

Contract talks open between Nova Scotia Teachers Union and Nova Scotia Community College

The Nova Scotia Teachers Union and Nova Scotia Community College (NSCC) opened negotiations on February 23 at 9:30 a.m. for new contracts for faculty and professional support staff. The official exchanging of Asking Packages took place at NSCC's Leeds Campus.

NSCC president, Don Bureaux, and NSTU president, Shelley Morse, expressed optimism about the forthcoming talks in reaching new collective agreements for faculty and professional support staff.

"Our community college members are very committed to student learning and we look forward to working towards new collective agreements that best address issues within the learning and working environments of our faculty and professional support staff members," said Morse.

"I am pleased to see the start of the negotiations with one of our largest union partners," said Bureaux, "I know that those entrusted with the upcoming talks all have the best interests of our faculty and professional support staff in the work that they do."

The NSTU represents some 915 faculty members and professional support staff employed by NSCC. Both contracts expired August 31, 2014. Current contracts remain in full-force and effect until a new agreement is reached and ratified. Like with the current public school contract negotiations, the NSTU and NSCC have agreed discussions and details concerning the negotiations will remain confidential. Information for Community College members will be provided throughout the process through Community College Negotiation Bulletins.

The NSTU bargaining team consists of president Shelley Morse; Community College provincial executive member Sandy Dyke; Community College Local president Ferne MacLennan; Community College members Seana Blanchard (professional support, Waterfront Campus); Barb Gillis (faculty, Burridge Campus); Mike Kelly (faculty, Marconi Campus); Ann Windsor-Hall (professional support, Pictou Campus) and NSTU staff negotiator Simon Wilkin and member services executive staff officer Louis Robitaille.

The NSCC bargaining team consists of: Janet Byrne, Director, Human Resources; Bruce Kelloway, Human Resources Manager of Labour and Employee Relations; Lori Williams, Employee Relations Consultant; Gary Elliott, Dean Quality Assurance and Program Development; Vivek Saxena, Academic Chair, Nautical Institute; Glenda Barrett, Controller, Finance; Craig Collins, Principal, Lunenburg Campus; Kathleen Allen, Dean, Student Services; and Kevin Gerrior, Manager, Apprenticeship.

Community College negotiation meetings have been set for March 30 and 31 and April 11 and 12.



Shown are members of NSTU's Community College negotiating team. **Seated:** Seana Blanchard, Mike Kelly, Barbara Gills and Sandy Dyke. **Standing:** Simon Wilkin, Shelley Morse, Louis Robitaille and Ferne MacLennan. **Missing:** Ann Windsor-Hall.

Education Week: a long tradition

Education Week in Nova Scotia has had a long tradition dating from the 1930s. Though the format has changed over the years, the primary purpose has remained the same. The main goal is to share current information about public school education with the general public. Throughout its history, a prominent part of Education Week has been to encourage parents to visit schools. In fact, the event used to be known as "Parents' Week". Today the focus of Education Week is a broad one, and all community members are encouraged to participate, regardless of whether they have children in school.

Canada's first national Education Week took place in 1935. It was marked by elaborate community celebrations that included the participation of public personalities. The Week concluded with a national radio address by the Prime Minister, R.B. Bennett. An article from *The Teachers' Bulletin* (a predecessor to *The Teacher*) in 1935 provides an interesting look at Education Week. "Again the people of this province are to have the opportunity of joining with those of all other provinces of the Dominion, in the Dominion Education Week, under the auspices of the Canadian Teachers' Federation and the Nova Scotia Teachers Union." Participation was extended to various groups and agencies, including the Church, Women's Institutes, and service clubs. The press were praised for their excellent service in covering the event. *The Bulletin* article went on to say, "The object of the Week is to put before the public of our province in a most emphatic and appealing manner the importance of education in its broadest sense."

More recently, Education Week has evolved to become an occasion when educators feature a special aspect of education, which is reflected in the theme. This year's theme is *Media Literacy: Empowering critical thinking in a digital media world*. Literacy is essential to student learning in every subject at all grade levels, and to success in life and work. Today, media and digital literacy involve the skills required to understand, create, and critically interpret print, screen-based, and digital text. These media are

a primary means of daily communication in our students' world. This year's theme recognizes educators who are teaching students to become respectful, responsible and ethical digital citizens.

Education Week 2016 will be celebrated from April 17 to 23. Outstanding educators and partners will be recognized for their commitment to children at an Awards Ceremony on Monday, April 18 from 2:00 to 4:00 p.m. at Charles P. Allen School in Bedford. School boards working with NSTU Locals throughout the province submit the names of their award recipients prior to the ceremony. Education partners who organize the event also have the opportunity to submit the name of one of their members to receive a special partner award. The Minister of Education and Early Childhood Development is invited to the ceremony to officially proclaim the start of Education Week, and also to present the award certificates. Recipients also receive a special pewter pin to mark the occasion.

The Teachers Plus Credit Union has been the exclusive corporate sponsor of Education Week for 14 years. Their support has enabled Education Week to gain more public profile. The six education partners who organize the Awards Ceremony also contribute to the event. The partners are the Nova Scotia Teachers Union, the Nova Scotia School Boards Association, the Association of Nova Scotia Educational Administrators, the Nova Scotia Federation of Home and School Associations, la Fédération des Parents Acadiens de la Nouvelle-Écosse, and the Nova Scotia Department of Education and Early Childhood Development.

In addition to the provincial organizing committee, there are many local committees throughout the province who commit their time and talents to plan local celebrations. Take the challenge and take part in this year's Education Week. Plan an activity based on this year's theme, *Media Literacy: Empowering critical thinking in a digital media world*.

Media Literacy
 Education Week April 17 to 23, 2016

empowering critical thinking in a digital media world

people

Teachers Plus Credit Union proud sponsor of Education Week



Teachers Plus Credit Union (TPCU) has been the proud sponsor of Nova Scotia's Education Week since 2003. The support of TPCU has helped to raise the profile of the Week and further demonstrated its commitment to public education and to Nova Scotia's teachers. Above is TPCU CEO, Steve Richard, shown with Education Week 2016 Chairperson, Angela Murray. Murray is a professional services staff officer with the NSTU and its coordinator of public relations and communications. Both are holding this year's Education Week poster featuring this year's theme: *Media Literacy: Empowering Critical Thinking in a Digital Media World/ Les compétences médiatiques: Savoir faire preuve d'esprit critique à l'ère des médias numériques*. The NSTU is one of six organizations that comprise the Education Week Committee. Education Week is a cooperative project between public education stakeholders in Nova Scotia. Communications officers from the NSTU, the Nova Scotia School Boards Association, the Department of Education and Early Childhood Development, the past president of the Nova Scotia Federation of Home and School Associations, a representative from the Association of Nova Scotia Education Administrators, and the executive director of the Fédération des parents acadiens de la Nouvelle-Écosse comprise the committee.

PDAF Committee approves nine more projects

The Program Development Assistance Fund (PDAF) committee met on February 19 to vet the most recent round of applications for PDAF grants. This committee and fund is administered jointly by the NSTU and the Department of Education and Early Childhood Development. NSTU public school members are eligible for individual grants of up to \$5,000.

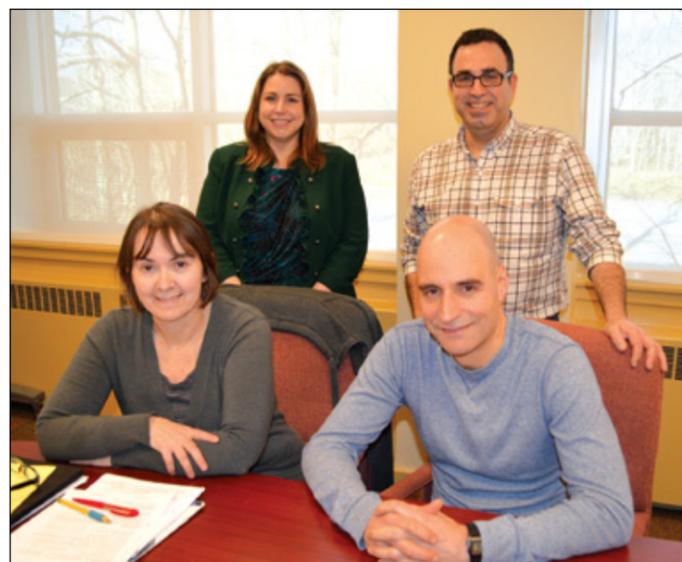
Nine new projects were approved to receive funding for this round of applications. They are: *Winter S Outdoor Survival Skills Program* (Mary Lou Buckle); *Dartmouth High School Physics YouTube Channel* (Shane MacLeod); *Learning in Motion* (Lisa Dickens); *Kids Can Fly Too* (Andrew Stickings); *Desk Cycling to Better Education* (Todd Van Ritchie); *Tamboa Music Exploration* (Sara Munday-Hazelton); *Combating Stigma with Literature—A Multi-Genre Mental Health Unit for English 10* (Deena Jewers); *Dual Language Start Up Kits—First Language Learners* (Holly Shaffner); and *Wearable Technology* (Danielle Boyd-Farrell).

The PDAF program encourages innovative program development in Nova Scotia's public schools. Co-sponsored by the NSTU and the Department of Education and Early Childhood Development with an annual sum of \$200,000, it provides financial support for projects directly related to the Public School Program. For more information visit the Professional Development portal of the NSTU website at www.nstu.ca or contact NSTU executive staff officer, Stacy Samson, at 1-800-565-6788 or 477-5621 or ssamson@nstu.ca or pd@nstu.ca.

Seated from (l-r): NSTU committee representative Angela Wisen (Halifax County Local) and Roy Bourgeois (DEECD representative).

Standing: Stacy Samson (NSTU staff liaison), Peter Oldrieve (DEECD representative).

Missing: NSTU committee representative Kenna MacLean (Cape Breton District Local).



NSTU CAMPAIGN GUIDELINES

The 2016 deadlines for candidates' information is **April 1** for the April 12 issue and **April 29** for the May 17 issue. This information should be given or sent directly to The Teacher office at theteacher@nstu.ca

The following guidelines are for NSTU members running for the following positions/committees during Annual Council 2016: CTF Delegate, Discipline Committee, Professional Committee and Resolutions Committee.

AVISO Content Editorial Team

The AVISO Content Editorial Team held its most recent meeting at the NSTU building on January 25 to go over content for the Winter 2016 issue of the publication. AVISO is an online-only magazine published by the NSTU for Nova Scotia's teaching profession, written by teachers for teachers. This committee, consisting of active NSTU members and NSTU staff works with NSTU's Professional Development committee in developing themes for the magazine and then edits the content provided.



Shown (clockwise from the left) are: Bernadette Julian (Community College); Tami Cox Jardine (Colchester-East Hants); Executive staff officer Debbie McIsaac (editor); Lindsay MacInnis (Antigonish); Nicole DeLory (Halifax City); and NSTU Communications Support Specialist Melissa MacInnis. **Missing:** NSTU graphic designer Paul Hamer.



ISSN 0382-408X

Managing Editor: Angela Murray
Layout, Advertising & Circulation: Sonia Matheson

Published eight times a year (September-June) by the **Nova Scotia Teachers Union**

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Email: theteacher@nstu.ca / Website: www.nstu.ca

All materials for publication must be submitted 13 working days prior to printing date.

Submission deadlines for 2015-2016:

ISSUE	DEADLINE
April	March 25
May	April 29
June	May 27

Mailed under Canada Post Publications Agreement Number 40063555.

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

We assume no responsibility for loss or damage to unsolicited articles or photographs.

We welcome your comments and suggestions:

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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HRSB principals recognized among Canada's 2016 Outstanding Principals

The Learning Partnership recently recognized Halifax Regional School Board principals Paula Danyluk-MacDonald of Caldwell Road Elementary, and Isabelle Obeid of Portland Estates Elementary as two of Canada's Outstanding Principals™. They are among 40 exceptional educators from every province and territory that received their awards at the 12th annual Canada's Outstanding Principals™ gala on February 23, in Toronto.

Canada's Outstanding Principals™ recognizes the unique and crucial contributions of principals in publicly funded schools. Both Danyluk-MacDonald and Obeid who demonstrate innovation, have an entrepreneurial spirit, and are creative in finding solutions and opportunities, were nominated by their peers, school staff and community members. Both are being recognized for their characteristics of outstanding principals; evidence of partnerships with parents and community and a personal story illustrating successful change and innovation.

Danyluk-MacDonald's colleagues praise her instructional leadership support and its impact on staff and students at Caldwell Road Elementary in creating a warm, caring, and welcoming environment at school. This is reflected in a student survey where 97 per cent of students feel there is a caring adult that they can turn to. She uses student data to challenge teachers to think differently about achievement data and monitoring progress. She is innovative, using her expertise in the arts to weave music through dinner theatre to help students feel valued. Danyluk-MacDonald builds relationships, promotes ownership of Caldwell Road's shared vision, and supports teachers' learning so students learn. Her aim to have all students become "functional and independent adults who are fully participating members of society" is reflected in a focus on differentiated instruction. In 2008-2009, 61 per cent of teachers reported trying alternative teaching methods with students, and in 2014, differentiated instruction increased to 91 per cent of teachers.



Isabelle Obeid strives to ensure supportive and inclusive relationships for all students, especially those with special needs. Her beliefs and values have impacted teachers, students and their families at Portland Estates Elementary School. She makes herself accessible and provides ongoing feedback to her teachers about goal setting, differentiating, and targeted interventions and strategies. Obeid has deeply altered culture at Portland Estates, especially within Student Services and empowering student voice. In response to student requests, she explored obstacles

to issues arising during lunch and with student input, she has lessened noise, created structures, purchased board games, and empowered student leadership. She exudes academic optimism and sees possibilities and opportunities where others may see challenges. "You have to believe every student can achieve, you do it with your heart and your heart will drive you to get things done," she says.

Danyluk-MacDonald and Obeid met with other exemplary leaders at an exclusive five-day executive leadership training program at the University of Toronto's Rotman School of Management. The program introduced them to leadership and management practices presented by business, government, and education leaders as well as Rotman instructors. They also benefitted from a "Changing World of Work" day where they learned about today's workforce from business leaders.

They will now join the prestigious ranks of The National Academy of Canada's Outstanding Principals™, which now boasts almost 400 members. This learning community of outstanding principals across Canada shares professionally, interacts collegially and acts as mentors to new colleagues, providing avenues for research and sharing of best practices. As part of this Academy, principals continue their development through an online forum with professionally facilitated modules.

"The strength of our world-renowned public education system is built on great principals, who are educators, managers, and leaders in their schools and communities," says Akela Peoples, President and CEO of The Learning Partnership™. "These dedicated principals contribute tremendously to creating nurturing learning environments to enable all students to succeed. We are delighted to celebrate their achievement and contribution, and recognize them as important leaders in Canadian society."

Nominations, received from colleagues, school staff, and community members are reviewed and final winners selected on a representation-by-population basis by a national selection committee made up of a distinguished group of Canadian education, community, and private sector leaders. Candidates are chosen using the following criteria: leadership and student achievement; leadership and innovation; instructional leadership; professional learning teams; partnerships with families and communities; personal growth initiatives; and corresponding letters of support.

For more information on this program and The Learning Partnership visit: <http://www.thelearningpartnership>.



 TEACHERS PLUS	<h1>2015</h1>	
	<h2>Annual General Meeting</h2>	
www.teachersplus.ca 16-36 Brookshire Court Bedford, NS B4A 4E9 T: 902-477-5664 TF: 1-800-565-3103	<h3>Saturday, April 9th, 2016</h3> <p>From 11:00 AM to 1:00 PM</p> Quality Inn & Suites 980 Parkland Drive Halifax, NS Please Plan To Attend	

CALL FOR NOMINATIONS

Teachers Plus Credit Union (TPCU) is a member owned organization. As such, the members elect their Board of Directors at their Annual General Meeting. The Annual General Meeting will be held on April 9th of this coming year (2016).

The TPCU Board represents members from different parts of the province and each year a number of Director positions are posted for election. This year (2016), TPCU is looking for members interested in filling Director positions from the following two areas:

- 1 seat from the HRM region
- 1 seat from the East



This process closes on **March 18, 2016**.

For more information please visit our website: www.teachersplus.ca

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from the nstu president

Ashley Moore



Violence in the Workplace

Violence continues to be commonplace in society. Workplace violence is on the rise and is a silent crisis in the education system. In schools in Nova Scotia, teachers and students are subjected to violent acts on a regular basis. Incidents occurring in our worksites range from subtle acts such as bullying, intimidation, unwelcome teasing, and threats, to cyber-attacks, physical and verbal abuse. Threats can be communicated in many ways: verbal, written, or online. Violence, in all forms, can negatively impact many, and the detrimental effect can be far-reaching in the learning environment.

In late February, students in La Loche, Saskatchewan, returned to school for the first time since a gunman entered their school in January, killing two people and injuring others. Before coming to the school that day he killed two community members. On February 23, two teachers in a Toronto area school intervened in a violent incident to stop a 14 year-old student who was harming other students with two kitchen knives. Late last month in Cape Breton, a 15 year-old was charged with uttering threats towards teachers and students. In 2015, CBC aired a story regarding 4,720 incidents of violence being reported in our schools through PowerSchool.

In the past number of years Nova Scotia schools have been placed on lockdown because of threats from parents and/or students. This trend has increased with social media giving people avenues to advertise their displeasure, and threatening ways to resolve their anger. Still others have the ability to remain anonymous or stay under the radar.

Research indicates the impact of abuse/violence on the well-being of teachers is significant and manifests in sleep disturbances, headaches, backaches, fatigue, gastrointestinal complaints, uncontrollable crying, and/or teeth grinding. Emotional impacts include frustration, increased stress, anxiety, anger, and/or irritability (Younghusband, 2009). None of this is a surprise to those of us working in the field of education.

In Section 82 (Violence in the Workplace) of the Occupational Health and Safety Act, the definition of violence is described as 2(f)(i) threats including a threatening statement or threatening behaviour that gives an employee reasonable cause to believe that the employee is at risk of physical injury; 2(f)(ii) conduct or attempted conduct of a person that endangers the physical health or physical safety of an employee.

Addressing student mental health concerns would alleviate some of the issues, and more human resources would ease class composition limitations. Still there is no easy fix, but the problems can no longer be ignored by the employer.

In other workplaces, physical violence is not acceptable. It is not acceptable in our workplaces either. Posters have been delivered to your schools through the NSTU reps and there are avenues to deal with many forms of violence. Knowing your rights under the OHS Act is important. The NSTU has developed a booklet that addresses this: <http://nstu.ca/images/publications/OHS%20Book%202014%20for%20posting.pdf>. The NSTU encourages members to report and document behaviour or conduct not conducive to a safe, orderly, positive and effective learning environment through a Member Incident Reporting Form (<http://www.nstu.ca/nstu-members/member-services/protection-other-services/member-incident-report/>).

Under legislation, it is the employer's responsibility to protect you. If that is not happening in your workplace please contact NSTU staff for assistance.

La violence au travail

La violence reste monnaie courante dans la société. La violence au travail est en hausse et constitue une crise silencieuse dans le système éducatif. Dans les écoles de la Nouvelle-Écosse, enseignants et élèves sont régulièrement victimes d'actes de violence. Les incidents qui surviennent dans nos lieux de travail vont d'actes subtils comme le harcèlement, l'intimidation, les taquineries importunes et les menaces jusqu'aux cyber-attaques et aux violences physiques et verbales. Les menaces peuvent être communiquées de multiples manières : verbale, écrite ou en ligne. La violence, sous toutes ses formes, peut nuire à beaucoup, et l'effet préjudiciable peut avoir une portée considérable dans l'environnement d'apprentissage.

Fin février, les élèves de La Loche, en Saskatchewan, sont retournés à l'école pour la première fois depuis qu'un homme armé était entré dans leur école en janvier, tuant deux personnes et en blessant d'autres. Avant de venir à l'école ce jour-là, il avait tué deux membres de la communauté. Le 23 février, deux enseignants d'une école de la région de Toronto sont intervenus lors d'un incident violent pour restreindre un élève de 14 ans qui attaquait d'autres élèves avec deux couteaux de cuisine. Vers la fin du mois dernier au Cap-Breton, un garçon âgé de 15 ans a été accusé d'avoir proféré des menaces envers des enseignants et des élèves. En 2015, la CBC a diffusé un reportage au sujet de 4720 incidents violents qui ont été signalés dans nos écoles par le biais de PowerSchool.

Dans les dernières années, des écoles de la Nouvelle-Écosse ont été placées en confinement barricadé en raison de menaces issues de parents ou d'élèves. Cette tendance s'est accrue du fait que les médias sociaux donnent aux gens des moyens d'exprimer leur mécontentement et des moyens menaçants de résoudre leur colère. D'autres ont aussi la possibilité de rester anonymes ou indétectables.

Les recherches indiquent que l'impact de la violence sur le bien-être des enseignants est considérable et se manifeste par des troubles du sommeil, des maux de tête, des maux de dos, de la fatigue, des douleurs gastro-intestinales, des pleurs incontrôlables ou des grincements des dents. Les répercussions affectives entraînent de la frustration, une augmentation du stress, de l'anxiété, de la colère ou de l'irritabilité (Younghusband, 2009). Rien de tout cela ne constitue une surprise pour ceux d'entre nous qui travaillent dans le domaine de l'éducation.

Dans l'article 82 (Violence au travail) de l'Occupational Health and Safety Act (loi sur la santé et la sécurité au travail), la définition de la violence est la suivante : 2(f) (i) des menaces, y compris une déclaration menaçante ou un comportement menaçant qui donne à un employé des motifs raisonnables de croire qu'il risque de subir des lésions corporelles; 2(f)(ii) la conduite ou la tentative de conduite d'une personne qui met en danger la santé ou la sécurité physique d'un employé.

En abordant les troubles de santé mentale des élèves, on pourrait mitiger certains de ces problèmes, et le fait de fournir davantage de ressources humaines atténuerait les limitations dues à la composition des classes. Il n'y a évidemment pas de solution facile, mais les problèmes ne peuvent plus être ignorés par l'employeur.

Dans d'autres lieux de travail, la violence physique n'est pas acceptable. Elle n'est pas acceptable non plus dans nos lieux de travail. Des affiches ont été fournies à vos écoles par le biais des représentants du NSTU et il y a des moyens de faire face à de nombreuses formes de violence. Il est important de connaître vos droits en vertu de la loi sur la SST. Le NSTU a rédigé une brochure qui traite de ce sujet : <http://nstu.ca/images/publications/OHS%20Book%202014%20for%20posting.pdf>

Le NSTU encourage ses membres à signaler et à détailler les comportements ou les conduites qui nuisent au maintien d'un environnement d'apprentissage sûr, organisé, positif et efficace par le biais d'un formulaire de rapport d'incident (<http://www.nstu.ca/nstu-members/member-services/protection-other-services/member-incident-report/>). Ce formulaire est utilisé à des fins de collecte de données. Si vous avez besoin d'aide au sujet de votre situation, veuillez suivre les procédures de SST et/ou contacter un cadre de direction du NSTU.

En vertu de la législation, l'employeur a la responsabilité de vous protéger. Si cela n'est pas le cas dans votre lieu de travail, veuillez contacter le personnel du NSTU pour obtenir de l'aide.

Are you experiencing this?

scratching slapping
biting aggression pushing
choking
pinching
spitting tripping

VIOLENCE!
It's **NOT** acceptable at any time,
to any teacher, in any way.

Report violence to
your principal or supervisor.
If unresolved, contact the NSTU.

Nova Scotia
Teachers Union

MULTIZONE

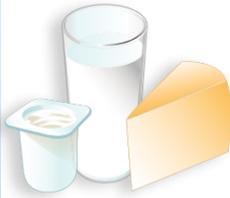
What is Multizone?

Multizone is an educational activity that engages children as they work together in teams to solve nutrition questions while participating in fun physical challenges. The constant movement of this game keeps children excited and interested in the learning experience. At the same time, the team component motivates everyone to do their best!



Get in the "Zones"!

Multizone brings to the table an impressive fusion of fun, nutrition knowledge and activity that children of all ages will enjoy.



Get in the "Zones"!

There are five energizing zones to this game. Each zone is tailored specifically for kindergarten to grade 6 students, providing age appropriate questions and activities that keep children motivated and entertained.



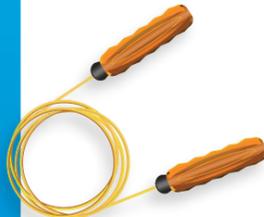
What Do I Need?

A member from our nutrition team brings everything required for the game. All you need is a gymnasium, approximately 45 minutes of time per classroom, and a teacher or coordinator to help assist with the game.



Who Can Apply?

Multizone is now available to all elementary schools throughout New Brunswick, Nova Scotia and Prince Edward Island.



What is the Cost?

This program is free of charge.

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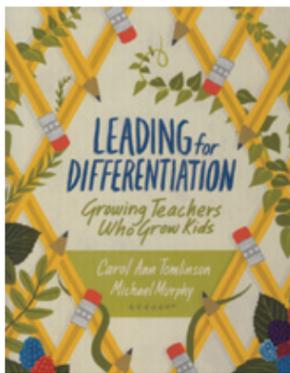
Putting new members in the KNOW!

Email your name, home address, and school or campus with FRESH in the subject line to theteacher@nstu.ca by April 1 to be eligible for the draw.

Leading for Differentiation Growing Teachers who Grow Kids

By Carol Ann Tomlinson and Michael Murphy

Leading for Differentiation: Growing Teachers Who Grow Kids was written by world-renowned differentiated instruction expert, Carol Ann Tomlinson, and change leadership authority, Michael Murphy. Published by ASCD in September 2015, the book explains how to create an environment so that each individual feels valued, challenged, supported, and part of a team working together for success. Reading this book will help teachers grow as differentiators so their students will thrive as learners.



Congratulations to our Book Winners from January/February 2016!

FRESH - KIM STAIRS-FREEZE, HRSB

EQUITY - JAMES CRUDDAS, HRSB

PD - RHONDA McLEAN, CCRSB

2016 REGIONAL ELECTION INFORMATION FOR LOCALS

All regional elections will be conducted by electronic vote.



Region	To be Elected	Date of Election
Annapolis-Hants West-Kings	March 11	April 13
Antigonish-Guysborough	February 29	March 29
Cape Breton District	March 9	April 6
Colchester-East Hants	March 11	April 13
Community College	March 9	April 13
Dartmouth	March 7	April 7
Digby-Shelburne-Yarmouth	March 22	April 12
Halifax City	March 9	April 13
Halifax County	March 7	April 7
Inverness-Richmond	March 4	April 5
Lunenburg-Queens	February 29	April 7

EQUITY COMMITTEE BOOK REVIEW

Email your name, home address, and school or campus with EQUITY in the subject line to theteacher@nstu.ca by April 1 to be eligible for the draw.

More Than A Play

Produced by the Elementary Teachers' Federation of Ontario

More Than A Play, produced by the Elementary Teachers' Federation of Ontario, is a collection of nine original short plays. Each of the nine plays delves into the complexities of eliminating intolerance and prejudice in our world; highlighting a different social issue such as gender bias, cyberbullying, and racism. The plays were designed to be read out loud in classrooms making them a wonderful way to introduce students to the performing arts.



Teaching standards are not teacher report cards

NSTU president Shelley Morse clarified remarks attributed to her in an article that appeared in *The Chronicle Herald* on February 7.

"There have been some concerns about an article in *The Chronicle Herald* titled 'Teacher Report Cards Coming,' she says. "The story headline is misleading, since the story was about proposed teaching standards in Nova Scotia, and teaching standards do not equal teacher report cards."

The term "teacher report cards" she writes in *A Brief Word* sent to public school members on February 24 was coined by *The Chronicle Herald* to sensationalize the topic.

She had concerns about a comment attributed to her in the article: "Nor has NSTU president Shelley Morse suggested there would be resistance, as long as the standards don't negatively affect teacher evaluations. She said the union has had input and will continue to do so."

"I did not respond to an interview with *The Chronicle Herald* because of the current labour situation," she says. Currently 61 newsroom employees who are members of the Halifax Typographical Union are on strike.

The writer of the story paraphrased a statement she provided to CBC on February 4, which was reported in a CBC story on that day. The statement provided was: "The NSTU has had input into the initial development of the teaching standards framework and the intention is to continue with this involvement. We are not adverse to the development of standards that describe sound pedagogical practices. The caution is how these standards may impact teacher evaluation and appraisal."

"We did contact the writer of the story to clarify the statement in the story and attribute it correctly," she continues.

The NSTU has had input into the Department's process of developing teaching standards, as outlined in the Minister's Action plan, since the fall of 2015. "That input includes involvement through NSTU staff liaising with the Department," she adds. The NSTU is continuing to provide feedback through staff and provincial executive representation at regional and provincial consultations that have been taking place throughout the province since January 2016.

"We hope to continue to provide our perspective throughout this process to ensure that teacher voice remains a priority and that the newly developed province-wide standards will not have a negative impact on teacher evaluation and appraisal."

**The deadline for the April issue
of The Teacher is March 25th.**

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Heart Disease and Stroke in Canada

by Meredith Cox, 4th year Dalhousie University Health Promotion Intern working with the Heart and Stroke Foundation in Nova Scotia.

Remarkable progress has been made tackling cardiovascular disease in Canada over the past 60 years with death rates declining by more than 75 per cent. This has largely been due to research advances in surgical procedures, drug therapies, and prevention efforts. Yet despite our progress, heart disease and stroke remain leading causes of death and hospitalization and the biggest driver of prescription drug use in Canada. Overall, an estimated 1.6 million Canadians are currently living with heart disease or the effects of stroke. However, up to 80 per cent of premature heart disease and stroke can be prevented by adopting healthy behaviours, and doing so can delay the onset of heart disease or stroke by as much as 14 years.



Walking to Reduce your Risk

The simplest and easiest way to reduce your risk for heart disease and stroke is to get moving. Walking is a great place to start. Not only does it work to boost health and energy but it's easily incorporated into your lifestyle. Walking not only benefits your heart, but it also results in improved fitness, muscle tone, strength, and balance. Walking also trains your heart, lungs, and muscles to work more effectively; reduces pollution by reducing an unnecessary number of car trips; improves sleep, relieves stress and helps combat depression. Research has found that just 30 minutes of light- to moderate-effort physical activity (such as walking) each day will lower your risk of heart disease and stroke. The activity doesn't have to be non-stop, like an aerobics class. Break it up into three 10 minute walks if that works best for you. For example, take a brisk 10 minute walk during lunch hour, play for 10 minutes with your kids after work, and then spend another 10 minutes walking the dog in the evening. If you're short on time, remember that any physical activity is better than none. The more active you are, the greater the health benefits. And as an added bonus, physical activity will give you more energy and help you cope better with your busy schedule.

For previous *The Well Teacher* articles,
go to www.nstu.ca

Click on ►► Communications ►► NSTU Publications
►► The Teacher ►► The Well Teacher



Heart&Stroke Walkabout™

Walking, you might say, is an essential ingredient to leading a healthy life. But, we all need support. That's why a provincial walking initiative – called Heart&Stroke Walkabout™ – was launched in Nova Scotia in 2007. Walkabout is aimed at supporting all Nova Scotians, regardless of age, size, ability or fitness level, to be more active. With support from the Department of Health and Wellness and the Ecology Action Centre, Walkabout works to engage communities, workplaces, and schools to get their feet back on the streets and put walking in people's hearts and minds.

Walkabout is also a great resource for individuals to use to track their own personal successes. On Walkabout's interactive website, members can set personal walking goals, join walking challenges, map their favourite walking routes, and track their steps. For those that enjoy other forms of physical activity—such as swimming, skating, golf, or even yard work—the website can convert minutes spent doing these activities into steps. If you are not sure of how active you are each day, using the Walkabout website can help track your physical activity levels over time, and can help you identify how you can improve. For further motivation, Walkabout members can purchase a pedometer at a discounted rate to track their daily steps. Thanks to a partnership between Heart&Stroke Walkabout™, Nova Scotia Public Libraries, and C@P Sites, pedometers can also be borrowed from public libraries across the province free of charge.

In an effort to inspire Nova Scotians to step up and lead walking groups and initiatives in their own workplaces and/or communities, the Heart and Stroke Foundation also offers unique walking programming, including *Walkabout at Work* and *Community Walkabout*. These programs offer leader training and provide resources to engage workplaces and communities to start walking clubs, hold fun challenges, and to consider policy which can support physical activity. Why walk alone when you can walk with others?

In 2011, Heart&Stroke Walkabout introduced the *Walkability Awards*, which are a celebration of the people and organizations that are making communities and other environments more walkable in Nova Scotia. Through their actions, they are contributing to a culture of walking in Nova Scotia. In addition to the *Walkability Awards*, Walkabout also offers *Walkability Grants* on an annual basis. These grants support community groups, organizations and individuals who are taking steps to increase walking and improve safety in Nova Scotia.

Lace up and Get Walking!

Now that you're familiar with the many benefits of walking, consider the ways in which you could incorporate more physical activity into your daily routine. Be sure to check out Walkabout at www.walkaboutns.ca to become a member and record your progress! Here are some ideas for increasing the steps you take every day:

- Park your car further away from your destination.
- Walk your children to school.
- Walk your dog (or a neighbour's dog).
- Take a walk with a friend or co-worker at lunch.
- Take the stairs.
- Start or join a walking club.
- Wear your pedometer even when you are doing housework or gardening at home.

Note: Before starting any physical activity routine, please check with your healthcare provider first to discuss what is right for you.

For more information, please visit www.heartandstroke.com, www.walkaboutns.ca, or call Julian Morrison, Manager, Health Promotion, Heart and Stroke Foundation, (Nova Scotia office) at (902) 423-7530 ext. 1133; Email: julian.morrison@heartandstroke.ca.

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in schools

This conference offers workshops for every level, from the curious beginner to the certified yoga instructor, and for the first time in Canada provides complete Yoga in Schools training. Workshop titles include: Introduction to Yoga, Yoga Grade 11, Yoga for Special Needs and Autism, NEW Girl on Fire Empowerment Program, NEW Mindfulness Manual, Yoga and Story telling as well as multi-level posture classes.

Conference Leaders:

Jenny Kierstead, author of 8 yoga school programs and award-winning educator, is founder of Breathing Space Yoga Studios.
Blair Abbass has been teaching meditation and stress reduction for students and teachers for over 30 years and was the first teacher to bring Yoga 11 to HRSB.

Who can attend: This program is suitable for all teachers/specialist especially Phys. Ed., support staff and guidance.

Date(s): July 18th-21st, 2016
Location: Chocolate Lake Hotel, Halifax, Nova Scotia
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Teachers who make a difference

Janice Gavin

Itinerant teacher Janice Gavin, who works with students who are deaf and hard of hearing (DHH) for the Atlantic Provinces Special Education Authority (APSEA), was re-assured that her work does have a positive impact when she was selected as one of this year's *Teachers Make a Difference* award winners.

"It is a huge honour to be recognized by a student/family to whom I provide support," says the 26-year veteran teacher. "As an itinerant teacher, my work is in several schools and I see as many as five students in a day, each in a different school. Although I enjoy working with school teams in various locations, the work can be very isolating because you are never in one location very long. Receiving this award was a huge boost in that it really showed me that the work I do with students supporting their speech, auditory skills, and language development really does make a difference for the child, the family, and the school team."

Gavin was the APSEA member selected for the fourth *Teachers Make a Difference* campaign, in which 308 nominations representing 227 NSTU members were received from students and parents recognizing teachers who made a difference in their lives, schools, and/or communities.

Through Gavin's abundance of experience, knowledge, and skill, along with her love of helping students reach their potential; it's easy to see why she was nominated as a teacher who makes a difference. "I love the work I do with students, families, and schools and am passionate about what I do. Recognition is not the motivator, but it is very nice to be recognized."

Gavin started her career in Vancouver, British Columbia teaching at the Jericho Hill School for the Deaf before accepting a position with APSEA as an itinerant teacher in Fredericton, New Brunswick one year later. "I travelled from Fredericton to Edmundston supporting students with hearing loss for two years before transferring to the South Shore of Nova Scotia," she says.

Gavin served students in Lunenburg and Queens Counties for six years before moving to Halifax and working for the APSEA Centre's DHH assessment department as an Academic and Language Evaluator and then Coordinator. "In 2002, I returned to the field as an itinerant teacher serving schools in the Halifax Regional School Board and private schools who happened to have students with hearing loss."

Gavin took an educational leave in 2007 to do a Master in Education (Counselling) and then worked as the Nova Scotia student and family counsellor at APSEA for a year. She returned to the field in the Halifax area, was a supervisor of assessment for a year, then back as an itinerant teacher. Since January of this year, Gavin is continuing to use her counselling background and long-time DHH teaching experience again as a student and family counsellor for DHH students and their families. "I am very fortunate to have had the opportunity to work in various roles within APSEA," she adds.

In addition to being appreciated by her students and their families, she is known to be a valued colleague and supportive mentor. "I have supervised many student teachers," she says. "It's important to share your expertise and pass along your knowledge to teachers new to the field."

Her nominator says that Gavin gives 150 per cent to each of her students and cares about them. She is well organized and follows her plan, but adapts with the needs of her students and is able to change to meet their needs on any given day. She sets goals that will help her students grow.

Gavin has also been involved with the NSTU throughout her career. "I have been involved with the NSTU as a rep and on various committees within the APSEA/DHH sub local of Halifax City before we became our own Local. I attended Halifax City Local meetings and gained a good sense of many aspects of the union."

While Gavin was aware of the program, because her colleague Kate McCara received a *Teachers Make a Difference* award a few years ago, it still took her aback. "I was completely surprised to hear I was a *Teachers Make a Difference* recipient of the award as I had no idea I was nominated."

The program is "a wonderful initiative on the part of the NSTU," she says. "It is a far reaching initiative from my experience because I was contacted by people all over the province who saw the media coverage of the award. Teachers work very hard and often for little, if any recognition. This is most definitely a great campaign."

She goes on to say that it is extremely important for teachers to be recognized for the great work they do. "Teachers are innovative, creative, hard working, caring, and go the extra mile for their school communities and the students they support," she remarks. "The public is often unaware of these great efforts and will continue to be unless we as teachers get the message out. This is a way to get the message out to the public in a way that honours and celebrates our profession."



Janice Gavin (centre) is shown with NSTU president Shelley Morse and APSEA superintendent Bertram Tulk at a special presentation given in her honour on February 4 at the APSEA Centre in Halifax.



executive highlights

January 21-23

- Filed the Table Officers Report;
- Appointed Provincial Executive Members to Standing Committees;
- Selected a member to serve on the Comité de programmation acadienne with a term to expire July 31, 2018; **Melanie Belliveau**
- Selected the Lord Nelson Hotel as the primary contract hotel and the Westin Nova Scotian as the overflow hotel for the NSTU for July 1, 2016 to June 30, 2017 year;
- Selected Pictou Lodge as the 2016 Executive Planning Conference site;
- Approved a recommendation that **Alison MacPherson** be appointed as the Independent Chairperson of Council 2016;
- Approved resolutions be forwarded to Annual Council 2016 regarding the following: School Counsellors; Teacher training;
- Approved a recommendation that a resolution regarding Professional Association Committees be referred to the Governance & Policy Committee;
- Approved amendments to Operational Procedures 22 – Negotiations;
- Approved an amendment to Operational Procedure 14 – Professional Associations;
- Processed the 2016 Policy Review on General for Council 2016: reaffirmed nine policies; amended eight policies;
- Approved Out-of-Province Grants in the amount of \$425 each: **Megan McCormick, Halifax County; Catherine Ann McCarthy, Halifax City; J. Michael MacDonald, Dartmouth; Lawrence Rigby, Halifax County; Allister Wadden, Annapolis; Cheryl Hartnett, Halifax City; Mary-Claire MacMillan, Halifax City; Alternates: Ramona MacNeil, Halifax County; Matt Cohen, Colchester-East Hants.**
- Approved three Education Research Grants in the amount of \$475 each: **Nadine Arnold, Colchester-East Hants; Byron Butt, Lunenburg County; Karen Berezowski, Pictou.**
- Appointed the Awards Selection Committee;
- Approved a recommendation that a letter be sent to NSTU Custodial staff expressing appreciation.

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- Acts as a national hub of teacher collective agreements and research reports exclusively for its Member organizations

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- Advances the teacher perspective in:
 - Child and youth mental health
 - Copyright
 - Employment Insurance
 - Criminal record check process
 - Labour mobility agreement
 - The *Criminal Code* with respect to young offenders among other issues
 - International trade
 - Privatization and commercialization of education

VOICE

- Represents 200,000 Canadian teachers in publicly funded elementary and secondary schools
- Provides direct input nationally and internationally to influential organizations whose policies impact the teaching profession:
 - Council of Ministers of Education, Canada
 - Organization for Economic Co-operation and Development
 - UNESCO
 - Commonwealth Teachers' Group
 - Comité syndical francophone de l'éducation et de la formation

MOBILIZER

- Mobilizes against federal anti-labour legislation (i.e. Bill C-377) in solidarity with the broader labour community
- Supports Member organizations facing regressive labour legislation in their province/territory
- Coordinates face-to-face meetings on Parliament Hill involving teacher leaders and federal Members of Parliament and Senators to address areas of concern

CHAMPION

- Promotes:
 - Rights of children and youth
 - High quality publicly funded education
 - Better teaching and learning conditions
 - Human rights and social justice
 - Labour rights
 - Bilingualism in Canada
 - French-language education in minority settings
 - Aboriginal education
 - Mental health
 - Education for All and Sustainable Development Goals

CONNECTOR

- Brings teacher organizations together to exchange, dialogue and strategize
- Holds national events on women's issues, teacher pensions, teacher collective bargaining, French-language education in minority settings, Aboriginal education, and more
- Partners with like-minded organizations such as Campaign 2000, Mental Health Commission of Canada, Indigenous organizations, and MediaSmarts
- Participates in national and international meetings of teachers and partners

INTERNATIONAL PROGRAM



Teachers are at the **forefront** of CTF's International Program, including **Project Overseas**. Behind them, Member organizations support CTF in **developing** and **implementing** the Program's **professional development** and **capacity building** projects and **partnerships**. Find out how you can take action for **learning** by becoming **involved** in CTF's International Program!



This unique CTF **social justice** and **youth leadership** program empowers teachers and students to create and implement community activities and projects which **advance issues** related to human rights, social justice, democracy and the environment. **Teachers** have access to a network of contacts, **classroom resources** and **financial support**.

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RESOURCES

- Speak Truth to Power Canada
- Pédagogie à l'école de langue française
- CTF *Perspectives* online magazine
- Inspirational teaching and learning
- French-language education in minority settings
- First Nations, Métis and Inuit student success
- Sexual and gender minorities
- Student mental health
- And more

Rave reviews for John Huntley Internship

NSTU's John Huntley Memorial Internship program saw another six NSTU members participate in the second internship of the 2015-16 school year at the NSTU office on January 28 and 29. This program continues to receive rave reviews from members citing it as a wonderful opportunity to get to know the NSTU better, and the "best experience ever."

This internship offers NSTU members the chance to "job shadow" NSTU staff and learn more about the many NSTU programs and services provided to members. New provincial executive members and Local presidents are also given the opportunity to participate in the program. Since its inception in 2001, the John Huntley Memorial Internship program has held 48 sessions in which over 500 members have applied and 243 members have been selected to take part. Part of the program includes meeting with NSTU staff officers in member services, professional development, public relations, and the Member Assistance Program.



Seated (l-r): NSTU executive staff officer Adela Njie; Rosella Winship (Halifax County), who is a resource teacher at Auburn Drive High School; David White (Queens) who is an O2 teacher at Liverpool Regional High and Robyn Mackenzie (Yarmouth) who is a physics and math teacher at Yarmouth Consolidated Memorial High School. **Standing:** Phillip Samson (Richmond Local president), junior/senior high math and science teacher at Richmond Education Centre/Academy; Cheryl Corbin (Pictou) who is a middle French immersion teacher at AG Baillie Memorial School; and Michelle Longley (Lunenburg County), a Grade 5 teacher at Aspotogan Consolidated Elementary School.

The John Huntley Memorial Internship Program

The remaining deadline for application for the John Huntley Memorial Internship Program for the 2015-2016 school year is
April 15, 2016.

Applications for active NSTU members are available through your NSTU rep, on the NSTU website at www.nstu.ca or at Central Office 902-477-5621 or 1-800-565-6788.

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

Nova Scotia Teachers Union

Get A Bit Fit Winter Fitness Challenge



NSTU's Insurance Trustees **Get A Bit Fit Winter Fitness Challenge 2016** took place from January 25 to February 28 in which NSTU members were encouraged to register for a team and focus on the five following components: physical, nutritional, psychological, intellectual and social community. Over 586 participants from around the province participated in the Challenge. This year's Wellness Challenge was promoted heavily through social media and NSTU members were encouraged to share their photos during the Challenge. Above is a team of teachers from Oldfield Consolidated Elementary School in Enfield, who are about to eat a healthy pot luck snack with all four food groups.

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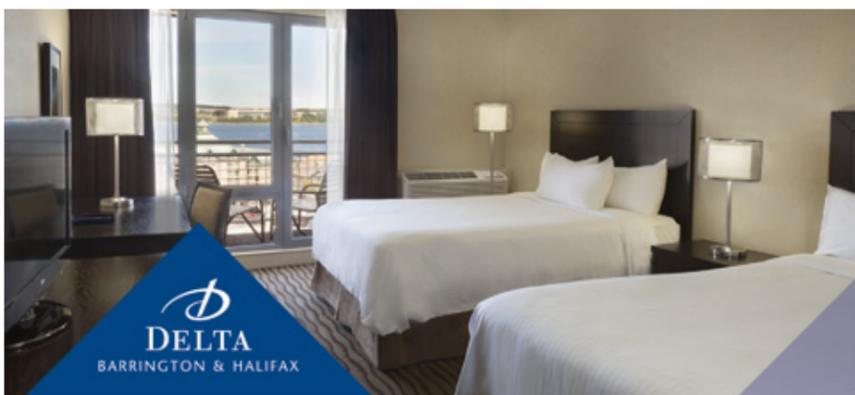
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n s e l c


Educational Leadership Consortium of Nova Scotia

The Aspiring Leaders Program

This professional learning opportunity is to support teachers who aspire to become a school based administrator. The Aspiring Leaders Program extends over 13 months and begins August 2016. The program includes two summer institutes and 7 Friday/Saturday seminars. An 8 day residency program will be integrated throughout the program.

Applications are now being accepted for the 2016-17 Cohort of this exciting program being offered by The Educational Leadership Consortium of Nova Scotia (NSELC) in partnership with the Department of Education and Early Childhood Development.

For more information on the program visit the Aspiring Leaders Program webpage at www.nselc.ca or contact Terry Wadden, Executive Director, Educational Leadership Consortium of Nova Scotia (NSELC) at twadden@nselc.ca or 902-422-3270

Application Process: Applications will be made available through participating School Board websites. Selections will be based on identified criteria and an interview by a panel of Board personnel.

NSTU Leader Profile
HOPE LEMOINE - Cumberland
NSTU Provincial Executive

Cumberland Provincial Executive member, Hope Lemoine, remembers a number of highpoints over her 23-year involvement with the NSTU. “One of the best things about NSTU involvement is meeting amazing educators from all over the province and hearing their stories and their perspectives. I’ve also met superb NSTU staff members who do really cool things too.”

Also in her 23rd year of teaching, the Springhill native has spent the last decade as an English teacher at Oxford Regional Education Centre teaching English at the junior and senior high levels. Her whole teaching career has been spent in her home county of Cumberland and includes stints at Pugwash District, Amherst Regional and River Hebert District High Schools.

A life-long learner, Lemoine took a circuitous route to teaching. She holds two degrees from StFX university—Bachelor of Arts, English, and Bachelor of Science, Honours Psychology. She was headed into academia with a Master of Arts in Psychology from Wilfrid Laurier University and was a PhD in psychology candidate at McMaster University when she became disheartened with her path at the time. She left to become a teacher because, “I always was a teacher. During my studies in psychology, it became more about the research than the teaching and I became disillusioned,” she says. “I realized that I didn’t want a job in a research facility.”

She was drawn to teaching she says because as a teacher you “teach all elements,” and there are so “many dimensions of human beings that teachers explore.”

In her PhD program, she was researching cognition and the psychology of reading, which she says was a great background for her work as an English teacher. She got her BEd from Saint Mary’s University, has a Master of Education, Curriculum in Technology Integration, from Mount Saint Vincent University and is working on another Master’s degree through MSVU & SMU specializing in teaching English as a second or additional language. “This is becoming increasingly important as teachers are called upon to offer great support for new Canadians.”



Her NSTU career coincided with her teaching career, and she began as an NSTU rep at Pugwash High and attended her first Annual Council in 1994. “It was the last Council in which the NSTU president was elected at Council, before universal suffrage,” she says.

Feeling so lost and confused around parliamentary procedure at that first Annual Council meeting also made her want to figure it all out. “It was difficult to follow and process, but was also an intellectual high as a new opportunity presented itself; it was another avenue of learning and growing.”

It was as a pre-service teacher that Lemoine became interested in the NSTU. While a BEd student, she was invited by former Assistant Executive Director Earle Tubrett to visit the NSTU building. “Earle Tubrett came to talk to us and offered us a building tour and chance to meet NSTU president at the time, John MacDonald,” she adds. “It was from that visit that made me want to read my contract and then get involved.”

Her involvement with the Cumberland Local includes two terms as Local President (2001-03 and 2010-13), vice-president of professional development and economic welfare, first vice-president and Chair of the REWC.

Lemoine also has lots of provincial experience. This is her second go-around as a provincial executive member, having served two two-year terms from 2003 to 2007. She is currently in the first year of her first term now. She was elected as a CTF delegate for the 2013 CTF AGM, and served on many standing and ad hoc provincial NSTU committees including: nominating, resolutions, pension, appeals and public affairs. “I really enjoyed attending political party annual meetings as a member of the public affairs committee,” she says. “I witnessed a lot of patriotism at some of those meetings.”

Lemoine became so intrigued with parliamentary procedure over the years, that she enrolled in NSTU’s parliamentary procedure course in 2009-10, and this helped her greatly while she served on the Resolutions Committee, for her executive positions with the Cumberland Local, and as a member of the provincial executive.

“I didn’t start out wanting to be a “lifer”, but here I am 23 years later still loving my NSTU involvement, and back again on the provincial executive.”

She sees her NSTU leadership work as a way to help others, personally and professionally, and hopes that supporting her colleagues is something teachers will think of doing for each other.

“Having teachers value each other is key. We’ve become so judgmental, and maybe the “accountability agenda” has had an impact—always being judged, therefore always judging others,” she muses. “How do we grow beyond this and educate to be supporting of students and each other?”

Through her myriad of NSTU leadership experiences, Lemoine has learned a lot about the NSTU and its inner workings. However, she recently participated in the John Huntley Memorial Internship program, which also had a great impact on her. “That was an amazing opportunity. Even though I have lots of experiences in many ways, that experience provided new information and different perspectives as you got to view Union through the eyes of those working within, as well as through the lens of the other participants who were less familiar with the organization.”



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NEPTUNE YOUNG COMPANY TOUR

In the Spring of 2016, Neptune will present, in collaboration with Nova Scotia theatre troupe Misery Loves Theatre Company, a unique presentation exploring themes surrounding Nova Scotia's involvement in the Great War.

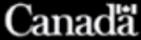
homeFRONT senior (grades 7-12) tells the story of the First World War from the perspective of a Nova Scotian family. When a group of modern-day siblings and cousins find an old trunk in their grandparents attic, they're transported back 100 years through journals, letters and other mementoes from the War. Using real firsthand accounts of life in the trenches and at home, we are introduced to a family in transition. This show touches on the social, political and psychological aspects of conflict, all while using the subtle humour and heartfelt style Misery Loves Theatre Company has become known for.

homeFRONT junior (p-6) This years elementary show attempts to answer a complex question, why do people go to war? And by extension, why do we have remembrance day? This complex topic is examined through an allegorical tale of animals fighting over territory. At times fun and silly at times poignant and emotional, this safe and respectful look at war will help young children understand why we remember.

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Exploring a Restorative Approach for NSTU meetings

NSTU's Equity committee invited restorative approach facilitators Richard Derible, who is a School Administration Supervisor for the Halifax Regional School Board and Amy Hunt, vice-principal Joseph A. MacKay School to present at their most recent meeting on February 26.

The restorative or relational approach recognizes that building relationships is of primary importance for maintaining and creating community. "It's important to understand relational theory, and then put it into practice," says Derible.

A resolution at last year's Annual Council focused on the NSTU incorporating this approach within the organization. The resolution was as follows:

Council 2015-1

BE IT RESOLVED THAT the NSTU include a Restorative (Relational) Approach philosophy when conducting meetings.

To that end, Derible and Hunt started the conversation into some ways in which the NSTU could move forward to developing this approach within its organizational governance. Even under parliamentary procedures and Roberts Rules, a restorative approach is possible. "It's a principal of democracy that requires much more than voting," says Derible. "It's how we really hear from one another—how we hear about concerns before we vote."

He also says that taking a restorative approach would ask an organization and its members how they could come together under Robert's Rules.

Hunt says that the restorative approach is not about putting everyone in a circle. "It's not about the circle, it's about checking in, what is prior knowledge. It's not just a call to use restorative practices to decision making, but having conversations about issues and concerns."

Both Derible and Hunt reiterated that each organization's "approach to a restorative approach" looks different, because each organization has unique characteristics.

Both facilitators outlined what a restorative approach to decision making might look like. It includes taking into account the following: relationship-focused; comprehensive/holistic; inclusive/participatory; forward-focused; and culturally aware.

"It shouldn't guarantee that we all agree, but guarantee the way in which agreement matters," says Hunt.

Derible and Hunt say that the first step is making a commitment as an organization to a restorative approach, and then striking a team to think about what that might entail, and then reflect on how it's working—a reflective practice team. "We can't just say 'let's start and run our meetings restoratively,' it takes time," says Hunt.

The restorative approach ultimately helps an organization and its members build and maintain connections. "We are who we are because of our relationships and our connections," adds Derible.

The NSTU will continue to discover how to integrate a restorative approach to benefit the organization and its members.



Richard Derible and Amy Hunt facilitate a session on a restorative approach with NSTU's Equity Committee.

Cape Bretoners helping Cape Bretoners

The Scotia Rail Development Society needs your help!

After hearing that the owner of the rail line was planning to abandon the Cape Breton section of the line, the Scotia Rail Development Society (SRDS) was formed from an informal group of concerned citizens (volunteers) interested in saving the railway.

The Society's mission is to explore options and support efforts to ensure continuation of the rail link to Sydney, Cape Breton. SRDS believes that without the rail economic development is limited, but with the rail businesses have choice for shipping costs to best satisfy business operations and product disbursement.

Rail is important to the future of Cape Breton. Show your support by signing the petition at www.scotiaraill.ca.

A photograph of Gerry Dee, a comedian, performing on stage. He is wearing a dark suit and a light-colored shirt, holding a microphone and smiling. The background is dark with warm, bokeh lights.

GERRY DEE

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HALIFAX, NS

May 27, 2016

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coming events

March is...

International Day of Happiness – March 20 (dayofhappiness.net/); Childhood Arthritis Month (www.thepain.ca); Help Fight Liver Disease Month (www.liver.ca); National Colorectal Cancer Month (www.colorectal-cancer.ca/en/advocacy/national-month); National Kidney Month (www.kidney.ca); National Nutrition Month (www.dietitians.ca); National Social Work Month (www.casw-acts.ca); Canadian Red Cross Month (www.redcross.ca); Canadian Agricultural Safety Week (www.agsafetyweek.ca); Purple Day – March 26 (www.purpleday.org/); Journée nationale de la francophonie – le 20 mars (www.francophonie.org/); World Poetry Day – March 21 (www.un.org/en/events/poetryday/)

MARCH 10

The Great Big Crunch (Canadian)

The Great Big Crunch, founded and coordinated by FoodShare Toronto, is an annual day of food education in classrooms across the country, culminating in a moment of anti-silence in which school children, teachers, politicians and many more crunch into apples at the same time. The Great Big Crunch celebrates Nutrition Month and calls attention to the importance of healthy school food, food literacy and support for local farmers.

For more details <http://foodshare.net/program/crunch/>

MARCH 15 TO 17

Spend March Break at the Joggins Fossil Centre

The Joggins Fossil Centre has daily events planned for the upcoming March Break Children's Day Camps are being held Tuesday, March 15 to Thursday, March 17, 10 a.m. to 2:30 p.m. and Friday, March 18, 9 a.m. to 3 p.m. These camps are designed for children ages 5-12. The fee is \$5 per person per day, (March 15 to 17). Participants are asked to bring their own lunch.

Tuesday, March 15

Clean Nova Scotia present *Eddie and the Air Out There* – Eddie the eco-cat superhero encourages kids to help to keep the air clean through the use of songs, puppetry, humour, problem solving, and rhymes; and, *Climate Change, Air Quality and our Food* – Kids meet a "special guest" who helps them understand the relationship

between everyday food choices and clean air and climate change.

Wednesday, March 16

Shannon from Broadfork Farm leads kids through planning a garden of their own and planting seeds.

Mad Science of the Maritimes will entertain and educate with two science experiments and kids will make their own bouncy ball to take home.

Thursday, March 17

Writer Sara Jewell, from Oxford, leads children through a workshop entitled "Where Do Stories Come From? Peeps, Perps and Other Captivating Characters."

Mary Williams of Amherst leads a beginner rug hooking family workshop – kids are invited to bring their parents along to try out this fun and creative art form.

Friday, March 18

Maggie's Place, Amherst presents a Red Cross Babysitting. This course is for ages 12 to 14 interested in babysitting, child care, injury prevention and basic first aid skills. This course, held from 9 a.m. to 3 p.m. is free of charge and lunch is provided.

Pre-registration is required for all workshops and courses. Info and registration: contact Laurie at 902-251-2727 Ext. 224 or email: edu.assistant@jogginsfossilcliffs.net.

The Joggins Fossil Centre March Break Children's Day Camps is generously sponsored by the Municipality of the County of Cumberland.

MARCH 22 DEADLINE

42nd Annual Teachers Bowling Tournament

The 42nd Annual Teachers Bowling Tournament will be held April 23-24 at the Fairlanes Bowling Centre in New Minas, hosted by the Kings County Kegglers. This tournament is open to all active, reserve and retired teachers with any combination of women and men. This tournament, run since 1975, is for the skilled or unskilled, with two divisions of competition: championship and handicap.

New teams are invited and encouraged to participate (five-eight bowlers/team) at \$260/team. Individual teachers looking to be placed on a team can contact the tournament chair. **Registration deadline is March 22.**

More information: contact Stephen McNeill, tournament chair at 902-670-8741, smcn@accesswave.ca or Ken Williams, tournament secretary, at 902-443-7168, kb.williams@ns.sympatico.ca.

APRIL 1 DEADLINE

Canada Day Challenge 2016

Youth from all across Canada, aged 8 to 18 years old are once again invited to share what makes them proud to be Canadian. Youth can participate in the Canada Day Challenge 2016 by submitting their creations in three categories: *Draw it!*, *Snap it!* and *Write it!* There will be a total of nine finalists selected—three from each category. Three finalists will also be selected as the national winners to represent each category as part of winning posters for Celebrate Canada. These include trips

(continued on page 15)

The Artisan Teacher • Dr. Mike Rutherford August 9 & 10, 2016 • Inverary Inn Resort, Baddeck, NS

The NSELC, in partnership with the Rutherford Learning Group, is pleased to offer an exciting professional learning opportunity for P-12 teachers and educational leaders. The two day conference will focus on strategies for high performance teaching that enhance student learning. Participants will be introduced to patterns of skillful instruction. They will become familiar with the 23 themes of teaching that enable teachers to create classrooms with high levels of student engagement, effort, clarity, thinking, performance, and success. Conference participants will recognize the themes in their own teaching, determine their skills and strengths, and enhance their practice.



Dr. Mike Rutherford, educator, author, speaker, and creator of the *Skillful Observation Coaching Laboratory* program and *The Artisan Teacher* multi-media series is recognized as a leading international authority on adult learning, professional leadership, instructional coaching, and teacher efficacy.

Dr. Rutherford's work with administrators enrolled in the Nova Scotia Instructional Leadership Academy has illustrated the impact that the themes of the Artisan Teacher have had on leadership that supports best practices in instruction and assessment. The Artisan Teacher Conference offers an opportunity for teachers in Nova Scotia to learn from Mike's dynamic research-based work.

Register at
www.nselc.ca
after Jan 1 2016

When booking at the Inverary Resort Baddeck, reference the NSELC Artisan Teacher Conference to get the preferred room rate.

1-800-565-5660



www.nselc.ca

REGISTRATION FEE

\$520.00 (plus HST) = **\$598.00**

Includes :
conference materials,
lunch each day,
nutrition breaks,
and
a copy of *The Artisan Teacher: A Field Guide to Skillful Teaching*

CONFERENCE AGENDA

Day One Registration: 7:30- 8:45 AM

Day One Workshop: 8:45 AM – 3:30 PM

Day Two Workshop: 8:45 AM – 3:30 PM

Contact—nselc@nselc.ca or (902) 422-3270



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IN 21ST CENTURY TEACHING PRACTICES FOR GRADES 7-12
Summer 2016 – Summer 2018

COMMUNICATION COLLABORATION CRITICAL THINKING CREATIVITY

Are you a middle school or secondary teacher who wants students to better understand what you're teaching?

The StFX Faculty of Education is proposing to offer a province-wide Master of Education Curriculum and Instruction cohort with a focus in 21st Century Teaching Practices for Grade 7-12 Teachers. The program will equip math, science, social studies, physical education and other content area teachers to better reach the needs of their students supporting the Department of Education and Early Childhood Development's aims:

- To increase student achievement in literacy, enhance inclusive education, and improve curriculum to better reflect the diverse cultures of Nova Scotia (The 3Rs: Renew, Refocus, Rebuild—Nova Scotia's Action Plan for Education, 2015) and
- To teach reading, writing, and speaking skills across subject areas so that students may develop stronger communications skills and deepen their learning of content (The 3Rs: Renew, Refocus, Rebuild—Nova Scotia's Action Plan for Education, 2015).

The first course in Summer 2016 will be held on campus in Antigonish in July and the remaining 11 courses will be offered online via Collaborate and Moodle.

Application Deadline: Extended to March 21, 2016

The application information can be found at
<http://sites.stfx.ca/continuingeducation/sites/sites.stfx.ca/continuingeducation/files/application-graduate-studies.pdf>

For additional StFX admission inquiries, please contact med@stfx.ca

***Please indicate on the application that you are applying to the Master of Education in Curriculum and Instruction in 21st Century Teaching Practices for Grades 7-12.**

(continued from page 14)

for two to Ottawa to celebrate Canada Day on Parliament Hill: go backstage, meet some of Canada's most inspiring people, tour museums, galleries, the iconic Parliament Buildings and be part of a special summer exhibit at the Canadian Museum of History!

Winners will also receive a chance to work with the National Film Board of Canada to create their very own short films about their adventures in Ottawa.

Entries accepted until (incl. postmarked by) April 1, 2016.

Please visit <http://canada.pcb.gc.ca/eng/1449088858795> for details.

APRIL 1 DEADLINE

The Government of Canada History Awards for Teachers

The Governor General's History Awards, administered by Canada's History Society celebrate the very best in Canadian achievements in the field of history and heritage. *The Government of Canada History Awards for Teachers* are open to high school teachers across Canada. Teachers are invited to submit their

best project or nominate a colleague. Six chosen recipients will receive: an individual cash prize of \$2500, \$1000 for their school, a medal awarded by His Excellency, the Right Honourable David Johnston, a trip for two to Ottawa to attend the award ceremony at Rideau Hall, and the Canada's History Forum and celebration dinner at the Canadian War Museum a trip to Europe on an EF Tours Canada's History Travel Tour in 2017.

More info: <http://www.canadahistory.ca/Awards/Teaching>.

APRIL 13

Day of Pink

April 13 is the Day of Pink, International Day against Bullying, Discrimination, Homophobia, Transphobia, and Transmisogyny in schools and communities. Everyone is invited to celebrate diversity by wearing a pink shirt and by organizing activities in their workplaces, organizations and schools. For more information www.dayofpink.org

	Creative Art/Map Competition for Nova Scotian Students	
	WE MAPS INTERNATIONAL MAP YEAR 2015-2016	
Andraž Umek (8), Slovenia – The whole world is on the same boat	Presented by: Geomatics Association of Nova Scotia	Maria Piątkowska (12), Poland – Europe is my home

Students are invited to produce a creative map that focuses on the theme of "Nova Scotia - A Province Rich in Heritage"

7 Categories of competition from Primary to post-secondary

More details are available at <http://gans.ca/map-competition.html>

Deadline for submission: March 31, 2016

A two-day professional development institute	Location: Student Union Building Dalhousie University, Rm 303 6136 University Ave Halifax, NS • B3H 4J2
Making Authentic Inquiry Work!	Date and Time: Apr 18-19, 2016 9 am - 4 pm daily
Exploring transformative pedagogies using professional inquiry methods	Cost: \$250 for two-day workshop (Breakfast, lunch, refreshments, and 2 publications included)
	Space is Limited! Register by Apr 4 at: www.LSF-LST.ca/institutes



THE LEADERSHIP ACADEMY
INSTRUCTIONAL LEADERSHIP PROGRAM

UNTIL APRIL 15, ONLINE APPLICATIONS ARE BEING ACCEPTED FOR COHORT 6, BEGINNING IN SEPTEMBER 2016.

Are you a principal, vice-principal, department head, consultant, or coordinator? Are you interested in pursuing graduate studies in instructional leadership? Then consider applying for the Nova Scotia Instructional Leadership Program.

The Instructional Leadership program leads to a Diploma in Instructional Leadership, granted by the Department of Education and Early Childhood Development, and with approval from the Office of Teacher Certification (EECD), can be used for a raise in your teacher certification level.

For more information on the program, including course descriptions and access to the online application form, visit the Leadership Academy webpage at <http://www.nselc.ednet.ns.ca/welcome-to-the-nsila.html>, or contact Sue LeBel, Program Coordinator, at slebel@nselc.ca or 902-354-8134.



Teaching and administrative opportunities in the Nova Scotia International Programs

Live and work in a new culture; teach the Nova Scotia curriculum, or bring your school leadership expertise to an exciting learning environment. Immediate openings, and semester 2 positions, are available in the Nova Scotia international programs.

Nova Scotia international programs in the People's Republic of China (Grades 10-12) and the United Arab Emirates (Grades P-12) offer:

- competitive pay
- annual return flights
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- paid holidays

For a list of opportunities please see:
www.internationalprograms.ednet.ns.ca



Strait area African Heritage Month highlights

Viola Desmond

This seat is dedicated to the memory of Viola Desmond, one of Nova Scotia's foremost Civil Rights Champions. Ms. Desmond's 1946 stance against the Management of the Roseland Theatre in New Glasgow concerning an in-house rule that segregated people of color has become a landmark of social justice in the Province of Nova Scotia.

This year's African Heritage Month honoured the 100th anniversary and legacy of the first and only Black Battalion in Canadian military history through the theme *The No. 2 Construction Battalion: Legacy of Commitment – They Fought to Fight*. During the month of February, schools, teachers and students across the province focus on the history, culture and achievements of people of African descent and reflect on

their understanding of the contributions and traditions of the African community. School Boards encourage students, parents/guardians, staff and community members to share in the celebration of African Heritage Month.



Above are SAERC student emcees Chloe Fox, Grade 12 and Nick Cadogan, Grade 10 at the Viola Desmond seat dedication on February 26.

Schools plan activities that further promote African Heritage that may include guest speakers, art creation, presentations, musical performances, student research and partnering with community organizations.

The Strait Regional School Board launched its African Heritage Month celebrations at its board meeting on February 3 at the Afrikan Canadian Heritage and Friendship Centre in Guysborough. Along with municipal and community partners, The Honourable Tony Ince, Minister of African Nova Scotian Affairs was a special guest for at the event. The evening's festivities included a performance by a student African drumming group.

On February 26, the Strait Area Education and Recreation Centre (SAERC) students and staff, along with community members and Strait Regional School Board Members concluded their African Heritage Month celebrations by dedicating a seat in the SAERC auditorium in Viola Desmond's honor. Together, they celebrated her heroic stance against racism, segregation laws and social injustice. The celebration was filled with Afrocentric entertainment

such as African Drumming and singing. Guests were also treated to a traditional African Libation, performed by community member, Mary Desmond.



The Honourable Tony Ince, Minister of African Nova Scotian Affairs, cuts the celebratory cake with Strait Regional School Board Chair Francine Boudreau (centre) and African Nova Scotian Representative Joanne Reddick (right) following the launch of African Heritage Month.



Above is The Honourable Tony Ince, Minister of African Nova Scotian Affairs, performing with the student African drumming group comprised of students from St. Andrew Junior School and Dr. John Hugh Gillis Regional High School in Antigonish under the direction of St. Andrew Junior School teacher, Morgan Gero. This performance was held during the launch of African Heritage Month February 3.

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10th Anniversary Open House for Grandmothers' Campaign

by Winniefred Kwak, retired teacher



The public is invited to celebrate the Tenth Anniversary of the *Grandmothers to Grandmothers Campaign* at an Open House on March 8 from 1:00 to 3:30 p.m. at the Sobey School of Business, Saint Mary's University, Halifax.

The Stephen Lewis Foundation initiated the *Grandmothers to Grandmothers Campaign* in response to the emerging crisis of the AIDS pandemic faced by the African grandmothers in sub-Saharan Africa on International Women's Day, 2006

In August 2006, the Stephen Lewis Foundation hosted 100 African grandmothers and 200 Canadian grandmothers for a Grandmothers' Gathering in Toronto. The concluding statements of the African Grandmothers' "We will not raise children for the grave" and the Canadian Grandmothers' response "We shall not rest until they can rest" continue to move the Grandmothers' Campaign.

This social justice initiative galvanized *Canadian Grandmothers* and the Campaign grew to 120 groups in the first eight months and now stands at 240 throughout Canada, with 12 in Nova Scotia.

The *Grandmothers to Grandmothers Campaign* has three goals: 1) fundraising, 2) raising awareness of the African grandmothers' plight and 3) building solidarity among grandmothers. The Stephen Lewis Foundation provides support to accomplish these goals by providing information about the work in community-based organizations in sub-Saharan Africa where grandmothers raise children orphaned by AIDS.

Canadian grandmothers participate in regional and national networks to support fundraising efforts and each other's development. Together they have raised over \$24 million for the Grandmothers' Campaign since 2006. Over the ten years the Stephen Lewis Campaign has organized opportunities for African and Canadian partners to meet on four occasions in Africa and a number of occasions throughout Canada. Ida Nambeya, an African field worker with the SLF,



is the special guest of the anniversary celebration in Halifax.

"Against all odds, the Grandmothers' Campaign has become a social movement and a model of meaningful solidarity, raising awareness and huge sums of money all across Canada. Let me make an observation here: the reason the grandmothers of Canada are so successful in their support of the grandmothers of Africa lies not only in solidarity, but in vibrant, tangible progress. People live longer. Children survive. Societies rekindle." —Stephen Lewis

NOTICE

Attention: Normal College and Nova Scotia Teachers College Grads and Faculty

Reconnect with your classmates and other grads. Come to Truro, August 19-21, 2016, for our annual Reunion! Enjoy the fun and camaraderie with your classmates, the banquet, the musical venues and more!

Join the Alumni Association! We need your support to keep our association alive!

This year, we are celebrating grad years ending with '6' and all other years. We are looking forward to hearing from you!

Contact: Alumni Association of NSTC, PO Box 25005, Truro, NS, B2N 7B8; E: info@nstteacherscollege.ca; W: <http://nstteacherscollege.ca>; T: [@NSTCAlumni](https://www.facebook.com/NSTCAlumni); F: <http://on.fb.me/1yfyvXO>

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BOOK Giveaways!!

The Teacher would like to give away three sets of books. To enter, email theteacher@nstu.ca by April 1 with either **Elementary, Middle or High** in the subject line along with your name, mailing address, and school/campus name.

FIRST SET:

Elementary Grades (P-5).

Books include: *Awesome Is Everywhere* by Neil Pasricha; *Sam & Dave Dig A Hole* by Mac Barnett; and *Frankenstink! Garbage Gone Bad* by Ron Lightburn.



SECOND SET:

Middle School, Grades (6-9).

Books include: *Secret Agent CODES* by Chris Sasaki and *Crime Scene SCIENCE* by Andrea Campbell (Detective Notebooks); *ZOMBIE Elementary: The Real Story* by Howard Whitehorse; and *National Geographic KIDS Almanac 2016*



THIRD SET:

High School (Grades 10-12).

Books include: *Raging Star Dust Lands: 3* by Moira Young; *Regenesis* by Eric Walters; and *The Rule of 3: Will to Survive* by Eric Walters.





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update

How to Submit a MEDOCD® Travel Claim

Every year active and retired NSTU members travel within and outside of Canada. Depending on the time of year, this travel may be for visiting family and friends or escaping the Nova Scotia winter. Whatever your reasons for travel and wherever you may go, it is important to have travel insurance, particularly if your travels take you outside of Canada.

The NSTU Group Insurance Trustees make available to active and retired members an Out-of-Canada / Out-of-Province Medical Insurance program as well as a Trip Cancellation / Interruption program. These programs are voluntary and paid 100% by the member. As Trustees, we have provided articles on the benefits of having this type of coverage in the past, however, this article will provide some information on what to do in the event you have a claim while travelling.

We don't like to think about an emergency illness or accident while travelling, but they happen each year to members. If you or one of your insured eligible dependents have a medical emergency while travelling outside your province of residence, please read carefully below some information on how to get through the process as efficiently as possible which will help alleviate some of the stress associated with an emergency.

If you or an eligible family member have an unexpected illness or injury, it is extremely important to call or, if you cannot, have someone call for you the Medavie Blue Cross travel assistance provider at 1-800-563-4444 in Canada and USA or collect at 1-506-854-2222 elsewhere in the world. These numbers are on your ID card(s). Therefore, it is important that you bring this card with you when you travel and share the numbers with a family member or travel companion. You should also have access to your family's provincial health cards when you travel.

The travel assistance provider will ask a number of questions including some information that is on your ID card like your policy number. They will also provide a file or claim number before you finish the call with them. You should mark this number down as it will need to be provided each time you call. The travel assistance provider will also coordinate with any medical facility you are in or being transported to. They will also confirm coverage and approve medical testing and treatment.

If you choose not to call the travel assistance provider, eligible expenses will be reimbursed at 80%, except in extreme circumstances when you are unable to call.

For a trip cancellation or interruption claim, you must use the same contact numbers as indicated above for the medical coverage. Once you have contacted the assistance provider, you will be asked to provide additional information on the situation which may include proof of eligible expenses incurred and documented evidence that an eligible risk was the cause of the cancellation or interruption.

Preparation is the key to a smooth claims experience if you and/or an eligible family member have a medical emergency or have your trip cancelled or interrupted. Preparation should include the following:

- Have all travel documents accessible.
- Have your travel insurance ID card available and share its location with your family or travel companions.
- Always call the travel assistance provider in the event of a claim.
- Bring along your benefit booklet(s) for reference should you need them.

Although we cannot prepare you for all situations when you have a travel claim, we hope the above information will assist you in your preparation for travel and remind or inform members what they should do in the event of a medical emergency when travelling.

If you have any questions, please contact the Administrator, Johnson Inc. at (902) 453-9543 or 1-800-453-9543 (toll-free).

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resources

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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.

Everything is accessible from the EduPortal (<https://edapps.ednet.ns.ca/eduportal/>) or visit our website directly at <http://medialibrary.ednet.ns.ca> to access these and other digital classroom resources.

Last chance to order the following titles from the Media Library!!

Our duplication licenses will expire for these titles soon. Contact us to order your DVDs while you still can!!

Killing Us Softly 4

Grades 10-12

This highly anticipated update of Jean Kilbourne's pioneering film marshals a range of new print and television advertisements to lay bare a stunning pattern of damaging gender stereotypes—images and messages that too often reinforce unrealistic, and unhealthy, perceptions of beauty, perfection, and sexuality. This film stands to challenge a new generation of students to take advertising seriously, and to think critically about popular culture and its relationship to sexism, eating disorders, and gender violence. **MATURE CONTENT - Teacher preview recommended**

Straightlaced

Grades 10-12

With a fearless look at a highly charged subject, this film unearths how popular pressures around gender and sexuality are confining American teens. Their stories reflect a diversity of experiences, demonstrating how gender role expectations and homophobia are interwoven, and illustrating the different ways that these expectations connect with culture, race and class. This fascinating array of students opens up with brave, intimate honesty about the toll that deeply held stereotypes and rigid gender policing have on all our lives.

Flawed

Grades 7-12

Flawed is a charming little film about very big ideas. This animated short is about a woman who meets a man who turns out to be a plastic surgeon which, in turn, leads our heroine to question her own imperfections. But, ultimately, *Flawed* is less about whether girl can get along with boy than whether girl can accept herself, imperfections and all. The brilliance of the film is in the way it's made: a series of storyboards being illustrated one after the other—both an exquisite tribute to the art of animation and a loving homage to storyboarding, a time-honoured way of rendering scenes while pointing the way to the dramatic arc of the tale.

Animate Everything

Grades 1-3

Spaceships soar into space. Dots dance on a page. Rocks and twigs transform into expressive faces. Kids can easily create this kind of magic themselves, and all they require are a few simple tools. Divided into four short, easy-to-understand chapters, *Animate Everything* introduces basic concepts of animation to a young audience. Explaining visually with colourful images, siblings Lindsay and Will demonstrate how to bring everyday objects to life - and even how to animate people! *Animate Everything* encourages you to "make your own magic in whatever style you want."

Nutrition

Science 3-6

In this program students will learn why it is important to fuel the body with the right kinds and amounts of food. Emphasizing healthy eating habits, some of the most critical aspects of nutrition are discussed. Using the latest recommendations from the USDA, current nutritional guidelines are explored in easy-to-understand terms.

The Exchange: Six Faces of Gambia

Grades 10-12

This short documentary film introduces a Western audience to six compelling people living in The Gambia - people who don't fit the stereotypes we might have about people from Africa. The film doesn't seek to "inspire" us with extreme stories of perseverance or hope in a context of dire circumstances but, instead, focuses on six resilient, passionate, educated people, with strong ideas about changes they'd like to see in their town or in the world. They are motivated as much to improve their own lives as the lives of the family and community around them.

In addition to our lending and duplication collections, the Media Library also has videos that can be downloaded or streamed. Please log into the EduPortal and click on the link for "Online Video Library/Learn360" to access these digital titles.



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Project Application Mailing Address
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Halifax, NS B3L 4L7

Deadline—April 8, 2016

March Break Specials for NSTU members

CAMBRIDGE SUITES, HALIFAX - is offering NSTU/RTO members a **March Break special: \$115** — includes parking, Wi-Fi and local phone calls and a continental breakfast! Cambridge Suites, Halifax is located at 1583 Brunswick Street, Halifax, N.S., B3J 3P5; Inquiries 902.420.0555 / Make a Booking: toll-free 1.800.565.1263; Website www.cambridgesuiteshalifax.com

CAMBRIDGE SUITES, SYDNEY - is offering NSTU/RTO members a **March Break special: \$115** — including parking, Wi-Fi, local phone calls and a Hot buffet breakfast. Cambridge Suites, Sydney is located at 380 Esplanade Sydney, N.S., B1P 1B1; General Inquiries: 902.562.6500 / Make a Booking: toll free 1.800.565.9466 or local 902.563.7009 Website www.cambridgesuitessydney.com

THE PRINCE GEORGE HOTEL - is offering NSTU/RTO members a **March Break special: \$115** — includes parking, local phone calls and Wi-Fi. The Prince George Hotel is located at 1725 Market Street, Halifax, N.S., B3J 3N9; General Enquiries: 902.425.1986 / Make a Booking: toll-free 1.800.565.1567 or direct 902.425.6066; www.princegeorgehotel.com

Vous arrive-t-il de vous faire...



LA VIOLENCE!

Elle est **INACCEPTABLE** en tout temps,
envers tout enseignant, de quelque
manière que ce soit.



Signalez tout acte de violence à votre
directeur/directrice d'école ou à votre superviseur.
Si le problème n'est pas résolu, contactez le NSTU.

Making Tracks Cycling in Schools

by Julian West, Making Tracks Coordinator, EAC

Evidence shows that healthy, active kids are more attentive in class, get better grades and have reduced emotional stress than those kids who are not healthy and active. However, only five per cent of five to 17-year-olds in Canada are achieving their recommended 60 minutes of moderate-to-vigorous physical activity each day. Many children and youth have an opportunity to simply walk or wheel to school as a



convenient means to help them achieve this goal each day. Unfortunately, only 23 per cent of children and youth in Nova Scotia use active transportation to move to and from school.

Active transportation is a physical activity that can be easily incorporated into daily errands and commutes including travel to and from school. The *Making Tracks* program offered by the Ecology Action Centre (EAC) provides active transportation safety and skills training and confidence building to help children and youth become active, safe, life-long walkers and wheelers. The program is perfectly fit for in-class time because it is comprised of short activities that are already curriculum-linked. Making Tracks program modes include cycling, walking safety, skateboarding, scootering and in-line skating. This past year alone, the EAC *Making Tracks* provided training for over 3,000 children and youth, including in-school and after school programs.

Very recently, 120 practicing teachers from across Nova Scotia became *Making Tracks Cycling Program Leaders* by taking part in the Certificate of Outdoor Recreation program offered through StFX University. With this support there are far more staff trained to lead cycling education in schools today than ever before in Nova Scotia. This is a great opportunity for teachers to start programs at their schools or in their broader communities.

With the provincial government's current commitment through the THRIVE! Strategy to provide every child with an opportunity to learn to ride a bicycle, and with its focus on making our roads safer for all users, teachers couldn't be receiving this training at a more strategic time. The recent success of the every child learn to swim program offered during school time (which are a similar goal in THRIVE!) is a leading example of how in-school time can play a huge role in helping meet some provincial commitments of THRIVE!.

A study of the *Making Tracks Cycling Program* was recently conducted in schools across Nova Scotia. The program increased the average number of bike trips that students made by 20 per cent. Seventy-eight per cent of participants said that the program increased their confidence; 71 per cent said they feel safer riding in their communities; 78 per cent said they improved their cycling skills; and, 92 per cent said they now know more about bike safety.

If you are trained or would like to become trained as a *Making Tracks Leader* in our cycling or other programs modes please contact us at mt@ecologyaction.ca or 902-538-0520. We are experienced delivering leader training sessions for teachers. We provide leaders with ongoing support, advice, materials, and equipment to help make their programs a fun success.

For advertising information for The Teacher, contact Sonia Matheson at 902-477-5621 or 1-800-565-6788 or visit www.nstu.ca / email theteacher@nstu.ca

For an up-to-date listing with details of **DEALS & DISCOUNTS** for NSTU members (including retired members), please visit the website at www.nstu.ca email theteacher@nstu.ca or phone 1-800-565-6788.



2015-2016 Pre-Retirement Seminars SCHEDULE



DATES	LOCATIONS
March 8 & 9 (Tuesday & Wednesday) 23 & 24 (Wednesday & Thursday)	CBVRSB (Holiday Inn, Sydney) HRSB (Dr. Tom Parker Building, Halifax)

Registration for these seminars should already have taken place through your Board.

Updated, January 2016

Dates/locations subject to change

classifieds

Classified rates are \$2.00 for the first 15 words and 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 theteacher@nstu.ca

IS RIVER CRUISING ON YOUR "BUCKET LIST"? We at AlmonTravel (www.almontravel.ca) can advise based on personal experience with the following: European River cruise (Main, Rhine and Danube), Portugal (Douro), Southern France (Rhône and Saône), Egypt (Nile), China (Yangtze) and American Queen Sternwheeler (Mississippi). Contact Danny (danny@almontravel.ca) or 902-431-4932 or 855-902-4937. For best options, book a year in advance.

DESTINATION WEDDINGS - Is a Destination Wedding and exotic honeymoon with family and friends something someone close to you has dreamed about? Savings can be as much as 70% less than an at-home wedding. AlmonTravel (www.almontravel.ca) has experience working with 115 couples from across Canada. Contact Danny at danny@almontravel.ca or 902-431-4932 or 855-902-4937.

SEEKING JOB SHARE PARTNER - Permanent French Immersion teacher in Bedford seeks qualified partner to share grade 2 position (ideally 50%) for 2016 / 2017 school year. Please email MShields@hrsb.ca

JOB SHARE - French Immersion teacher seeking 0.4 (or less) job share with HRSB for 2016/17. I am fluently bilingual but open to all opportunities. Please contact armenta.t@gmail.com

JOB SHARE - Experienced teacher seeking 20% job share at Elementary level. Contact Karen at armstrongk@hrsb.ca or 902-488-8853.

JOB SHARE - Retired resource teacher interested in doing 20 per cent for the following school year in the HRM area. Contact annmgiovannetti@gmail.com

TEACHER EXCHANGE - Permanent High School Social Studies/English teacher with the CBVRSB interested in an exchange with a permanent teacher in the HRSB for the 2016-2017 school year. Possible permanent exchange desired. If interested, contact msmnamara@nstu.ca

TEACHER EXCHANGE - Permanent Grade six teacher with the CBVRSB interested in an exchange with a permanent teacher in the HRSB for the 2016-2017 school year. Possible permanent exchange desired. If interested, contact sailb8526@gmail.com

TEACHER EXCHANGE - Permanent resource and early literacy support teacher with the HRSB interested in an exchange with a permanent teacher from the CBVRSB for 2016-17 school year. Permanent exchange desirable. If interested contact dmlachowicz@nstu.ca

TEACHER EXCHANGE - Middle School French Immersion teacher in Cape Breton-Victoria Board seeking an exchange with teacher in Chignecto-Central Board for the 2016-2017 year. Permanent exchange desired. Please contact cmock@nstu.ca

TEACHER EXCHANGE - Permanent elementary teacher with HRSB interested in an exchange with a permanent elementary teacher from CBVRSB for 2016-2017 school year. Possible permanent exchange desired. If interested contact djdark@nstu.ca

aviso

We Want to Hear Your Story

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

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

Or email submissions to aviso@nstu.ca

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

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

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

Original pictures or images related to submitted content are appreciated.

The themes for the 2015-2016 academic year AVISO editions are:

Spring – Widening the Perspective of Cross Cultural Competency

Racontez-nous votre histoire

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

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

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

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

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

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

Les photos/images originales reliées aux soumissions sont appréciées.

Les thèmes des éditions d'AVISO pour 2015-2016 sont les suivants:

Printemps – Élargir la perspective de la compétence transculturelle