

Child poverty impacts Nova Scotia classrooms

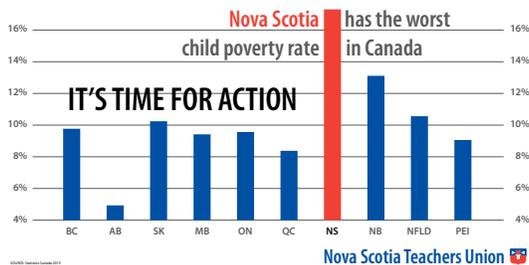
NSTU President Paul Wozney says, “Nova Scotia’s rising level of child poverty is a major concern for teachers heading into this school year. While every teacher does their best to support students living in poverty, more needs to be done to address a significant problem that has grown worse in recent years.”

During the first week of school, Children First Canada released a report listing poverty as one of the Top 10 threats to Childhood in Canada. <https://bit.ly/2kvXfe1> According to Statistics Canada, between 2015 and 2017 the percentage of children living in poverty in Nova Scotia increased from 15.7 to 17.1 per cent. Nova Scotia was the only province to experience an increase during this period and currently has the highest rate of childhood poverty in the country.

“When a child is hungry; when they aren’t sure where home will be at the end of the day; when they don’t have adequate clothing; it’s very hard for them to focus on learning,” says Wozney. “The evidence is clear that on average, children living in poverty experience worse academic outcomes and are twice as likely to drop out of school. They also have a much higher chance of developing a mental health issue.”

Wozney believes the province needs to do more to tackle child poverty. He says the NSTU and its members are prepared to be active partners in this effort.

“Every teacher has a story about helping out a student whose family is struggling to make ends meet. In fact, it has become common practice for many teachers to have extra food, clothing, school supplies and even toiletries on hand for those that are without,” says Wozney. “But childhood poverty is a serious and complicated issue, and while teachers are working hard to reduce the impacts on a student-by-student basis, they can’t solve the problem. Ultimately, there needs to be a province-wide approach that government needs to take the lead on.”



Dear Colleague:

Welcome back! The beginning of the school year leaves us buzzing with hope and anticipation.

I wonder if it’s possible to bottle this energy to keep it alive throughout the year. That’s why I am sharing this reflection on how we can approach our work to help sustain what we’re feeling at this time of year.

Three years ago, I started playing goalie for a learn-to-play adult female hockey group. I’d never played the position in my life, but agreed to give it a try knowing these athletes needed a regular goaltender.

That began my journey of becoming a goalie. Once a week, I strapped on the gear to learn how to stop pucks for my teammates. The teammates in front of me were learning the game too, and were consistently positive and encouraging. They picked me up when I let in goals that cost the team, and always thanked me before I left the rink.

I went from being a 20-year hockey player who had coached minor hockey to becoming a complete neophyte—and I got to do it in a safe, supportive space with others sharing the journey of learning the game.

This summer, I attended a hockey camp in Montreal. I learned about goaltending from Olympic Gold Medalist Charline Labonté and played my heart out. I came home understanding what I was doing for the first time, surrounded by passionate athletes whose contagious energy fuels my own drive to improve.

I share this to inspire you to consider two habits in your teaching that will sustain the motivation, energy and positivity that surrounds us early in the year.

Firstly, find your team. Seek out those who share your passion to grow and thrive in the classroom. Connect with them regularly. Learn from them. Embrace their support and reciprocate heartily.

Secondly, identify a mentor/leader that feeds your teaching fire. Attend their workshops if you can. Follow them on social media, soak in their written work, podcasts and videos. Build a voice worth hearing and emulating into your teaching practice that will sustain you in the dry times.

Many of you are teaching new courses or grade levels. Some are in new roles. Still others are continuing in previous assignments yet searching to enrich your practice.

My hope is that each of you can cultivate habits that will sustain the energy and hope we find as we begin a school year. This not only feeds our own fire, but builds up our colleagues and our profession. We rival any teaching population on earth in education, training and experience. We know that finding the way towards public education the whole world envies starts with passionate, innovative teachers who feel valued.

While we’re working hard to get the province and our respective RCEs/CSAP to embrace this mindset, being an NSTU member should mean none of us fights alone to sustain the hope and energy we all feel this time of year.

Remember that your union is here to support you in your teaching journey.

Paul Wozney



people

New professional learning staff officer

The NSTU officially welcomes Miguelle Légère who began her role as an NSTU executive staff officer in NSTU's professional learning department on August 1, 2019.

Miguëlle is a proud Acadian from Moncton, New Brunswick. She received her BA in French literature & linguistics from l'Université de Moncton. She has a

BEd from the University of Ottawa, with a specialization in Teaching French as a Second Language, a CELTA (Certificate in English Teaching to Adults), and a CVAT (Certificate in Visual Arts for Teachers) from NSCAD. She is currently working on Master of Education in Literacy Education at MSVU.

She has taught in South Korea, Turkey, Japan and Québec, was an elementary French Immersion teacher for 10 years, and was an Early Literacy Support teacher in French and English. Most recently, Miguelle was a French Immersion literacy coach with the Halifax Regional Centre for Education.

Miguëlle's duties include coordinating professional learning initiatives, professional

associations, equity and outreach programs, teacher referrals, the John Huntley Memorial Internship Program, and member engagement initiatives.

She is looking forward to supporting teachers through her work with the NSTU and continuing her professional learning interests in self-directed learning, restorative approaches and creating learning networks for teachers.



Managing Editor: Angela Murray
Assistant Editor: Mark Laventure
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**3106 Joseph Howe Drive,
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Phone: 902-477-5621 Fax: 902-477-3517
Toll free: 1-800-565-6788
Email: theteacher@nstu.ca
Website: www.nstu.ca

Submission deadlines for 2019-2020:

ISSUE.....	DEADLINE
October.....	October 9
Nov/Dec.....	November 27
Jan/Feb.....	January 22
March.....	March 4
April.....	April 7
May.....	May 6
June.....	June 10

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



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

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Term position in Member Services

The NSTU welcomes Paul Boudreau, who is currently serving a one-year term contract in member services until July 31, 2020, to replace Kyle Marryatt while he's on sabbatical leave. He has been teaching with the Halifax Regional Centre for Education for over 20 years. Spending the majority of his career at Musquodoboit Rural High School, Paul was teaching high school physical education and French before joining the NSTU. He has also taught French and Healthy Living at the junior high level, and social studies courses in French.

Active in the Halifax County Local he has served on its executive in various capacities including first vice-president, economic welfare chair, and member

of its resolutions and ad hoc finance committees. He was also school rep for over 20 years. He served on the NSTU provincial executive from 2011 to 2016 & 2018-19 and is vacating his 2019-2021 term to take on this new opportunity. Paul has served on numerous provincial committees including chairing the NSTU Group Insurance Trustees, and as a member of Member Services, Personnel, Public Affairs/Public Relations, Governance and Policy, and Pension Committees, as well as Teachers' Pension Board.

In his new role he will be providing contract interpretation, arbitrations, grievances, and negotiating services for the Strait RRC and associated Locals,



coordinating the in-province teacher exchange, and substitute teacher services. He is the staff liaison to the Substitute Teacher Committee. He holds an MEd specializing in French from Université Ste-Anne, an MEd from MSVU in Curriculum Studies, and a BEd and Bachelor of Physical Education from Dalhousie University.

We Remember Earle Tubrett November 9, 1943 – August 24, 2019

The NSTU was saddened to hear about the loss of Honourary Member and former assistant executive director Earle Tubrett. Tubrett was elected as an honourary member of the Nova Scotia Teachers Union during Annual Council 2007 following his retirement as Assistant Executive Director in December 2006.

Honourary membership is given in recognition of outstanding contribution to the teaching profession of Nova Scotia. The

honour, conferred by a resolution to Council, is the highest award the NSTU can bestow on any individual.

In accepting his honourary membership in May 2007, Tubrett reminded delegates about their outstanding Union. “The NSTU is an absolutely remarkable organization and you teachers are absolutely remarkable people,” he said. He hoped the organization continued to be vigilant and diligent remarked how they do what no other group in the province does—“make a valid, substantial, debatable, debated, substantive contribution to public education in this province and for that the Province of Nova Scotia owes you a tremendous debt.”

Earle Tubrett joined the NSTU executive staff in 1986 in the field of member services. During his career with the NSTU he served as staff liaison with the NSTU Group Insurance Trustees, processed grievances arising out of provincial, Community College and Local contracts, and also assisted in Local and regional negotiations. He was appointed assistant executive director in 1995 and served as the acting executive director for a one-year term in 1998 and again for the last few months of his NSTU career prior to his retirement on December 31, 2006.

He was the guiding force behind NSTU’s anti-violence initiative, and was a charter member of the Sheonoril Foundation, established by the NSTU in 1999, to support programs that reduce violence in public schools and college campuses.



Above is Earle Tubrett with his wife Margaret at Annual Council 2007 after he received his Honourary Membership from the NSTU.

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Morse new president of the Canadian Teachers' Federation

The NSTU congratulates NSTU past president Shelly Morse, who was elected through acclamation as the new president of the Canadian Teachers' Federation, at its 2019 Annual General Meeting held in Ottawa July 10-12.

"This is a great honour for me," says Morse. "I am proud to be leading the collective voice for all public school teachers in Canada, and will continue CTF's work in improving the working lives of teachers and the learning environments of students. My priorities will be gender equality; social justice; and teacher welfare—in terms of working conditions and violence in the classroom."

Morse was elected as vice president of CTF in July 2018, and served two other one-year terms as CTF vice-president in 2016-17 and 2014-15. She was appointed interim President-Designate by the CTF-FCE Board of Directors in May. In that capacity she chaired the Advisory Committee on Diversity and Human Rights, and Advisory Committee on the Status of Women. She also served on the AGM Resolutions Committee; CTF Finance and Negotiations Committee; Advisory Committee on the Teaching Profession; the ad hoc Committee on CTF membership and as a CTF Trust Fund trustee. She served as NSTU president from 2012 to 2016 and as its past president in 2016-17.

Most recently Morse was a school guidance counsellor at Aldershot and Glooscap elementary schools. Morse's career in the teaching profession spans 35 years, including 31 as a classroom teacher and nine as a teaching vice-principal. She relinquished her administrative role in 2018 when administrators were removed from the NSTU through Bill 72. She has volunteered with the NSTU her entire career holding numerous positions at the local, regional and provincial levels, including president of the Kings Local on two occasions; AVRRC Chair; and NSTU's First Vice-President from 2008-2010.

Morse becomes the seventh NSTU past president to serve as a CTF president. Mary-Lou Donnelly was the most recent past president to do so, from 2009 to 2011.



NSTU president Wozney elected CTF vice-president

The NSTU congratulates NSTU president Paul Wozney, who was elected by acclamation as a vice-president of the Canadian Teachers' Federation at its annual meeting in July. He is keen to be a part of the organization for teachers and his new role. "I look forward to working with teacher leaders from across Canada in advancing and advocating for students, teachers and public education," says Wozney. He is one of five CTF vice-presidents who was acclaimed for one-year terms.



Founded in 1920, the Canadian Teachers' Federation is the national voice for the teaching profession. As the national alliance of provincial and territorial teacher organizations, the CTF/FCE represents over 273,000 elementary and secondary school teachers across Canada. The CTF/FCE is also a member of Education International, the global body of national education organizations in 173 countries.

The deadline
for the October issue
of *The Teacher*
is October 9

Contact Nancy at 902-477-5621 or
theteacher@nstu.ca



Promoting School Success for Children with Autism Spectrum Disorder (ASD)



How do Minority French-Speaking Families Fare in Nova Scotia?

We are looking for:

- (1) Parents of a child with ASD in grades P-3 who have French as a home language
- (2) School-based professionals with experience with children with ASD in grades P-3

Participants will fill out an online survey and can enter a draw for a \$50 'thank you' gift card.

For information, follow one of these links: Parents: <http://j.mp/2VGR0KI>
Educators/School-based professionals: <http://j.mp/2HvU1yz>

or contact Annie Richard: (902) 470-7275 Annie.Richard@iwk.nshealth.ca

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2019 NSTU Professional Associations Conferences

FRIDAY, OCTOBER 25



**Online Registration
Opens**

NSTU Members – Monday, September 16
Non-NSTU Members – Monday September 23
Closes – October 11
(no refunds after October 11)

**For registration and
conference details go to
www.nstu.ca**

While we encourage members to have a NSTU web account, please be advised that one is NOT required to register for a conference. A member may register utilizing any email address.

Art Teachers Association (ATA)

Theme **Take Aways**
 Location Rocky Lake Junior High & Cape Breton Centre for Craft and Design
 Fees \$90.00; Students/Substitutes/Retirees: \$45.00
 Contacts Meaghan LeMoine: ataconference@nstu.ca

Association des enseignantes et enseignants acadiens (AEA)

Theme **Enseignons efficacement!**
 Location Lieu principal: Carrefour du Grand-Havre (Marie-France Maisonneuve – la suite à Intervenir efficacement auprès des élèves TDAH)
 Keynote: Marie-France Maisonneuve au Carrefour du Grand-Havre
 Fees 95\$ pour enseignants temps plein; 50\$ pour suppléants, retraité, étudiants
 Contacts Melanie Belliveau: aea@nstu.ca

Association of Science Teachers (AST)

Theme **Making Time for Science**
 Location **Halifax West High School**
 Fees Regular: \$100.00; Students/Substitutes/Retirees: \$40.00 (Additional \$35.00 fee for any participants registering for Emergency First Aid)
 Contacts James Parsons: astconference@nstu.ca

Association of Teachers of English of Nova Scotia (ATENS)

Theme **Insert Creativity Here**
 Location Auburn Drive High School
 Fees Regular: \$95.00; Students/Substitutes/Retirees: \$85.00
 Contacts Tina Buott and Sandy Keddy: atensconference@nstu.ca

Association of Teachers of Exceptional Children (ATEC)

Theme **Living the Future: Voices of Diversity and Inclusion**
 Location Cineplex Theatres, Dartmouth Crossing
 Fees Regular: \$100.00; Students/Substitutes/Retirees: \$75.00
 Contacts Amy Barron and Lisa MacInosh: atecconference@nstu.ca

Association of Teachers of Young Adolescents (ATYA)

Theme **This is Us**
 Location Riverside Educational Centre
 Keynote: Tim Daly
 Fees Conference: \$90.00; Retired/Substitute: \$80.00
 Contacts Dawn Chapman: adchapman@nstu.ca

Business Education Teachers Association (BETA)

Theme **Church Point: Spotlight on Local Business – Baie Sainte Marie Halifax: Nova Scotia Experiences – The Business of Tourism**
 Location Université Ste. Anne and Murphy's on the Water
 Keynote: Church Point: Louanne Doucet
 Halifax: Joann Fitzgerald, Chief Marketing Office, Tourism Nova Scotia
 Fees Regular: \$100.00; Students/Substitutes/Retirees: \$75.00
 Contacts Danielle LeBlanc: danleblanc@nstu.ca

Education Drama Association of Nova Scotia (EDANS)

Theme **Mental Health through the Arts**
 Location Dartmouth High School
 Fees Conference fee: \$90.00; Retired/Substitutes/Students – \$65.00
 Contacts David Zinck: dzninck@nstu.ca

Family Studies Teachers Association (FSTA)

Theme **Mindful Connections**
 Location St. Matthew's United Church
 Keynote: Melanie Cousins – Mindfulness Practices in the Classroom
 Fees Teacher – \$85.00, Retired/Substitute/Student – \$55.00
 Contacts Denise Forgeron: fstaconference@nstu.ca

Mathematics Teachers Association (MTA)

Theme **MTA MMXIX**
 Location Charles P. Allen High School
 Keynote: Tracy Zager
 Fees Membership Conference Fee – \$80.00; Substitute and Retirees – \$40.00; Students (register after September 30th) – \$20.00
 Contacts Erick Lee and Zeno MacDonald: mtaconference@nstu.ca

Nova Scotia Music Educators' Association (NSMEA)

Theme **Music: School Would B: Without It**
 Location **Dartmouth South Academy**
 Keynote: Scott Jones
 Fees Regular: \$100.00; Substitute/Retired: \$50.00; Students: \$40.00
 Lunch may be added during online registration for \$15.00
 Contacts Keli Brewer: nsmeaconference@nstu.ca

Nova Scotia School Counsellors Association (NSSCA)

Theme **KALEIDOSCOPE**
 Location Citadel High School
 Fees Regular: \$95.00; Student/Retired Teacher: \$55.00
 Contacts Amanda Marchand and Andrew Gosney: nsscaconference@nstu.ca

NSLTA

Theme **Parles-en/ Let's Talk/ Hablamos**
 Location NSTU Building
 Fees Conference Fee \$75.00; Substitute/Retiree Fee \$40.00
 Contacts Sara Adams: smmacinnis@nstu.ca

Nova Scotia Teachers Association for Literacy and Language (NSTALL)

Theme **Cooperative Learning: Learning With and From Each Other**
If you want to go fast, go alone. If you want to go far, go together. African Proverb
 Location Cobequid Education Centre, Truro
 Fees Regular – \$85.00, Substitutes/Retired – \$65.00 and students – \$45.00
 Contacts Sonya Purdy: nstall@nstu.ca

Nova Scotia Technology Education Association (NSTEA)

Theme **Skills and Careers**
 Location Sir John A. Macdonald High School
 Keynote: Kayleen McCabe
 Fees Regular: \$90.00; Substitutes/Retirees: \$20.00 (Education Students: Free)
 Contacts Andrew Seymour and Craig Thornton: agseymour@nstu.ca and cpthornton@nstu.ca

Primary Elementary Teachers Association (PETA)

Theme **Inspiring Young Writers with Barbara Reid and Marie Louise Gay**
 Location Scotiabank Cineplex Bayer's Lake
 Keynote: Barbara Reid and Marie Louise Gay
 Fees Regular – \$90.00; Substitute/Retired – \$60.00
 Contacts Katrina Murphy: petaconference@nstu.ca

Psychologists in Schools Association (PISA)

Theme **Understanding and Supporting Gender Diverse Students**
 Location Mount Saint Vincent University
 Keynote: Todd Savage
 Fees Conference Fee: \$100.00; Substitutes/Retirees/Students: \$80.00
 Contacts Natasha Yorke-Phillip (registrar); Pam Blotnick (conference chair); Tracy Whittaker-Taggart (President): pisaconference@nstu.ca

Social Studies Teachers Association (SSTA)

Theme **Cultural Connections**
 Location Saint Mary's University
 Keynote: Weldon Boudreau; Acadian singer-songwriter/performer
 Fees Regular: \$100.00; Students/Substitutes/Retirees: \$50.00
 Contacts Wendy Driscoll and Stephen Hare: sstaconference@nstu.ca

Speech-Language Pathologists and Audiologists Association (SPAA)

Theme **Exploring Vocabulary and Morphology Intervention and Activities**
 Location Best Western Plus Dartmouth Hotel and Suites
 Keynote: Cathy Alexander, MA, CCC-SLP
 Fees Conference Fee: \$100.00; Student/Parent/Substitute/Retiree – \$75.00
 (Registration includes SPAA membership)
 Contacts Denise Boulton: spaaconference@nstu.ca

Teachers Association for Physical and Health Education (TAPHE)

Theme **Give a Little – Get a Lot**
 Location Yarmouth Consolidated Memorial High School
 Fees Regular: \$90.00; Students/Substitutes/Retirees/Presenters: \$35.00
 Contacts Amanda Brewer: tapheconference@nstu.ca

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To solve the misinformation crisis, we have to make fact-checking a habit

By Matthew Johnson, Director of Education at MediaSmarts

For decades, Canada has been a world leader in media literacy education. Today, though, our media world has changed: anyone can create and spread fake images, videos, websites and social media accounts, and every one of us has the potential to make things worse by sharing bad information with our family and friends.

Canadians agree that misinformation is a serious problem: MediaSmarts' [recent research](#) found it was the top concern parents had for their children online, ahead of issues like cyberbullying and internet predators. [Research released by the Canadian Internet Registration Authority](#) in February showed that 75 percent of Canadians come across fake news at least sometimes, and 70 percent are concerned that it could impact the outcome of the upcoming federal election. The problem is not just about debunking misinformation but how challenging it is to find out what is *true* online, with the result being that many young Canadians are cynical about reliable and unreliable sources alike. As a result these “digital natives” feel unable to use the networked technology they’ve grown up with to find information, or else

they skip verifying anything altogether and hope for the best – leaving them easy prey for scams, conspiracy theories and industry “astroturfing” campaigns.

To fix this, we need not only to teach young Canadians how to verify what they see online but to get them into the habit of doing it. Like buckling a seat belt, to become a habit something has to be quick and easy enough to do it every time. MediaSmarts’ “Break the Fake” program, which includes a workshop, lesson plans, tip sheets, and public service material, teaches four steps to verify online information. Each of these can usually be done in less than a minute, and most of the time we’ll get our answer by doing just one:

- Use fact-checking tools
- Consult other sources
- Find the original source
- Verify the source

The easiest way to verify information is to use *fact-checking tools* and see if someone else has already done it for you. Searching a fact-checking site like Snopes can tell you if something has been debunked or verified in under 30 seconds. But we can also cast a wider net and *check other sources*, such as a News search or a collaborative tool like Wikipedia, to find out the context and consensus around a story: do reliable sources agree that something really



happened, and do they mostly report the same facts? Does what you’ve seen fit with the consensus of experts in the field?

Not only do we need new tools for verifying what we see online, our old tools sometimes lead us astray. A single glance is enough to see the difference between the New York Times and the National Enquirer, but every tweet, Facebook post or Google search result looks the same. Social networks make this worse by giving more emphasis to the person who shared something with you rather than where it actually came from. Instead of judging something based on who shared it, we need to take 30 seconds to *find the original source*. If it isn’t one we recognize as being reliable, a search engine or Wikipedia will help us *verify the source*. Does it have a track record of confirming information before they publish it, and correcting mistakes when they make them? If a person is supposed to be an expert, do they have credentials in the right field?

Misinformation is a big problem, but it is one we can solve. By taking a few quick, easy steps to verify what we see online – and making a habit of doing it every time we’re about to share or act on something – we can all help to Break the Fake.

Bring *Break the Fake* to your classroom: *Media Literacy Week* is taking place **October 7-11** and MediaSmarts has free lesson plans, workshops, handouts and other resources available to teach students how to tell what’s true online. Visit www.mediasmarts.ca/mlw to learn more.



Email your name, home address, and the name of your school with **PD Giveaway** in the subject line to theteacher@nstu.ca by **October 9, 2019** to be eligible for the draw.

Comment Montrer Aux Élèves à Faire de Bonne Recherches sur le Web

par Patrick Fleury, préface de Thierry Karsenti
Chenelière Éducation



Cette ressource contient les 22 leçons que Patrick Fleury vous propose pour amener vos élèves à mieux comprendre ce qu'est Internet, pour leur apprendre à y naviguer efficacement et, finalement, pour les aider à développer leur pensée critique par rapport à leurs découvertes. Des présentations PowerPoint® et du matériel reproductible sont également disponibles sur le site www.cheneliere.ca/didactique.

**CONGRATULATIONS TO OUR
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FRESH — Elizabeth Thomas — TCRCE
EQUITY — Rhonda McLean — CCRCE
PL — Jennifer Uhlman — SSRCE

fresh

Putting new members in the KNOW!

Email your name, home address, and the name of your school with **FRESH** in the subject line to theteacher@nstu.ca by **October 9, 2019** to be eligible for the draw.

Scratch Coding Cards

This set of Scratch Coding Cards, published by No Starch Press, provides short and simple coding activities for you to create your own games, stories, music and animations with students. Each card has step-by-step instructions that let you and your students discover the world of programming, one card at a time.



NSLTA planning session

Members of the Nova Scotia Language Teachers Association / Association des enseignant(e)s de langues de la Nouvelle-Ecosse, one of NSTU's Professional Associations, held a session July 9 and 10 to plan for their upcoming conference on October 25— Professional Associations Provincial Professional Development Day. Stay tuned for information about all Professional Association conferences when the information goes live on September 16.

Shown clockwise from the left:
NSLTA president Lynette Babin, Stephanie Tobin, Sara Adams, and executive staff liaison to Professional Associations *Miguella Légère*.



Safe Cycling Training for Children & Youth

Hire a trainer to teach your students how to get to school safely by bike. The Ecology Action Centre's Making Tracks program has trained more than 17,000 Nova Scotian children and youth in safe cycling skills. Email mf@ecologyaction.ca to learn more.



MAKING TRACKS

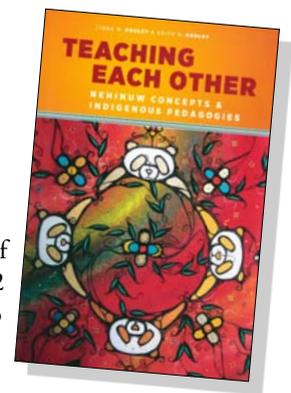
Ecology Action Centre
ecologyaction.ca/making-tracks

EQUITY BOOK REVIEW
Nova Scotia Teachers Union

Email your name, home address, and the name of your school with **EQUITY** in the subject line to theteacher@nstu.ca by **October 9, 2019** to be eligible for the draw.

**Teaching Each Other
Nehinuw Concepts & Indigenous Pedagogies**
By Linda M. Goulet
and Keith N. Goulet
Published by UBC Press

Teaching each Other will be of interest for Grades Primary to 12 teachers, particularly educators who work with Indigenous students. It provides an alternative framework that moves beyond the acknowledgment of Indigenous culture by strengthening Indigenous identity. Drawing on Nehinuw (Cree) concepts the authors provide a new approach to teaching Indigenous students.



Ergonomics at Work

By Maya Fallows, OT Reg. (NS), Case Coordinator/
Occupational Therapist
NSTU's Early Intervention Program

Sitting in front of the computer all day, standing for prolonged periods in front of a class, and lifting with poor posture and technique can lead to a series of medical conditions including muscle strain, inflammation of the joints and tendons, excessive disc compression, blood circulation disorder, nerve impaction, eye strain and deconditioning. Symptoms from these conditions may include headaches, pain, muscle spasms, joint soreness, numbness in the back, hands, wrist, and eye irritation. Utilizing proper posture and body mechanics at work can help to minimize the risk of developing symptoms or conditions such as these. Practice these following tips to ensure your physical health at work.

Sitting in front of the computer: Try to position your body so that you are sitting in your chair with a 90 degree angle at your knees and hips. It may be necessary to raise your chair to meet the height of the work surface. If this results in your legs not being supported by the floor, try using a foot rest. Always ensure your back is being supported by your chair back to minimize spinal loading. Your monitor should be positioned so that you are viewing the top portion of the screen when your neck is in neutral alignment. Distance away from you should be 18-24" (one arms length), farther causes a head forward posture and too close results in eye strain. Maintain shoulders in neutral alignment with arms close to sides of body, a 90 degree angle at the elbows and straight wrists when keying and mousing. The mouse should be positioned on the same surface as the keyboard, directly to the right or left.

Desk organization: Ensure all items you use on a regular basis at your desk such as you note pad, pen, calculator, phone are within your primary work zone, within one arms reach away. This will prevent unnecessary reaching and bending. Items used less frequently should be stored further away. It is always a good idea to stand to

reach items which are not easily accessible or stored in above desk storage units.

Standing to work: Always wear comfortable supportive shoes with less than a two-inch heel when standing to work. Dynamic standing produces less stress on the spine so shift weight between legs or take a few steps back and forth to reduce stress build up in the musculature of the spine. Placing one foot on a slightly raised surface such as a low step stool will help to redistribute weight.

Low level work: If working at a low level, i.e. with younger children sitting at low desks, avoid bending and stooping. Try squatting or to reduce stress placed on the knee joint, go down to one or two knees. Sitting on a chair to meet them at the same level is an option or have them come to your desk if possible.

Upper extremity work: Avoid excessive reaching. Attempt to use step stool or ladders to access higher shelves. Avoid lifting heavy articles above shoulder level. The muscles are in a weak position when reaching above shoulder level and this can lead to an injury.

Lifting: Avoid lifting and transferring loads while sitting. When standing to lift, feet should be shoulder width apart, one in front of the other, lift with two hands, and keep the load as close to stomach as possible. Keep back upright, bend at the hips, and use the thigh muscles to raise the load. Do not twist when coming up from

a lift. And remember if the lift seems too awkward or heavy, ask for help.

Carrying: A heavy purse or backpack over both shoulders can be used to evenly distribute weight. Using a cart or a wheeled bag to carrying supplies and materials should be considered.

Prevention of aches, pains and fatigue at work can be minimized by keeping in mind proper body mechanics and posture. Proper positioning and alternating your body movements through the day through smart planning, stretching and exercising can help to increase your comfort and work day endurance.

NSTU's Early Intervention Occupational Therapists, part of the Member Assistance Program are here to help teachers who are working or on paid sick leave and are experiencing an illness or injury. For more information email nurse@nstu.ca or check out EIP on the NSTU website at nstu.ca.



resources

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Digital Resources for Teachers

The Media Library is the place to go for all your curriculum video needs! We provide you with access to over 10,000 online videos to stream or download and have a collection of over 5,000 educational videos and DVDs that support Grades P-12 in all subject areas of the Nova Scotia curriculum.

Please visit our website at <http://medialibrary.ednet.ns.ca> for more information.

Spotlight On... CNN and The World Around Us

More than 300 CNN titles appropriate for a school audience have been added to Classroom Video; films that delve deep into timely topics. Originally intended for an adult audience, these films are recommended for high school grades and teacher preview is recommended.

In addition to our lending and duplication collections, the Media Library also has videos that can be downloaded or streamed. You can access these videos in many ways... if you are at school, you can simply click the links below. If you are at home, simply log into either your EduPortal or your Google Apps for Education account, click on the link for Learn360, and then use the links below to access these video series and many more.

Inside Africa Series

<https://bit.ly/2Zi8AO2>

This 24-part CNN series highlights the true diversity of the Africa as seen through the prism of different cultures and religions and the mediums of art, music, travel and literature. Titles include: Senegal's Street Dance Scene, Ghana's Castles, African Contemporary Art, and A Chef's Journey. (2018; 23 min. each)

African Voices Series

<https://bit.ly/2ymlPS7>

African Voices is an in-depth interview highlighting engaging personalities from across the continent of Africa. It covers a broad social spectrum – from newsmakers in politics and business to the pioneers of music, arts and sport. (2017/2018; 23 min. each)

Leading Women Series

<https://bit.ly/330Ngiq>

This series showcases the extraordinary women of our time – remarkable professionals who have made it to the top in all areas of business, the arts, sport, culture, science and more. In each episode, we meet two women at the top of their field, exploring their careers, lives and ideas. Some of the women included in this

series include: Meg Whitman, president and CEO of Hewlett Packard; Yuriko Koike, Tokyo's first woman governor; Ertharin Cousin, Executive Director of the United Nations World Food Program; and, Christine Lagarde, Chairman of the International Monetary Fund. (2014-2016; 12 min. each)

Inside The Middle East Series

<https://bit.ly/2K59iZV>

From rich cultural heritage to the dynamic and contemporary developments taking place, this 3-part series showcases the beauty and complexity of the region. Titles in this series: Photography in the Middle East, Architectural Legacy, and Contemporary Arab Art Scene. (2017/2018; 23 min. each)

Made in Thailand

<https://bit.ly/2Zl3oJb>

Throughout its long history, Thailand has been a story of resilience and reinvention. Now the kingdom is entering a new, uncertain chapter. As it charts a way forward, this nation of nearly 70 million people is looking to refocus its economy. It wants to evolve from industrial work to innovative entrepreneurship. Thailand is tapping into its creative spirit and unique culture to create new engines of growth. (2017; 23 min.)

The Keepers

<https://bit.ly/2GE03O3>

To call it a nation of incredible diversity would be an understatement. Indonesia's 17,000 islands are home to nearly 260 million people. You can count more than 700 languages and six official religions. The Keepers will navigate Indonesia's unique history using culture as a compass. Art, dance and food provide a link to the past and a window to the future. Meet the people helping to preserve these traditions, while defining Indonesia's modern identity. (2017; 23 min.)

Tokyo: Two Sides

<https://bit.ly/2GDVkmh>

CNN explores the dichotomies of Tokyo's multi-layered worlds of art and design through the prisms of the old and the new, the traditional and the modern, the historical and the futuristic. In the heart of 21st Century Tokyo, meet the modern masters sharing their visions for the future of Japan's ancient arts—from flower arrangement to woodcut prints, architecture to kimono-making. (2018; 24 min.)

Negotiations Update

The Provincial Negotiating team held negotiation sessions with the Department of Education and Early Childhood Development negotiating team on June 4, 5, 25, and 26.

Future sessions are scheduled for September 16 and 17, 2019.





NSTU Group Insurance Program

Benefit Overview and Important Information for New Members

The NSTU, through the NSTU Group Insurance Trustees, offers excellent comprehensive benefit coverage to active members of the Nova Scotia Teachers Union.

If you are a **new NSTU member and have a term, probationary or permanent contract**, you are eligible for benefits under the NSTU Group Insurance Plan. Please review the information below to ensure you enroll on a timely basis and receive the benefits you are entitled to receive as an NSTU member.

HIGHLIGHTS:

- ✓ As new member you will receive an enrollment package mailed to your home address, which includes an Insurance Profile booklet with complete details of all the NSTU Group Insurance Plan benefits, as well as required enrollment forms. **Please read carefully and complete required forms within 31 days of receiving this package.**
- ✓ New members are automatically enrolled in the mandatory benefits:
 - Provincial Master Life – **100% Employer Paid**
 - Provincial Master Accidental Death & Dismemberment (AD&D) – **100% Employer Paid**
 - Long Term Disability – **Cost Shared with the Employer at 50%**
- ✓ New members are eligible for \$100,000 Optional Life coverage / \$50,000 for the spouse without submitting medical evidence of insurability. However, a 24 month pre-existing condition clause applies.
- ✓ Enrollment in the Total Care Medical and Dental Plans are not automatic; members must complete the application form that is provided in the new hire package.
 - Total Care Medical plan – **100% Employer Paid**
 - Total Care Dental plan – **Cost shared with the Employer Member pays 35% for basic preventative and major restorative premiums, and 100% for prosthodontic and orthodontic premiums**

BENEFITS OVERVIEW

Total Care Medical

The Total Care Medical plan is a comprehensive supplementary health care plan available to all active Public School Members, PSAANS and APSEA Members. This plan provides prescription drug coverage under age 65, semi-private hospital room, vision care, paramedical services, including physiotherapy and massage therapy, and many other benefits as outlined in the Group Insurance Profile.

- **To enroll, you must complete the application form in your enrollment package**
- **The premium is paid 100% by the employer**
- **You may apply for this benefit plan at any time provided you are actively at work.**

Total Care Dental

The Total Care Dental plan provides comprehensive dental care coverage to all active Public School Members, PSAANS and APSEA Members. Total Care Dental includes basic preventative services, major restorative services, prosthodontic and orthodontic services.

- **To enroll, you must complete the application form in your enrollment package**
- The employer cost shares 65% of the basic and major restorative premiums of the Total Care Dental plan while the member pays 35% for basic preventative and major restorative premiums, plus 100% for prosthodontic and orthodontic premiums.
- As a new member you have 31 days from the receipt of their new member package to enroll.
- If you do not enroll within 31 days of the receipt of your new member package, coverage will not be processed until the following September.

TOTAL CARE DENTAL PREMIUM:

	MONTHLY PREMIUM	MEMBER MONTHLY COST*
Single	\$46.38	\$19.77
Family	\$98.11	\$41.85

MANDATORY BENEFITS – MEMBERS ARE AUTOMATICALLY ENROLLED

A. Provincial Master Life Insurance

- A \$50,000 term life policy is available to all active Public School Members, PSAANS and APSEA Members.
- A dependent life benefit of \$3,000 for your spouse and \$1,500 for each eligible dependent child is also included in this coverage.
- The premium for this benefit is 100% paid by each employer, therefore, there is no charge to the member for this coverage.
- **It is very important that you designate a beneficiary and a contingent beneficiary for your provincial master life insurance.**

B. **Provincial Master Accidental Death & Dismemberment (AD&D) Insurance**

- As part of the Provincial Master Life insurance coverage, a matching \$50,000 benefit is included for AD&D.

C. **Long Term Disability**

- This coverage provides a benefit based on 70% of your gross monthly salary at the time your claim commences. As the Employer pays a portion of the premium, this is a taxable benefit to you.
- The long term disability benefit is integrated with the Canada Pension Plan. The qualifying period before benefit payments would commence is the greater of 90 calendar days or your accumulated sick leave.
- When you are in receipt of long term disability benefits, members continue to accumulate pensionable service as contributions by both the member and Employer are required.
- The NSTU long term disability plan is cost-shared with the employer at 50%.

OPTIONAL BENEFITS AVAILABLE TO MEMBERS

There are a number of optional benefits available to Public School Members, PSAANS and APSEA Members that provide the opportunity to purchase additional insurance coverage through payroll deduction, including:

- optional group life/spousal life insurance
- voluntary accidental death & dismemberment (AD&D)
- MEDOC® travel insurance
- MEDOC® trip cancellation / interruption insurance
- voluntary critical illness insurance
- home/auto insurance.
- These coverages are 100% paid by the member and are offered at competitive premium rates. Details on these programs are contained within the Group Insurance Profile.

OTHER VALUABLE BENEFITS AVAILABLE TO PUBLICS SCHOOL MEMBERS, PSAANS and APSEA MEMBERS

NSTU Member Assistance Program (MAP)

The programs and services that form part of the NSTU Member Assistance Program are briefly described below.

NSTU Counselling Services

The NSTU has two counsellors on staff that provide short-term counselling services to **NSTU members, their partners, and dependent children**. This service is designated to provide help and intervention at an early stage of difficulty. Intervention is also provided for schools in conflict and crisis. Members are referred to an appropriate community based resource for long term counselling if the short-term model has not fully addressed the issue(s). This service is confidential.

Early Intervention Program

This program is for **active NSTU and PSAANS members only** who are working or absent from work and experiencing

injury or illness and struggling to remain at work or return to work. There are two Early Intervention Co-ordinators who are Occupational Therapists. Their focus is to maintain or improve a member's independence and help to decrease the incidence and duration of a disability. This is a confidential service and EIP staff can travel to your community.

Resilience® – Employee and Family Assistance Program

Resilience® is an Employee and Family Assistance Program for **active NSTU and PSAANS members** who have a permanent, probationary or term contract. Through Resilience®, **active NSTU and PSAANS members and their eligible dependents** can reach a team of experienced counsellors from Homewood Health™ who will listen to the issue, offer sound advice and help you create an action plan to address issues. This program also provides Plan Smart and Career Smart Services which includes Childcare and Parenting Caregiver Support Services, Elder & Family Care Services, Legal Advisory Services, Nutritional Support, and many others. The premium for this program is paid 100% by the NSTU Group Insurance Trust Fund.

HealthCareAssist Program

All active and retired members of the NSTU and PSAANS are eligible to use this service provided through CAREpath. The CAREpath navigation system is a service provided by the NSTU Group Insurance Trustees. The HealthCareAssist Program is a comprehensive navigation service that provides NSTU and PSAANS members, spouses and dependent children with answers, guidance and support before, during and after treatment in the event of an illness or health crisis. The premium for this program is paid 100% by the NSTU Group Insurance Trust Fund.

Cancer Assistance Program

All active and retired members of the NSTU and PSAANS are eligible to use the Cancer Assistance Program through CAREpath. If you, your spouse, or eligible dependent children suspect having cancer, are diagnosed with cancer, or living with cancer, this program is ready and able to provide support, guidance and answers. The premium for this program is paid 100% by the NSTU Group Insurance Trust Fund.

Seniors' Care Assistance Program

All active and retired NSTU and PSAANS members are eligible to use the service provided by the Seniors' Care Assistance Program. This program is the only service in Canada that connects members, immediate family and parents to a Registered Nurse who specializes in senior care assistance. The program helps members understand their senior care choices and ensure they get the right care every time. The premium for this program is paid 100% by the NSTU Group Insurance Trust Fund.

Summary

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

Once you receive your new member package or should you have any questions with regard to any of the programs above, please do not hesitate to contact Johnson Inc. at (902) 453-9543 (local) or 1-800-453-9543 (toll-free).

Earle Tubrett *continued from page 3*

He attended St. F.X. University and the University of New Brunswick where he obtained a BA and MA and completed two years of post-Masters study. He taught at MacDonald College, McGill University and at the Sydney campus of St. F. X.

He served two terms as the Mayor of Sydney and was a former executive member of the Union of Nova Scotia Municipalities and the Nova Scotia School Boards Association. He was chair of the Sydney School Board, Braemore Home for Special Care, Sydney City Hospital Board, Sydney Police Commission, vice-chair of the Cape Breton Hospital and president of the Cape Breton Offshore Trade Association. He also served on the boards of Maritime Medical Care and the Nova Scotia Teachers' Credit Union.

According to his obituary, "he remained ardent about issues of local representation and access, especially with respect to medical care in rural Nova Scotia and the centralization of authority. As a member of the Board of the Buchanan Memorial Hospital Charitable Foundation, he was committed to ensuring that those living north of Smokey receive quality health care without compromise, as he did as a patient there himself.

But what mattered most to Earle was having his family around him in Ingonish, especially his seven grandchildren, wife Margaret and children Helen, Elizabeth and Brian.

He will be sorely missed by members of his NSTU family, and the NSTU sends its thoughts to his family and friends at this time. In his memory donations may be made to Buchanan Memorial Hospital Charitable Foundation, Neil's Harbour, NS, or to St. Peter's Parish Cemetery Fund, Ingonish Beach, NS. Expressions of sympathy may be forwarded to his family at www.jmjobesfuneralhome.com

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Fédération canadienne des enseignantes et des enseignants

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Education Research Award

NSTU president Paul Wozney presented Catherine Gillis (Richmond Local) with her NSTU Education Research Award certificate while she was attending her last meeting with the Council to Improve Classroom Conditions on June 12. Gillis received her award for her research: *Impacts of School Board Consolidation*.

Since 2003 the NSTU has recognized teachers for completed education research. An annual fund of \$3,500 encourages and assists education research, with no individual award exceeding \$475. To be eligible individuals must be active members of the NSTU. Recipients are chosen through a peer assessment review by members of NSTU's professional development committee. The deadline for next year's applications is the **December 4, 2019** by 4:00 p.m.



NSTU host of national conference for teacher organization counsellors

The NSTU was host to the 2019 EAP & Counsellors of Teachers National Conference from June 11 to 14. NSTU's counsellors Sandra Murray and Brian Roberts hosted 12 counsellors, who deal exclusively with educators. The conference theme was *Revive & Revel* and provided professional development, networking and social opportunities, while giving participants a chance to share resources and roundtable on counselling issues facing teachers and the teaching profession in Canada. Shown are conference attendees from New Brunswick Teachers' Association, Association des enseignantes et des enseignants francophones du Nouveau-Brunswick, Prince Edward Island Teachers' Federation, Saskatchewan Teachers' Federation and Manitoba Teachers' Society, along with NSTU counsellors Murray and Roberts and staff officer Gérard Cormier who hosted a tour of Peggy's Cove for the group.



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coming events

FALL 2019

Breathing Space Yoga Workshops

Breathing Space Yoga is offering three workshops this fall. The Certification in Yoga in Schools/Yoga Teacher training is on September 21/22 (yogainschools.ca). The Girl on Fire Empowerment Program is: October 19/20 and November 16/17 (girlonfire.ca), and Mindfulness/Self-Regulation in Schools is also being offered. See ad on page 15 for more information. November 15

10th Annual Holocaust Education Week Seminar

Remember the Past-Work for Peace Holocaust Education Week Seminar will be held on November 15, from 9 a.m. to 3 p.m. at Temple Sons of Israel, Sydney. The facilitator is Dr. Carson Phillips, Managing Director, Neuberger Holocaust Education Centre, Toronto.

The workshop will focus on three new interactive educational resources from the Centre, and the Brady Family Resource Kit. These programs exemplify a student-centered approach to learning about the Holocaust. The Neuberger approach challenges students to become history detectives, discovering for themselves the significance and meaning found in primary source materials such as archival photographs/documents, oral history recordings, and replica artifacts.

NSTU's Pride continues

NSTU members gathered to march in Pride Parades throughout the province this summer in Amherst, Halifax, Sydney and Truro. This continues NSTU's ongoing support and awareness of sexual minority issues in education.

"I applaud the continued efforts by the NSTU and our members in creating safe and caring schools for all students and staff," says NSTU president Paul Wozney.



Halifax Pride

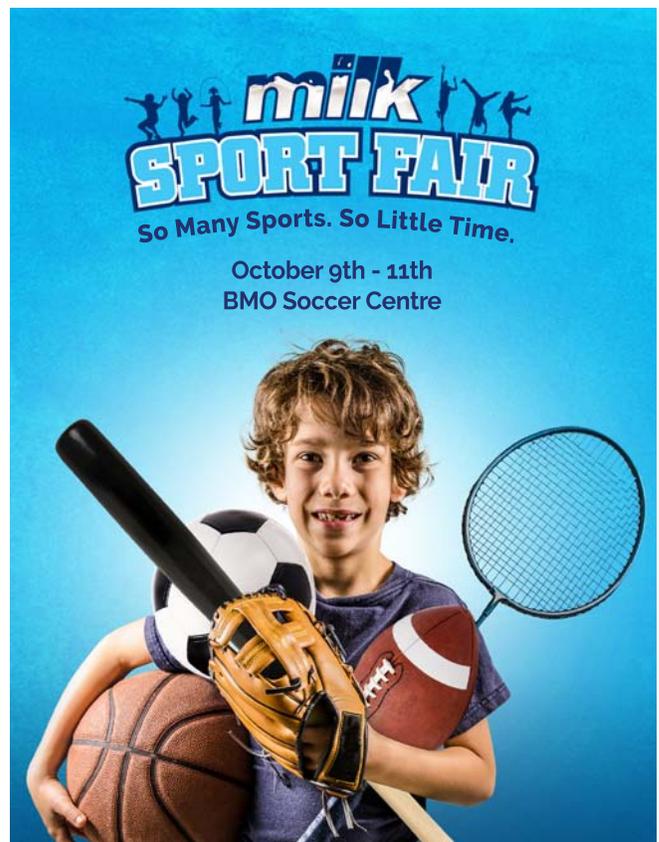
Wozney and NSTU Equity Services staff officer Miguella Légère joined members and their families to celebrate and show solidarity for the sexual minority community at Halifax Pride on July 20 and Cape Breton Pride in Sydney on August 3. Buses, banners, rainbow pencils and t-shirts donning a rainbow apple with the slogan *We're proud to represent diversity* ensured that the NSTU presence was recognized at both parades.



Cape Breton Pride

CONTACT 2019

Below are NSTU delegates from this year's Conference on New Techniques and Classroom Teaching (CONTACT). This year's CONTACT, celebrating 40 years, was hosted by the New Brunswick Teachers' Association and took place August 6 to 9 at UNB Campus in Saint John. Philip Sexsmith's opening keynote addressed the importance of teacher professionalism. Workshops focused on the importance of music for our mind and health, the ecology of creative pedagogy, technology in the classroom, and teaching about civic action. One day was dedicated to exploring global competencies and their role across subject areas. This regional conference is organized by the Nova Scotia Teachers Union, the New Brunswick Teachers' Association, association des enseignantes et des enseignants francophones du Nouveau-Brunswick, Prince Edward Island Teachers' Federation and the Newfoundland and Labrador Teachers' Association. It provides teachers with the opportunity to remain current in their profession and make contact with colleagues from the Atlantic region. CONTACT 2020 will be hosted by the Nova Scotia Teachers Union, and takes place August 4 to 7 at St. F.X. in Antigonish.



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In The War Amps new "kids-to-kids" safety video, Adam and Rebecca lead viewers on a SAFETY WALK™ to help them spot the dangers in their neighbourhoods.

Along the way, they introduce stories from other young amputees who, like them, have lost limbs in accidents. Together, they deliver the hard-hitting but positive PLAYSAFE message.

This valuable resource for educators can be viewed at waramps.ca/playsafe



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200hr Certification in Yoga in Schools and Studio Yoga Teacher Training includes manuals for Yoga11, Yoga for Special Needs/Autism and Level one mindfulness. Starts September 21st-22nd. www.YogainSchools.ca.

"Thank you for giving me a new toolset for being a better educator and parent." - Beth W, YTT Graduate

Girl on Fire Empowerment Program and Keeper of The Fire (First Nations program) that is inspiring young women across Canada. Oct 19th/20th-Nov 16th/17th. GirionFire.ca.

"Feedback from parents, teachers, guidance counsellors and the girls say it all – this program is life changing. Parents notice shifts in mood and resilience; guidance counsellors have reported improvements in mental health." - Kelly Green, Teacher and GOF-Facilitator

Mindfulness/Self regulation in Schools 100hr Certification Includes 220-page manual with lesson plans and contributions from leaders in mindfulness/regulation. www.YogainSchools.ca.

"This manual is full of practical and profound lessons that nourish the mental and emotional health of our youth." - Cindy Wilson, Intervention Teacher/Guidance Counsellor



University Liaison Program

The Nova Scotia Teachers Union views teacher development as a continuum beginning with pre-service education and extending throughout a teacher's career. In support of this professional learning continuum, the NSTU is pleased to be working cooperatively with our teacher education programs at Acadia, Cape Breton University, Mount Saint Vincent University, Université Sainte Anne and St. Francis Xavier University.

NSTU's University Liaison Program, which began with St. F. X. University in 2004, offers opportunities for workshops, case studies and mock Annual Councils. The existing programs and are based on research, practice and the Nova Scotia context.

The program was on hiatus for the last two school years, due to a lawsuit lodged against the NSTU during the work-to-rule job action by the five universities mentioned. By agreement, the lawsuit was withdrawn in early 2019.

The NSTU re-launched its University Liaison Program this fall kicking off at Acadia University's School of Education on September 3. As part of their orientation day, NSTU executive staff officer (Ret) Gérard Cormier led a workshop on the Qualities of Exceptional Teachers for first-year elementary and secondary education students.



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NOVA SCOTIA TEACHERS UNION

2019 – 2020 COMMITTEES



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

With the exception of the Resolutions Committee, the following list does not contain committees appointed at Annual Council or those members serving on external committees. **This list is current as of September 4, 2019.**

STANDING COMMITTEES

ADMINISTRATIVE

FINANCE & PROPERTY COMMITTEE

Wade Van Snick, Chair, Secretary-Treasurer; **J. Adam Boyd**, Hants West, 2020; **Sharon Midwinter**, Cumberland, 2020; **Shelley MacKenzie**, Antigonish, 2021; **TBA**, Executive Member; **Janine Kerr**, Executive Director, NSTU; **Melanie Waye**, Financial Officer

GOVERNANCE & POLICY COMMITTEE

Paul Wozney, NSTU President; **Jo-Leigh MacPhee**, Annapolis Region; **Peter Day**, Cape Breton Region; **Doug Read**, Chignecto Region; **Angela Gillis**, Halifax Region; **Ian Kent**, South Shore Region; **Angela Deagle**, Strait Region; **Susanna Haley**, Tri-County Region; **Ian LeBlanc**, CSANE; **Mary Currie**, APSEA; **Janine Kerr**, Executive Director; **Louis Robitaille**, Executive Staff Liaison

NOMINATING COMMITTEE

Russell Comeau; **Kathy Evans**; **Natalie MacIsaac**; **Kareen Knox**; **Mike Jamieson**; **Janine Kerr**, Executive Director

PERSONNEL COMMITTEE

Shaun Doyle, Chair, 2nd Vice-President; **Doug Read**; **Angela Deagle**; **Jacqueline LeVert**; **Janine Kerr**, Executive Director

PROGRAM

COMITÉ DE PROGRAMMATION ACADIENNE

Melanie Belliveau, Chair, 2021; **Louanne Comeau**, 2020; **Catherine Farrow**, 2022; **TBA**, 2020; **TBA**, 2021; **Jacqueline LeVert**, Executive Member; **Miguëlle Légère**, NSTU Staff Liaison

CURRICULUM COMMITTEE

Martin Doucette, Chair, Kings, 2020; **Judy Rogers**, Yarmouth, 2020; **Jennifer Barro Ralph**, Dartmouth, 2020; **Nadine Palmizi**, Northside-Victoria, 2021; **Heather Mills**, Halifax City, 2021; **Thérèse Forsythe**, Executive Member; **Pam Langille**, NSTU Staff Liaison

EQUITY COMMITTEE

Rachel Creasor, Kings, 2020; **Mary MacPherson**, Cape Breton District, 2020; **Dawn White**, Halifax City, 2020; **Drew Fournier**, Halifax County, 2020; **Viviane Abdallah Khalil**, Dartmouth, 2021; **Tasha Carpenter**, Colchester-East Hants, 2021; **Natalie MacIsaac**, Executive Member; **Miguëlle Légère**, NSTU Staff Liaison

MEMBER SERVICES COMMITTEE

Thérèse Forsythe, Chair, 1st Vice President; **Lori MacKinnon**, Yarmouth, 2021; **Sherrene Conrad**, Lunenburg County, 2021; **Charles Oliver**, Cape Breton District, 2021; **Mary-Alice Ali**, Pictou, 2020; **Mary Currie**, Executive Member; **Wally Fiander**, NSTU Staff Liaison

PENSION COMMITTEE

Byron Butt, Chair, Lunenburg County, 2020; **Susan Mahar**, Kings, 2020; **Sherry Proffitt-MacLeod**, Pictou, 2021; **Maureen MacDonald**, Richmond, 2021; **Chad Hanrahan**, Northside-Victoria, 2021; **Paul Murphy**, Halifax City, 2022; **Jack Boyd**, RTO Representative; **Natalie MacIsaac**, Executive Member; **Jack MacLeod**, NSTU Staff Liaison; **Tim MacLeod**, NSTU Staff Liaison

POLITICAL ACTION COMMITTEE

Drew Moore, Chair, Colchester-East Hants, 2020; **Bill Murphy**, Antigonish, 2020; **Yolanda Aubrecht**, Cape Breton, 2020; **Colleen Scott**, Shelburne County, 2021; **Joseph MacIsaac**, Halifax County, 2021; **Ian Kent**, Executive Member; **Natalie MacIsaac**, Executive Member; **Ian LeBlanc**, Executive Member; **Preman Edwards**, NSTU Staff Liaison

PROFESSIONAL DEVELOPMENT COMMITTEE

Nigel Tinker, Chair, Annapolis, 2020; **Wendy Gould**, Colchester East Hants, 2020; **Shelley Luddington**, Halifax County, 2020; **Bernadette LeFrense**, Northside-Victoria, 2021; **Leigh-Anne Rizzo-Baker**, Cape Breton District, 2021; **Steve Bradford**, Cumberland, 2021; **Angela Deagle**, Executive Member; **Miguëlle Légère**, NSTU Staff Liaison

PUBLIC RELATIONS COMMITTEE

Phil Gooora, Chair, Halifax County, 2020; **Nancie de la Chevotière**, Halifax City, 2020; **Catherine Gillis**, Richmond, 2020; **Tanya Chislett**, Cape Breton District, 2021; **Ian Kerr**, Executive Member; **Preman Edwards**; **Angela Murray**, NSTU Staff Liaison

STATUS OF WOMEN COMMITTEE

Wendy Driscoll, Chair, Dartmouth, 2020; **Catherine Shediach**, Yarmouth, 2020; **Céline Burlock**, Halifax City, 2020; **Debbie Walker**, Digby, 2021; **Faye Arnfast**, Colchester-East Hants, 2021; **Laura Fryday**, Queens, 2021; **Kareen Knox**, Executive Member; **Pam Langille**, NSTU Staff Liaison

SUBSTITUTE TEACHERS COMMITTEE

Kelly Borkowski, Chair, Halifax County, 2020; **Tanya Hiltz**, Halifax, 2020; **Andrea Heans**, Halifax City, 2020; **Nicole d'Eon**, Yarmouth, 2020; **Adam Martin**, Cape Breton District, 2020; **TBA**, Executive Member; **Wally Fiander**, NSTU Staff Liaison

TECHNOLOGY COMMITTEE

Andrew McIntosh, Chair, Halifax City, 2020; **Shane Goucher**, Hants West, 2020; **Vanessa Turner**, Halifax County, 2020; **Mai-Ling Storm**, Lunenburg County, 2020; **Keli Brewer**, Cape Breton District, 2020; **Mario Eleftheros**, Dartmouth, 2020; **Shaun Doyle**, Executive Member; **Simon Wilkin**, NSTU Staff Liaison

OTHER COMMITTEES

INSURANCE TRUSTEES

Sheila Hawley, Chair, Inverness, 2021; **Ronnie Carew**, Cape Breton District, 2020; **Jennifer Moriarty**, Dartmouth, 2022; **Nancy Doyle**, Pictou, 2022; **Roland Hannem**, Yarmouth, 2022; **Karen Nottage**, Kings, 2024; **Stacy Samson**, NSTU Staff Liaison; **Janine Kerr**, Executive Director

PDAF

Jodie MacLreith, Halifax County, 2020; **Krista Moore**, Digby, 2021; **Peter Oldreive**, Dept. of Education; **Roy Bourgeois**, Dept. of Education; **Miguëlle Légère**, NSTU Staff Liaison

PROFESSIONAL ASSOCIATIONS COORDINATING COMMITTEE

Danielle LeBlanc, BETA, 2019; **Joe MacDonald**, MTA, 2019; **Keli Brewer**, NSMEA, 2019; **Sandy Keddy**, ATENS, 2019; **Denise Boulton**, SPAA, 2020; **Tim Taylor**, ATA, 2020; **Peter Day**, Executive Member; **Miguëlle Légère**, NSTU Staff Liaison

RESOLUTIONS COMMITTEE

Susanna Haley, Chair, Executive Member; **Colleen Scott**, Shelburne County, 2020; **Stacia Evans**, Inverness, 2020; **Lynnette Babin**, Antigonish, 2021; **Donalda Westcott**, Cape Breton District, 2021; **Louis Robitaille**, NSTU Staff Liaison

SHEONOROL BOARD OF DIRECTORS

Janine Kerr, Chair, Executive Director; **Bill Bruhm**, Lunenburg, 2021; **Jason Ralph**, Halifax County, 2021; **Angela Wisen**, 2021; **Elizabeth Kyle**, Halifax City, 2022; **Kerry Doucette**, Colchester-East Hants, 2022; **Anna Muise**, Cape Breton District, 2022; **John White**, Executive Member; **Paul Wozney**, NSTU President; **Miguëlle Légère**, Executive Staff Officer NSTU

classifieds

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

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

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

Fully furnished two bedroom condo beside Sullivan's Pond in Dartmouth available to rent from February 1st to April 30 2020. Please contact retired teacher Julia: juliamac@gmail.com

For Rent – New cottage on beautiful spring-fed lake in the Annapolis Valley. 3 bedrooms – sleeps 5 comfortably. Crib, wifi, barbecue, row boat. \$800 weekly – availability June–September contact Paula 902-293-6203 or paulamck06@gmail.com

Furnished 3 bedroom/ 2 bath beach house available between Parksville and Qualicum on beautiful Vancouver Island. Off season rates available \$850 weekly/ \$1850 monthly. Please email kapitt@shaw.ca or call [250-248-3446](tel:250-248-3446) for more information and pictures.

Seeing Stars Kit by Lindamood-Bell for sale. Contains all teaching materials and instruction book to implement one-to-one, small-group, or classroom-based interventions for orthographic and phonemic awareness, word attack and recognition, spelling, and reading fluency. Brand new. Contact kmchadwick@nstu.ca

HRCE French/Social Studies teacher looking for permanent exchange with someone in the CBVRCE for the 2019-2020 school year. Please email melissam@gnspe.ca

Permanent HRCE Physical Education teacher looking to do an exchange with a teacher in the CBVRCE for 2019-2020. Permanent exchange possible. Please contact: hrcepe14@outlook.com.

"Frantastic" Wedding Officiant – Recently appointed as Administrative Justice of the Peace, I'm excited to officiate weddings in Nova Scotia. Customized services that reflect the partners are my interest. After decades as a couple therapist, I still believe that marriage is a great decision. Contact Fran Reddy Chisholm: mfranrc1@gmail.com, [902-237-1423](tel:902-237-1423), [902-462-5889](tel:902-462-5889).

HRCE permanent French Immersion teacher seeking job share partner for 2019-2020 school year. Job share would be 20% French Immersion. Must have French proficiency certificate. Please contact mlandrigan@hrce.ca.

CCRCE music teacher seeking job share partner for 2019-2020 school year. Job share would be 20% music at Cobequid District Elementary School in Noel. Please contact Laura Bowman atlaurabowman@gmail.com if interested.

House Rental – Fully furnished home in Dartmouth near NSCC waterfront. April 15–June 15 and Sept 15th–Nov 1. Responsible mature couple or single person. Call retired teacher Eva [902-471-7300](tel:902-471-7300) or evafarma@yahoo.ca.

Permanent secondary teacher with the CBVRCE looking for an exchange with a permanent teacher in the HRCE. Permanent exchange desired. Please contact sfowler@gnspe.ca if interested.

Life Coaching: Teacher in the HRCE now offering life coaching via phone/Zoom. Seeking 7 people to pilot a 3-session program for \$99. Call [902-237-4706](tel:902-237-4706) or visit [Facebook.com/triciathelifecoach](https://www.facebook.com/triciathelifecoach).

Deals & Discounts

for NSTU members
(including retired members),
please visit the website at www.nstu.ca



2019 – 2020 Pre-Retirement Seminars SCHEDULE



DATES:	LOCATION:
October 29 & 30 (Tuesday & Wednesday)	CCRCE – New Glasgow – Summer Street Industries
November 5 & 6 (Tuesday & Wednesday)	CBVRCE – Sydney – Holiday Inn
13 & 14 (Wednesday & Thursday)	SSRCE – Bridgewater – Best Western
26 & 27 (Tuesday & Wednesday)	TCRCE – Yarmouth – Rodd Grand
December 10 & 11 (Tuesday & Wednesday)	SRCE – Port Hawkesbury – PH Civic Centre
16 & 17 (Monday & Tuesday)	HRCE – Halifax – NSTU Building
January 8 & 9 (Wednesday & Thursday)	CCRCE – Amherst – Super 8
13 & 14 (Monday & Tuesday)	HRCE – Halifax – NSTU Building
February 4 & 5 (Tuesday & Wednesday)	AVRCE – Greenwich – Old Orchard
11 & 12 (Tuesday & Wednesday)	CCRCE – Truro – Hampton Inn & Suites
19 & 20 (Wednesday & Thursday)	HRCE – Halifax – NSTU Building

Our kids deserve the best start

As we head back to class, teachers are ready to give our students the best start. But with limited resources, teacher shortages and not enough help for kids with special needs – it's hard to give students the individual support they deserve.

Students are relying on parents, teachers and the government to work together to fix our public schools.



Let's invest in our kids' futures by investing in them.



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Nova Scotia Teachers College Reunion

Alumni Association Of NSTC, Annual Reunion, August 21st–23rd, 2020, at the Best Western Glengarry, celebrating all years and years ending in '0'.

Keynote speaker, Senator Jane Cordy '70 and Banquet Speaker, Lois Musselman '69.

To register and update membership, please contact Alumni-NSTC@uniserve.com.

Be sure to access our website www.nsteacherscollege.ca.

