



Stand for Education focus in upcoming election

With a provincial election looming, the Nova Scotia Teachers Union and education partners, the Nova Scotia Federation of Home and Schools Association (NSFHSA) and la fédération des parents acadiens de la Nouvelle-Écosse (FPANE) are continuing with the *Stand For Education* (StandForEducation.ca) campaign to encourage the public to stand up for education and make sustainable public school funding a top issue during the provincial election campaign. "Since we launched this campaign in late May, we've heard all three political parties talk about education," says NSTU president Shelley Morse. "We want to continue to keep public education funding on the radar for this upcoming election."

NSTU Locals will be distributing *Stand For Education* lawn signs to members to use during the provincial election campaign and NSTU Locals' public affairs committees are developing their election readiness programs. Locals will be setting up meetings with candidates, devising questions for candidates, and in some cases setting up town halls to gauge candidates' views on public education, teachers and the teaching profession in Nova Scotia.

The NSTU, NSFHSA and FPANE are also looking for more teacher stories to highlight in more videos to continue to encourage elected officials and Nova Scotians to stand for public education.

"We received lots of positive feedback about our campaign approach, and we'd like to continue our focus on stories of how teachers stretch." A section on StandForEducation.ca website prompts visitors to nominate a teacher who stretches personally so our kids can soar. "We know there are incredible stories out there, and we'd like to tell more," continues Morse. Another teacher story will be selected on the compelling nature of the story, not how many nominations they receive.

StandForEducation.ca calls on Nova Scotians to email MLAs, election candidates and the three party leaders to encourage them to stand for education, and focuses public support for a well-funded public education system. More information is found on www.StandForEducation.ca and NSTU's YouTube station at: <http://www.youtube.com/nstuwebcast>. Please tweet with hashtag: #StandForEducation, and share and like on Facebook.



NSTU president Shelley Morse (second from left) joined members of the Lunenburg County Local at the Big Ex Parade in Bridgewater on July 27. Members marched through the streets carrying the "Stand for Education" banner and donned shirts branded with the same logo. (l-r): VP communications, Byron Butt; Michael Stewart (outgoing Local president; provincial executive member), David Kokocki, and Curtis Snyder.



Michael Stewart and Curtis Snyder carry the Stand for Education banner.

The Teacher back in print

Back by popular demand, the printed version of *The Teacher* has returned for the 2013-14 school year. In an effort to save money and reduce our environmental footprint, we've reduced the print run of the publication. The number of copies arriving at your school or campus will be based on approximately 30 per cent of the number of NSTU members at your site.

"We're pleased to be bringing back the printed version of this long time publication, now in its 52nd year," says NSTU president Shelley Morse.

When we surveyed NSTU members last year, through the ad hoc Committee on Member Engagement, one message became clear. Members wanted the NSTU to bring back the printed format of *The Teacher*.

An online version of *The Teacher* will also be available for members. If you are looking for a copy of *The Teacher* check your staff room or speak to the NSTU rep at your site.



Nova Scotia Teachers Union

Dr. Tom Parker Building, 3106 Joseph Howe Drive, Halifax, NS B3L 4L7 (902) 477-5621 Toll Free 1-800-565-6788 Fax: (902) 477-3517 nstu@nstu.ca www.nstu.ca

OFFICE OF THE PRESIDENT

Dear Colleague:

Welcome back! I hope your summer break provided much needed respite from your teaching and work responsibilities. I'm hoping you are feeling revitalized as you enter the school year, and embrace new opportunities and challenges.

We listened to your outcry last year over the online-only version of *The Teacher*, and have brought it back to its printed format. As in the past it will continue to be online. You let us know that *The Teacher* provided you with a sense of connection to your Union and we believe it's important to maintain that connection and engagement to your professional association.

One priority this school year will be to continue to focus on engaging our members through better and more frequent communication, and by providing avenues for better feedback. We will continue to raise profile of our members and celebrate professionalism. We will also continue to set the stage for ongoing fair and equitable negotiation processes, and remain steadfast in ensuring that government is adequately funding our public education system.

The provincial election is on the horizon. Along with parents we have strived to make public education funding an election issue. Through our Stand For Education campaign we have shown how teachers stretch so kids can soar, and I encourage all of you to visit the website (www.standforeducation.ca) and encourage sitting MLAs, the premier and election candidates to focus on increased funding for a high-quality, modern and sustainable education system.

The NSTU continues to offer many professional development opportunities every school year. Sessions to meet specific needs can be arranged through the NSTU PD department. One of our signature professional learning events is October Conference Day on October 25. Please visit our website at www.nstu.ca to view the complete Professional Association conference program offerings and register by October 11 to take advantage of further professional development, collaboration and networking, or call Central Office at 477-5621 or 1-800-565-6788 for more information on any of our professional development opportunities.

Remember that we are here for you, and this is YOUR union. If you have any questions related to the NSTU, please contact the NSTU representative at your school or campus, talk to your Local President/ RRC Chair/Provincial Executive member, or call/email Central Office. Get involved in your Local by attending a Local general meeting, volunteer to be an NSTU rep for your school or campus, or inquire about becoming a member of a Local committee.

As your NSTU President I consider it an honour and a privilege to represent such dedicated, caring professionals. I look forward to serving you over the coming year.

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

Sincerely,

SHELLEY L. MORSE
NSTU President



STANDFOR
EDUCATION.CA

people

NSTU appoints executive staff officers

The NSTU welcomes Kyle Marryatt and Mark MacPhee as the newest members of the NSTU staff. Both were appointed as executive staff officers, member services effective August 1, 2013.

Kyle Marryatt



Kyle Marryatt is filling a vacancy created by the appointment of Joan Ling, former member services executive staff officer to NSTU executive director.

He is responsible for contract interpretation, negotiations, arbitrations and grievances working with the Chignecto RRC & REWC (Regional Representative Council & Regional Economic Welfare Committee). He will be a supplemental liaison for EI/Maternal/Parental Services and Pension Services and will sit on the Pension Committee. He is the Local contact and contract matters liaison for the Colchester-East Hants, Cumberland & Pictou Locals.

Marryatt was a learning centre and resource teacher for 12 years at all levels with the Halifax Regional School Board and has worked at Dartmouth High School, Shannon Park Elementary, Sir Robert Borden Junior High and Rockingstone Heights School.

Most recently he was elected by acclamation as the Dartmouth provincial executive representative, but vacated his seat for the executive staff officer position. He was the Dartmouth Local president from 2008 to 2013, and in that capacity was co-chair of the HRRC (Halifax Regional Representative Council). He was a member of the management/teacher, Halifax Regional Grievance, Regional Asking Package, Regional Negotiating and NSTU/HRSB Article 60 committees as well, and was elected to the discipline committee.

Marryatt holds a Bachelor of Science, Bachelor of Education, and Master of Education in Curriculum Studies, from Mount Saint Vincent University and has a building technology diploma from the Nova Scotia Community College.

Mark MacPhee

MacPhee is on a one-year term position, filling in for Janine Kerr, who is currently on sabbatical leave.

MacPhee's program areas include coordinating substitute teacher services, Occupational Health and Safety and the Teacher Exchange Program. He will be responsible for contract interpretation, and in-services, arbitrations and grievances and will sit on the member services, discipline and substitute teacher committees. He will work as a supplemental to the Metro, Tri-County and Annapolis RRCs and REWCs, and is the NSTU staff contact for the Digby and Yarmouth Locals and a supplemental for contract matters for these Locals.



MacPhee has been teaching for eight years and was most recently vice-principal at Halifax Central Junior High. He was also a classroom teacher at Clayton Park Junior High, Sackville Heights Junior High and Madeline Symonds Middle School, and completed his Leadership Development Program with the HRSB.

MacPhee has been very active in both the Halifax City and Halifax County Locals, serving as first vice-president, chairing the economic welfare, resolutions and social committees (Halifax City), and was secretary, and member of the nominations/resolutions committee (Halifax County). He also served on the HRRC in various capacities, including being a member of the regional grievance and regional asking package committees. Provincially he served on the public relations committee (from 2010 to 2013) and equity committee for which he served as chair (from 2008 to 2009). MacPhee was also a participant in the John Huntley Memorial Internship Program.

MacPhee has a Bachelor of Arts, and Master of Education (Diverse Learners) from Mount Saint Vincent University and a Bachelor of Education from the University of Maine at Fort Kent.

Former member services executive staff officer Bill Berryman, now retired, is working on contract this school year to provide French language services to NSTU members who work for the Conseil scolaire acadien provincial (CSAP) to negotiate on behalf of CSANE members and be the contact for that Local.



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

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

Return undeliverable Canadian addresses to:

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

Phone: 902-477-5621 Fax: 902-477-3517

Toll free: 1-800-565-6788

Email: theteacher@nstu.ca

Website: www.nstu.ca

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

Submission deadlines for 2013-2014:

ISSUE	DEADLINE
October	September 27
November/December	November 22
January/February	January 10
March	February 7
April	March 14
May	April 11
June	May 23

**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

© Nova Scotia Teachers Union 2013

Community College signing

There was a large crowd on hand for the official signing of both the Faculty and Professional Support Community College Collective Agreements on June 26, at NSCC's Waterfront Campus.

NSTU president Shelley Morse and NSCC president Don Bureaux brought greetings. "I congratulate both negotiating teams for their hard work and dedication in achieving fair and equitable agreements for our Community College members," says Morse. "I am grateful for the long hours and tremendous work of both bargaining teams," adds NSCC president Don Bureaux.

Members of the Professional Support staff bargaining unit voted 97 per cent in favour of their agreement on June 11. Faculty members voted 92 per cent in favour of their tentative agreement on May 22.

Highlights of the agreements include the same salary increase as public school teachers: 7.5 per cent (7.7 compounded) over three years; two per cent increase effective September 1, 2011, 2.5 per cent increase on September 1, 2012, and three per cent increase on September 1, 2013. Equity in vacation allotment was also achieved for all faculty members. Professional support staff have been allotted an additional professional learning day and are now eligible to engage in the Learning College Portfolio program.



From left to right: Michael Kidney, Manager, Educational Technologies; Community College provincial executive representative Louis Robitaille; Community College Local president Ferne MacLennan; Sheila Stanley, director, NSCC Employee Relations (Retired); NSCC president Don Bureaux; NSTU president Shelley Morse; recently retired NSTU executive director Bill Redden; John Smith, manager of Student Services, Kingstec and AVC Campuses; Bruce Tawse, VP, Academic; NSTU assistant executive director, Bruce Kelloway; Monica Foster, VP Administrative Services; Community College member services staff officer, Grant MacLean; Kevin Gerrior, manager, Apprenticeship; Fred Tilley, principal, Marconi Campus; and Marie-Louise D'Entremont-Gray, manager, Student Services, Burridge and Shelburne Campuses. Members of the NSTU negotiating team missing from the photo: Seana Blanchard, Damian Hall, Ann Windsor-Hall, Joe Salah.

NSTU proud to represent in Pride 2013

As part of the ongoing awareness about sexual minority issues in education, and the NSTU and its members' efforts in creating safe and caring schools and campuses for all students and staff, the NSTU continued its participation in Pride Parades in Nova Scotia this summer.

NSTU president Shelley Morse and NSTU Equity Services staff officer joined NSTU members and their families in both Halifax and Sydney to celebrate and show solidarity for the sexual minority community. Buses, banners, rainbow pencils and t-shirts donning a rainbow apple with the slogan "We're proud to represent diversity" ensured that crowds at both celebrations noticed the NSTU presence.

This summer marked the 26th Halifax Pride festival, which ran July 21 to 28 with the Pride Parade in downtown Halifax on July 27. This year, Toronto Pride brought a contingent to Halifax Pride to promote World Pride to Nova Scotians. World Pride will take place in Toronto from June 20 to 29, 2014.

The 13th annual Cape Breton's Pride Festival took place August 9 to 18. The Cape Breton Pride Parade took place on August 10 in downtown Sydney. The theme, *Live Your Life OUT Loud*.



(l-r) NSTU members Joyce Lively, Leigha Gouthro and Serena Matheson (with her daughter), NSTU president Shelley Morse and Gérard Cormier get ready to participate in the Cape Breton Pride Parade.



NSTU president Shelley Morse (far right) was joined by (l-r) NSTU staff officer Gérard Cormier, Sara McCann, provincial executive member Tim MacLeod, Trevor White, outgoing provincial executive member John MacKay, Halifax County Local president Meg Ferguson, provincial executive member Pat Hillier, Vanessa Turner, provincial executive member Sally Capstick (with her son Douglas) for NSTU's participation in Halifax's Pride Parade.



Ron,
Glass Tech, 1986

Chipped Windshield?

Get Scotia Auto Glass to repair it for FREE* before it cracks and needs a replacement.

GET STARTED TODAY

Lunenburg 523-1180
Bridgewater 543-1956
* Subject to your insurance



"We come to YOU!"
Call or book online
www.scotiaauto.com

The deadline for the October issue of The Teacher is September 27th.

Contact Sonia Matheson at 1-800-565-6788 or email theteacher@nstu.ca

To view previous issues go to www.nstu.ca



TEACHERS PLUS

- ABM Access
- Automatic Withdrawals
- Chequing Accounts
- Chequing Overdraft
- Debit Card
- Direct Deposit
- GIC's
- Global Payment Card
- Line of Credit
- MasterCard
- Mortgages
- Online Banking
- Overdraft
- Personal Loans
- RESP's
- RRSP/RRIF
- Savings Accounts
- Seniors Accounts
- Student Loans
- Tax Free Savings Accounts
- Teleservice
- US\$ Chequing Accounts
- Youth Accounts

Thinking about a NEW car?

Do you have summer vacation debt?
Are your credit card bills stacking up?

September is a new school year...and a fresh start for many, so why don't you give your finances a fresh start.





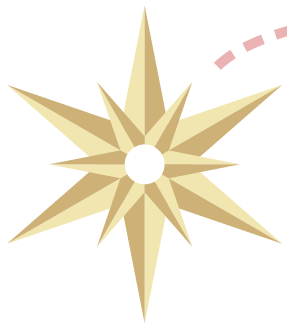
Welcome Back Teachers!

TEACHERS PLUS INFO CENTRE

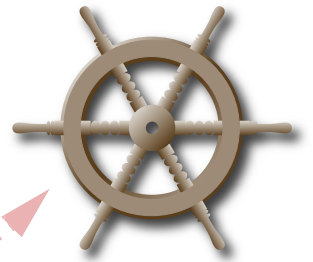
- We offer special Masters Line of Credit programs
- Teachers Plus Credit Union is proud to be a part of ding free ® across Canada.
- Our office will be Closed October 14, 2013, for the Thanksgiving holiday.

www.teachersplus.ca

Tel: 902-477-5664 - Toll Free: 1-800-565-3103
16-36 Brookshire Court, Bedford Nova Scotia, B4A 4E9



Charting Your Course FOR PROFESSIONAL DEVELOPMENT



Our PD, Our Success, Our Future

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

The Nova Scotia Teachers Union is comprised of 10,000 professional members. According to Wikipedia, a **professional** is someone who has completed formal education and training in one or more **professions**. The term also describes the standards of education and training that prepare members of the profession with the particular knowledge and skills necessary to perform the role of that profession. In addition, most professionals are subject to strict codes of conduct enshrining rigorous **ethical** and **moral obligations**. Professional standards of practice and ethics for a particular field are typically agreed upon and maintained through widely recognized professional associations. Some definitions of professional limit this term to those professions that serve some important aspect of public interest [1] and the general good of society.[2][3]

Noted in the definition above is the importance of professional associations, which support the standards of practice and ethics within our profession. We are fortunate within the NSTU to have 22 associations of volunteer teachers, faculty and professional support staff who will host NSTU members, partners and others in a profound learning opportunity, Annual Conference Day.

The NSTU Professional Associations represent the multitude of professionals who comprise our membership. Topics vary to support our varied roles: speech language pathologists, administrators, guidance counsellors, adult educators and psychologists to name a few. There are also associations who support the varied curricula we teach: math,

science, social studies and many more. There is something for everyone and each association provides workshops on themes that support all classroom teachers.

This is one time within the school year where we as educators direct our own learning having the opportunity to choose to participate at one of 22 conferences in over 560 keynotes and workshops. It is important for our members to support our professional associations in recognizing the importance of participating in Our PD, Our Success, Our Future.

When I travel throughout Canada and the United States, I have the opportunity to speak formally and informally about our Annual Conference Day. Educators from these two countries are amazed at the diversity of sessions, the cost of attendance, the Monday-relevant-classroom-resources and the fact that this is all done by volunteers. The professional associations are an integral part of our union and ensure that we are seen as a professional union who looks after its' members educational needs.

The 22 conferences involve presenters from our schools, campuses, universities, communities and beyond. This year our Social Studies Teachers Association (SSTA) will be celebrating its 50th Anniversary. Since 1963, volunteer educators within SSTA have been supporting the professional development of teachers at all levels and across all curricula. Congratulations to SSTA on reaching this milestone.

This year we have delivered posters to NSTU representatives. Please check



Blast from the past. Here's a photo from The Teacher archives circa late 1980s. Past SSTA executive members. Back: Allan King, Max Moulton, and Don Clarke. Front: Bill Fougere, John Stone, Carmon Stone, and Owen Ferguson.

out the information on these posters that outline the varied themes of conferences, locations and deadlines. We then direct you to go online and sign up for one of the conferences participating in your PD, your Success, your Future. I then ask that you encourage a colleague to join you in attending Provincial Professional Development Day.

I would like to take this opportunity to thank the many hard working volunteers who take time above and beyond their present jobs to organize Annual Conference 2013. These members ensure we remain true to the definition of professional ensuring we look after our own. I would like to extend my thanks to the many presenters who work not only in preparing their keynotes and presentations, but also gathering relevant resources to share.

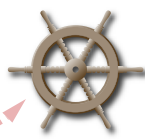
Finally, thank you to the many host schools/campuses that provide their facilities and to the sponsors who support the Associations.

Finally, I encourage all participants on Conference Day to attend the Annual Meeting and consider joining the professional association team. This is a great opportunity to engage in our NSTU supporting the professionalism of our union. Also, be sure to thank our volunteers on Friday, October 25. They deserve to be recognized by all of us for their dedication and hard work.

Best wishes to all associations and all members for a successful Provincial Professional Development Day 2013. I look forward to joining you as a presenter and being involved in one of NSTU's finest events.



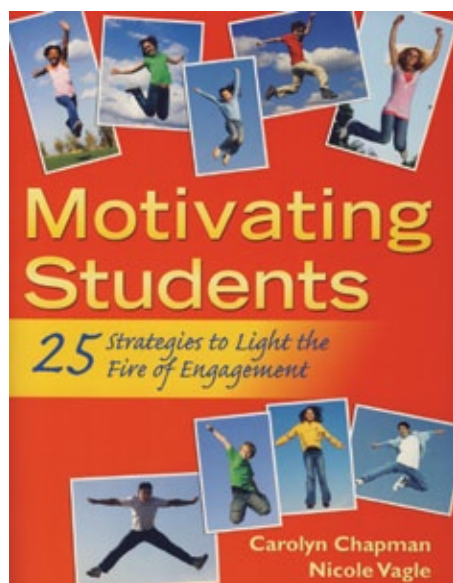
Charting Your Course FOR PROFESSIONAL DEVELOPMENT



Email your name, home address, and school or campus name with PD Giveaway in the subject line to theteacher@nstu.ca by October 13 to be eligible for the draw.

Motivating Students: 25 Strategies to Light the Fire of Engagement by Carolyn Chapman and Nicole Vagle

Carolyn Chapman and Nicole Vagle's book *Motivating Students* published by Solution Tree Press, is a straightforward resource packed with useful information to keep students interested in learning. Chapman and Vagle will provide tools, language and examples that will dramatically improve the focus and engagement of students.



Provincial Professional Development Day

Friday October 25

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

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

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

**NO ON-SITE
REGISTRATIONS**

**REGISTRATION
DEADLINE
OCTOBER 11**

NOW OPEN

**NO REFUNDS
AFTER
OCTOBER 11**



nstu.ca



Executive Planning 2013



Shown above: provincial executive member Kim Frank (Annapolis-Hants West-Kings), with outgoing provincial executive member Kathy Kerr (Halifax County) and newly appointed executive staff officer Kyle Marryatt.

This year’s Executive Planning conference took place at White Point Beach Resort from July 2 to 4. This year’s theme was *Lead, Motivate, Engage* and included sessions from NSTU executive staff officers Gérard Cormier and Debbie McIsaac on self-awareness, emotional intelligence and conflict resolution. NSTU PD staff officer Betty-Jean Aucoin facilitated a session on reviewing the 2012-13 Annual Action Plan and members of the provincial executive, along with NSTU staff set goals and priorities for the 2013-14 Annual Action Plan.

The Provincial Executive Planning Conference not only focuses on goals and priorities for the NSTU for the coming year, but also honours the contributions of outgoing provincial executive members and welcomes new members of the provincial executive.



NSTU SECONDMENT RESOURCE FILE

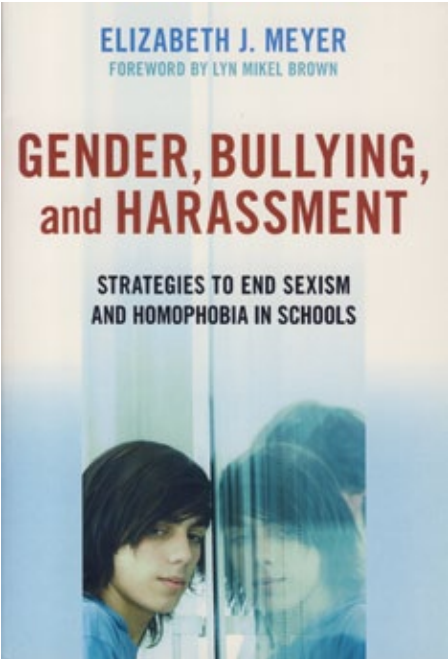
Secondment application forms are available on the NSTU “Members-Only” website.

To obtain the secondment application form:

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

EQUITY COMMITTEE BOOK REVIEW

Email your name, home address, and school or campus with *EQUITY* in the subject line to theteacher@nstu.ca by October 13 to be eligible for the draw.



Gender, Bullying, and Harassment: Strategies to End Sexism and Homophobia in Schools by Elizabeth J. Meyer

Elizabeth J. Meyer explores the importance of key gender issues that relate to the behaviours of others in acts of bullying and harassment in schools.

Gender, Bullying and Harassment published by Teachers College Press, will introduce those in the school community strategies to transform and to foster a safer place of learning.

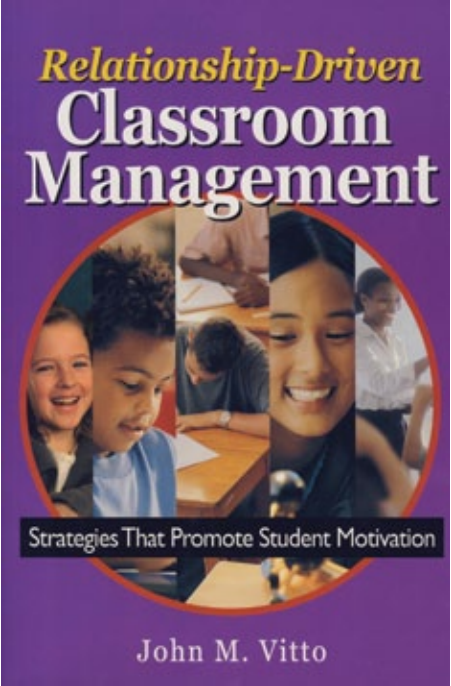
fresh

Putting new members in the KNOW!

Email your name, home address, and school or campus with *FRESH* in the subject line to theteacher@nstu.ca by October 13 to be eligible for the draw.

Relationship-Driven Classroom Management: Strategies That Promote Student Motivation by John M. Vitto

Relationship-Driven Classroom Management by John M. Vitto and published by Corwin Press, is an excellent resource for teachers looking to strengthen classroom relationships with their students. With case examples, strategies, questions and classroom activities - this book combines proven tactics to help foster a happier, a healthier and a more proactive environment for students and teachers.



There will be a By-Election held on October 23 for a Dartmouth Provincial Executive Member . (Nominations close September 19)

Tattletales®

Books & Toys

TEACHER AND SCHOOL BOOK ORDERS RECEIVE A 20% DISCOUNT

TAKE AN ADDITIONAL 5% OFF YOUR ORDER OF \$100 OR MORE FROM SEPT. 1 TO OCT. 31/13*

DID YOU KNOW..

- YOU CAN SUBMIT YOUR ORDER AT OUR ONLINE STORE, AND WE WILL APPLY THE DISCOUNT AND EMAIL THE INVOICE TO YOU?
- WE CAN INVOICE YOUR SCHOOL?
- YOU CAN TELL US YOUR NEEDS AND WE WILL PREPARE A BOOKLIST FOR YOU TO REVIEW?
- IF WE DON'T HAVE THE TITLE YOU ARE LOOKING FOR IN STOCK, WE WILL DO OUR BEST TO GET IT FOR YOU?
- YOU CAN VIEW BOOK LISTS ON A NUMBER OF TOPICS AT OUR ONLINE STORE SITE?

WE ARE HERE TO HELP YOU
THANK YOU FOR YOUR CONTINUED SUPPORT

COME IN AND CHECK OUT OUR:

- TEACHER RESOURCE SECTION
- LITERACY COORDINATOR/ COACHES CORNER
- CURRICULUM RELATED NON-FICTION
- BOOKS FOR INFANTS TO YOUNG ADULTS AND BEYOND
- EDUCATIONAL TOYS, GAMES, PUZZLES, PUPPETS AND KITS
- GREAT SELECTION OF THE NEWEST RELEASES

Tattletales Books Ltd.
Giving Back to Our Community Since 1995

569 Portland Street
Dartmouth, Nova Scotia B2Y 4B1
www.tattletalesbooks.ca

Phone: 902-463-5551
Fax: 902-463-5552
E-mail: tattletales@ns.aliantzinc.ca

* USE PROMO CODE TATTLE. Some exclusions apply. Excludes Penny Money Orders from HRSB schools.

Sometimes it's difficult to find the energy to perform all of the tasks that are required in the run of a day. This becomes even more challenging if you are dealing with a long-term illness or injury, or experiencing chronic pain and/or fatigue. If you begin your day with a limited store of energy, it is important you learn to use it in the wisest manner possible or try to conserve it. Energy conservation is a way to avoid fatigue by finding the easiest method of balancing activity with rest. The idea is to learn how to work smarter, not harder. Learn how to conserve energy in less important areas of your life so you can continue to perform activities that are most meaningful to you.

HOW DO I CONSERVE ENERGY?

Eliminate unnecessary activities:

For instance, let the dishes air dry, or straighten covers as you're getting out of bed to make bed making easier.

Ask for assistance:

Some jobs may be too difficult to do alone. Think about whether you're able to delegate tasks to someone else. Evaluate the task and if it's unnecessary, ditch it!

Organize your time:

Plan your daily and weekly activities so you're doing the most energy consuming tasks at the time of day or week when you have the most energy. Don't do more than one heavy task per day; pace tasks with planned rest breaks. Consider taking mini breaks consisting of 30 seconds or so throughout the day to

assist with maximizing your tolerance. Alternate difficult and easy tasks. Keep your schedule flexible with some free time built in to allow for the unexpected.

Organize your methods:

Repetition of how you do things allows them to become more automatic. The more proficient you are the more energy you save. For example, going to the same grocery store will save you time as you move through aisles you are already familiar with.

Organize your space:

Items which are most frequently used should be stored in drawers or shelves that are between waist and shoulder level so you don't have to stoop or perform an extended reach to access them. Store lightweight articles higher than heavy ones. Keep items in the area they are used to avoid unnecessary walking and carrying.

Pace yourself:

A slow steady pace consumes less energy. Do one activity at a time and use slow, smooth movements. Rushing and multitasking can lead to discomfort and errors. Playing your favorite music is always a good pace setter. Be sure to take advantage of rest breaks throughout the day.

Posture:

One of the easiest ways to save energy is to use your body properly. Proper posture and body alignment requires less effort. Avoid bending at the back. Bend at your knees to access low areas. Push, pull or slide items instead of lifting

and carrying. If you must lift, use the muscles of your legs, use both hands and carry the load close to your body. Sit for as many activities as possible. Sitting uses 25 per cent less energy than standing. Be conscious to choose a work height where you can maintain good posture and eliminate strain from any body segment. For example, experiment by adjusting your chair height to find the most comfortable position for you.

Relaxation:

Relaxation reduces the amount of energy used, and helps to restore energy. When you are tense, lie down, stretch and take a deep breath to help yourself relax.

Equipment:

Use the right tool to do the job. Use long handled equipment to avoid reaching and bending, use electrical equipment when possible such as a can opener, blender, mixer or food processor. Non-stick pans make clean up much easier. Anti-slip matting can stabilize items to avoid holding. Use trollies and wheeled bags to do the carrying.

And last but not least try to **avoid fatigue**. It is important to anticipate fatigue and rest before becoming tired. You must learn your limitations and decide how active you can afford to be. Make sure you get enough sleep, at least six to eight hours a night. Maintain good health by regular visits to your doctor or other health care professionals.



did you KNOW?

The Early Intervention Program (EIP) invites NSTU members to sign up for our Wellness email list at Be_Well@nstu.ca.

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



CORPORATE MEMBERSHIP

We are pleased to invite all members of Nova Scotia Teachers' Union to Save at SoftMoc!

ALL REGULAR AND SALE PRICED MERCHANDISE

Your Corporate Discount entitles you to 10% off all regular and sale priced merchandise. You are also welcome to additional savings and benefits through membership in SoftMoc's Frequent Buyer Program.

THE FREQUENT BUYER PROGRAM

Rewards repeat business, offering a \$30 instant discount after every \$400 of accumulated purchases. This combination offers some significant savings! You can register for your SoftMoc My Account & Frequent Buyer Program in-store or online at: www.softmoc.com/ca/register

Your Corporate Discount may be redeemed at any of our retail locations across Canada and our online store at: www.softmoc.com. In Store, please present this flyer or provide proof of membership with Nova Scotia Teachers' Union to redeem your discount. Online, please enter your discount code at time of purchase to redeem your discount.

YOUR DISCOUNT CODE IS:

777000013255

The Corporate Discount is excluded from our Warehouse Sale Locations and may not be combined with any other discount offer or special event. SoftMoc reserves the right to cancel this discount code at anytime. Your new eligible discount code may be obtained at any SoftMoc retail location or from customer service at 1-888-SOFTMOC or: shops@softmoc.com.

For questions regarding this offer please contact:

Keith Robertson
Corporate Sales Manager, SoftMoc Inc.
905-665-8119 ext. 2232
mail.to:keith@softmoc.com

For an up-to-date list of

DEALS & DISCOUNTS

for NSTU members (including retired members), please email theteacher@nstu.ca phone 1-800-565-6788 or visit the website at www.nstu.ca.

Are you a new or returning substitute teacher?

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

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

MULTIZONE

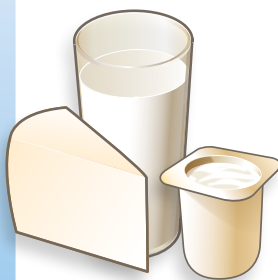
What is Multizone?

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 six 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. Schools will be scheduled on a first-come, first-served basis.

How Can I Register my School?

Don't delay! Contact our dietitians today at 1-800-465-2697 (ext. 2) or e-mail us at infonutrition@dfc-plc.ca.



NUTRITION + PHYSICAL ACTIVITY



NUTRITION
DAIRY FARMERS OF CANADA

TeachNutrition.org
Created by Registered Dietitians for Maritime Educators

Quality leadership for teacher leaders

More than 160 union members continued to develop their leadership abilities at the 3rd Annual NSTU Leadership Skills Development Institute August 13 to 15 at St. Francis Xavier University (St. FX.) in Antigonish.

This year's NSTU Leadership Skills Development Institute, *Quality Leadership for Teacher Leaders*, celebrated the leadership within the organization by tapping into existing talent, and involving members in the opening session and keynote addresses. "It was so great to use our talent from within to build our leadership capacity," comments Morse. "Our members empowered, engaged and invigorated all participants to continue their leadership journey in the NSTU."

The opening night session featured five NSTU members, including the Halifax County Local president Meg Ferguson, in a funny, interactive and poignant performance

in three acts. *Those Who Laugh, Last*, a tongue-in-cheek revelation into the life of teaching, was a spoof on a reality-based drama, featuring well-known edited musical numbers from popular musicals such as *Rent*, *Cats*, *Grease*, and *West Side Story*. Audience members also got the chance to participate during the intermission improv sessions.

Teacher leaders, Ian Kent VP, communications Queens Local, Jennifer Laudadio (Antigonish Local), and Shelburne Local president Dawn Smith were the featured teacher-leader keynote speakers for the August 14 dinner.

With her humorous anecdotes, Smith shared her leadership secrets with the audience.

In her *The Professional Parent—Balancing babes and books in 2013* presentation, Laudadio, who sat on the NSTU Equity committee, provided her tips in achieving



Members of the opening night act for Leadership 2103 are shown (l-r): Terry Ryan (Charles P. Allen resource teacher), Jonathan Grady (Cole Harbour District High School drama teacher), Halifax County Local president Meg Ferguson, Melanie Kennedy (Auburn Drive High School drama teacher), Grant Frost (Millwood High School drama teacher), and Dave Zinck (Dartmouth High drama teacher).

work/life balance and treated the group to some songs from her choir, *The Wandering Menstruals*, an Antigonish-based women's choir for those who love to sing and want to sing women-positive music. Kent talked technology and bridged the generation gap as he shared how he builds leadership capacity through embracing change. "I am so grateful to Betty-Jean, Gérard and the rest of the NSTU team for having the courage to allow difficult topics and messages on the Leadership stage," says Kent. "Jenn, Dawn and I received an overwhelming positive response to our talks."

This is the ninth summer in a row that the two-day leadership conference was held at St. F.X. and the current format of the conference

enables NSTU members to participate in sessions relative to their individual leadership requirements. "We focus on providing skills training that complements and supplements members' volunteer roles within the NSTU," says NSTU president Shelley Morse. "The training provided, also supports participants to become more effective educational leaders."

Sixty-six NSTU leaders completed their three-year training and received their completion certificates. Twenty workshops including: NSTU Structure & Roles and Responsibilities, Developing Resolutions, Group Process, Taxable Benefits, and Communications and the Political Process, were offered over the two-day event.



Leadership 2013 delegates are shown brainstorming during the Public Relations Strategies workshop.

Master of Education Programs at StFX

PART-TIME DISTANCE PROGRAMS

Students may complete Master of Education programs in *Educational Administration and Leadership* or a variety of *Curriculum and Instruction* areas. These part-time programs require one month of study on campus in July. The remainder of the program can be completed online over a two-year period. These programs may be completed by course-based, project, or thesis routes.

SCHOLARSHIPS AVAILABLE FOR FULL-TIME GRADUATE STUDY

StFX admits a limited number of full-time graduate students annually who wish to develop capacity in teaching/leadership or applied research. Students are paired with faculty who provide them with internship opportunities related to university teaching and field experience in the BEd program and/or research. Students who choose the research-based option will participate in funded research programs in collaboration with full-time faculty.

INFORMATION

For more information or to receive an information package, contact:

1-877-867-3906
Email: med@stfx.ca
<http://sites.stfx.ca/continuingeducation/master>

Application deadline: February 15th

Here's what StFX MEd students have to say...

- "People showed genuine interest and curiosity about what I do, how I teach, my school environment and who I am, and in return I gained a great amount of knowledge from listening to their experiences."
- "The personal and professional development that takes place in the presence of each other creates a common experience that extends to the online classes, making the program feel like a continuum, rather than pieces that create a whole."
- "It has been both formative and relevant to my teaching and I recommend the experience whole-heartedly."





Professional services staff officer Paolo Mascarin is shown above presenting a workshop on taxable benefits.



NSTU executive staff officer Debbie McIsaac shares a laugh with Cape Breton District Local president Ron MacIntosh during her workshop on Parliamentary Procedure.



Jennifer Laudadio, Ian Kent and Dawn Smith were the featured teacher-leader keynote speakers for the August 14 dinner at the 2013 Leadership conference.

PROJECT OVERSEAS 2014

“Teachers Teaching Teachers”

VOLUNTEER OVERSEAS WITH CTF!

Would you like to assist teachers in a developing country?
Are you interested in learning more about global education issues?
Can you see yourself volunteering in Africa or the Caribbean during the summer?

If yes, Project Overseas (PO) might be for you!

CTF seeks English and French-speaking Canadian teachers who are interested in volunteering to offer in-services in a wide range of subjects in countries throughout Africa and the Caribbean.

Application criteria include:

- Membership in a provincial or territorial organization that supports PO
- Valid teachers' certificate
- At least five years teaching in Canada by July 2014
- Canadian citizenship
- Excellent health and ability to work in developing country conditions (a doctor's letter is required)
- Show evidence of flexibility, mature judgment and a strong willingness to put the team and project needs above personal needs
- Canadian passport valid until at least December 2014, at the time of application (proof that a passport application has been made will be accepted)

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

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

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

APPLICATION DEADLINE: NOVEMBER 8, 2013

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



Developing Successful Schools 2013: Leading the Way - Transforming Schools through Effective Engagement, Assessment, and Leadership

(Excerpts of this article were re-printed with permission from the NBTA News, September 2013 edition.)

From July 8 to 11, an exceptional group of educational leaders from across Atlantic Canada converged on the campus of Mount Allison University in Sackville to learn together under the direction of Sandra Herbst for Developing Successful Schools (DSS) 2013. Herbst is a noted system leader, author, speaker, coach and educator with extensive experience in assessment, leadership and adult learning. Over the four days, the group explored the challenges of leading truly successful and inclusive educational change through sound engagement and assessment practice.

This year's program allowed each of the participants to reflect upon their learning community through the lens of student engagement and organizational learning. “We explored how, as leaders, our journey to success begins with the end in mind and uses quality assessment practice to keep on track and provide tools for what lies ahead,” says New Brunswick Teachers' Association (NBTA) Professional Issues staff officer Ardith Shirley. “We discovered that quality assessment and engagement propels schools and systems toward their desired goals.”

By using the same steps that enable students to achieve, leaders can employ assessment in the service of learning techniques to plan, implement, gather feedback, and collect evidence of progress and growth.

DSS, sponsored by the NSTU, NBTA, Prince Edward Island Teachers' Federation, Newfoundland and Labrador Teachers' Association and the New Brunswick Department of Education and Early Childhood Development is an annual program for administrators in Atlantic Canada. Sessions focus on current research in education and are experiential in nature.

NSTU members interested in applying for funding for this program are encouraged to work through their school board's Article 60 committee.

The deadline for applications for the 2013-14 school year is in early June 2014.



Above are members of the Nova Scotia DSS contingent; Clockwise from the bottom are DSS presenter Sandra Herbst, Paul Long; NSTU executive staff officer Grant MacLean, Kristie Stewart and Kim Tetreault.



NSTU members and their families joined NSTU president Shelley Morse for the Annual Labour Day rally and parade, organized by the Halifax-Dartmouth District Labour Council on September 2.

The War Amps
presents

The Canadian Army Newsreels



This six-DVD set contains 106 newsreels filmed and produced by The Canadian Army Film Unit. Army cameramen documented the Canadian troops in training and on the front lines. They scooped the world on major events including the invasion of Sicily and D-Day. This collection holds an important place in Canada's military heritage.

To order *The Canadian Army Newsreels* (\$30), please contact:



The War Amps

1 800 250-3030 | waramps.ca





NOVA SCOTIA TEACHERS UNION

2013 - 2014 COMMITTEES



The NSTU Nominating Committee would like to thank the 104 members who applied for NSTU Provincial Committees. Twenty-eight positions were filled based on a number of criteria including: regional representation; experience in Union activities; curriculum/grade level representation; and gender representation. The Committee encourages members to continue to apply for NSTU committees.

*With the exception of the Resolutions Committee, the following list does not contain committees appointed at Annual Council or those members serving on external committees. **This list is current as of September 4, 2013.***

STANDING COMMITTEES

ADMINISTRATIVE

FINANCE & PROPERTY COMMITTEE

John Helle, Chair, secretary-treasurer; **Lana Pothier**, Annapolis (2014); **Lori MacKinnon**, Yarmouth (2014); **Ron MacIntosh**, Cape Breton District (2015); **Louis Robitaille**, executive member; **Paolo Mascarin**, NSTU financial officer; **Maureen Smith**, NSTU business manager; **Joan Ling**, NSTU executive director

GOVERNANCE & POLICY COMMITTEE

Tammy Landry, Strait; **Kim Frank**, Annapolis; **Louis Robitaille**, Community College; **Sally Capstick**, Cape Breton; **Cindy MacKinnon**, Chignecto; **Paul Boudreau**, Halifax; **Mike Stewart**, South Shore; **Stacy Thorburn**, Tri-County; **Shelley Morse**, NSTU president; **Joan Ling**, NSTU executive director and **Debbie McIsaac**, NSTU staff liaison

NOMINATING COMMITTEE (EXECUTIVE MEMBERS)

Tammy Landry, Chair; **Ian Comeau**, **Tim MacLeod**, **Joe Salah**, **Jacinta Gracie** and **Joan Ling**, NSTU executive director

PERSONNEL COMMITTEE (EXECUTIVE MEMBERS)

Gerry Alley, Chair, 2nd vice-president; **Wally Fiander**, **Sheila Hawley**, **Belinda Snow** and **Joan Ling**, NSTU executive director

PROGRAM

COMITÉ DE PROGRAMMATION ACADIENNE

Joel Chiasson, Chair (2015); **Cécile Thériault**, (2014); **Marc Poirier** (2014); **Nadine Doiron**, (2015); **Nathan Robar**, (2016); **Phillip Meuse**, (2016); **Ian Comeau**, executive member; **Gérard Cormier**, NSTU staff liaison

CURRICULUM COMMITTEE

Sophie Pedneault, Chair, CSANE (2014); **Sarah Tutty**, Queens (2014); **Steve Trussoni**, APSEA (2014); **Marc Breauth**, Lunenburg County (2015); **Kathy Fougere**, Colchester-East Hants (2015); **Darlene Bereta**, Northside-Victoria (2015); **Jason Ralph**, Dartmouth (2015); **Pat Hillier**, executive member; and **Debbie McIsaac**, NSTU staff liaison

EQUITY

Ben Sichel, Chair, Dartmouth (2014); **Nadine Arnold**, Colchester-East Hants (2014); **Robert Lelievre**, Inverness (2014); **Sandra Guinan-Donaldson**, Halifax County (2014); **Bridget Moore**, Community College (2015); **Vera Ryan**, Yarmouth (2015); **Sally Capstick**, executive member; and **Gérard Cormier**, NSTU staff liaison

MEMBER SERVICES COMMITTEE

Alison MacPherson, Chair, 1st vice-president; **Peggy Joiner**, Community College, (2014); **Pamela Langille**, Kings, (2015); **Donalda Westcott**, Cape Breton District, (2015); **Phillip Samson**, Richmond, (2015); **Ryan Lutes**, Halifax City, (2015); **Sarah Eddy**, APSEA, (2015); **Joe Salah**, executive member; and **Mark MacPhee**, NSTU staff liaison

PENSION COMMITTEE

Elizabeth Thomas, Chair, Digby, (2014); **Gary Schmidt**, Hants West, (2014); **Dayna Enguehard**, Cape Breton District, (2015); **Bernard LeBlanc**, Richmond, (2015); **Hope Lemoine**, Cumberland, (2015); **Jodie MacIlreith**, Halifax County, (2016); **Albert Johnson**, RTO representative; **Paul Boudreau**, executive member & pension board liaison; **Allan MacLean** and **Kyle Marryatt**, NSTU staff liaisons

PROFESSIONAL DEVELOPMENT COMMITTEE

Nancy Doyle, Chair, Pictou (2014); **Tami Cox Jardine**, Hants West (2014); **Andrew Pedersen**, Cape Breton District (2014); **Ian Kent**, Queens (2015); **Lori Richard**, Inverness (2015); **Tanya Chisholm**, Halifax County (2015); **Stacy Thorburn**, executive member; and **Betty-Jean Aucoin**, NSTU staff liaison

PUBLIC AFFAIRS/ PUBLIC RELATIONS COMMITTEE

Paul Syme, Chair, Kings (2014); **Lynn Simms**, Lunenburg County (2014); **Steve Wells**, Cumberland (2014) one-year term replacement; **Keli Brewer**, Cape Breton District (2015); **Tim MacLeod** and **Wally Fiander**, executive members; **Simon Wilkin**, NSTU staff liaison and Angela Murray, NSTU PR coordinator

SUBSTITUTE TEACHER COMMITTEE

TBA, executive member and **Mark MacPhee**, NSTU staff liaison
To be appointed October 2013.

TEACHERS WITH ADMINISTRATIVE RESPONSIBILITIES

Daniel Stephenson, Chair, Colchester-East Hants (2014); **Paul Betuik**, Halifax City (2014); **Mary McLeod**, Cape Breton District (2015); **Grant Dunn**, Yarmouth (2015); **Robert Wigle**, Dartmouth (2015); **Joyce Veinot-Gates**, SAA representative, 2015; **Mike Stewart**, executive member; and **Grant MacLean**, NSTU staff liaison

STATUTORY

APPEALS COMMITTEE

Sean McLennon, Chair, Cape Breton District (2014); **Pauline MacGillivray**, Pictou (2014); **Laura McCulley**, Kings (2014), **Chris Doiron**, Dartmouth (2014); **Preman Edwards**, Halifax County (2015); **Jeffrey Raine**, Digby, (2015); **Joe Salah**, executive member; and **Bruce Kelloway**, assistant executive director, NSTU staff liaison

OTHER COMMITTEES

INSURANCE TRUSTEES

Stephanie Black, Chair, Cape Breton District (2015); **Phil Doucette**, Antigonish (2016); **Susan Noiles**, Halifax County (2016); **Wanda Rodgeron Fuller**, Yarmouth (2017); **Sharon Midwinter**, Cumberland (2017); **Michael Cameron**, Kings (2018); **Bruce Spares**, NSCC; **Joe MacEachern**, Department of Education; **Allan MacLean**, NSTU staff liaison and **Joan Ling**, NSTU executive director

PROGRAM DEVELOPMENT ASSISTANCE FUND (PDAF) COMMITTEE

Erin Moser, Halifax County (2014); **Milton Bonnar**, Northside-Victoria (2015); and **Betty-Jean Aucoin**, NSTU staff liaison

PROFESSIONAL ASSOCIATIONS COORDINATION COMMITTEE

Pat Twast, Chair (AAE, 2014); **Marlene Urquhart** (MTA, 2014); **Rick MacKinnon** (ATEC, 2014); **Brenda Newcombe** (PETA, 2014); **Shari MacGillivray** (FSTA, 2015); **Donalda Westcott** (NSMEA, 2015); **Cindy MacKinnon**, executive member; and **Betty-Jean Aucoin**, NSTU staff liaison

RESOLUTIONS COMMITTEE

Keri Butler, Chair, executive member; **Shelley Luddington**, Halifax County (2014); **Dean Marchand**, Antigonish (2014); **Myla Borden**, Pictou (2015); **Turk MacDonald**, Halifax County (2015); and **Debbie McIsaac**, NSTU staff liaison

SHEONORIL BOARD OF DIRECTORS

Joan Ling, Chair, NSTU executive director; **Mary MacPherson**, Cape Breton District (2014); **Cathy Townsend-Fuller**, Kings (2014); **Liam Timmons**, Cumberland (2015); **Gail Walsh**, retired member (2015); **Angèle Marr**, CSANE (2016); **Christopher Nicholson**, Northside-Victoria (2016); **Shawn Hanifen**, executive member; **Stephanie Black**, Insurance Trustees; **Shelley Morse**, NSTU president; and **Betty-Jean Aucoin**, coordinator, NSTU executive staff officer

2013-2014 NSTU Provincial Executive



Seated (l-r): Cynthia MacKinnon (Pictou), Gerry Alley (second vice-president, Colchester-East Hants), Shelley Morse (president), Alison MacPherson (first vice-president), John Helle (secretary-treasurer, Cape Breton District) and Ian Comeau (CSANE).

Standing: Paul Boudreau (Halifax County), Louis Robitaille (Community College), Keri Butler (Halifax City), Joe Salah (Community College), Tammy Landry (Antigonish-Guysborough), Belinda Snow (Annapolis-Hants West-Kings), Kim Frank (Annapolis-Hants West-Kings), Sheila Hawley (Inverness-Richmond), Michael Stewart (Lunenburg County), Pat Hillier (Cumberland), Stacy Thorburn (Shelburne-Queens), Tim MacLeod (Halifax County) and Sally Capstick (Cape Breton District).

Missing from photo: Wallace Fiander (Digby-Yarmouth), Jacinta Gracie (Northside-Victoria), Shawn Hanifen (Halifax City) and Dartmouth Rep (TBD).

executive highlights

July 3

- Filed Table Officers Report;
- Approved recommendation that Executive Director appoint two staff members and one NSTU member to the new Letter of Understanding Committee, Article 59 – Marking & Prep Time;
- Approved recommendation that Dartmouth Local President be permitted to attend Provincial Executive meetings until a new Dartmouth PE rep is elected;
- Approved recommendation that Governance & Policy Committee review current wording and develop new wording to address the situation which currently exists in Dartmouth;
- Approved recommendation that t-shirts be distributed at two Pride Parades this summer.

August 13-15

- Elected 2nd Vice-President: **Gerry Alley**
- Re-elected Secretary-Treasurer: **John Helle**
- Personnel Committee: **Gerry Alley, Chair; Belinda Snow, Wally Fiander and Sheila Hawley**
- Nominating Committee: **Tammy Landry, Chair; Ian Comeau, Tim MacLeod, Joe Salah and Jacinta Gracie**
- Appointed all Standing Committees for 2013-2014;
- Letter of Understanding #5: Approved a recommendation that Executive Director appoint two executive staff members to the Committee;
- Approved a recommendation that a request for applications for the third member of the committee be forwarded to NSTU members in early September and the provincial executive appoint a representative at its September 20, 2013 meeting;
- Approved a recommendation that the NSTU provide signage to each Local, on a pro-rated basis, with the Stand for Education branding for use during the fall Public Relations campaign.

beyondimages
a self-esteem and body-image curriculum

GRADES
4–8

LESSONS
20+

\$0

at www.beyondimages.ca

MORE than half of children report being involved in appearance based bullying. *Be part of the solution.*

A positive body-image can lead to better self-esteem, emotional stability, happiness and confidence in children.

TEACHER ADVANTAGES: a comprehensive media literacy curriculum written by teachers that includes:

- Lesson objectives
- Lesson plans and contemporary mixed media examples
- Student worksheets
- Evaluation rubrics
- Curriculum outcomes matched for all provinces
- Free!

Beyond Images helps students understand how and why media messages are constructed – and then learn to make their own. *Beyond Images* explores current concepts of what it means to ‘fit in’.

Join us on this journey of self-discovery and build understanding and resilience towards negative messaging in students and in the schoolyard. *Beyond Images* meets students where they’re at and takes them further.

Developed by the National Eating Disorder Information Centre (www.nedic.ca)
Beyond Images is generously supported by the Dove Self-Esteem Project

nedic



Classroom-ready ETFO Curriculum Resources



Social Justice Begins With Me

Social Justice Begins with Me is a new resource that addresses issues of equity and social justice. It was created to help students and teachers develop awareness and understanding around these issues. The complete kit includes lessons and resources designed for early years to grade 8 and includes the teacher resource *More Than A Play*. **\$65***
*Available on CD for \$45



Thinking It Through

The new ETFO comprehensive resource, **Thinking It Through: Teaching and Learning in the Kindergarten Classroom** is designed to provide early learning educators with a single book that addresses the whole kindergarten program. **\$75**



Primarily Play

Primarily Play: Engaging Primary Learners through Play provides practical tips and strategies for using play-based learning to develop the skills and knowledge necessary for children to succeed in life, while showing where play fits into the primary classroom. **\$17**



To order ETFO publications contact shopETFO:
Call 1-888-838-3836, email: shopetfo@etfo.org or
download an order form from etfo.ca/shopetfo.



New copyright law impacts teachers and what can be used in the classroom

Recent changes to Canada's copyright law provide many new benefits for teachers and the learning process in the classroom. In June 2012, Parliament passed the *Copyright Modernization Act* and, a few weeks later, the Supreme Court of Canada issued a landmark decision interpreting what fair dealing means in an education setting. Taken together, these two events have set new rules for copyright and education.

Copyright law has become clearer and easier for teachers and students to follow in two significant ways.

The use of Internet materials

The new copyright law provides a clear legal framework that supports the use of the Internet in classrooms. A new provision establishes that teachers and students can legally conduct routine classroom activities such as downloading, saving, and sharing publicly available Internet text or images, incorporating Internet materials into assignments, and exchanging works electronically with one another.

This new Internet provision applies only to material that is publicly available on the Internet and that has been posted on-line with the authorization of the copyright owner. For instance, the provision does not apply to pirated textbooks or films. Also, teachers and students must respect any digital lock (such as encryption or password-protection) that restricts access or use of the Internet content.

The use of "short excerpts"

The Supreme Court decision interpreted fair dealing as permitting teachers to copy and communicate short excerpts from a copyright-protected work for each student in a class. So, teachers can make copies of short excerpts from a book or magazine, for example, for distribution to students in their class without having to ask for copyright permission or pay copyright royalties. Short excerpts can be taken for education purposes from books, film, television, audio-visual recordings, as well as sheet music.

As a consequence of this Supreme Court decision, many educational uses of copyright-protected works no longer require payment of copyright royalties. However, teachers' use of copies of short excerpts is meant to be a supplement to - not a substitute for - the purchase of copyright-protected work. The ruling does not allow the copying of a whole copyright-protected work, only a "short excerpt." It does not mean teachers can copy whole textbooks.

Know your limits with the new copyright law

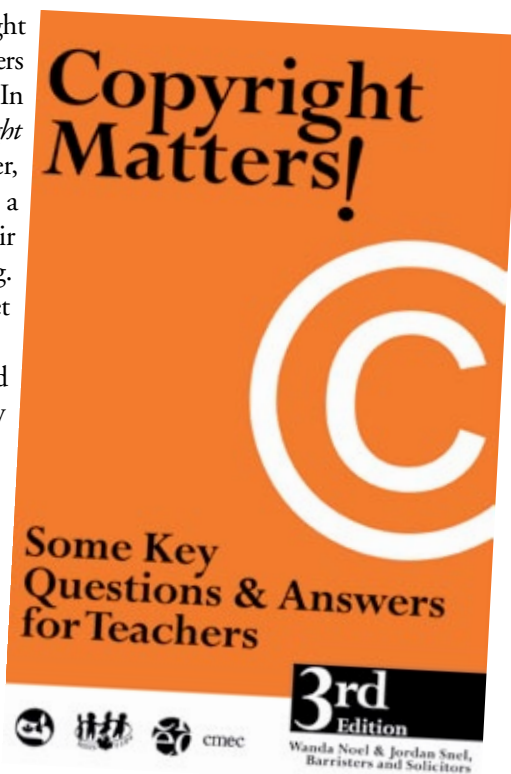
Teachers routinely encourage copyright awareness and respect for copyright. Given the many changes to the copyright law, teachers should learn more about the new benefits and limits for classroom learning.

There are very good resource materials being made available by the Department of Education and Early Childhood Development, as well as the Council of Ministers of Education, Canada (CMEC), the Canadian Teachers' Federation (CTF) and the Canadian School Boards Association.

Fair Dealing Guidelines are set to help educators deal fairly with copyright-protected works. The guidelines provide a detailed description of short excerpts.

Copyright Matters! is a helpful guide to copyright law and education, providing teachers with user-friendly information on what they need to know about copyright in the classroom.

Materials can be downloaded from the CMEC website: www.cmec.ca. This link on the CTF website contains the most recent *Copyright Matters!* booklet: http://www.ctf-fce.ca/Documents/Priorities/EN/advocacy/Copyright/Copyright_Matters%203rd%20Edition.pdf



A Message from Member Services

Members appointed to Marking & Prep committee

At the July 3 provincial executive meeting, NSTU executive director Joan Ling was empowered to appoint two executive staff members and one NSTU member to the Marking and Preparation Time Committee. Staff officers Jack MacLeod (member services) and Debbie McIsaac (professional initiatives), along with NSTU member Terrence Doucette (administrator, Queens Local) were named to the committee.

This committee was borne out of the Letter of Understanding for Article 59. (Marking & Preparation Time) in the current Teachers' Provincial Agreement. The Letter of Understanding requires the NSTU to appoint three representatives, and the Employer to appoint three representatives. The Committee is examining ways of scheduling marking and preparation time for teachers in schools where some or all courses are semestered, and are to make recommendations to the Department of Education and Early Childhood Development (ECD) no later than December 31, 2013.

The time sensitivity for the committee ties into the requirement in Article 59.02, Marking and Preparation Time that states: "effective August 1, 2014, a minimum of ten (10) percent of instructional time shall be provided to each teacher for marking and preparation ..."

The ECD representatives are: Denise Bell, ECD Regional Education Officer, Strait Regional School Board Director of Human Resources Sherman England and Cape Breton-Victoria Regional School Board Director of Human Resources Beth McIsaac.

The NSTU requires one representative to serve on the Letter of Understanding #5 – Joint Committee of the Teachers' Provincial Agreement (Teacher Evaluation).

The mandate of the committee is to make non-binding recommendations to the Employer and the Union no later than March 1, 2015 or such earlier times as mutually agreeable to the parties.

The committee shall:

- Examine the article taking into account current literature with respect to evaluation;
- Review Board policies to determine and recommend "best practices";
- While maintaining the rights of teachers as contained in the existing article, determine if improvements can be made to the current article and/or Board policies.

Please forward your application to Lisa Farmer at lfarmer@staff.nstu.ca on or before September 13, 2013 at 4:00 p.m. Applications are available at nstu.ca



We speak Shakespeare, Dickinson, and Clarke

Poetry In Voice is a recitation contest for Canadian high schools. Students memorize poems and compete for \$75,000 in travel, awards, and school stipends.

With our free anthologies, lesson plans, and videos, you can bring poetry to life with your students.

Sign up your school for the 2014 competition!

poetryinvoice.com
lesvoixdelapoesie.com

MADINA SUTTON FROM
GORSEBROOK JUNIOR HIGH, HALIFAX,
NS, RECITES « CLAIR DE LUNE » BY
VICTOR HUGO

The NSTU is actively seeking membership for the Substitute Teacher Committee.

Applications will be accepted until 4:30 p.m. on Friday, October 11.

The Committee will be appointed at the October 18 Executive Meeting.

Application forms are available on the NSTU website at www.nstu.ca

coming events

September is...

Breakfast for Learning Month (www.breakfastforlearning.ca); Childhood Cancer Awareness Month (www.cancer.ca); Men's Cancer Health Awareness Month (www.cancer.ca); Arthritis Month (www.arthritis.ca); Ovarian Cancer Awareness Month (www.cancer.ca); Prostate Cancer Awareness (www.prostatecancer.ca); Scotiabank AIDS Walk for Life Week (Sept. 14-22) (www.aidswalkforlife.ca); The Terry Fox Run (Sept. 15) (www.terryfox.org); Alzheimer Coffee Break Day (Sept. 19) (www.alzheimercoffeebreak.ca); Big Brothers Big Sisters Month (www.bigbrothersbigsisters.ca); Muscular Dystrophy Month (www.muscle.ca); World Heart Day (Sept. 28) (www.world-heart-federation.org); International Day of Peace (Sept. 21) (www.un.org); Learn @ Work Week (Sept. 23-27) (www.cstd.ca)

SEPTEMBER 14 TO 22

Scotiabank Aids Walk for Life



With over 71,300 Canadians living with Aids, Scotiabank presents its yearly event to raise awareness and support for this disease with no cure. *Walk for Life* is a fundraising event where all proceeds raised will go towards HIV/AIDS programs within the community. To register or to find out more information please visit <http://www.aidswalkforlife.ca/Home.htm>.

SEPTEMBER 15

The Terry Fox Run

The Terry Fox Run is an annual event held all over Canada in hopes of raising awareness and funds for cancer research. Since the inauguration of this event in 1980, over \$600 million dollars has been raised and support has grown. Please visit http://www.terryfox.org/TerryFox/T_Fox.html for more information on events happening in your community.

NSTU Provincial Executive Meeting Dates

2013

- September 20-21
- October 18
- November 29-30

2014

- January 23-24
- February 27-28
- March 28
- April 24
- June 6-7



SEPTEMBER 16 TO 23

Canada's Democracy Week

With this year's theme of "Connect with Democracy", Canada's Democracy Week invites you to think of great ways to connect with other Canadians to celebrate our democratic values. Discover ways of reaching out into your community recognizing those involved and get to know your political parties. Please visit <http://democracy-democratie.ca/content.asp?document=home> for more information and insight.

SEPTEMBER 21 TO 22

Nova Scotia Child Care Association Conference

The Nova Scotia Child Care Association (NSCCA) is excited to present a two-day conference entitled *Mental Health in the Early Years: A Tool Box for Practitioners*. This event is looking to expand the toolbox for those working with children during the fundamental stages of their development while also providing support and celebrating the importance of their contributions. Please visit <http://www.nschildcareassociation.org/> for information or email conference@nschildcareassociation.org.

OCTOBER

iWalk — The International Walk to School Month

iWalk is an international celebration of movement during the month of October where parents, student and teachers can all participate. iWalk participants come from over 40 countries around the world looking to walk to school for reasons such as physical activity, appreciating the environment or promoting issues of safety and awareness. Please visit <http://saferoutesns.ca/programs/international-walk-to-school-month> to register your school today!

OCTOBER 1 - NOVEMBER 9

Meaning of Home Writing Contest

In support of Habitat for Humanity, the *Meaning of Home Writing Contest* is looking for students in Grades 4, 5 and 6 to put their creative skills to work and describe what home means to them. With many great prizes for the students and their schools, this is both an exciting and meaningful opportunity. Please visit www.meaningofhome.ca for more information.

OCTOBER 18 TO 27

National Science and Technology Week

Join over 250 organizations and 80,000 Canadians in celebrating National Science and Technology week. By visiting the website <http://www.science.gc.ca>, you will find endless resources and ideas of how you can register your events and join many others in making this an even richer success this year.

OCTOBER 21 TO 25

School Bus Safety Awareness Week

This year's theme for School Bus Safety Awareness Week is *For Kids' Sake Stop for the School Bus*, which will take place October 21 to 25. In advance of this week, Safety Services Nova Scotia is kicking off the new school year with a video contest for kids, the winner of which will be announced during School Bus Safety Week launch October 21. For more information, visit www.schoolbussafety.ca or contact Armintha Kennedy, 902-454-9621, x222 or kennedy@safetyservicesns.ca.

FEBRUARY 2014

Safe Schools Conference: Call for Proposals

This year's Safe Schools Conference held in Mississauga, Ontario, on February 25, 2014 is looking to add to their list of presenters. If you are or know of someone with a passion for sharing their message about safe schools to a group of educators, law enforcers and more please contact Dave Fraser at dave@canadiansafeschools.com.

NSTC Reunion—2014

Happy 50th — Grads of 1964

August 15-17, 2014 — Truro

Spread the word, contact fellow grads

Capture the Spirit — Be there!

Send contact info to Tom Bird at

tbirdjb@yahoo.ca or 902-543-3101 or

23 Stoneridge Court, Bridgewater, NS B4V 3T9

Reunion rates at Glengarry Hotel (other details to be determined)

Remember? suitcase teachers / JP and lecture theatre / George's restaurant



International Walk to School
and Walk at School Month
in October 2013

Register & qualify your
school for great prize draws

Register your school at
www.saferoutesns.ca
(click on the IWALK icon)

STAY WITH A DELTA IN HALIFAX
AND SAVE WITH YOUR
2013 NSTU LEISURE RATE.

Rates starting from \$96* per night plus taxes.



For reservations, call 1-888-423-3582
or visit deltahotels.com/nstu to book online.

* NSTU card must be presented upon check-in. NSTU rate includes self-parking for \$9.95, local + long-distance access fees and HSA. Under your NSTU rate, pets stay for free.

Safety Services NS Annual School Bus Safety Promotion

School Bus Safety Awareness Week is October 21-25. The theme is *For Kids Sake, Stop For The School Bus*. Safety Services Nova Scotia (SSNS) coordinates the annual campaign, and will be promoting school bus safety, not only during the campaign week, but throughout the months of September and October. Social media messaging, media promos and interviews, and school bus information cards distributed by police, are some of the planned activities.

The focus is the safety of children crossing the street to and from their school bus. Vehicles pass the bus illegally, while the bus is stopped with its red lights flashing, to pick up or drop off students. Children crossing the street are directly in their path. In a 2011 survey, Nova Scotian bus drivers documented 231 incidents of illegal passing in one school week.

SSNS wants to bring driver focus back onto the amazing children who they could harm when passing the school bus. SSNS is asking children to enter the ***For My Sake, Stop For the School Bus Video Contest***. Children can make a brief video clip explaining why they are “awesome,” have a bright future, and drivers should look out for them. There’s a \$500 cash prize for the winning video clip. The clip is planned to be part of a TV promo for school bus safety, running during School Bus Safety Awareness Week. The contest also makes an excellent class project. Teachers can assist their class in providing a video clip, with the prize going to the class for supplies, a field trip---whatever the class decides. Contest details can be found at www.schoolbussafety.ca.

SSNS thanks its sponsors and partners The Co-operators Group, N.S. Pupil Transportation Advisory Committee, Q104/96.5, Nova Scotia’s Road Safety Advisory Committee, and Global Television, for helping deliver school bus safety messaging to the public.

NOTICES

Do your students need volunteer hours?

We can help! At the end of October, the Canadian Diabetes Association (CDA) will host the Cash Store Financial Freedom Run for Diabetes Research: Hallowe’en style! We are looking for teams of students to use their promotional and fundraising skills in exchange for some volunteer hours. If you would like a CDA representative to make a presentation to your class this fall, please contact Lauren Wilkie at 902-453-3241 or Lauren.Wilkie@diabetes.ca.

Canadian Diabetes Association Health & Wellness Event

On Wednesday, October 9, stop into Park Lane Mall on Spring Garden Road, Halifax between 12:00 and 6:00 p.m. for a FREE afternoon of all things ‘health and wellness’. Speak with Sobeys’ Dieticians, staff from the Canadian Diabetes Association or participate in our yoga and stretching workshop at noon! Register for CDA’s Hallowe’en Fun Run for your chance to win a prize and enjoy healthy snacks while bidding on silent auction items. For more information, contact Lauren Wilkie at 902-453-3241 or Lauren.Wilkie@diabetes.ca or find us on Facebook.

Holocaust Education Week – November 12, 2013

On November 12, 2013, the Nova Scotia Holocaust Education week will be taking place at the Temple Sons of Israel, in Sydney Nova Scotia. This year’s speaker, Lana Hana Brady, is the niece of Hana Brady who has written the award winning book *Hana’s Suitcase*, along with other activities and information sessions. Please visit <http://holocausteducationweek.tumblr.com/> for information.



*All NSTU
current and retired members
get 10% OFF
an annual membership to the
Sackville Sports Stadium!*

**We are leaders in the
Fitness Industry!**

- Co-Ed Fitness Centre
- Women’s Only Gym
- Cycle Zone
- Training Zone
- 2 Studios
- 2 Pools
- Arena
- Curling Arena
- Indoor Fieldhouse
- Child Care
- Meeting Rooms

*All of our
annual
memberships
include the
Face 2 Face
Program
as well as
Program
Discounts!*

**Call Today!
252-4000**



www.thestadium.ca

NSTU – Community College Committees

Are you a Community College member, and would you like to serve the NSTU?


The NSTU needs input from the widest-possible cross section of its Community College members. We are constantly in search of skilled and interested persons to make our committee structure operate successfully.

The Committees listed below, which flow from the new Community College Collective Agreements will be appointed at the Provincial Executive Meeting scheduled for September 20, 2013.

- **College - Union Committee**
- **Learning Leave Fund Committee**
- **Joint Steering Committee on Occupational Health and Safety**
- **Classification Advisory and Appeals Committee Professional Support**
- **Faculty Duties Committee**
- **College Advisory Committee - Community College Education Diploma Program, CAC-CCEDP**
- **Salary Placement Advisory and Appeals Committee (SPAAC)**
- **Learning College Portfolio Committee**

Applications must be received by NSTU Central Office by September 12, 2013

For descriptions of the above Community College Committees and application form, please go to the members-only side of the NSTU website at www.nstu.ca, click the Communications drop down menu, click on On-Line Forms and choose Community College Committees.



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 2013-2014 academic year AVISO editions are:

- Fall – Inclusive Education
- Winter – Assessment for Success
- Spring – Lifelong Learning

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 longueur et de la cohérence.

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

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

Les photos/images originales reliées aux soumissions sont appréciées.

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

- Automne – Éducation favorisant l’intégration
- Hiver – Évaluation axée sur la réussite
- Printemps – Éducation permanente



update

The NSTU Group Insurance Program - An Overview for New Members

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

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

Employer Cost-Shared Benefits You Need to Enroll In

Total Care Medical

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

Total Care Dental

Similarly, the Total Care Dental Program provides comprehensive Dental Care coverage to NSTU members. Total Care Dental includes Basic Preventative Services, Major Restorative Services, and Prosthodontic and Orthodontic Services. The employer cost shares 65 per cent of the Basic and Major Restorative premiums of the Total Care Dental while the member pays 35 per cent for Basic Preventative and Major Restorative premiums, plus 100 per cent for Prosthodontic and Orthodontic premiums. **This benefit is not automatic.** You may enroll in the NSTU Total Care Dental Program once per year before October 15th. Also, new members have 31 days from the receipt of their new member package to enroll.

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

Public School/APSEA Members

Single - \$16.92/month - Difference paid by the Employer

Family - \$35.80/month - Difference paid by the Employer

Community College Members

Single - \$18.18/month - Difference paid by the Employer

Family - \$38.40/month - Difference paid by the Employer

Coverage for both the Total Care Medical and Total Care Dental will take effect first of the month following receipt of application.

Automatic Coverage for Every New Member

Provincial Master Life Insurance

A \$50,000 term life policy is available to all Active Public School Members, APSEA Members, and Community College Members. A Dependent Life benefit of \$3,000 for your spouse and \$1,500 for each dependent child is also included in this coverage. The premium for this benefit is 100 per cent paid by each employer, therefore, there is no charge to the member for this coverage. It is very important that you designate a beneficiary for your Provincial Master Life Insurance.

Provincial Master Accidental Death & Dismemberment Insurance

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

As well, under the Provincial Master AD&D Plan there is a \$2,000 Critical

Illness benefit. This benefit provides a one-time lump sum tax free payment that may be payable, if you are diagnosed with one of the following critical illnesses: Heart attack, coronary artery by-pass surgery, stroke, life threatening cancer.

Long Term Disability

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

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

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

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

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

Hospital Cash

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

Funeral Expense Plan

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

Resilience® – Employee and Family Assistance Program

Resilience® is an Employee and Family Assistance Program for Active NSTU Members who have a permanent, probationary or term contract. Through Resilience®, Members can reach a team of experienced counsellors from Homewood Human Solutions™ who will listen to the issue, offer sound advice and help you create an action plan to address issues. This program also provides Plan Smart and Career Smart Services which includes Childcare and Parenting Caregiver Support Services, Elder & Family Care Services, Legal Advisory Services, Nutritional Support, and many others. This program is paid 100 per cent through the NSTU Group Insurance Trust Fund.

Optional Coverages Paid by Members

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

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

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

RESILIENCE® PROGRAM (Manulife / Homewood Human Solutions)

- ✓ Counselling Services (Stress, Family issues, bereavement, etc.)
- ✓ Plan and Career Smart Services (Childcare, legal, financial, etc.)
- ✓ Healthy eLinks (online resource of healthcare)

24 hours, 7 days a week / 365 days per year

1-877-955-NSTU (6788)

myresilience.com*

*refer to brochure or the NSTU Member Diary for access

The John Huntley Memorial Internship Program

The deadlines for applications for the John Huntley Memorial Internship Program for the 2013-2014 school year are September 15, November 15, February 15 and April 15.

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

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

Nova Scotia Teachers Union

Nova Scotia Teachers Experience Canadian History Firsthand

The Juno Beach Centre Association hosted its 9th annual Professional Development Program for Educators with a Passion for Canadian military history from July 28 to August 6, 2013. A group of 28 Canadian educators, including two teachers from Nova Scotia travelled to Europe for professional development training on the battlefields of the First and Second World Wars.

The 10-day tour included stops at Vimy Ridge, Beaumont-Hamel, Dieppe, as well as historical sites in Normandy including the Juno Beach Centre, Omaha Beach, and Arromanches, as well as a Remembrance Service at the Bretteville Canadian War Cemetery where 2,500 Canadians are buried. Educators gained a firsthand knowledge of Canada's military history, an experience they will pass onto their students in the classroom.

The 28 participants representing almost every province and territory in Canada were selected based on motivation letters describing the anticipated personal and professional benefits of this experience with particular emphasis on how their teaching of Canadian History will be enhanced in their classroom and school. Teachers were also educated on how to organize and fundraise to bring their students back to Europe for their own unique experience.



Teachers Anne McLeod, Prince Andrew High school in Dartmouth and Cindy Campbell, Avon View High school in Windsor, pose by the provincial flag at Hell's Corner—the monument to the 3rd Canadian Brigade.



GOT A GOOD IDEA FOR RESPONDING TO VIOLENCE IN SCHOOL?

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

If you, your class, or your colleagues have ideas to share with other teachers, classrooms and campuses in Nova Scotia, get a Sheonorail Project Application Form from sheonorail.nstu.ca



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

Deadline—November 8, 2013

In 2003, the Juno Beach Centre Association was established by veterans with a vision to create a permanent memorial to all Canadians who served Canada during the Second World War and preserve this legacy for future generations through education. The Centre in Normandy pays homage to the nearly 45,000 Canadians who died during the Second World War, of which 5,500 lost their lives during the Battle of Normandy and 359 on D-Day. At the same time, it showcases today's Canada and allows visitors from all over the world to learn more about Canadian values and culture. A decade later, the Centre has welcomed over half a million visitors and has been designated a site of national historic significance to Canada. To learn more please visit: www.junobeach.org



Talk about personalized customer service for NSTU Members

Charlene from Johnson Insurance
Service Representative

Great insurance advice. Tailored to you. Call today.

You'll be assigned your own dedicated service representative. Someone who will get to know you and your insurance needs, and ensure that you are getting the best coverage and advice.

Johnson is proud to be an insurance provider for NSTU members.

- Dedicated service representative
- Earn AIR MILES® reward miles
- 24/7 live customer support
- Payroll deduction

Call or visit us today.

1-800-563-0677 | www.johnson.ca



JOHNSON 

Home & Auto Insurance

Discount Available for NSTU Members

Quote your Group ID code 62 when you call.

Home and auto insurance is available through Johnson Inc., a licensed insurance intermediary. Policies are primarily underwritten by Unifund Assurance Company (Unifund). Unifund and Johnson Inc. share common ownership. Eligibility requirements, limitations and exclusions may apply. AIR MILES® reward miles awarded on regular home and auto insurance policies underwritten by Unifund. At the time the premium is paid, one AIR MILES reward mile is awarded for each \$20 in premium. AIR MILES reward miles not available in SK, MB or QC. ®™ Trademarks of AIR MILES International Trading B.V. Used under license by LoyaltyOne, Inc. and Johnson Inc. (for Unifund). MVM082013

NSTU provides voice at Speak Up! conference

NSTU executive staff officers Betty-Jean Aucoin and Gérard Cormier joined youth, parents, teachers and community organizations at the *Speak Up! Your Voice Will Make a Difference* antibullying conference organized by the provincial government at Mount Saint Vincent University, August 16 to 17 to talk about cyberbullying. The conference saw close to 500 participants come together to tackle this widespread and complicated issue.

Aucoin, who is NSTU's Coordinator of Professional Development, and was also a member of the Nova Scotia Cyberbullying Task Force, presented her popular workshop: *Addressing Cyberbullying in our Schools – Appropriate Online Conduct and Digital Citizenship*, in two parts.



Betty-Jean Aucoin presents at the Speak Up! conference.

“This interactive workshop provides participants with knowledge of cyberbullying, identifying cyber bullies and gives some proactive measures to prevent or respond to cyberbullying,” says Aucoin. “Both teachers and parents have a role to play in ensuring appropriate use of social media tools and technology and supporting students in becoming ethical digital citizens.”

Cormier, NSTU's Coordinator of Outreach Programs and Equity Services, who was also a member of the conference's steering committee, presented his *Creating Safe Spaces for Schools* workshop. “It's important for teachers to be aware of how diverse students are in terms of gender, gender identity and sexual orientation,” Cormier comments. “Fostering safe and

respectful environments for all students is important in creating the best learning space possible.” Cormier provided participants with tools and resources to ensure safe classrooms.

Parry Aftab, executive director of *WiredSafety* and stopcyberbullying.org provided the opening keynote: *Not really a bully... Just Playing One Online*. A lawyer by training, and a much in demand cyberbullying consultant, she began a charity and major website around cyberbullying issues. Aftab had some strong words for the audience.

“I'm starting a war today. And I need a cyber army. I've got some generals but I need more. I'm recruiting teen angels. I teach teen angels, they teach others. We can stop it here. I'm talking to the strongest bravest people. You're proud people and you look out for each other. We need to stop this, and we need to stop it now.”

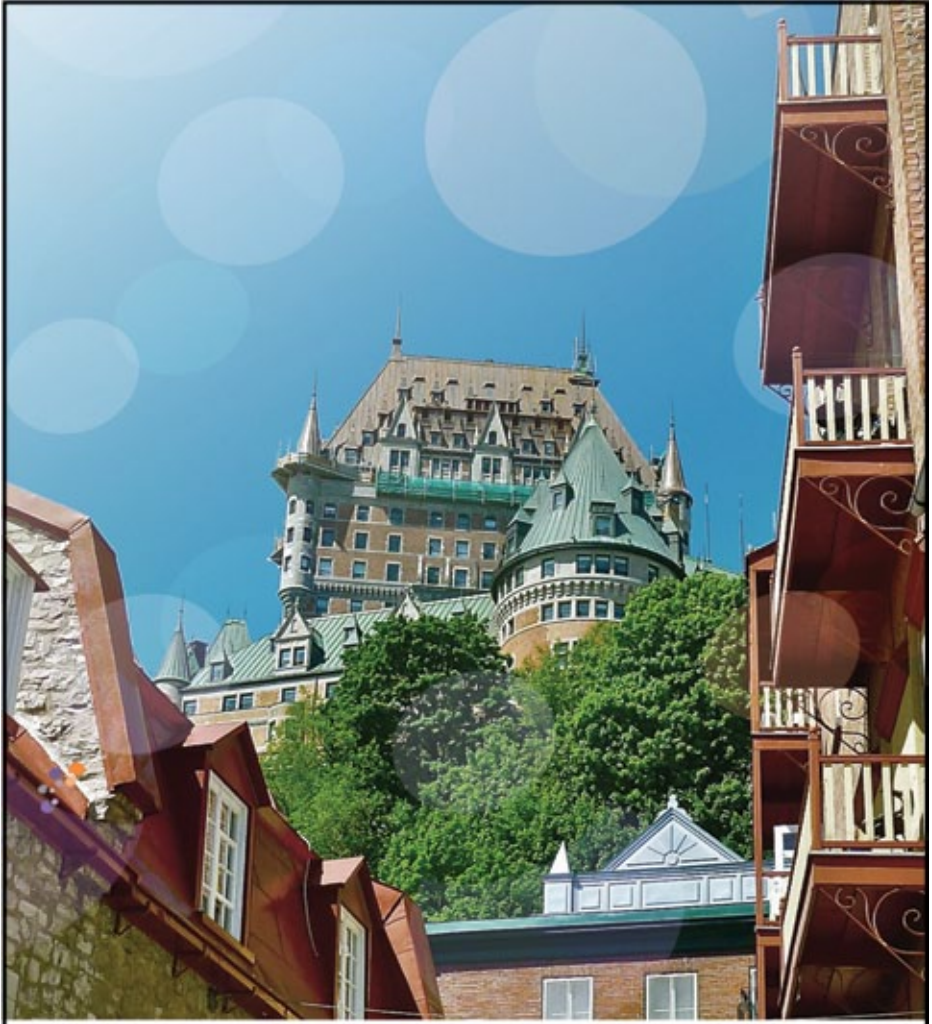
Aftab reminded the audience that cyber and offline bullying are different. “Half of the time there are different actors, targets and victims, and you revisit the scene of the crime all of the time, when it's online,” she says. Because of the permanency and durability of online communication, people get re-victimized all the time she continues.





Gérard Cormier with participants at his session.


“The 30 per cent of cyberbullying, that is inadvertent, and due to a lack of digital hygiene could stop today. A lot of the kids, who are good kids, who never get involved in bullying and would never hurt anybody in real life, do online, because they somehow think it's OK.”

Aftab is organizing a conference in P.E.I. in mid-November and is bringing in representatives from Google, Facebook, Microsoft and other giants of the digital world. “We're going to sit down and come up with some solutions. We're going to get tons of kids in the room, and talk to them.”



Putting Education back
into Educational Tours





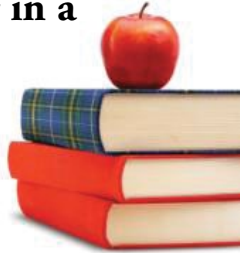
International Programs Teaching & Administrative Opportunities

Are you...

- ... a certified teacher in Nova Scotia?
- ... a new teacher graduate seeking full-time experience?
- ... a retiree still interested in teaching or administration?

Why not consider...

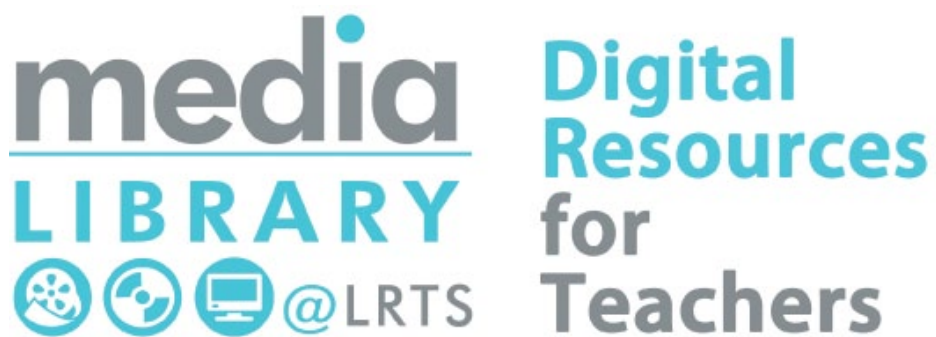
- ... teaching Nova Scotia curriculum in an international school?
- ... sharing your experience and leadership expertise?
- ... seeing the world while working in a rewarding school environment?



**For further information
or to request an application,
contact internationalprograms@gov.ns.ca**

resources

The Learning Resources & Technology Services Media Library has some New Videos!



Visit our website <http://medialibrary.ednet.ns.ca> to access these and other digital classroom resources!

- *Educational Videos*
- *Branching Out*
- *EBSCO Periodical Database*
- *ImagesProject*
- *Education Portal*
- *Nova Scotia Virtual School*

NEW SOCIAL STUDIES VIDEOS!!

To order any of the titles listed below, please click here: <https://medialibrary.ednet.ns.ca/videos>

Let's Learn About... Confederation and the Constitution *Social Studies – Grades 5, 7 and 8*

In part one of this series, students examine the key events and people that led to Confederation and the signing of the British North American Act in 1867. Appropriate for Grades 5-9.

Let's Learn About... Local and Provincial/Territorial Government *Social Studies – Grades 7 and 8*

In part two of this series, students learn about the responsibilities and structure of local and provincial governments and ways in which government and the responsibilities of citizenship directly affect their own lives. Appropriate for Grades 5-9.

Let's Learn About... Our Federal Government *Social Studies – Grades 7 and 8*

Part three of this series delves into the function and responsibilities of Canada's federal government. We learn about the branches of government, the Parliamentary System and the Assembly of the First Nations. Appropriate for Grades 5-9.

Let's Learn About... The Electoral Process *Social Studies – Grades 7 and 8*

Part four of this series examines the electoral process in Canada and asks: Why vote? What does it mean? Our hosts learn why voting is so important and why it is the right and responsibility of all eligible Canadian citizens. Appropriate for Grades 5-9.

Pioneer Life in Canada *Social Studies – Grades 4 and 5*

Michelle, a young modern-day student, is transported back in time to a pioneer village and learns about life in a pioneer settlement, where the pioneers came from, where they settled, and how they worked the land. Tour the village with Michelle and learn about the grist mill, the blacksmith shop, the general store, post office, and the school house. Appropriate for Grades 3-6.

Provincial and Territorial Symbols *Social Studies – Grades 3 and 4*

Discover the official symbols and emblems for each of the 13 provinces and territories of Canada. Included are the motto, the provincial/territorial flag, coat of arms, flower, bird, and tree with background information on each particular symbol, it's history, why and when it was chosen. Appropriate for Grades 3-6.

Symbols of Canada *Social Studies – Grades 3 and 4*

Every country has its own set of unique symbols that establish an identity that sets it apart from other nations in the world. Symbols also tell a story of a nation, its people, environment and history but, perhaps even more important, symbols embody what a nation represents, both to other nations and to its citizens. This video introduces students to the Symbols of Canada. Appropriate for Grades 3-6.

RESOURCES

Education Group Programs at the Canadian Museum of Immigration at Pier 21

As we enter a new school year, the Canadian Museum of Immigration at Pier 21 is thrilled to invite students, teachers and all those looking to learn about Canadian history, geography and all aspects of this great nation, to their many educational workshops.

The Canadian Museum of Immigration at Pier 21 is looking to provide educators with more ways of teaching their students and providing them with fun and interesting field trip options.

Workshops are hands-on experiences for individuals of all ages from preschool to adult and will explore many subjects such as: immigration, identity, history, citizenship and diversity. All workshops are available in French and in English.

If you are looking to book a workshop or program or would like more information on the packages offered please visit www.pier21.ca/learn/museum/book-your-visit or contact the Education Coordinator at Learn@pier21.ca or 902-420-6645.

Nova Scotia's Waste Reduction Educators!

Are you looking to put a fun spin on the 3 Rs: reuse, reduce and recycle? Nova Scotia's Waste Reduction Educators are looking for classrooms and schools as hosts on their journey to promoting the importance of waste reduction. These energetic and enthusiastic experts are looking to share their message by educating students, teachers and all those in the school community about the positive impact they can make by simply being more mindful of what they use and what they throw away. By visiting http://teachers.rrfb.com/?p=comm_ed educators can find their local Reduction Educator for presentations, information and training workshops, or to simply inquire about more information. Happy Recycling!

NREC Online Lesson Plans

With so much wildlife and forest surrounding most communities in Nova Scotia, the Natural Resources Education Centre is inviting teachers and students to view their many online lesson plans. These plans were developed to get students out into nature exploring their interests, learning about wildlife and forestry. Many of the lesson plans have been developed with ages and grade levels in mind to keep the interest level at an all-time high. Please visit <http://novascotia.ca/natr/Education/NREC/lessons/> to start exploring the great outdoors.

Making Tracks Gets Them Moving Safely!

A fun, hands-on way to teach your students to walk, cycle, in-line skate or skateboard safely & confidently

Elementary and Jr. High: learn how to teach active transportation safety skills to your students!
Sr. High: engage high school students in mentoring younger students in active transportation safety skills!
Approved by the Nova Scotia Department of Education.

Learn more at: www.saferoutesns.ca
walk@ecologyaction.ca or 902.442.5055

Thanks to St. Francis Xavier University, Halifax Regional Municipality, the North Face® Explore Fund™ and Skate Pass® for their support of Making Tracks.





Educational Leadership Consortium of Nova Scotia

Due to the continued growth of the NSEL C, the organization has recently become an incorporated company. Our new official name is the Leadership Consortium of Nova Scotia Ltd., although we will continue to use the NSEL C branding for our day to day business.

We are proud of the expansion of our professional learning programs including modules, workshops, conferences, web page resources and, of course, the exciting new instructional Leadership Academy.

We are indeed thankful to the many educators who use our programs for personal and professional growth and development. The loyalty you have given to our programs have had a positive impact on student learning. We will strive to continue to meet your learning and teaching needs.

Educational Leadership Consortium of Nova Scotia
395-3 Spectacle Lake Drive
Dartmouth, NS B3B 1W8

Phone: 902-422-3270
nselc@nselc.ca / www.nselc.ca

Student Vote: Experience the Election in Your Classroom

This school year, Nova Scotia's elementary, junior and high school students will have the opportunity to cast ballots for the official candidates running in the provincial election.

Student Vote is a parallel election for youth under the voting age, coinciding with official election periods. Participating students learn about the democratic process and party platforms through in-class activities, campaign events, family dialogue and media consumption. The program culminates with an authentic voting experience where students take on the roles of election officials and conduct a vote on the official election candidates. The results are collected from schools and shared with media for broadcast and publication after the close of polls.

Twenty Student Vote elections have been coordinated since 2003. In the last federal election, 162 schools in Nova Scotia registered to participate and more than 20,000 Student Vote ballots were cast across the province.

The program has four basic steps:

- Teachers register online or by phone. The program is open to all schools in the province, and materials are available in both official languages for all elementary, junior and high school students.
- Teachers receive resource materials free of charge. Schools are shipped activity resources, campaign posters, ballot boxes, voting screens, an election operations manual and ballots customized to their school's electoral district. Additional materials are also available on the Student Vote election website
- Students get to experience the election first-hand through classroom activities and school-wide events. Students will learn about Nova Scotia's government, electoral system and election issues and are encouraged to share their knowledge with family and friends.
- Students receive the opportunity to vote on the local candidates in their riding on Student Vote Day. The ballots are counted and submitted to CIVIX, and students tune in to the see the Student Vote results from across the province broadcast on election night.

Nova Scotia students have participated in Student Vote programs within the 2004, 2006, 2008, and 2011 federal elections as well as for the 2008 municipal elections. In total, more than 80,000 Student Vote ballots have been cast in Nova Scotia.

An independent evaluation commissioned by Elections Canada shows that the Student Vote program is having a significant impact among students in the key areas associated with future voting.

CIVIX is partnering with Elections Nova Scotia and the Democracy 250 Youth Engagement Legacy Trust to bring this program to classrooms across the province during the next provincial election.

To register for Student Vote Nova Scotia, visit: www.studentvote.ca/ns or call 1-866-488-8775.



Student Vote

PRACTICE MAKES PERFECT.

Register your school for Student Vote Nova Scotia
www.studentvote.ca

Student Vote is a project of **C·I·V·I·X**



classifieds

Classified rates are \$2.00 for the first 15 words; 25¢ per additional word upon presentation of a professional or NSCC Employee number. Non-members pay \$6.00 for the first 15 words and 25¢ per additional word. To book, call Sonia Matheson at 1-800-565-6788 or email theteacher@nstu.ca

THE WORLD IS YOUR CLASSROOM – SAME VOCATION! DIFFERENT LOCATION! - Live and teach in another country for a year while remaining employed and paid by your Canadian board and retaining all benefits. The Canadian Education Exchange Foundation, facilitates reciprocal teacher exchanges to the United Kingdom (England, Northern Ireland, Scotland, Wales), Denmark, France, Switzerland (limited), Germany, Australia and some U.S. states. Applications are now being accepted for the 2014/2015 school year. For information visit www.ceef.ca, or contact cwilk@ceef.ca or call (705) 739 7596.

FOR RENT - Florida Condominium For Rent in Estero (near Naples) – Owned by Halifax couple. Beautiful condo community includes pools, golf, tennis, nearby beaches and shopping. Email pmccallum@hfx.eastlink.ca for pictures. Available September 1 - December 15, January & February.

TEACHER EXCHANGE- Permanent Elementary French Teacher with the AVRSB interested in an exchange with the CCRSB for the 2014-2015 school year. A permanent exchange is desired. If interested, please contact savoieML@ccrsb.ca.

The Retired Teachers' Legacy Foundation

The Retired Teachers' Legacy Foundation was established in 1994 to honour the life and work of former teachers in Nova Scotia. One of the objectives of the Foundation is to solicit; accept; receive; acquire by grant, donation, legacy gift, bequest; or otherwise; any kind of real or personal property and to enter and carry out agreements, undertakings and conditions in connection therewith. The interest on deposits of the Foundation is disbursed annually to benefit sick and/or challenged children. The Retired Teachers' Legacy Foundation Award may benefit institutes that provide medical treatment and/or educational training for sick and/or challenged children on a not-for-profit basis. It may also benefit charitable organizations that work for the benefit of sick and/or challenged children.


Individual Memorial and Donation Cards are available from RTO Branches across Nova Scotia and from Lise Meunier at the NSTU. The RTO hopes to have online donation arrangements in place in the very near future by visiting the RTO website at rto.nstu.ca. We encourage anyone who wishes to make a donation to honour a deceased teacher, family member or friend to keep the RTO Legacy Foundation in mind. Thank you for your anticipated support.

John Donovan, Chair
Retired Teachers' Legacy Foundation



Teachers:

Pillars of democracy



WORLD TEACHERS' DAY
2013.10.05

Canadian Teachers' Federation
Fédération canadienne des enseignantes et des enseignants

Union internationale
des enseignants de l'école
Internationale der Lehrkräfte

