the funding provided by the Cape Breton Health Research Centre.

Give Thanks and Hope...



**Help Make Thanksgiving
One to Remember!**

**Peak Energy Chiropractic
2012 Annual Food Drive
Month of September**

**New patients who bring a bag of food
will receive their consultation
and examination for \$50.00 (valued at 150.00)**

Call 446-8100 to schedule your appointment.

**Thank you in advance for
helping others in need.**

Run for Diabetes

on Sunday, September 23rd in Halifax!



Walk or Run! Family Fun! Prizes! Refreshments!

Event starts at 8:00 am at
Studley Gymnasium, Dalhousie Campus
5K, 3K and Kids Fun Run

For more information, please contact Lauren at
902-453-4232 ext. 3241 or lauren.wilkie@diabetes.ca

Sign up today at www.runfordiabetes.ca



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Cash Store
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 Canadian
Diabetes
Association

coming events

September is...

Arthritis Month; Big Brothers Big Sisters Month; Breakfast for Learning Month; Childhood Cancer Awareness Month; Men's Cancer Health Awareness Month; Muscular Dystrophy Month; Ovarian Cancer Awareness Month; Thyroid Cancer Awareness Month; Learn @ Work Week (Sept. 19-23); National Prostate Cancer Awareness Week (Sept. 12-18); Scotiabank AIDS Walk for Life Week (Sept. 17-25); National Forest Week (Sept. 18-24); The Terry Fox Run (Sept. 16); World Alzheimer's Day (Sept. 21); International Day of Peace (Sept. 21); Police and Peace Officers' National Memorial Day (Sept. 25); World Heart Day (Sept. 28).

SEPTEMBER 15 TO 23

Scotiabank AIDS Walk for Life

The Scotiabank AIDS Walk for Life is a national event that raises awareness and funds to support direct programs and services for Canadians living with HIV/AIDS. As many as 68,000 people are living with HIV/AIDS in Canada. You can help... For more information, to register and to find a walk near you, visit: www.aidswalkforlife.ca.



SEPTEMBER 15 TO 22

Canada's Democracy Week

Canada's Democracy Week celebrates democracy and its positive impact on life in Canada. The week aims to get young people talking about democracy and the importance of voting. For more information and for lesson plans visit: www.democracy-democratie.ca.

SEPTEMBER 27

32nd Annual Terry Fox Run (National School Run Day - Sept. 27th)

The annual Terry Fox Run is coming into its 32nd year of celebrating a Canadian hero and raising money for cancer research. Each fall schools take on Terry's mission of finding a cure for all cancers as teachers and students participate in National School Run Day. For more information visit <http://www.terryfox.org/SchoolRun/>.

OCTOBER 10 - NOVEMBER 9

Habitat for Humanity Canada Writing Contest

Students in Grade 4, 5, or 6 can take part in the *Meaning of Home writing contest* in support of Habitat for Humanity Canada (HFHC). Five dollars is donated to a local Habitat for Humanity affiliate each time an entry is submitted. Students have the chance to win the grand prize of an iPad or the runner up prize of an iPod touch. For more information and full contest details visit: www.meaningofhome.ca.

2012
GERRY DEE **LIFE AFTER TEACHING**
COMEDY TOUR

September 20
Pictou, NS
deCoste Centre

September 21
Antigonish, NS
St. Francis Xavier Francis

September 22
Glace Bay, NS
Savoy Theatre

November 23
Halifax, NS
Rebecca Cohn Auditorium

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mr.d **Season 2 begins January 2013**
The world's best teacher. Just ask him.

Gerry DEE
TEACHING
IT'S HARDER THAN IT LOOKS

Available October 23, 2012
wherever books and ebooks are sold.

NSTU hosts CONTACT 2012

Seventy teachers from Atlantic Canada gathered at St. F.X. University in Antigonish for the annual CONTACT (Conference on New Techniques and Classroom Teaching) August 8 to 10, 2012.

“CONTACT brings teachers together to share best practices and ideas, reflect on experiences and celebrate teaching. It is one of the best opportunities for classroom teachers to network with their Atlantic Canadian colleagues,” says NSTU president Shelley Morse.

The Nova Scotia Teachers Union hosted this year’s conference presenting the theme *Cirque du School Eh!* Highlights of the event included the following plenary sessions: *Teaching: The Greatest Show on Earth*, presented by Paula Danyluk-MacDonald, principal at Caldwell Road Elementary; *The Cast of Characters: Synergy! It is the Key for Success*, presented by Danyluk-MacDonald and Meg Ferguson, Halifax County Local president; and *The Show Must Go On*, presented by Ferguson.

In addition to the plenary sessions, other sessions focused on practical, effective techniques to address issues such as the classroom environment, the engaging classroom, dealing with other adults in the classroom, and cyber bullying and digital citizenship.

CONTACT is a regional conference organized by the Nova Scotia Teachers Union, the New Brunswick Teachers’ Association, association des enseignantes et des enseignants francophones du Nouveau-Brunswick, Prince Edward Island Teachers’ Federation and the Newfoundland and Labrador Teachers’ Association. It provides teachers with the opportunity to remain current in their profession and make contact with colleagues from the Atlantic region.



Shown with NSTU president Shelley Morse (left) are members of the NSTU organizing committee for CONTACT at the Titanic inspired banquet: Mary MacPherson (Cape Breton District Local), Jenn Laudadio (Antigonish Local), NSTU PD executive staff officer Gérard Cormier, Effie Boutillier (Antigonish Local), provincial executive member Cindy MacKinnon (Pictou Local) and Nickki Calaghan (Antigonish Local).

New APSEA Local gets official start



Above are members of the APSEA executive that attended the NSTU Leadership Skills and Development Institute in August (left to right): Mary Currie (treasurer), Leslie Soulsby (vice-president of communications), Jim Parsons (first vice-president) and Andrew McCara (president). Other executive members include: Karen Keats (vice-president of professional development), and Dana MacLeod (secretary).

NSTU’s newest Local became an official entity on August 1, 2012. The APSEA Local represents NSTU members who work for the Atlantic Provinces Special Education Authority.

This Local includes approximately 100 NSTU members who work with students who have low incidence sensory impairments in Nova Scotia, New Brunswick and Prince Edward Island. They provide educational services, programs and opportunities from birth to age 21. Included are children and youth who are deaf, deaf-blind, hard of hearing, blind, or visually impaired.

“Our professional colleagues at APSEA provide substantial support for students, but are also a much appreciated resource for classroom teachers, school administrators and parents seeking assistance with adaptations to meet the needs of their students,” says NSTU president Shelley Morse.

APSEA members voted to send a formal request to the NSTU provincial executive to form their own Local at the end of the 2010 school year. During the 2010-11 school year NSTU’s provincial executive formed an ad hoc committee to review the request and at the December 2, 2011 provincial executive meeting granted APSEA Local status effective August 1, 2012.

Prior to having their own Local, APSEA members were members of two sub-locals depending upon what area of expertise in which they worked: DHH (deaf & hard of hearing) and BVI (blind and visually impaired). They were all attached to the Halifax City Local.

“The NSTU recognizes the unique situation of APSEA members being spread throughout three provinces. Having their own Local will enable APSEA members to become more active in NSTU affairs and provide them with a stronger voice among other NSTU members,” adds Morse.

APSEA is an interprovincial cooperative agency established in 1975 by joint agreement among the Ministers of Education of New Brunswick, Newfoundland, Nova Scotia, and Prince Edward Island.

**The deadline for the October 5th issue
of The Teacher is September 21st.**

Contact Sonia Matheson at

1-800-565-6788 | theteacher@nstu.ca



The NSTU Group Insurance Program - An Overview for New Members

The NSTU Group Insurance Trustees would like to advise that if you are a new NSTU member and have a term, probationary or permanent contract, you are eligible for benefits under the NSTU Group Insurance Plan. Please review the information below carefully to ensure you enroll on a timely basis and receive the benefits you wish.

The NSTU, through the NSTU Group Insurance Trustees, offer excellent coverages to active members of the Nova Scotia Teachers Union. Hopefully, this article will provide some useful information with regard to the coverages available.

Automatic Coverage for Every New Member

Provincial Master Life Insurance

A \$50,000 term life policy is available to all Active Public School Members, APSEA Members, and Community College Members. A Dependent Life benefit of \$3,000 for your spouse and \$1,500 for each dependent child is also included in this coverage.

The premium for this benefit is 100 per cent paid by each employer, therefore, there is no charge to the member for this coverage. As part of your financial planning, please review and ensure you have designated a beneficiary for your Provincial Master Life Insurance and any other Life insurance coverage for which you are insured.

Provincial Master Accidental Death & Dismemberment Insurance

As part of the Provincial Master Life Insurance coverage, a matching \$50,000 of insurance is included for Accidental Death & Dismemberment (AD&D).

As well, under the Provincial Master AD&D Plan there is a \$2,000 Critical Illness benefit. This benefit provides a one time lump sum tax free payment that may be payable to you, the member, if you are diagnosed with one of the following critical illnesses: Heart attack, coronary artery by-pass surgery, stroke, life threatening cancer.

Long Term Disability

Effective August 1, 2009, the NSTU Long Term Disability Plan is mandatory for new members and a new member is defined as an NSTU member who has obtained their first contract in Nova Scotia or a member being rehired and has not met any of the following categories:

1. You were previously automatically enrolled as a "new member" prior to August 1, 2009 and opted out of the program,
2. You previously applied for enrollment in the Long Term Disability Program and were denied coverage,
3. If you failed to enroll through past open enrollments and/or
4. You had previously requested to cancel coverage and were not on a leave.

This coverage provides a benefit based on 70 per cent of your gross monthly salary at the time your claim commences. This is a taxable benefit as the employer contributes to the cost of the premium.

The Long Term Disability benefit is integrated with CPP and the Teachers' Disability Pension. The qualifying period before benefit payments would commence is the greater of 90 calendar days or your accumulated sick leave.

The NSTU Long Term Disability Plan is cost-shared with the Employer at 50 per cent.

Resilience® – Employee and Family Assistance Program

Resilience® is an Employee and Family Assistance Program for Active NSTU Members who have a permanent, probationary or term contract. Through Resilience®, Members can reach a team of experienced counsellors from Homewood Human Solutions™ who will listen to the issue, offer sound advice and help you create an action plan to address issues. This program also provides Plan Smart and Career Smart Services which

includes Childcare and Parenting Caregiver Support Services, Elder & Family Care Services, Legal Advisory Services, Nutritional Support, and many others. This program is paid 100 per cent through the NSTU Group Insurance Trust Fund.

Funeral Expense Plan

The Funeral Expense Plan provided to NSTU members and eligible dependents under the age of 65 provides up to \$3,000 per funeral. This benefit is provided 100 per cent through the NSTU Group Insurance Trust Fund. The Funeral Expense Plan will terminate on July 31, 2014.

Employer Cost-Shared Benefits You Need to Enroll In

Total Care Medical

The Total Care Medical Program is a comprehensive supplementary Health Care Program available to all Active Public School Members, APSEA Members, and Community College Members and is paid 100 per cent by the employer. This program provides prescription drug coverage, semi-private hospital room, vision care, paramedical services, including physiotherapy and massage therapy, and many other benefits as outlined in the Group Insurance Profile you will receive. This benefit is not automatic. You may apply for this benefit at any time provided you are actively at work.

Total Care Dental

Similarly, the Total Care Dental Program provides comprehensive Dental Care coverage to NSTU members. Total Care Dental includes Basic Preventative Services, Major Restorative Services, and Prosthodontic and Orthodontic Services. The employer cost shares 65 per cent of the Basic and Major Restorative premiums of the Total Care Dental while the member pays 35 per cent for Basic Preventative and Major Restorative premiums, plus 100 per cent for Prosthodontic and Orthodontic premiums. You can enroll in the NSTU Total Care Dental Program once per year before October 15th. Also, new teachers have 31 days from the receipt of their new teacher package to enroll.

The current member cost for the Total Care Dental Plan is as follows:

Public School/APSEA Members

Single - \$16.92 per month – Difference paid by the Employer
Family - \$35.80 per month – Difference paid by the Employer

Community College Members

Single - \$18.18 per month – Difference paid by the Employer
Family - \$38.40 per month – Difference paid by the Employer

Hospital Cash

A Hospital Cash Benefit is provided to all NSTU members who are enrolled in the NSTU Long Term Disability Program. This coverage is a daily benefit of \$20.00 to an insured member when the member is in a hospital and under the care of a physician. This benefit will be paid from the first day of hospitalization, if hospitalized for at least four days. As with the Funeral Expense Benefit, this coverage is paid 100 per cent by the NSTU Group Insurance Trust Fund.

Optional Coverages Paid by Members

There are a number of optional coverages available to NSTU members that provide the opportunity to purchase additional insurance coverages through payroll deduction, such as, Optional Group Life/Spousal Insurance, Voluntary Accidental Death & Dismemberment, MEDOC® Travel Plan, MEDOC® Trip Cancellation/Interruption Insurance, Voluntary Critical Illness Insurance, and Home/Auto Insurance. These coverages are 100 per cent paid by the member and are offered at very competitive premium rates. Details on these programs are contained within the Group Insurance Profile.

This is a brief overview of the benefits detailed through the NSTU Group Insurance Program. Full details of your NSTU Group Insurance Program are contained within the Group Insurance Profile, which you should take the time to review carefully.

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).



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Group ID code: 62

JOHNSON

Home & Auto Insurance

Home and auto insurance is available through Johnson Inc., a licensed insurance agency. Policies are primarily underwritten by Unifund Assurance Company (Unifund). Unifund and Johnson Inc. share common ownership. Eligibility requirements, limitations and exclusions may apply. AIR MILES® reward miles awarded on regular home and auto insurance policies underwritten by Unifund. At the time the premium is paid, one AIR MILES reward mile is awarded for each \$20 in premium (including taxes). AIR MILES reward miles not available in SK, MB or QC. ®™ Trademarks of AIR MILES International Trading B.V. Used under license by LoyaltyOne, Inc. and Johnson Inc. (for Unifund).CAT.08.2012

resources

The Learning Resources and Technology Services Media Library is the place to go for all your multimedia curriculum resource needs!

Educational Videos: Our lending collection lets you borrow videos for up to two weeks; our duplication collection lets you buy videos for less than \$2 per title (we charge only for the price of the blank media used); and you can stream and download from our "Online Video Library", accessible from the new Education Portal (EduPortal) <https://edapps.ednet.ns.ca/eduportal/>

Order your own copy of our most popular DVDs with our online forms: http://lrt.ednet.ns.ca/media_library/express/Video_Express.shtml

Branching Out, the Public Schools Branch newsletter, is available online at <http://lrt.ednet.ns.ca/branching.shtml>

EBSCO Periodical database Available to all students and teachers in Nova Scotia, EBSCO provides a series of online bibliographic and full-text databases so that you and your students can find information, pictures and citations on curriculum related topics. EBSCO also 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. This database is accessible from any computer on the Ednet network without a password or from home with passwords that can be obtained from your school. <http://search.ebscohost.com>

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

Share.EDnet Launched in 2011, Share.EDnet has become a 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! <http://Share.EDnet.ns.ca> [English] <http://Ensemble.EDnet.ns.ca> [French]


And so much more! Visit <http://lrt.ednet.ns.ca> for more information on these and other resources and watch for our new website coming soon!



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(click on the IWALK icon)



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By Jack W. Singer, DFC

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Excerpts from Singer's memoir are featured in The War Amps documentary **The Boys of Kelvin High: Canadians in Bomber Command**. (DVD – \$14)

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**Provided By: Health Canada's Employee
Assistance Services Crisis Referral Centre**

Congratulations to the book winners of the novels by Cynthia d'Entremont.

Nancy Bradfield of HRSB wins **Oak Island Revenge**

Debbie MacDougall of CBVRSB wins **Unlocked**



Photo: Jim Parsons (APSEA)

The NSTU was involved again this year with the Halifax-Dartmouth and Districts Labour Day Council's Annual Halifax Labour Day March, Rally and Community BBQ, on September 3. Along with various provincial union leaders, NSTU president Shelley Morse spoke at the rally. Above are some of the NSTU members who participated in the day marching toward the South Commons Triangle on Bell Road.

classifieds

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

Non-members pay \$6.00 for the first 15 words & 25¢ per additional word.

To book, call **Sonia Matheson at 1-800-565-6788**

or email theteacher@nstu.ca

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TRAINING - No prerequisites. Perfect for school teachers to integrate yoga into their classroom. Yoga, breathing and meditations to live a more full life. Improves concentration and relieves stress. **Halifax, November 9th weekend, 2012.** See link below, any questions please call Sue Ducros 613-730-6374. www.yogastudio.ns.ca/childrens-ytt-radiant-child-yoga-program-30-hours-developed-shakta-kaur-khalsa

REGISTERED MESSAGE 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.

HOUSE FOR RENT - 3-bedroom bungalow, beautiful location in Valley/Colchester county. Very reasonable rent. Available immediately. Contact: Margie MacIntyre 902-897-6729.

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RENT - Tropical temperatures above 23 degrees year round! Close to beaches,

golf included, 2 pools, tennis, fitness centre, shopping. For details email pmccallum@hfx.eastlink.ca.

TEACHER EXCHANGE - I am seeking an exchange with an elementary teacher in the AVRSB. I hold a permanent elementary position in HRSB. Please contact Vaunda at vimaedonald@nstu.ca.

TEACHER EXCHANGE - A permanent Jr. High Physical Education/Healthy Living/Science Teacher in HRSB is looking to exchange positions with a similar teacher from the CCRSB for the 2013-2014 school year. A permanent exchange is possible. If interested, please contact cbarr@staff.ednet.ns.ca.

TEACHER EXCHANGE - An elementary resource teacher with the HRSB is looking for the same with the CBVRSB for the 2013-2014 school year. A permanent exchange is also possible. If interested, please email dl@staff.ednet.ns.ca.

TEACHER EXCHANGE - Permanent Senior High Phys. Ed and Math teacher with the HRSB is looking for an exchange with a teacher from the CBVRSB for the 2013-14 school year. A permanent exchange is possible. If interested please contact caper1976@hotmail.com

The NSTU is actively seeking membership for a couple of its committees. Applications will be accepted until

4:30 p.m. on Friday, October 12 for the **ad hoc Committee on Member Engagement** and the **Substitute Teacher Committee**.

Committees will be appointed at the October 19 Executive Meeting.

There are still two vacancies available on the **Comité de programmation acadienne**. The deadline for applications is October 14.

Forms are available on the NSTU website at

www.nstu.ca

Are you a new or returning substitute teacher?

Don't forget to fill out the Substitute Teacher Contact Information Form available on the NSTU website at www.nstu.ca (version française disponible)

PLEASE COMPLETE THIS FORM ANNUALLY TO ENSURE YOU REMAIN ON OUR MAILING LIST.