

50th anniversary of THE teacher



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NOVA SCOTIA TEACHERS UNION

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Budget Cuts to NSCC May Affect Ability to Train Shipbuilding Trades

The Nova Scotia Community College's ability to meet training needs for the upcoming shipbuilding contract will be in jeopardy if the government cuts its budget.

That's the message members of the Provincial Executive delivered to Marilyn More, the Minister of Labour and Advanced Education, when she appeared at the December 2011 meeting.

"Our budget didn't move last year and I am seeing the effect of that across the campuses," one member said. "I'm really worried we won't be in a position to meet the needs down the road and we are going to have to depend on the private contractors to do what I think we are already doing very very well."

"We want that training to take place at the College," echoed NSTU president Alexis Allen. "If we don't plan properly those new workers will not get the best training they can get. And that training can only come from the Community College."

But More could not promise anything about the budget.

"It's fair to say the Community College is expected - like all publicly funded institutions - to constantly review what it's doing and see if there are efficiencies in terms of how they do the work that they do," said More.

"Status quo is not an option, if you look around the world this kind of realignment and adjustment is happening in every single country," she continued. "We have to look at every single dollar that's being spent but at the same time we're not going to shoot ourselves in the foot. We know where the priority areas are and we're going to try and safeguard those as much as possible."

She also did not rule out private facilities taking on a bigger role. Unlike other provinces, the Nova Scotia Community College trains 90 per cent of all apprentices. She says that percentage may have to change due to



Damian Hall, Provincial Executive member - Community College; Marilyn More, Minister of Labour and Advanced Education, Alexis Allen, NSTU President and John Driscoll, Provincial Executive member - Community College.

increased interest.

"Because of the huge demands for so many trades people it may be a different

mix but there will always be pressure on the College to keep expanding because of quality of its training," said More.

Education Partners' press conference widely covered

NSTU received widespread media coverage after president Alexis Allen took part in a press conference with representatives from parents' groups, administrators and school boards on December 13.

Allen joined Gary Clarke (president, Association of Nova Scotia Educational Administrators), Vic Fleury, (president, Nova Scotia School Boards Association), Vanda Dow, (Nova Scotia Federation of Home and School Associations) and Natalie Aucoin, (La Fédération des parents acadiens de la Nouvelle-Écosse).

The partners held the conference to explain the impact of last year's cuts to schools across the province. They also warned that any further cuts in 2012 will be devastating. "The system is at a breaking point," Allen told members of the media. "Teachers are constantly being asked to do more with less, class sizes have increased because of the cuts to education this year with 346 fewer teachers in the system. How can schools and teachers be expected to address the diverse learning needs of all students without more support? The answer is clear: we simply cannot do it alone."

Parents spoke about the greater demand on them to fundraise for basic supplies that schools can no longer afford in their leaner budgets. These include things as

fundamental as white board markers and batteries for calculators.

ANSEA's Gary Clarke says superintendents like himself are faced with increasingly difficult decisions. He says just because enrollments decline, fixed costs of bussing and heating schools do not change.

Allen also introduced the NSTU's *Take an MLA to School* initiative. All of the province's 52 MLAs have been invited to spend a full day in a classroom to job shadow a teacher.

"We want them to experience school with fresh eyes to gain insight into how much schools have changed. We want them to see for themselves how very diverse and exciting our schools are today while at the same time seeing some of the challenges that exists."



Gary Clarke (president, Association of Nova Scotia Educational Administrators), Alexis Allen (NSTU president), Vic Fleury, (president, Nova Scotia School Boards Association), Vanda Dow, (Nova Scotia Federation of Home and School Associations) and Natalie Aucoin, (La Fédération des parents acadiens de la Nouvelle-Écosse)

Last Call for ViewFinders Participants

The application deadline for the NSTU's 2012 March Break Film Camps is extended until **February 1, 2012**.

High school teachers and students will spend a week working with film experts involved in the ViewFinders International Film Festival for Youth. Participants create three Public Service Announcements (PSAs) which may be seen on television. This year's topic will focus on the positive impact teachers make in the classroom.

This camp is sponsored by NSTU and all expenses are covered.

Please go to nstu.ca to apply today.

people

Kings Local hosts "Welcome Back" social



On October 5th, the Kings Local hosted its annual "Welcome Back" social in Paddy's Pub's Celtic Hall in Kentville. This was one of the Local's best attended events! Many new members were presented with NSTU pins by Local president, Shelley Morse. Members enjoyed snacks, networking time, great door prizes and even contributed a large number of items and cash for the valley Food Banks. Thanks to all who came out and helped spread the word of this event to members.

Pictured are front row - Ashley Ouellette (New Minas), Ashley Charleton (Berwick), Stephanie Patterson (Evangeline Middle School) and Kings Local president Shelley Morse. Back row - Dave Harrison (Northeast Kings Education Centre), Chrystal Pulsifer (Central Kings Rural High), Bruno Allard (Kings County Academy), Temma Frecker (Kings County Academy) and Leigh Muething (Kings County Academy).

Bidding for Youth

Many members of NSTU's equity committees took part in a fundraising auction for the Youth Project, a non-profit charitable organization dedicated to providing support and services to youth around issues of sexual orientation and gender identity.



Shown above are a few of the members who enjoyed the event; NSTU Professional Development Officer Gérard Cormier, Halifax County Local First Vice-President Meg Ferguson, Halifax Local First Vice-President Mark MacPhee and Provincial Executive member John MacKay.

Pictou Local hits the street



Members of the Pictou Local borrowed the kidsnotcuts.ca banner from the NSTU building for the New Glasgow holiday parade in November. Shown left to right are Alison MacPherson, treasurer; Ann Slater, VP of public affairs; Cheryl Claveau-Corbin (NSTU rep at A.G. Baillie Memorial School), Janice Gouthro (NSTU rep at Walter Duggan Consolidated School), Myla Borden, VP of Economic Welfare and Provincial Executive member Cynthia MacKinnon.

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NSTU Provincial Executive MEETING DATES

2012

- January 19-20
- February 23-24
- March 30
- April 26
- June 8-9

NSTU Holiday Commercial Shoot

Students from Oxford School in Halifax took part in the filming of the NSTU holiday commercial November 25. Standing are Nikaya Paris, Kali Robertson, Simranjeet Singh, Owen Williams, NSTU president Alexis Allen, Alexis Slaunwhite, Jessie Sison, Joji Imai, Brooke McNeil and Tom Gillis. Seated are Chelsea Slawter and Alex Ross.



Survey results show cuts are 'devastating' classrooms

Preliminary results of the NSTU's cutbacks impact survey predict a bleak future for Nova Scotia students if cuts continue again in 2012.

The survey is open to all members and is available at nstu.ca. It only takes a few minutes to complete.

Due to 2011 government cutbacks 346 teaching positions were lost along with another 200 support positions. Teachers say this is leading to crowded classrooms, all-time low morale as well as an inability to meet student needs.

Fifty-nine per cent of teachers say they are concerned about their class size this year. They see decreases in music, phys ed and resource. They also see a marked reduction in access to extra support.

"Students are becoming secondary in the education system. We spend more time and energy doing paperwork than we do teaching the curriculum," explains one teacher.

"It is absolutely ridiculous that education has to suffer," says another.

Another respondent adds, "The budget has cut deep and reduced spending to the point where instructional materials are at an all time low."

Respondents say the cuts are affecting those students most vulnerable; those with special needs, adaptations or on Individual Program Plans. Here are some sample comments from the many received:

"High needs students in combined classes do not get the needed individual supports required to allow for effective learning to occur."

"There is NO classroom support for teachers. Students who are on the cusp are falling through the cracks."

"Student needs continue to increase, but there simply are not sufficient resources to meet the needs of all students adequately."

"I am very overworked this year and struggling to maintain a good program because the level of needs of the students is quite high and the support is not there. Class sizes are bigger and there are little options for students."

"The budget cuts have seriously decreased the quality of programming for students with special needs. I continue to fight for increased support for my students. Personally, I feel that the needs of the students come a far second to

the budget demands of the Education Department. Status-quo is no excuse for not providing adequate supports so that all students meet personal potentials."

Workload is also becoming more of an issue than ever.

"Teachers are burned out and there is much discussion about leaving the profession."

"If you really ask around, everyone is feeling the cutbacks this year. Our staff room use to be really loud and happy, now it is usually empty."

"Our work load continues to increase yet our training and support continues to decrease. Changes need to happen NOW."

"Expectations are unreasonably high and workload is beyond words that I can use here."

Finally, NSTU members say there is nowhere left to cut.

"So far the teachers have struggled to keep up with the cuts - I have seen this. I have also seen what it is doing to them and their families. I have come back to the classroom after a time away and see them working so hard to ensure that

students are not seeing what reductions have occurred. What is scary is what will happen next. I constantly see teachers work all weekend on lesson plans because all day they are doing extra help and support for students and extracurricular events. I do this as well. If we cut more - where do we gain time to do more? I love my job and would do anything to help my students but time does not stand still for any of us. If we spend days, nights, and weekends already, how can we compensate for more cuts?"

"Our school has already been cut to the bone. We have cut everything in order to save jobs. If cuts continue this year, we will be looking at layoffs to permanent teachers and huge reductions in our course offerings."

"The cuts are devastating classes, and hurting course selection. Tiered schools are being developed through lack of programming."

**Please have your say.
Fill out the survey at nstu.ca**

**It is absolutely ridiculous
that education has to suffer.**



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TEACHERS PLUS INFO CENTRE

- 1 RRSP deadline is February 29, 2012.
- 2 2012 is the International year of Co-Operatives and Credit Unions.
- 3 Teacher Training Award deadline is January 23, 2012. Check our web site for more info.
- 4 This year Teachers Plus Credit Union Staff pledged their casual day monies to Breast Cancer and Adsum House.
- 5 We have in-vault safety deposit boxes to provide secure and safe storage for your important documents, valuables and keepsakes.
- 6 The holiday bills are starting to arrive...don't panic. Call our office, we are here to help you.

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from the nstu president

Fighting Education Cuts

Happy New Year everyone. I trust you had a peaceful and relaxing holiday break as 2012 is shaping up to be another year of challenges. The Minister of Education, Ramona Jennex, has indicated her NDP government will be staying the course on balancing the budget and that will no doubt mean more cuts to the education budget this year.

This is very bad news, as I know you are struggling as it is to meet the growing demands of individual learners. We've asked the education department repeated times for the official numbers on class sizes this year but so far we have only received very skewed data and not the raw numbers. We've also put in an official request through the Freedom of Information process. But even without these numbers we know class sizes have increased. We know you are dealing with more multi-grade classrooms. We know there are high school chemistry and other classes with more students than desks. This is unacceptable as it stands now, and it will only get worse with more cuts, which we fear will mean the loss of more positions.

As your president, I want you to know we are working hard to fight these anticipated cuts. We have several months before the budget and we have taken many actions to ensure our government, parents and the general public are aware of the devastating effects further cuts will have. The government is trying to tell Nova Scotians that there is still a lot of fat in our education system. That is simply not true. You know it, I know it, and here at the union we are doing our very best to ensure the general public knows it as well.

The year 2011 was a year of change all over the world in places where many believed change was impossible. I'd like to take a few minutes to tell you what we've been doing and what we have planned in the weeks to come.

Our first course of action was to go directly to the source. In our last *Teacher* we told you about Ramona Jennex's visit to our Provincial Executive meeting where our front-line teachers shared their stories and concerns. Executive Director Bill Redden and I have also met with her several times to explain the reality in our classrooms. In December we met with Finance Minister Graham Steele and spoke about the budget. Despite all this face-to-face time, we still fear our pleas fell on deaf ears.

Further evidence of this is Minister Steele's decision not to take part in our *Take an MLA to School* day March 2. All members of government in both N.B. and P.E.I. participated in this worthwhile task and found it to be eye opening. We well know how difficult things are in the classrooms of today and that's why we are urging our decision makers to see for themselves. Superintendents of all boards have agreed as have many opposition members. Once we have compiled the entire list on our website of which MLAs are participating and which are not, we'd like you to reach out to those not participating and urge them to reconsider. Our Public Affairs committee has been diligent in keeping the political pressure on, and we will be sharing ideas about how you can get involved in the next month.

You'll see from the front page that we had impressive news coverage following our December 13 press conference with our partners (administrators, school boards and parents). This tells us even the media know potential education cuts are important to the public. We have strategies that will enable this story to stay alive and in the minds of the public through winter and into spring. We've met with public relations firms about a potential paid advertising campaign. We won't be sitting idly by and allow one of the best education systems in the world to be dismantled. Not on our watch.

This year we also want your voice to be heard. When your school board holds meetings on next year's budget we want you there. If there are public consultations we want you to describe your reality. The public needs to hear from the experts about the devastating reality facing their children, grandchildren and leaders of the future.

Our kidsnotcuts.ca website is still active so please urge your friends and family to visit and sign the petition and let their MLA know how they feel about more cuts. We will be updating our own nstu.ca website with updates as they become available.

Unfortunately, this is not the first time the NSTU has faced a government unwilling to make the right commitment to education and it probably won't be the last. We have experience on our side along with the knowledge that this is a fight worth fighting, and we are ready to do what it takes to protect public education in Nova Scotia.

La lutte contre les compressions budgétaires en éducation

Je vous souhaite à tous une heureuse nouvelle année. J'espère que vous avez passé des fêtes paisibles et reposantes car 2012 semble se présenter comme une autre année de défis. La ministre de l'Éducation, Ramona Jennex, a indiqué que son gouvernement néo-démocrate allait aller jusqu'au bout en matière d'équilibre budgétaire et cela signifiera sans aucun doute des compressions supplémentaires du budget de l'éducation cette année.

Il s'agit d'une très mauvaise nouvelle, car je sais que vous avez déjà beaucoup de mal à répondre aux exigences croissantes des apprenants. Nous avons demandé à de multiples reprises au ministère de l'Éducation de nous fournir les chiffres officiels sur la taille des classes cette année mais, jusqu'à présent, nous avons reçu uniquement des données très biaisées et non pas les chiffres bruts. Nous avons également soumis une demande officielle par le biais du processus d'accès à l'information. Mais même sans connaître ces chiffres, nous savons que la taille des classes a augmenté. Nous savons qu'il y a davantage de classes multi-niveaux. Nous savons que, dans certaines classes de chimie et autre au niveau secondaire, il y a plus d'élèves que de pupitres disponibles. La situation actuelle est inacceptable et des compressions supplémentaires ne peuvent que l'aggraver; nous craignons aussi que cela signifie des pertes supplémentaires de postes.

En tant que présidente, je veux que vous sachiez que nous travaillons activement pour lutter contre les compressions attendues. Il nous reste plusieurs mois avant l'annonce du budget et nous avons fait de nombreuses interventions visant à faire prendre conscience à notre gouvernement, aux parents et au grand public des effets dévastateurs qu'auront des compressions supplémentaires. Le gouvernement tente de faire croire aux Néo-Écossais qu'il y a encore beaucoup de « graisse superflue » dans notre système d'enseignement. Ceci est tout simplement faux. Vous le savez, je le sais et, ici au syndicat, nous faisons de notre mieux pour que le grand public le sache également.

L'année 2011 a été une année de changements dans le monde entier dans des domaines où beaucoup croyaient que le changement était impossible. J'aimerais prendre quelques minutes pour vous expliquer ce que nous avons fait et ce que nous comptons faire dans les semaines qui viennent.

Notre premier plan d'action a été de nous adresser directement à la source. Dans le dernier numéro du magazine *The Teacher*, nous vous avons parlé de la participation de Ramona Jennex à la réunion de notre Comité exécutif provincial, où nos enseignants de première ligne ont partagé leurs expériences et leurs préoccupations. Bill Redden, notre directeur exécutif, et moi-même, avons également rencontré plusieurs fois la ministre pour lui expliquer les réalités de nos classes. En décembre, nous avons rencontré le ministre des Finances, Graham Steele, pour lui parler du budget. En dépit de tous ces entretiens en tête-à-tête, nous craignons que le gouvernement ne soit resté sourd à nos arguments.

Ceci semble confirmé par la décision du ministre Steele de ne pas participer à notre « Journée d'invitation de votre député à l'école », prévue le 2 mars. Tous les membres du gouvernement du Nouveau-Brunswick et de l'Île-du-Prince-Édouard ont participé à cette activité digne d'intérêt et l'ont jugée très révélatrice. Nous savons très bien à quel point les choses sont difficiles dans les classes d'aujourd'hui et c'est pourquoi nous encourageons nos décideurs à observer la situation pour eux-mêmes. Les surintendants de tous les conseils scolaires ont accepté, ainsi que de nombreux membres de l'opposition. Vous verrez bientôt une liste actualisée de ceux qui y participent et de ceux qui n'y participent pas.

Nous voulons tendre la main aux députés qui n'ont pas prévu de participer et les inciter à reconsidérer cette offre. Notre Comité des affaires publiques a diligemment maintenu la pression politique et nous allons vous donner des idées sur la manière dont vous pouvez participer le mois prochain.

Vous verrez sur la page de couverture que nous avons bénéficié d'une impressionnante couverture médiatique suite à notre conférence de presse du 13 décembre en compagnie de nos partenaires (administrateurs, conseils scolaires et parents). Cela nous indique que même les médias savent que le public reconnaît l'importance des compressions budgétaires en éducation. Nous avons des stratégies afin que ce sujet reste d'actualité et reste à l'esprit du public tout au long de l'hiver et du printemps. Nous avons discuté avec des agences de relations publiques au sujet d'une éventuelle campagne publicitaire. Nous n'allons pas rester sans rien faire et permettre le démantèlement de l'un des meilleurs systèmes d'enseignement au monde. Nous ne laisserons pas faire cela.

Cette année, nous voulons également que votre voix soit entendue. Lorsque votre conseil scolaire organisera des réunions sur le budget de l'année prochaine, nous voulons vous y voir. S'il y a des consultations publiques, nous voulons que vous y décriviez votre réalité. Le public a besoin d'entendre l'opinion des experts sur la réalité désastreuse qui attend leurs enfants, leurs petits-enfants et nos futurs dirigeants.

Notre site Web kidsnotcuts.ca est toujours en ligne et nous vous prions d'encourager vos amis et votre famille à le visiter, à signer la pétition et à faire savoir à leur député ce qu'ils pensent des compressions budgétaires supplémentaires. Nous allons aussi mettre régulièrement à jour notre propre site Web en y affichant des nouvelles dès qu'elles seront disponibles.

Malheureusement, ce n'est pas la première fois que le NSTU est face à un gouvernement qui refuse de prendre les engagements voulus à l'égard de l'éducation, et ce n'est probablement pas la dernière. Nous avons l'avantage de l'expérience, ainsi que la conviction que c'est un combat qui vaut la peine d'être mené et nous sommes prêts à faire ce qu'il faut pour protéger l'enseignement public en Nouvelle-Écosse.

Check out the complete list of Deals & Discounts on the NSTU Website at www.nstu.ca

Yarmouth Local joins Parade of Lights



Provincial Executive member Wally Fiander, Yarmouth Local president Lori MacKinnon and Sarah Fiander, teacher at Yarmouth Consolidated Memorial High at the Yarmouth Parade of Lights in November 2011.

A Hants West Local Tradition

Each year, the Hants West Local hosts a social event in the fall to welcome new teachers to the Local, as well as recognize those who have served for 25 years in the profession. All members of the Local are invited to the social event as well as special guests from the NSTU and the Annapolis Valley Regional School Board.



Front Row: Suzanne Shaw O'Leary (Brooklyn District Elementary School), Elaine Jollymore (West Hants Middle School), Anne Markley (West Hants Middle School), Holly Clattenburg (Windsor Elementary School) Back Row: Annie Thomas (Berwick and District School), Amy Strong (West Hants Middle School), Shawn Beaton (West Hants Middle School), Adam Boyd (Avon View High School), Emily Reid (Windsor Elementary School), Alexis Allen (NSTU president), Margo Tait (Annapolis Valley Regional School Board Superintendent).

The Sheonoroil Project Grants

The Sheonoroil Foundation Board of Directors met December 9 and approved the following.

1. **Tina Kennedy-Lohnes**, John Bernard Croak Elementary School, Cape Breton Local Awarded \$2,000 for Children's Peace Garden project.
2. **Leroy Hodder**, Cusack-Cornwallis Schools, Cape Breton Local Awarded \$1,852.35 for a Yoga for Peace project.
3. **Craig Thurston**, Truro Elementary School, Colchester-East Hants Local Awarded \$1,979 for the Virtues project.
4. **Roland Hannem**, Yarmouth Consolidated Memorial High School, Yarmouth Local Awarded \$2,300 for the Home for the Holidays project.

We want your News & Pictures!

We love getting content from NSTU members across Nova Scotia so please keep your cameras handy anytime your Local has a meeting or an event. We also love to celebrate accomplishments in the classroom, PD events, awards and retirements. So send along your write-ups and photos (and tell us who is in the photo as well as who took it!) **Send your photos to: The Teacher, ATTN: Mary Jane Webber and/or Sonia Matheson, 3106 Joseph Howe Drive, Halifax, N.S. B3L 4L7 or email: theteacher@nstu.ca**

All pictures must be in jpeg format with a high resolution (300 dpi). Please do not use Blackberries, iPhones or other smart devices to take photographs for *The Teacher*. The quality is not sufficient for our printing process. Any questions? Call Mary Jane Webber anytime at 479-4708. **The deadline for the March issue is February 17th.**

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Welcome back! The team at the Early Intervention Program thought that a light, yet informative approach to our health and wellness was in order heading into the new year. It seems that we are being barraged with information from new studies or research via water cooler chats, newspapers, TV, emails from friends or social media and the Internet. Often each piece of information contradicts the next. We've collected a few myths that have been circulating (some for many years), and would like to dispel them for good.

OT does not just stand for "overtime", nor are occupational therapists the same as physiotherapists

One myth we as occupational therapists encounter often is that occupational therapists and physiotherapists do the same job. Occupational therapy can be described as a health profession that promotes health and enables people to participate in meaningful and purposeful activities. In simple terms, OTs help solve problems that may interfere with how you do something. An example might be a person who loves to cook and gives it up because of the pain that comes with carpal tunnel syndrome. An OT could provide ways to continue with your leisure pursuits in new or different ways and by learning to pace yourself. OTs work in a variety of settings, including hospitals, industry, and schools. Within EIP, we work to help NSTU members stay healthy and remain at work, support and assist with an early return to work, or facilitate the early application to disability benefits, if needed. We also provide education on wellness topics such as stress, balance, time management, organization, and ergonomics.

For more health myths, keep reading. We found a few surprised us! As teachers, the first one might be of particular interest:

1. Sugar causes children to be hyperactive

There has been no study that has demonstrated a cause and effect relationship between the amount of sugar (artificial or natural), with hyperactivity. This included 12

double-blind, randomized, controlled trials (the most stringent type of studies done in research) that examined how kids reacted to diets containing varying levels of sugar. Perhaps not surprisingly, parents in these studies who were told their child received sugar, when in fact they hadn't, reported more hyperactivity.



2. Eating the egg white is healthier than the whole egg

While egg yolks have been touted as having high cholesterol and hence linked to heart disease, recent studies have shown that the amount of saturated and trans fat in a person's diet, not their dietary cholesterol, is more likely to increase the risk of heart disease. The egg white is fat-free, low-calorie and a source of protein; however, the yolk actually has more nutrients including vitamin B12, vitamin E and folate. An egg has only 1.6 grams of saturated fat, compared with about 3 grams in a cup of 2 per cent milk. So unless your doctor has told you otherwise, you may be able to enjoy the numerous nutritional benefits of a whole egg.



3. We must drink at least 8 glasses of water a day

Lots of people really struggle with water intake. The myth seems to go back to 1945 when

the US Food and Nutrition Board advised that our bodies needed about 8 glasses of fluid each day, obtained through food or drink. Over time, "fluid" became "water" and people dropped the "food" part, hence the water myth was born. Our bodies do need fluids to function properly, but they can be obtained not just from water, but also from coffee, tea, milk, juice, fruits, and vegetables. Another little known fact – it's possible to drink too much water, a condition that can lead to water intoxication (or hyponatremia). With athletes, (such as long distance runners and cyclists), it's often thought that you can "drink as much as you want" when you're sweating. Studies have shown that drinking more than 500 ml of water per hour can lead to a decrease in salt in the blood that affects brain, heart and muscle function. So if exercising, instead of drinking a lot at once, drink smaller amounts at a time. Oh, and there is a persistent myth that if you are thirsty – you are already dehydrated. Not true, it isn't "too late" if you're thirsty – just get a drink!



4. Eating at night causes you to gain weight

Basically, you gain weight because of what you put in your mouth, not when you choose to eat. The difference between your caloric intake less the calories burned in a day will determine weight gain, loss or if you remain the same. What tends to happen at night is that people usually snack on high calorie foods like potato chips, adding to their total daily calorie count. If you are snacking at night, and are truly hungry, you may not be getting enough to eat throughout the day. However, more likely than not, it's a habit that's developed in response to boredom or emotional need.

5. Antiperspirants are hazardous to your health

I think most of us have seen the email about antiperspirants preventing the sweat glands from effectively ridding the body of toxins. Supposedly, because the lymph nodes are situated near the arm pit, these toxins build up and can lead to breast cancer. However, there's no need to switch to any natural brands yet. The American Cancer Society has indicated that this is a complete falsehood; most potential carcinogens are processed by the kidneys and liver, not through sweat.

Two great websites to check on the validity of emails are: www.snopes.com and www.urbanlegends.com. Stay tuned for part 2 next month!

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





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– Grade 5 teacher, Ottawa (ON)



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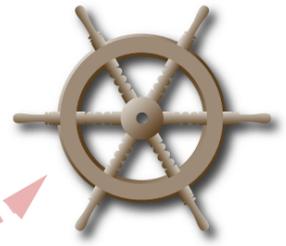


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Charting Your Course FOR PROFESSIONAL DEVELOPMENT



Charting Your Financial Course for Professional Development

by Betty-Jean Aucoin, Executive Staff Officer, Professional Development and Professional Associations

Happy New Year to all members and best wishes as you continue your educational journey for 2012. The New Year promises to be an exciting one for professional development. NSTU members will have many opportunities to apply and register for professional development opportunities. Along with our Annual Conference 2012 taking place Friday, October 26, we have two high-level conferences this spring.

As noted in the November issue of *The Teacher*, NSTU, the Department of Education and the Nova Scotia Educational Leadership Consortium are hosting the **Nova Scotia Summit on Gifted Education and Talent Development**. This conference will be held at Mount Saint Vincent University in May 2012. Participants will learn how to create and sustain a culture of enrichment in our schools by exploring enrichment teaching and learning and examining a wide variety of innovative ideas and practices. It will also feature highly respected internationally known keynote speakers including **Dr. Joseph Renzulli**, the Neag Professor of Gifted Education and Talent Development at the University of Connecticut where he also serves as the Director of The National Research Center on the Gifted and Talented.

We also have the Nova Scotia Teachers Association for Physical and Health Education, TAPHE, joining Physical and Health Education Canada in organizing a national conference, **"A Harbour of Hope: Health and Physical Literacy,"** taking place in Halifax from May 10-12, 2012.

I am often asked how one goes about getting financial support to attend these conferences and participate in the many NSTU grants and programs. With these upcoming exciting professional development opportunities, I would like to take this opportunity to tell you how you can access financial support through Article 60 and take advantage of the grants given out by our NSTU office.

This normally is done through a presentation called, "Show Me the Money," offered by many of our NSTU locals. However, to reach all of our members, I am sharing it with you now.

Members can apply to their regional professional development committee under **Article 60**. Article 60 provides members with funding to participate in mentorship, in-servicing, in-province conferences, out-of-province conferences, university courses, short and full-time study leaves and more. Should you be interested in attending one of the two conferences listed above, you can make application for funding of an in-province grant. The NSTU member representative at your site can assist you in accessing the application and making you aware of the application deadlines. Many of our members use Article 60 to assist them in participating in worthwhile professional development at the local, provincial and national levels.

As executive staff officer for Professional Development, I oversee many grants and programs through our NSTU office. Below I have outlined a list of offerings that members can take advantage of throughout the school year and summer. Please ensure you go to the NSTU website to find out more about these grants.

Out-of-province grants support teachers wishing to attend conferences outside of Nova Scotia. This \$9000 annual fund provides grants to active NSTU members attending, out-of-province conferences held between September 1 and June 30. There is a maximum of \$475 per grant and it is often used to supplement the grants received from regional PD committees.

The full-time study grants budget is \$10,000 annually to support teachers wishing to follow a full-time program of studies for professional development. Five grants of \$2000 are given each year to NSTU members and are used to support payment for tuition and resources.

Education Research Awards are available to active NSTU members and are used to encourage and assist in education and research. The maximum award for successful research is \$475. Both the grant and award plaque are presented to recipients by our NSTU president to celebrate the research completed by our members.

Travel Fellowship is a fund of \$3000 sponsored by Johnson Inc. It provides teachers, faculty and professional support staff with the opportunity to undertake programs of travel during the summer time or vacation time, (for NSCC members) to benefit their teaching. The maximum for this grant is \$475.

Project Overseas is sponsored by Canadian Teachers' Federation and its member organizations. NSTU sponsors three teachers to participate in providing professional assistance to teachers in developing countries. This program takes place in the summer and requires participants to be out of the country for six weeks.

The Program Development Assistance Fund is established in the Teachers' Provincial Agreement. This program awards teachers up to \$5000 grants to support innovative and unique projects directly related to the public school program. The PDAF committee meets six times a year to vet applications and award successful projects.

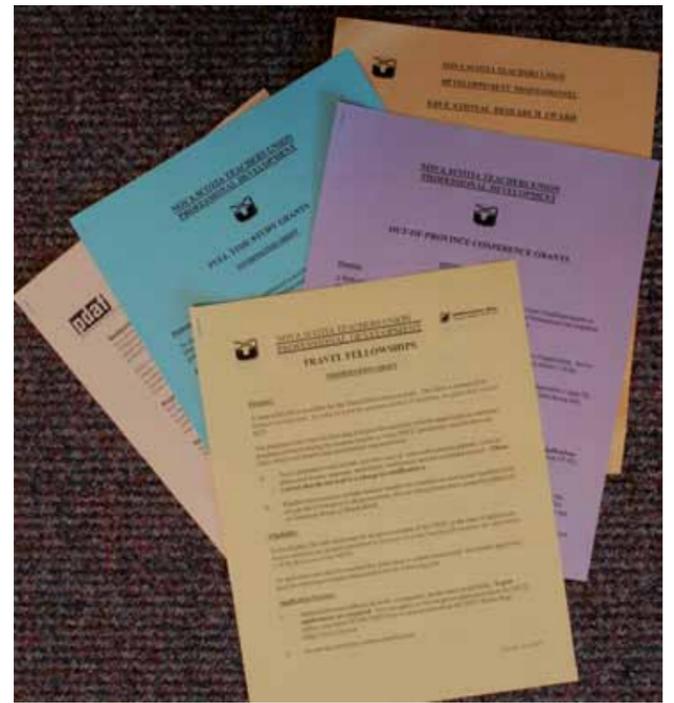
The Sheonoroil Foundation is an arms-length charitable agency created to fund school and campus-based projects and research directed at reducing violence and promoting peace. This foundation awards members up to \$2000 to support projects in their school and community college campuses.

All descriptions, details and forms are available on the NSTU website. If interested in any one of these grants or

programs, go to the NSTU homepage – www.nstu.ca. Under "Professional Development" select "Learning Opportunities" from the menu to see all the opportunities, grants and awards described in this article.

One last note before you begin to take advantage of all of the unique offerings of your regional and provincial NSTU, please read all deadlines and adhere to them, read and fill in all required information and be sure to note how each grant or application is being vetted. All grants and programs are vetted using rubrics. It is key to begin filling out the application with the end in mind.

To conclude, I hope that you have found this article to be helpful in showcasing the many ways your NSTU



can support you, as you chart your course for professional development. Should you have any questions about the content of this article or any professional development related questions, please see your member representative, your local VP of PD or NSTU staff. It is important to us to encourage and support members' professional journey of lifelong learning.



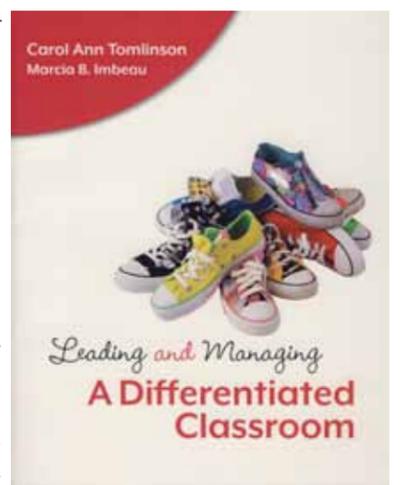
Charting Your Course FOR PROFESSIONAL DEVELOPMENT



Email your name, home address, and school or campus name with PD Giveaway in the subject line to theteacher@nstu.ca by February 24 to be eligible for the draw.

This month's PD giveaway is *Leading and Managing a Differentiated Classroom* by Carol Ann Tomlinson and Marcia B. Imbeau and published by ASCD.

Today's teachers are responsible for a greater variety of learners with a greater diversity of needs that ever before. When you add in the ever-changing dynamics of technology and current events, the complexity of both students' and teachers' lives grows exponentially. Far too few teachers, however, successfully teach the whole class with the individual student in mind. The authors tackle the issue of how to address student differences thoughtfully and proactively. The first half of the book focuses on what it means for a teacher to effectively lead a differentiated classroom. Readers will learn how to be more confident and effective leaders for and in student-focused and responsive classrooms.



For an up-to-date copy of
DEALS & DISCOUNTS
for NSTU members, please contact
theteacher@nstu.ca or phone 1-800-565-6788
or visit www.nstu.ca

executive highlights

December 2, 2011

- Filed table officers report;
- Selected six candidates to the John Huntley Memorial Internship Program, along with two alternates;
- Ratified Executive Staff contract as amended - effective August 1, 2010 to July 31, 2012;
- Approved a recommendation that staff provide a report to the Provincial Executive at their January 19-20, 2012 meeting on the actions taken by the Department of Education to the issues and concerns relating to PowerSchool identified by members;
- Selected eight members to serve on the Provincial Economic Welfare Committee;
- Approved the appointment of the TWAR representative on the PEWC;
- Selected two members to serve on the Joint Committee;
- Approved a resolution to Annual Council 2012 regarding Provincial Executive Committees;
- Approved an amendment to Operational Procedure 5 (b) (ii) (d) Council & Other Committee – NSTU Group Insurance Trustees;
- Approved a recommendation that the term of office for an Insurance Trustee be extended for an additional three years to expire July 31, 2015;
- Approved the formation of a new Local - the Atlantic Provinces Special Education Authority (APSEA) and approved the proposed Constitution.

Media Training



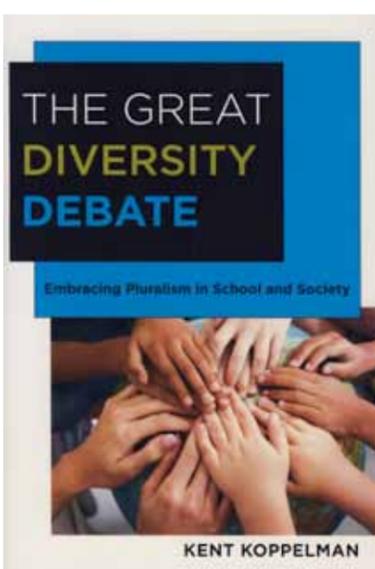
NSTU First Vice-President Eric Boutilier took part in a November media training seminar at the Canadian Teachers' Federation in Ottawa.

Shown left to right: Alvin Cader, media trainer; Daniel Drolet, media trainer; Suzanne Bougeois, President of the Association des enseignantes et des enseignants du Nouveau-Brunswick; Francine LeBlanc-Lebel, President, Ontario Teachers' Federation; Heather Smith, President, New Brunswick Teachers' Association; Eric Boutilier; and Norm Gould, Executive Member, Manitoba Teachers' Society.



Email your name, home address, and school or campus with EQUITY in the subject line to theteacher@nstu.ca by February 24 to be eligible for the draw.

This month's Equity book giveaway is *The Great Diversity Debate Embracing Pluralism in School and Society* by Kent Koppelman and published by Teachers College Press. Based on research from multiple disciplines, *The Great Diversity Debate* describes the presence and growth of diversity in the United States from its earliest years to the present. The author describes the evolution of the concept of pluralism from a philosophical term to a concept used in many disciplines and with global significance. Rather than assuming that diversity is a benefit, Koppelman investigates the ways in which diversity is actually experienced and debated across critical sectors of social experience, including immigration, affirmative action, education, and national identity, among others. Koppelman takes the sometimes complicated arguments for and against diversity in school and in society and lays out the benefits with great clarity and simplicity making this book accessible to a large audience.



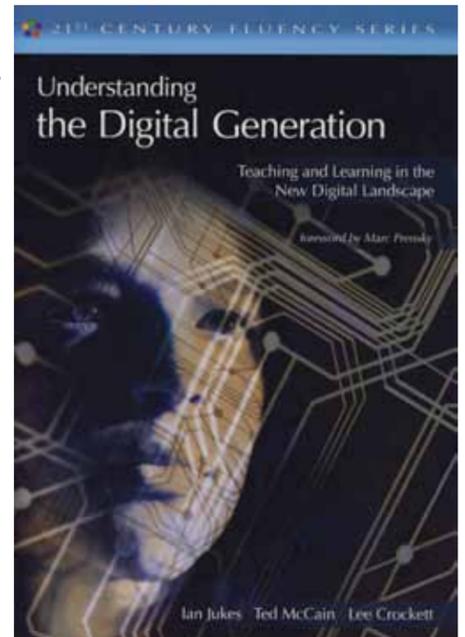
fresh

Putting new members in the KNOW!

Email your name, home address, and school or campus with FRESH in the subject line to theteacher@nstu.ca by February 24 to be eligible for the draw.

This month's Fresh book giveaway is *Understanding the Digital Generation Teaching and Learning in the New Digital Landscape* by internationally renowned keynote speakers, authors and educators Ian Jukes, Ted McCain and Lee Crockett. It is a dynamic and informative insight into the complexities of the children that are today's digital students.

By exploring the intrinsic characteristics of this fascinating new generation and taking an in-depth voyage into the digital mind, the authors help to provide a path for educators toward realizing remarkable truths about our digital children. You will discover what unique and wondrous kids they truly are, deserving of the best and most compatible sources of learning and instruction that today's schools can provide. This book and subsequent DVD are part of the authors' comprehensive 21st Century Fluency series, providing a wealth of educational resources aimed at making learning relevant in our technological age.



How do we raise kind kids? How do we create kinder, safer schools?

The Virtues Project offers five simple but empowering strategies to help create a culture of caring and respect. This grassroots initiative started in Canada over 20 years ago and is now used in more than 90 countries by families, schools and communities.

WORKSHOP

February 3 & 4, 2012

An Introduction to The Virtues Project: Awakening the Gifts of Character

- WHERE:** Maple Ridge Elementary: a true virtues school, Lantz, NS.
- WHEN:** February 3, (6:00 – 8:30 p.m.)
February 4, (9:00 a.m. – 4:00 p.m.)
- WHO:** For teachers, parents, EA's, school administrators
- COST:** \$239 +HST Includes handouts, nutrition breaks and lunch
Virtues Project resources will also be available for purchase.
- FACILITATORS:** LynnAnne MacNeil, BN and Mary MacDonald, M.Ed.
Certified Virtues Project Master Facilitators
- Pre-registration deadline is January 26, 2012.**
A non-refundable deposit of \$50 will hold your spot.
- PLEASE NOTE:** This course is a pre-requisite for facilitator training.
A 3-day facilitator intensive will be offered later in 2012.

For more information or to register, go to
www.virtues-workshop.com
or phone 902-471-1689

Grosvenor Wentworth teacher wins Governor General's Award

(Reprinted from the Halifax Commoner with permission)

By Adam Scotti

Planes, ships and Pier 21: Andrew Stickings' Grade 5 class has filmed it all.

A teacher at École Grosvenor-Wentworth Park School in Rockingham, Stickings has won the Governor General's History Award for Excellence in Teaching.

Nominated twice before, Stickings says "this is third-time lucky."



Andrew Stickings with Governor General David Johnson in Ottawa.

One of six teachers in Canada to receive the award, Stickings is being recognized for bringing history to life in his classroom and guiding his students to script, edit and film documentaries.

Stickings first got the idea to dig into history with his students after inviting a local historian to talk about the area around the school.

Watching kids listen to history that

happened right in their recess yard, Stickings said he "just watched their faces and wondered where to go from there. The excitement was certainly still there after the historian had left."

Now in their fifth year of short documentaries, Stickings and his students have picked up a handful of awards and attended film festivals in Halifax, Ottawa and Japan. Past classes have won Best Hometown Documentary at Panasonic's Kid Witness News competition, and Best Live Action Film at ViewFinders: International Film Festival for Youth in Atlantic Canada.

Stickings' inspiration is Halifax's rich history, and he hopes to pass this passion on to his students. "There are so many cool things in Halifax. Students don't realize that they are neat to discover," he said. "The kids in the end get a better understanding and appreciation for their community."

Previous classes have looked at history in their own backyards, the Halifax Explosion, immigration at Pier 21 and the Titanic. "They keep coming up with great ideas and neat ways of doing things," he said.

Students are assigned tasks such as research, acting for historical re-enactments, building props, script writing, filming and editing — no easy feat in Grade 5. Parent volunteers help.

Meghan Ball, 11, is in this year's fifth grade class and is performing voiceovers for next spring's Titanic 100th anniversary documentary. "It is really cool," she says. "We are learning a lot about the Titanic and

see things from its history. I like it."

Through a program called Kid Witness News, the class gets help from Panasonic, which provides the classroom with a professional television camera and a computer for editing.

Participating classes across North America produce a minimum of two films a year, and have a chance to show the films at yearly award festivals, winning prize money for their school.

As the project grows every year, students, parents and Stickings get help from the rest of the community. Local historians, government experts and museum curators come in to talk or help with research.

Last year's class, working on a documentary about Pier 21 and immigration, was adamant to shoot in the airport and Customs. After Stickings contacted the Stanfield International Airport, students were allowed to film in the departure lounge, at Customs and on an airplane.

WestJet was happy to give the students access to a plane; students filmed on board before a flight. Students delayed the flight for a couple of minutes but were applauded as they walked off the plane. Stickings said it was great to see the travellers support his students.

The passion Stickings brings out in his



(photo: Adam Scotti)

students is appreciated and admired by fellow teachers.

Lynn Corkum, the school's principal, says the school and staff "are very proud of Mr. Stickings and his accomplishments."

Corkum is also thankful for the \$1,000 cheque for the school that comes with Stickings' Governor General's Award.

After a theft at the school over the summer, Corkum said the school is "looking at replacing some of the netbooks lost during the break-in."

The award also comes with \$2,500 for Stickings, and a trip for two to Ottawa to receive the award at Rideau Hall from Gov. Gen. David Johnson on Dec. 12.

Stickings, his wife and two children, aged six and four, are leaving for Australia later this month for a one-year teaching exchange.

Even though he does not yet know what class awaits him down under, Stickings is looking forward to a year abroad. He plans to use his prize money to travel to New Zealand.



Nova Scotia Summit on Gifted Education & Talent Development

May 23-25, 2012
Mount Saint Vincent University

The Nova Scotia Educational Leadership Consortium, The Department of Education, and the Nova Scotia Teachers Union are pleased to announce the Nova Scotia Summit on Gifted Education and Talent Development.

Special focus will be on The Schoolwide Enrichment Model and its many components as recommended in the new provincial guide: **Gifted Education and Talent Development**. The extensive Summit program will feature highly respected internationally known keynote speakers, large group sessions and small group breakout workshops that will be repeated each day so delegates can "do everything."

Accommodation on campus available starting at \$36 per night.

Registration fee is \$399.00 (plus HST)

Registration is available on the NSELC website.

Register now and pay later to ensure your seat is reserved.

nselec.ednet.ns.ca



The NSTU wishes to thank members, schools, campuses and Locals who raised a total of **\$5,290.91** for the **Ghana WTD Project**

Annapolis East Elementary
Annapolis Valley Regional School Board
Antigonish Education Centre
Arcadia Consolidated School
Beaver Bank Monarch Drive
Berwick and District School
Bible Hill Central
Cabot Junior/Senior High
Centre Consolidated School
Chedabucto Ed. Centre/Guysborough Academy
Dalbrae Academy students & staff
Dutch Settlement Elementary
École académique de Pomquet
École d'Eon
École Jean-Marie-Gay
École Pubnico-Ouest

Greenfield Elementary
Halifax County Local NSTU
Inverness Education Centre Academy
Lawrencetown Consolidated
Liverpool Regional High
Lunenburg Academy
MacLennan Junior High School
Maple Ridge Elementary
Mill Village Consolidated
Milton Centennial Elementary School
Newport Station District School
NSCC - Lunenburg Campus
O'Connell Drive Elementary
Ocean View Elementary
Parrsboro Regional Elementary
Porters Lake Elementary
Pugwash District High School
Rawdon District School

Redcliff Middle School
Riverside Education Centre
Salt Springs Elementary
Shannon Park School
Shelburne Local NSTU
Shipyards Elementary
Spring Street Academy
St. Agnes Junior High
St. Margaret's Bay Elementary
Strait Area Education-Recreation Centre
Tantallon Elementary
Thorburn Consolidated
Unlace District School
Whycocomagh Ed. Centre, Tamarac & Bayview Schools



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Violence Threat Assessment

- Planning and Response
Halifax, NS - March 8, 2012

This workshop provides a communication and decision-making model to help businesses, schools, organizations and communities become more effective in their management of threats. Participants will learn strategies to help them identify, assess and manage individuals who may be escalating towards violence.

Some of the topics covered

- Types of Threats and Behaviours of Concern
- Threat Assessment Team and Plan Development
- Key Indicators Someone is Escalating Towards Violence
- Guiding Principles of Assessment
- Fundamental Assessment Questions

Anxiety

- Practical Intervention Strategies
Halifax, NS - April 19, 2012

Participants of this workshop will explore the natural purpose of anxiety and how it can become 'disordered,' including the link with panic, depression, trauma and other health concerns. The main focus of this training will be to learn practical and accessible strategies to assist both adults and children in reducing anxiety.

Some of the topics covered

- When is Anxiety 'Disordered'?
- Fear-circuitry in the Brain: The Physiological Flow
- Shifting Focus to Resilience
- The Body-Mind Connection - Body-Oriented Interventions
- The Mind-Body Connection - Mindfulness Interventions

Gender and Sexual Identity in Youth

Halifax, NS - April 20, 2012

When a person's internal experience of gender and/or sexuality does not match with what would typically be expected based on their external appearance, it can cause great distress and difficulty. Participants of this workshop will develop an awareness of how to create more accessible and welcoming environments for lesbian, gay, bi-sexual, transgender, two-spirited, transsexual, queer and questioning individuals.

Some of the topics covered

- Gender and Sexual Identity Spectrum
- Vulnerability of LGBTQ Youth
- Strategies to Support What's Needed
- Supporting Youth through the Coming Out Process
- Unique Steps in the Transgender Journey

Motivating Change

- Strategies for Approaching Resistance
Halifax, NS - May 7-8, 2012

Drawing from the approaches of Motivational Interviewing, Positive Discipline and Internal Family Systems Model, this experiential workshop will equip helping professionals with an enhanced style and new strategies that will strengthen their relationships and maximize potential for motivating change.

Some of the topics covered

- Why People Resist
- Exploring Readiness for Change
- Spotlight on Youth, Addictions and Mental Illness
- Identifying Resistant Parts
- Strategies for Becoming an Ally

Addictions and Mental Illness

- Working with Co-occurring Disorders
Halifax, NS - June 1, 2012

Many people struggling with a mental illness are also struggling with an addiction. Caregivers may often be at a loss for where to start - did the addictions cause the mental illness, did the mental illness cause the addictions or is there something else leading to both? This workshop provides a framework for working systemically with both issues at the same time.

Some of the topics covered

- History of the Link Between Mental Illness and Addictions
- Common Characteristics of Co-Occurring Disorders
- Assessing for Co-Occurring Disorders
- Barriers to Assessment and Treatment
- Bridging the Gap - Towards a Both/And Perspective

De-escalating Potentially Violent Situations™

Halifax, NS - June 26, 2012

This workshop is designed to teach people to de-escalate potentially violent situations through assertiveness and interpersonal communication. The training will explore how anger and violence interplay, including opportunities for self-assessment of personal styles.

Some of the topics covered

- High Risk Factors for Violence
- Anger Escalation and its Relationship to Violence
- Different Styles of Anger
- The Aggression Defusing Process
- When and How to Disengage

WORKSHOP FEES:

One-day Workshop (Violence Threat Assessment): \$195 (early)* \$235 (regular) + HST
One-day Workshops (All others listed): \$160 (early)* \$190 (regular) + HST
Two-day Workshops: \$295 (early)* \$355 (regular) + HST

*3 weeks prior to workshop. Fees listed are per workshop



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**Facilitating Learning that Promotes Collaboration
and Maximizes Productivity**



**LEADERSHIP AND MANAGEMENT
- The Essential Foundations**

Halifax, NS: March 9, 2012

This workshop is designed to help new or existing managers increase their abilities to lead teams. They will gain skills to assess team dynamics and to improve trust and influence with those they are leading. At the completion of this workshop participants will be equipped with the necessary tools to motivate their team to achieve desired results.

CONFLICT RESOLUTION SKILLS

Halifax, NS: March 26, 2012

Many conflicts would not spiral out of control if people used conflict resolution techniques that are easy to learn and utilize. This workshop will teach participants to understand the dynamics of conflict and equip them with the skills needed to respond confidently when faced with situations of conflict.

DEALING WITH DIFFICULT PEOPLE

Halifax, NS: March 27, 2012

This workshop will analyze what is happening in exchanges with difficult people and demonstrate how people can adapt their strategies to bring about more productive conversations with those they find difficult. Participants will also learn how to change their interactions with difficult people in order to influence their behaviour, resulting in more positive outcomes.

**PERSONALITIES AT WORK
- Communication Made Easy with MBTI**

Halifax, NS: May 9, 2012

Understanding the various personality styles and their impact on workplace dynamics will help people work successfully with others and fosters strong teamwork. Utilizing the Myers-Briggs Type Indicator (MBTI), this workshop provides participants with a personal assessment, equips them to understand personality styles that are different than their own and provides strategies for building healthy work environments.

ASSERTIVE COMMUNICATION

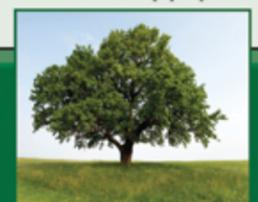
Halifax, NS: May 10, 2012

Being assertive in communication is the ability to express positive and negative ideas and feelings in a transparent, welcoming and direct way - to state clearly and without defensiveness what one needs. Participants of this workshop will build an awareness of their communication patterns and learn to deal confidently with people around them.

**MEDIATION
- An Informal Process for Conflict Resolution**

Halifax, NS: June 27-28, 2012

This skills based workshop is designed to give participants the understanding to work with disputing parties to identify interests, clarify issues and work towards options for resolving the conflict. Participants will have the opportunity to experience scenarios that will help prepare them for intervening in various conflict situations.



To register or for further information:

www.achievecentre.com

info@achievecentre.com

204.452.0180

PEWC's process begins

The Provincial Economic Welfare Committee (PEWC) held its first round of meetings on January 6 and 7.

Seated are NSTU Executive Director Bill Redden, Wally Fiander (Provincial Executive member), Ian LeBlanc (CSANE Local), Eric Boutilier (First Vice-President), NSTU President Alexis Allen, Lori MacKinnon (Yarmouth Local), Mark Savoury (Provincial Executive member) and Keri Butler (Halifax Local).

Standing are Janine Kerr, NSTU Staff Officer, NSTU Assistant Executive Director Bruce Kelloway, Alison MacPherson (Pictou Local), Arnold Burke (TWAR), Sheila Hawley (Inverness Local), Ron MacIntosh (Cape Breton District Local), Bill Murphy (Antigonish Local), and Mike Stewart (Lunenburg County Local).

Further meetings are scheduled for February 2, 3 and 16, 17. The Asking Package will be presented to the Provincial Executive at its February 23-24 meeting for approval.



The Provincial Economic Welfare Committee

NSTU CAMPAIGN GUIDELINES

The 2012 deadlines for candidates' information are **March 16** for the April 3 issue (1st opportunity) and **April 20** for the May 8 issue (2nd opportunity). This information should be given or sent directly to *The Teacher* office.

7. VICE-PRESIDENTIAL CAMPAIGN GUIDELINES

In respect of Vice-Presidential campaigns, the following guidelines shall apply:

- (a) Active campaigning within the Council Chambers other than the normal address to delegates is prohibited. Passive campaign activity within Council Chambers is permitted.
- (b) Locals are prohibited from directly making any monetary or non-monetary contribution to any candidate's campaign. Such contributions do not include expenditure of funds designated for the Local (e.g. Local suite at Annual Council).
- (c) Campaign spending, excluding travel, by or on behalf of each candidate may not exceed \$1,500.00. Such expenses are the sole responsibility of the candidate. All promotional items including prizes sponsored by the candidate shall be included in the determination of the amount spent and shall be supported by receipts or assessed at fair market value.
- (d) All candidates must submit an approved financial statement report form to the Annual Council Elections Committee within sixty (60) days from the conclusion of Annual Council. This statement is to include a list of all contributions with non-monetary items being assessed at dollar value, and an itemized list of expenditures;
- (e) The Annual Council Elections Committee shall refer the financial statements of candidates to the Provincial Executive for review. These financial statements will be published in *The Teacher*.
- (f) Publicity: Each candidate is permitted to insert in an issue of *The Teacher* prior to Council:
 - (i) one head and shoulder photograph of himself/herself;
 - (ii) biography of personal, educational, and career achievements, of no more than 150 words;
 - (iii) a personally prepared platform of objectives, no more than 600 words in length.
- (g) Items in (f) must be sent to *The Teacher* fifteen (15) working days before publication and these will appear in alphabetical order.
 - (i) Each candidate will be given a second opportunity to publish a statement subject to the provisions of paragraph (f), which statement shall not be more than 750 words in length.
 - (ii) Paid advertisements in any medium (press, radio, TV, *The Teacher*) are prohibited.
 - (iii) The number of campaign posters and/or banners on display in the hotel at Annual Council may not exceed a total of twenty-five (25) for each candidate. When Annual Council is held at a facility where Local delegates are divided between two facilities, the number of posters will be increased to thirty-five (35). A campaign poster shall include any poster, banner or sign posted by or for a member running for an elected position that makes a reference to the candidate and/or the position being sought.
- (h) Upon request, each candidate shall be given a list of the room numbers at the main facility used by NSTU delegates, alternates, official observers and guests once delegates have been accommodated. Distribution of campaign materials to rooms shall be limited to those rooms so identified. Such identification shall not allow the name of the occupant of the room to be determined.

8. COMMITTEE CAMPAIGN GUIDELINES

In respect of electoral campaigns for committees elected at Council, the following guidelines shall apply:

- (a) Active campaigning within the Council Chambers is prohibited. Passive campaign activity within the Council Chambers is permitted;
- (b) Locals are prohibited from directly making any monetary or non-monetary contribution to any candidate's campaign. Such contributions do not include expenditure of funds designated for the Local (e.g. Local suite at Annual Council).
- (c) Campaign spending by or on behalf of each candidate may not exceed \$100. Such expenses are the sole responsibility of the candidate.
- (d) All candidates must submit an approved financial statement report form to the Annual Council Elections Committee within sixty (60) days from the conclusion of Annual Council. This statement is to include a list of all contributions with non-monetary items being assessed at dollar value, and an itemized list of expenditures;
- (e) The Annual Council Elections Committee shall refer the financial statements of candidates to the Provincial Executive for review. These financial statements will be published in *The Teacher*.
- (f) Publicity: Each candidate is permitted to insert in an issue of *The Teacher* prior to Council:
 - (a) One head and shoulder photograph of himself/herself;
 - (b) Biography of personal, educational and career achievements, of no more than 150 words;
 - (c) A personally prepared platform of objectives, no more than 300 words in length.
- (g) Items must be sent to *The Teacher* fifteen (15) working days before publication and these will appear in alphabetical order.
- (h) Paid advertisements in any medium (press, radio, TV, *The Teacher*) are prohibited.
- (i) The number of campaign posters and/or banners on display in the hotel at Annual Council may not exceed a total of twenty-five (25) for each candidate. When Annual Council is held at a facility where Local delegates are divided between two facilities, the number of posters will be increased to thirty-five (35). A campaign poster shall include any poster, banner or sign posted by or for a member running for an elected position that makes a reference to the candidate and/or the position being sought.
- (j) Upon request, each candidate shall be given a list of the room numbers at the main facility used by NSTU delegates, alternates, official observers and guests once delegates have been accommodated. Distribution of campaign materials to rooms shall be limited to those rooms so identified. Such identification shall not allow the name of the occupant of the room to be determined.

9. GENERAL CAMPAIGN GUIDELINES - ACTIVE AND PASSIVE CAMPAIGNING

With respect to all elections, the following definitions shall apply:

- (a) Active campaigning shall be considered any display or action that involves the presentation of partisan information in a manner that is difficult for a group of delegates to avoid. Examples of such active campaigning include the display of campaign posters, the shouting of campaign slogans, shouting out in support of a candidate other than during the normal address to delegates, distributing materials throughout Council chambers including the placing of campaign materials anywhere within Council chambers prior to, during or following a Council session, and demonstrations in support of a given candidate.
- (b) Passive campaigning shall be considered any display or action that is observable only by people in the immediate vicinity of the campaign material and involves no explicit action to promote or advance those materials at the time at which the material is seen or heard. Examples of such passive campaigning include the use of writing materials containing references to a candidate, the wearing of campaign clothing, buttons or ornaments, and the presence of a single copy of a candidate's campaign literature at the delegate's seat and table spot.
- (c) A candidate or representative of the candidate is permitted to place up to one (1) item per delegate per session at the tables in Council chambers prior to the start of the session. This would replace campaign material distribution at other times. A candidate would still be permitted to greet delegates as they enter Council chambers.
- (d) In the event that campaigning for any other NSTU election takes place during Council, the guidelines for the Council Committee election campaigns applicable to the conduct of the campaign during Council, shall apply.
- (e) Active campaigning for election to a position not related to the structure of the NSTU is prohibited.



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to 8:30 AM AST
After Hours, 24-Hour
Service during
Weekends & Holidays

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hours, call:
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Health Canada's
Employee Assistance
Services Crisis
Referral Centre

Education Week 2012

The Education Week 2012 theme is *Educating Students for Life / Une éducation pour la vie.*

Education Week 2012 will recognize outstanding Nova Scotia educators who go above and beyond to focus on their students' mental, physical, and social well-being. This year, the week is celebrated a week later than normal and will be held April 22 to 28. The awards ceremony will take place at Monday, April 23 at 1 p.m.

Educators have a vital role in students' overall development as responsible individuals within our society. They provide students with important life skills they will need to be successful. Every day, Nova Scotia educators are teaching students how to live healthier lives, learn and develop to their fullest potential and establish positive relationships.

This year's theme encompasses a broad range of work being done by teachers, which may include:

- Establishing mentoring or restorative justice programs;
- Establishing and promoting anti-bullying initiatives;
- Working with at-risk students;
- Promoting education for sustainable development;
- Teaching strong global citizenship and building relationships with less fortunate parts of the world;
- Promoting Gay Straight Alliances and equity programs;
- Taking pride in school surroundings;
- Promoting healthy living;
- Or any work that promotes the overall wellbeing of students.

Nomination forms have been sent to all superintendents and Local presidents. Look for more information at nstu.ca. **The deadline to enter is February 18, 2012.**

EDUCATION WEEK April 22-28, 2012



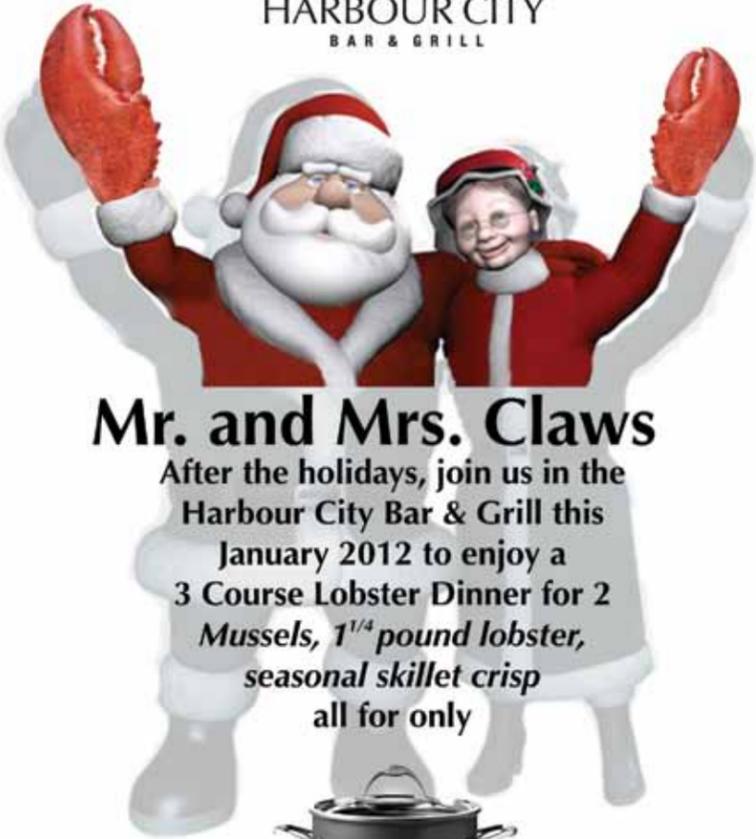
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Fostering community service, leadership, responsibility, volunteerism and school spirit!

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**HARBOUR CITY
BAR & GRILL**



Mr. and Mrs. Claws
After the holidays, join us in the Harbour City Bar & Grill this January 2012 to enjoy a 3 Course Lobster Dinner for 2
Mussels, 1^{1/4} pound lobster, seasonal skillet crisp
all for only

\$49

To reserve call 492-6443 or scan this QR code 



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

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NOVA SCOTIA Transportation and Infrastructure Renewal | Ecology Action Centre | MOUNTAIN EQUIPMENT CO-OP

Thanks also to St. Francis Xavier University and Skate Pass® for their support of Making Tracks.



Congratulations to our November/December book winners!

FRESH: *Teaching 101: Classroom Strategies for the Beginning Teacher, Second Edition*

**JEANIE RHODENIZER
of Liverpool Regional High**

EQUITY: *Making Inclusion Work: Effective Practices for All Teachers*

PETER PAPOULIDIS of APSEA

PD: *Generations at School: Building an Age-Friendly Learning Community*
JOY BROWN of NSCC - Annapolis Valley Campus

Take the ROOF off WINTER



Winter Walk Day

Sign up your school or youth group to organize an outdoor activity or Winter Walk Day and receive toques and other resources as an official supporter of Take the Roof Off Winter.

Register online at www.taketheroofoffwinter.ca



—NSTU TREE TRIMMING TRADITION—



Two Grade 1 classes from Waverley Memorial School decorated the tree in the lobby of the NSTU - Dr. Tom Parker Building. NSTU president Alexis Allen poses here with Erin Brien's class above, and Louise Stuart's class, on the right.



Check out the complete list of Deals & Discounts on the NSTU Website at www.nstu.ca

NSTU SECONDMENT RESOURCE FILE

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

To obtain the secondment application form:

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

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GOT A GOOD IDEA FOR RESPONDING TO VIOLENCE IN SCHOOL?

We can help you turn your idea into a useful, practical program!

If you, your class, or your colleagues have ideas to share with other teachers, classrooms and campuses in Nova Scotia, get a Sheonorail Project Application today from your NSTU Representative!



Project Application Mailing Address
Sheonorail Foundation Project Review Committee
3106 Joseph Howe Drive, Halifax, NS B3L 4L7

Our mandate

is simple. The Sheonorail Foundation will extend financial resources to any active or retired member of the Nova Scotia Teachers Union, to any group of active or retired NSTU members, or to any group of public school or Community College students working in cooperation with a teacher advisor(s) faculty member.

Our purpose

is to support research, inquiry, reflection, writing, distribution of information and interventions which focus on all forms of violence in the public (Primary to Grade 12) and Community College education system.

Our pledge

is to award funding grants for anti-violence programs that have a direct and immediate impact on public school and Community College classrooms, students, teachers, staff, administration and community.

Deadline—April 13, 2012

Summer School in The Gambia



Where is The Gambia? You can be forgiven if you've never heard of it. After all, there have not been any wars, genocide, or famine to earn the attention of the media. It may be remembered as the home of Kunta Kinte from Alex Haley's *Roots*. It is better known for its hospitality than for any conflicts or despotism.

The Gambia is a small West African country about the size of P.E.I. I was fortunate to have had the opportunity this summer to volunteer with the Nova Scotia Gambia Association (NSGA) as a teacher in a summer school program. The CIDA-funded project is a health education program which focuses on prevention. Students who participate in an on-going school program were gathered together for 4 weeks where they received training on reproductive health, HIV/AIDS, STIs, and gender issues, as well as English and Math. We worked with Grade 7-11 students alongside Gambian staff and local teachers.

As well, we were witness to community films on the same topics, traditionally considered taboo. These films were dramatized by NSGA staff, and produced in local languages. The staff brought in the equipment, including a generator, as electricity was in short supply. Films were projected after dark on a sheet hung across the NSGA van. Lively audience involvement was always facilitated by dedicated and skilled staff, whose commitment always amazed us.

Our classrooms were equipped with double desks and a blackboard. Even paper and pens were in short supply. The resourcefulness of the students and instructors was most apparent as the students presented skits on HIV/AIDS, sexual harassment, forced marriage, teen pregnancy and female circumcision. The issues were serious but the skits were always hilarious! The issues were also hotly debated during class and more formally in school assemblies.

The dedication and talent of the NSGA staff was validation to me that money donated to this organization is well spent. A little Canadian money goes a long way in The Gambia. You can find out how to support this organization on the website at www.novascotiagambia.ca.

You can also find out about volunteer opportunities for teachers and health care providers. I highly recommend this experience for anyone interested in other cultures or in helping to make the world a better place.

Cathy Faulkner
Redcliff Middle School

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NOTICE OF ELECTIONS

Spring 2012

Election of NSTU Provincial Executive Members



- I. Background:**
NSTU By-Law Article IV *The Provincial Executive* outlines the structure and duties of the NSTU Provincial Executive.
- **Definition**
There shall be an Executive of the Council, to be composed of the President, the immediate Past-President (one year position only), the first Vice-President, twenty-one (21) members elected on a regional basis at the Local level, including one member elected by all the members of the CSANE Local, and two (2) members elected by all the members of the Community College Local. A majority of the members of the Executive shall constitute a quorum.
 - **Duties**
The Executive functions in the name of the Council between sessions. It shall perform its duties in a manner that is consistent with the will of the Council as expressed through resolutions passed by the Council. In addition, the Executive shall carry out duties imposed specifically by the *Teaching Profession Act* and;
 - (a) appoint and dismiss an Executive Director and such other paid employees of the Union as it may deem necessary and determine their duties, remuneration and terms of employment, including bonding;
 - (b) provide suitable offices and equipment for carrying on the work of the NSTU;
 - (c) direct and supervise the business, property and affairs of the NSTU between Council meetings, and all decisions that are deemed policy by the Executive shall be forwarded to the upcoming Council as resolutions;
 - (d) determine the place and date and make arrangements for workshops and special Council meetings;
 - (e) issue a post-Council press release;
 - (f) provide assistance with organizing Locals and Regional Representative Councils and Professional Associations;
 - (g) shall ratify constitutions of Locals, Regional Representative Councils and Professional Associations by following regulations outlined in the NSTU Guidebook;
 - (h) determine the boundaries of the Locals;
 - (i) publish a magazine or other official publications;
 - (j) cause the books and accounts of the Council to be audited annually by a chartered accountant and cause the report of the auditor to be submitted to Council;
 - (k) have the power to convene an emergency meeting of a Local or a meeting of the NSTU members in a given area; and
 - (l) is empowered to exercise on behalf of the Union, as the Executive deems advisable from time to time, the powers of the Union under the *Teachers' Pension Act* and report thereon to the Council at the next following meeting of the Council.
 - **Representation**
NSTU Standing Order 10 *Composition of the Provincial Executive* delineates the representation by regional.
 10. Composition Of the Provincial Executive
 - (a) Members of the NSTU teaching in the following regions shall elect twenty-one members to the Executive subject to the following conditions:
 - (i) elections shall be held fifteen (15) days or more prior to the first meeting of the Council;
 - (ii) the regions and the numbers to be elected from each region shall be as follows:

Annapolis-Hants West-Kings	2 members
Antigonish-Guysborough	1 member
Cape Breton Industrial	2 members
Colchester-East Hants	1 member
Community College	2 members
Conseil syndical acadien de la Nouvelle-Écosse	1 member
Cumberland	1 member
Dartmouth	1 member
Digby-Yarmouth	1 member
Halifax City	2 members
Halifax County	2 members
Inverness-Richmond	1 member
Lunenburg County	1 member
Northside-Victoria	1 member
Pictou	1 member
Shelburne-Queens	1 member
- II. Election Locations:**
- | Region | To be Elected |
|--------------------------------|---------------|
| Annapolis-Hants West-Kings (2) | 1 member |
| Antigonish-Guysborough (1) | 1 member |
| Cape Breton Industrial (2) | 1 member |
| Colchester-East Hants (1) | 1 member |
| Community College (2) | 1 member |
| Dartmouth (1) | 1 member |
| Halifax City (2) | 1 member |
| Halifax County (2) | 1 member |
| Inverness-Richmond (1) | 1 member |
| Lunenburg County (1) | 1 member |
- III. Eligibility**
NSTU By-Law Article I-10(a) (iv) The right to vote and hold office at the Local and/or provincial level.
- IV. Time Line:**
- A regional election must be conducted at least 15 days prior to Annual Council.
 - Nominations close 30 days prior to Election Day in a region.
 - The Regional Nominating Committee sets the exact dates for the election and close of nominations in a region.
 - Contact your Local President to obtain the dates for the Close of Nominations and Election Day.
- V. Contact Person:**
For further information regarding the 2012 Regional Elections, contact Kate Ingram at kingram@staff.nstu.ca or 1-800-565-6788.



We Need You to Share Your Expertise!

NSTU Standing/Other Committees Application Form

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

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

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

Standing Committees will be appointed at the Executive Meeting scheduled for JUNE 8, 2012.

Applications must be received in Central Office by May 25, 2012

(NOTE EXCEPTION: Substitute Teacher Committee, October 16, 2012)

Please select at least one committee indicating your preference by inserting 1, 2 or 3 in the box beside the committee(s) for which you wish to apply. (Select up to three only.)

Available committees include:

Please indicate if applying for a one year extension

- APPEALS** - reviews applications for assistance on appeals under Section 36 of the *Education Act* and decides if the appealing teacher is to receive legal assistance from the Nova Scotia Teachers Union.
- COMITÉ DE PROGRAMMATION ACADIENNE** - studies the curriculum and all proposed changes in it as it relates to Acadian schools under the direction of CSAP and reports its findings to the Provincial Executive.
- CURRICULUM** - studies the curriculum of schools and proposed changes and reports the findings and recommendations to the Provincial Executive.
- EQUITY** - is concerned with matters pertaining to the status of women, equity and diversity issues.
- FINANCE & PROPERTY** - prepares the annual budget for Council, keeps informed of the Union's financial position, supervises the payment of accounts, forwards financial statements to Executive meetings, determines the amount of travel expenses to Council and checks every NSTU expenditure and expenditures on property.
- INSURANCE TRUSTEES** - oversee the operation of the NSTU Group Insurance Plan which offers Life, Optional Life, Accidental Death & Dismemberment, Total Care Medical/ Total Care Dental, LTD, MEDOC® and Home & Auto.

NOTE: One appointment will be made to the Insurance Trustees from the South Shore/ Tri-County Region.

- MEMBERS SERVICES** - identifies bargainable items; prepares background information related to merits of negotiable items; identifies trends and developments in teacher bargaining across Canada; reviews economic forecasts; considers Council resolutions; plans workshops for REWC negotiators; reviews results of most recent contract bargaining. **NOTE: One appointment will be made to the Member Services Committee to a Community College Member.**
- PDAF** - reviews applications for financial assistance to support innovative curriculum projects and awards grants to successful applicants.
- PENSION** - studies pension resolutions and keeps the Executive informed of trends and changes affecting teachers' pensions. **NOTE: One appointment will be made to the Pension Committee from the Cape Breton Region and one from the Strait Region.**
- PROFESSIONAL DEVELOPMENT** - reviews and develops policy programs and ideas intended to improve the effectiveness of teachers as professionals and to advance education through research in Nova Scotian classrooms.

- PUBLIC AFFAIRS** - promotes the involvement in public affairs by encouraging NSTU members (and others) to take an active part in government affairs pertaining to public education.
- PUBLIC RELATIONS** - examines and plans directions for public relations programs.
- TEACHERS WITH ADMINISTRATIVE RESPONSIBILITIES** - provides a voice, within the NSTU, for teachers with administrative responsibilities.
- SHEONOROIL BOARD OF DIRECTORS** - the Sheonoroil Foundation is an arms-length charitable agency created to fund school and campus-based projects and research directed at reducing violence in schools and Community College campuses. The Board of Directors is the governing body of the Foundation; it develops Foundation policy, mandates Foundation initiatives and approves project funding.
- SUBSTITUTE TEACHER** - advises the Provincial Executive on issues affecting and of concern to substitute teachers. **NOTE: Appointments to the Substitute Teacher Committee are made at the October meeting of the Provincial Executive. Therefore, the deadline for receipt of applications to this Committee is October 16, 2012.**
- I would be willing to serve on any committee.

The NSTU reserves the right to re-advertise any position if a sufficient number of applications are not received by the deadline.

Name:	Prof. Number:
Local:	NSSC Employee Number:
Contact Address:	Postal Code:
Phone: (School/Campus)	(Home)
Fax:	NSTU email:
Present Position:	Grade Level(s):
Subject(s) Taught:	
Have you previously applied for or been appointed to any NSTU standing or <i>ad hoc</i> committee? Yes <input type="checkbox"/> No <input type="checkbox"/>	
If so, when: _____	

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

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

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

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

NSTU Activities

List below the NSTU Committees on which you have served:

Local:	Regional:	Provincial:
		Dates (If within the last 5 years)

List below the offices you have held at the:

Local Level:	Regional Level:	Provincial Level:

Applications may be made online or downloaded from the NSTU website at www.nstu.ca (under NSTU/Structure/Committees) and forward to:

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

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

coming events

January is...

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

JANUARY 27

Family Literacy Day

Family Literacy Day established in 1999, is an initiative developed to celebrate parents and children reading and learning together. It encourages Canadians to spend at least 15 minutes enjoying a learning activity every day. Register your event online at FamilyLiteracyDay.ca.

FEBRUARY 2012

Winter Walk Day - Any day in February

Schools and youth groups may register at <http://www.taketherooffwinter.ca> and receive a kit along with free toques to give away. The event is a partnership of Active & Safe Routes to School of the Ecology Action Centre, Heart&Stroke Walkabout and Take the Roof Off Winter, which promotes healthy outdoor winter activity in Nova Scotia.

FEBRUARY 1

African Heritage Month

African Heritage Month is celebrated in the month of February. As a follow-up to the *Leading Ladies, Lasting Legacies* theme of 2010, this year will celebrate *Unsung Heroes*, men who have made a difference in their communities. This year marks the 28th anniversary of African Heritage Month and celebrates the history and contributions of people of African descent in Nova Scotia. There is more information at www.gov.ns.ca/ansa/specialevents.asp

FEBRUARY 1

ViewFinders Camp

Deadline to apply for the March Break ViewFinders Camp. Teachers will have all expenses covered to attend a five-day film workshop with top industry experts in Halifax. Three 30-second public service announcements will be created around the theme of "Teachers make a Difference." They may be aired on television. To apply, check out nstu.ca.

FEBRUARY 10

Nova Scotia Skills Competition & Career Showcase

Applications open for the Nova Scotia Skills Competition & Career Showcase. This is a chance for students and apprentices from across the province to put their skills to the test, and showcase their talents in skilled trades and technologies! This Olympic-style event promotes excellence in skilled trade and technology careers, and invites youth from across Nova Scotia to participate in over 50 competition areas. Gold medal

winners from eligible competitions will join Team Nova Scotia at the Skills Canada National Competition, which will be hosted in Edmonton, May 13-16, 2012! More information can be found at <http://skillsns.ednet.ns.ca>.

FEBRUARY 12 TO 18

National Teacher/Staff Appreciation Week

Home and School Associations/School Councils across Canada are celebrating *National Teacher/Staff Appreciation Week*. This week gives parents and others concerned with children and their education the opportunity to join in nation-wide demonstrations of support for Canada's schools and their teachers/staff.

FEBRUARY 15

National Flag Day of Canada

Every year since 1996, Canadians celebrate shared values, common citizenship and sense of belonging to our country through National Flag Day February 15. It marks the day in 1965 when our red and white maple leaf flag was first raised over Parliament Hill in Ottawa, and in hundreds of communities across Canada.

FEBRUARY 18

Education Week 2012

Nominations close for 2012 Education Week. This year's theme is *Educating Students for Life / Une éducation pour la vie*. It will recognize outstanding Nova Scotia educators who go above and beyond to focus on their students' mental, physical, and social wellbeing. This year, the week is celebrated a week later than normal and will be held April 22 to 28. The awards ceremony will take place at Monday, April 23 at 1 p.m. For more details, visit nstu.ca.

FEBRUARY 29

Teaching With Technology Contest

CDW Canada would like to highlight and reward Canadian educators who are using (or plan to use) technology in innovative ways in the classroom. By describing how technology has made an impact, educators are eligible to win technology for their school or classroom. There are \$21,000 of prizes up for grabs and this year's contest includes a new video component, providing an additional way for teachers to enter to win. (Teachers can enter by submitting a story, a tweet or a video.) Along with educators, school board IT professionals are eligible to enter the sweepstakes. Complete rules and regulations for all contests are available at www.TeachingwithTechnology.ca

MARCH 9

Canada Day Poster Challenge

This is the deadline for entries in the 2012 Canada Day Poster Challenge. This year's theme *1812: The Fight for Canada*. This

national competition invites young Canadians aged 5 to 18 to design an original poster that illustrates how the people, places, and events of the past have shaped our country. A single finalist from all age categories combined will be chosen in each province and territory. A national winner will then be selected from the 13 provincial and territorial finalists and the winning design will become the official poster of the 2012 Celebrate Canada festivities throughout the country. Entry rules and additional resources can be found on the Poster Challenge website at www.posterchallenge.pch.gc.ca.

MARCH 31

This is the deadline for all Canadian teachers are invited to participate in a collaborative project called *Cooperative Directory of Educational Material Promoting a Culture of Peace in Canada*. This is a pilot

project sponsored UNESCO and is seeking a selection of elementary or secondary school courses, programs, initiatives of various kinds that aim to combat violence, discrimination, fanaticism, social inequality or subservience to dogma. You can fill out a questionnaire at <http://directorypeace.blogspot.com>.

JULY 16 TO 20

All Things Marine

During the summer of 2012 The Huntsman Marine Science Centre in St. Andrews, New Brunswick is offering *All Things Marine*, for teachers and adults.

Join us as we explore the unique environment of the Bay of Fundy and the diversity of life it supports. What we catch and collect is what we will study, draw, print and cook! Come and learn while having fun by the sea! For more information visit www.huntsmanmarine.ca.

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Sign up online at thediscoverycentre.ca



NSTU Group Insurance Trustees Employee / Family Assistance Program

The NSTU Group Insurance Trustees are pleased to announce the introduction of an Employee / Family Assistance Program available January 1, 2012 to all active members of the NSTU and their eligible spouses / dependent children.

These services will be provided by Homewood Human Solutions through Manulife Financial. Services will be accessed through a toll-free number 24 hours per day / 365 days per year. Confidential counsellors will be available for marital and family problems, stress, psychological disorders, alcohol and drug problems, bereavement, life style problems, referral for financial and legal problems and much more.

This program is not meant to be a replacement for the NSTU Counselling Services already available to members. It has been designed to enhance these services and provide choice to members with the goal of providing the assistance that a member, spouse or dependent may need.

You have already received communication material outlining the services available as well as wallet cards that you can carry with you and provide to family members. The Trustees encourage you to become familiar with this information and speak to your family about it. Also, keep this information in a familiar place for your future reference if you find yourself or a family member in need of some assistance.

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

update

The John Huntley Memorial Internship Program

The remaining deadlines for applications for the John Huntley Memorial Internship Program for the 2011-2012 school year are 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.

Nova Scotia Teachers Union



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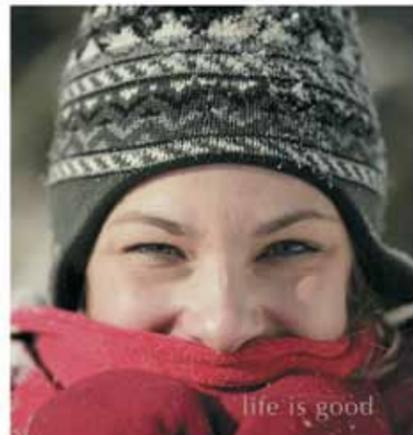
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*The deadline for the March issue
of The Teacher is February 17th.*

Call 1-800-565-6788 or email smatheson@staff.nstu.ca

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www.deltahotels.com/nstu

www.deltabarrington.com www.deltahalifax.com
For reservations and information call 1-888-423-3582 (toll free)



resources

Senior High Social Studies Video Resources from Learning Resources and Technology Services

* Learning Resources and Technology Services ships multimedia curriculum resources to schools anywhere in the province.

* Loan programs are shipped to the school with a prepaid mailing label so there is no charge to ship them back to us!

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

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

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

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

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

* Please note: these programs are available in DVD format unless otherwise stated.

23779 - *The Corporation: The Pathological Pursuit of Profit and Power*

This behind-the-scenes documentary asks: Is there a cure for the pathological pursuit of profit at any cost, or can we only hope to apply restraints?? Interviews with CEOs and top-level executives, economists, academics, critics, historians, activists and renowned thinkers tries to answer this question.

23547 - *No Logo*

Logos are everywhere but why do some of the world's best-known brands find themselves the targets of anti-corporate campaigns by activists and protestors and others don't? The documentary looks at some of the reasons behind the backlash against the increasing economic and cultural reach of multinational companies and shows how the commercial takeover of public space, destruction of consumer choice, and replacement of real jobs with temporary work - the dynamics of corporate globalization - impact everyone, everywhere.

23548 - *Trading Democracy*

While the benefits of the North American Free Trade Agreement are still being argued, the perils of one of the treaty's most powerful secrets are beginning to emerge. This program is the first television investigation of what has been called an "end run around the Constitution." Corporate investors are using the obscure NAFTA provision to challenge laws designed to protect the public health, environmental regulations and even jury verdicts. The cases are heard not in open court, but before international trade tribunals that make rulings in secret. The program details a system of private justice that is enabling companies to obtain covertly what they have failed to achieve publicly in America's legislatures or courts.

23817 - *That's News to Me: The Transformation of Journalism in a Wired Society*

What constitutes news in the digital age, and who is most qualified to report it? This program looks at the growing marginalization of the mainstream press in the face of the digital communication revolution through the eyes of journalists, bloggers, scholars and young people who are driving the consumption and production of news. The merits and liabilities of citizen journalism are weighted, and concerns such as whether "Big Media" has lost its objectivity or blogging is inherently narcissistic are considered. This program examines one point -- journalism is fundamentally changing, but will it be for better or worse?

23589 - *Tobacco Conspiracy: Backroom Deals of a Deadly Industry*

This video goes behind the scenes of the tobacco industry. An investigation covering three continents, the film exposes the conspiracy of a criminally negligent industry that hangs on to economic power through corruption and manipulation. Anti-smoking groups are organizing to confront the tobacco cartel. This documentary defines the issues are complex where private interest and the public good collide.

23485 - *Global Village or Global Pillage? VHS ONLY*

The global economy for those with wealth and power, it means big benefits, but what does it mean for the rest of us? Can we shape its future and our own? This documentary explores what the global economy means for ordinary people, and what they are doing about it.

228926 - *Sweating for a T-Shirt VHS ONLY*

This documentary asks: "Who made this t-shirt?" and takes us on a journey through the sweatshop industry. We meet with workers, factory owners, union organizers and human rights activists and learn about wages, working conditions and lives of the people who making clothes for U.S. companies. The video ends with a student rally at Brown University where students forced the university administration to adopt fair labour standards for production of clothing bearing their college logo.

Education Media Library, PO Box 578, Halifax, N.S. B3J 2S9; 902-424-2440 (phone); 428-3176 (fax), email mediacir@ednet.ns.ca / website at <http://lrt.ednet.ns.ca>.

RESOURCES

Let's Talk Science!

Let's Talk Science is an award-winning, national, charitable organization that delivers science learning programs and services that turn children and youth on to science, keep them engaged in learning and develop their potential to become 21st century citizens, innovators and stewards.

The approach to science education engages children and youth—from the very early years through high school—with fun, exciting hands-on/minds-on activities that improve their understanding of physical and life science, mathematics and technology. This approach builds critical life skills, including problem-solving, communication and teamwork, and accounts for the fact that each individual learns in their own unique way. You can learn more at www.letstalkscience.ca

Be Recognized as One of Canada's First GREEN High Schools!

Share your project with ECO Canada and gain national recognition as a GREEN High School—plus, a chance to win \$1,000 toward your next environmental initiative. This action-based program encourages students to research environmental post-secondary programs and explore the wealth of related career opportunities as they engage in activities that:

- Enhance the environment;
- Communicate about the environment; or
- Demonstrate the sustainable use of resources.

Participating schools must also submit an Evaluation Form describing the successes of their project and document their accomplishments with an essay, video footage, photo journal or other format that can be shared with their school and community.

To participate or for more information please contact Rebecca Dickson at career.awareness@eco.ca or visit www.eco.ca/greenhighschools.

Win a \$20,000 completely customized outdoor classroom. The Trees of Knowledge program was created to help educate Canadian students and teachers about the importance of environmental sustainability. To enter the Trees of Knowledge competition, schools must submit the following by January 27, 2012:

- A completed application form, available to download at: www.majestatreesofknowledge.ca/apply
- A 400-word essay on why their school is the most worthy candidate for an outdoor classroom
- One to five photos of the school grounds, including the proposed site of the outdoor classroom
- A landscape-site plan
- A letter of commitment for the outdoor classroom project from the School Board
- A two-minute video component entry (optional)

Applications will be judged based on criteria such as the strength of the plan, the impact the classroom will have and the longevity and sustainability of the outdoor classroom project. Judges will select the finalist schools from which the winner will be chosen by online voting.

All Canadian schools can apply by visiting www.majesta.com and entering before January 27, 2012.

First Nations educational documentary

Shannen Koostachin had a dream that all First Nation children would have an education in safe, "comfy" schools. The Heartspeak about Shannen's Dream DVD (English) features a short educational documentary (14:33 min) that succinctly captures the story of *Shannen's Dream*. In her short life, Shannen has inspired national interest to carry on the fight for equitable education rights for all First Nation children and youth. A Message to the Educational Community. The Heartspeak organization tailors school assemblies/class presentations (Grades 3–12) and workshops for educators to spark dialogue about the issues. It's a great chance for students to begin to learn more about the issues facing our First Nations communities and seek answers to challenging questions. To order the DVD go to heartspeak.ca and get your students talking about issues that matter.

MASTER OF EDUCATION PROGRAMS AT StFX



INSTRUCTIONAL LEADERSHIP

Instructional leadership is about the pivotal role of leaders in improving the quality of education. StFX is currently accepting applications from our program in Educational Administration and Leadership with a focus in Instructional Leadership. This part-time course-based program will commence with an intensive summer institute in July at the StFX campus followed by two-and-a-half years of online learning.

OTHER PART-TIME PROGRAMS

Students may also elect to complete Master of Education programs in *Educational Administration and Leadership* or a variety of *Curriculum and Instruction* areas. These part-time programs require one month of study on campus in July, and the remainder of the program is completed online or at one of our regional centers in Halifax, Yarmouth, Truro or Sydney over a two and a half year time span. This program may be completed by either the course-based, project, or thesis route.

FULL-TIME GRADUATE STUDIES

StFX admits up to 12 full-time graduate students annually who wish to develop capacity in teaching/leadership or applied research. Students are paired with faculty who help them experience the richness of university teaching and/or research. Students who choose the research-based option will participate in funded research programs in collaboration with full-time faculty. Students admitted to the full-time program will receive a graduate scholarship.

For more information or to receive an information package, contact Continuing and Distance Education
1-877-867-3906 or (902) 867-3906
or email: med@stfx.ca
Application deadline: February 15



Shelburne Skate



NSTU's Shelburne Local sponsored a free family skate for members and their families December 30, 2011.

NSTU WEB ACCOUNT ACTIVATION AUTOMATED

All NSTU members, and retired members, have access to a free NSTU webmail account. NSTU webmail is the preferred means of communicating with our membership and provides a secure, encrypted, private web account accessible anywhere.



OPENING AN ACCOUNT

Opening an NSTU web account is automated. To open an account simply follow the link on the "NSTU Web Accounts" page (under the "Communications" menu) on the NSTU website.

Please note that you must be entered in the Membership Registry in order to open an account and you cannot open more than one account. Once an account has been activated in your name the system will not process a second account for you.

The system will allow you to select your own username and request that you assign a password to your account. You should note the policies relevant to usernames and passwords listed on the website page before you follow the link to process an account request.

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 and 25¢ per additional word.

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

SEEKING LESBIAN HEADED STEP-FAMILIES TO PARTICIPATE IN NURSING RESEARCH STUDY.

- Are you part of a lesbian headed step-family or know anyone who is? I am looking for women who are raising children in a step-family situation. There is a growing body of research investigating the experiences of birth mothers in lesbian step-families; however the voice of the step-mother and especially the voices of the children are rarely heard. Developing a greater understanding of what it is like to become a lesbian step-family will inform practice, policy and healthcare provider education. I am a doctoral student with the School of Nursing at Dalhousie University and would like to speak to you and your family about the process of becoming a lesbian headed step-family. I will travel to speak with women in New Brunswick, Nova Scotia and Prince Edward Island. This study has been granted REB approval #:2011-2390. Please email me for additional information or to set a date to meet at research.lesbian.2011@gmail.com.

CROATIA - JULY 28 TO AUGUST 4 - Pedal, Sail and Swim. Amazing! Book soon. Itinerary and booking at <http://www.pedalandseaadventures.com/bike-tours-of-croatia.html>; smithkn@staff.ednet.ns.ca

INTERESTED IN A VOLUNTEER OPPORTUNITY?

Help promote world peace while doing some travelling? CISV Halifax is the perfect match for you! We are looking for dynamic leaders to accompany a delegation of youth to international camps being held in summer 2012, expenses paid. Contact halifax@ca.cisv.org for more information or view www.cisv.ca

AVAILABLE - French Reading & Phonetic Program for Grades 1 to 3 students from home. Only 17\$ per one-on-one session with a certified French teacher. Risk-free reading evaluation and classroom orientation. See what others are saying: www.teachercertifiedtutoring.com

BUYING A NEW CAR? Contact us before you do anything else! www.buninsautoassist.com, abunin@eastlink.ca, or 902-792-1777. *NSTU members are offered a 10% discount on all services.

BUYING A NEW CAR? Save time, money and stress. Bunin's Auto Assist will work for you to ensure a positive, money-saving vehicle purchase. www.buninsautoassist.com, email: abunin@eastlink.ca, or 902-792-1777. *NSTU members are offered a 10% discount on all services.

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, snow shoeing, star gazing, and open space. Private, family, or dormitory rooms. Kitchen use available. Please phone 902-548-2379 or email wentworthhostel@ns.sympatico.ca to book today.

TOWNHOUSE AVAILABLE - March 1 - Merrimac Drive, Cole Hbr. / on bus route, close to CHP, schools, walking trails, shopping and services. Phone 902-827-4847

WANTED - HOLIDAY RENTAL - First two weeks of July near or at Black Point/Powell's Point Park/Point 44 - Pictou County. Email: mdoucette@staff.ednet.ns.ca.

FOR RENT SW FLORIDA CONDOMINIUM - Tropical sunny location! Temperatures above 23 degrees year round! Beaches, golf, shopping, pools, tennis, cycling,

fitness centre, nature. For details email pmccallum@hfx.eastlink.ca.

JOB SHARE - French Immersion teacher seeking 20% job-sharing position (in F.I.) within HRSB, starting September 2012. 28-years experience in French Immersion including 19 years with HRSB. Il y a une date limite pour cette demande auprès de HRSB. References available upon request. Please contact me at 902-861-4759 or losierdt@staff.ednet.ns.ca

JOB SHARE - I am an Elementary Learning Centre Teacher in the HRSB who is seeking a job share partner for the upcoming 2012-2013 school year. Must have Masters and required Board courses. If qualified, please contact me at jnclmug@gmail.com.

JOB SHARE - I am an experienced teacher who is seeking a job share position in Halifax. I am more than half way done a Masters in Literacy and am qualified to teach P-8. Please contact Pamela for full resume at pam_benigno@hotmail.com or 902-209-1344.

JOB SHARE - HEALTH ISSUES? FEELING STRESSED? French Immersion teacher available for job-sharing or ongoing subbing with HRSB in French Immersion, one or two days/week, from January to March 2012 inclusive. 28-years experience. 902-861-4759 or losierdt@staff.ednet.ns.ca.

TEACHER EXCHANGE - High school math teacher with CCRSB looking to exchange positions with a teacher from the CBVRSB for the 2012-2013 school year. A permanent exchange is possible. Please contact NorthJ@ccrsb.ca.

TEACHER EXCHANGE - A Permanent junior/ senior high Social Studies, English and Core French teacher with the HRSB is looking to exchange a position with a teacher from CBVRSB for the 2012-2013 school year. Interested in a permanent exchange. If interested please contact me at eraucoin@staff.ednet.ns.ca

TEACHER EXCHANGE - Program support teacher with CBVRSB is looking to exchange positions with a teacher from the CCRSB for the 2012-2013 school year. A permanent exchange is possible. Please contact teachermove@yahoo.ca

TEACHER EXCHANGE - Early elementary teacher with the CBVRSB is looking to exchange positions with a teacher for the SSRSB for the 2012-2013 school year. A permanent exchange is possible. Please contact mdburton@staff.ednet.ns.ca

TEACHER EXCHANGE - Permanent junior/senior high learning center/resource teacher with the HRSB is looking to exchange positions with a teacher from CCRSB for the 2012-2013 school year. A permanent exchange is possible. If interested, please contact me at burtonch@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 dj@staff.ednet.ns.ca.

GREAT GIFT PROMOTION AT ALLURE - 3 x 1-hour massage therapy treatments for \$100.00 plus HST - 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.



2011-2012 Pre-Retirement Seminars SCHEDULE



DATES

LOCATIONS

January 24 & 25 (Tuesday & Wednesday)

HRSB - NSTU Building, Halifax

March 22 & 23 (Thursday & Friday)

CBVRSB - Membertou Trade & Convention Centre

6 JANUARY 2012 Dates/locations subject to change