

September 2019
Vol. LXII No. 1



NBTA NEWS

NEW BRUNSWICK TEACHERS' ASSOCIATION



Rick Cuming Begins
His Term As NBTA
President

"We Will Miss You" - Heather Smith

NBTA Leadership 2019

Reminders for Teachers - Fall 2019



Have you ever thought about writing something for the *NBTA News*? If so, we would love to hear from you! We are always looking for interesting articles, stories or information about the amazing activities taking place in your schools. This magazine belongs to you, the members of the NBTA. Your submissions are essential in making this the best publication possible.

For more information about the *NBTA News* or to submit an article, contact Blake Robichaud, editor of the *NBTA News* by email at blake.robichaud@nbta.ca or nbtanews@nbta.ca.

We look forward to hearing from you!

Upcoming Deadlines:

November 2019 Issue: October 15th

February 2020 Issue: January 15th

April 2020 Issue: March 15th

June 2020 Issue: May 15th

ISSN 0317-5227

NBTA News is published five times a year. Opinions expressed are those of the authors, not necessarily the NBTA.

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Message from the President



W e l c o m e back!

Welcome back to what promises to be a busy and fulfilling year! This is true whether this is your very first year of teaching, your very last year of teaching, or if you find yourself somewhere in between. This September was the first time since 1998 that I was not in a school on the

opening day! My two-year term as your president began on August first, and I, like many of you, spent the summer recharging and preparing for a busy and fulfilling year.

Teacher Volunteers, CONTACT

In the first two weeks of August, I had the privilege of working with several different groups of dedicated teachers volunteering their time in service of the profession. The first were the enthusiastic participants and organizers who attended CONTACT in Saint John. Educators not only had the opportunity to network with teachers from throughout the Atlantic provinces, but they were able to partake in learning opportunities and hear from Keynote speakers such as Phillip Sexsmith and Kayia Hemmings! CONTACT is always a fun and beneficial learning experience and I hope you consider attending in the future.

The second group of amazing teachers were the over 100 NBTA branch leaders from across the province that attended our Leadership Conference. I was proud to work with these local leaders as we charted our course to move forward together. Later that week, our 2019-2020 NBTA Executive Committee got together for an orientation session and to take an initial look at some key issues. This important group of teachers, elected not only in their branches but also by their peers on the NBTA Board of Directors, helps direct my work and that of the Association.

Leadership

My actions are also guided by the NBTA Strategic Action Plan. Some of the goals of the Plan include securing improvements to classroom composition and

the working and learning conditions in our classrooms, including changes to Policy 703 to help address violence in the classrooms. The Plan instructs us to continue to be the voice that demands the resources necessary to meet the goals of Policy 322 (Inclusion), and further to demand proper funding of all new initiatives. Currently schools are expected to "be creative" with their schedules to make many new initiatives happen. Schools should not have to "rob Peter to pay Paul" to meet the many diverse needs of the learners in our classrooms. It is only logical that funding should match policy commitments.

Teacher Wellness & Our Counsellors

Hand-in-hand with improving the working conditions for teachers is improving teacher wellness and self-care. Teachers are the absolute foundation to the education system and teacher wellness is crucial for their long-term success in this very challenging and rewarding profession. Our school wellness reps do amazing work and they are supported by three wonderful teacher counsellors. I don't know exactly how to put into words how crucial this team is. When teachers are struggling or in crisis they are there, when tragedy strikes a school community, these folks are there. They lend a helping hand in the very darkest of times and when teachers are stretched to their very limits. I heard many times on the campaign trail how important these counsellors are to teachers. But this is only one aspect of their roles. The proactive aspect is in promoting teacher wellness through the wellness reps at each school.

Structures and Services Recommendations

I am excited to be at the helm as we navigate our way through the recommendations from the comprehensive NBTA Structures and Services Review. This is a period of growth and change for the Association and your Board and Executive Committees will be continuing to consider and make decisions on items such as branch restructuring, elections, and strengthening our relationships both internally and externally. The scope of this work is such that it will continue to unfold throughout my term as president and quite possibly beyond it!

I am truly humbled and honored that the teachers of this province chose me to be their spokesperson. I look forward to the next two years where we all work together to make a positive difference for our profession, our Association and for publicly-funded Public Education. I commit to make the best of this once-in-a-lifetime opportunity to lead such a fantastic organization and I trust you will join me as we move forward together!

"We Will Miss You"

Heather Smith 1959-2019

Heather Smith passed away on June 30th, 2019. She served her 34-year career as an elementary school teacher in McAdam, Bathurst, and Belledune, then as principal in Janeville for many years. Heather received national recognition being the only New Brunswick educator named by the Learning Partnership as one of Canada's Outstanding Principals in 2011. She was President of the NBTA from 2011-2013 and later, President of the Canadian Teachers' Federation, representing approximately 200,000 educators nation-wide.

The following are excerpts of the eulogy delivered at Heather's funeral in Bathurst by NBTA Deputy Executive Director Ardith Shirley:



How does one even begin to encapsulate 'Heather Smith'?

While Heather's professional accomplishments are more than impressive, they are nothing when compared to her character - always positive, always professional and just plain wonderful to be around. When Heather walked into the room, you could be sure that FUN was never far behind. Her quick wit, her genuine smile, her contagious laugh and unflappable personality made her someone you just wanted to be around.

Heather's ability to put people at ease, along with her determination and strong work ethic served her well. During her term as NBTA President she established an enviable standard for the position for

anyone who might follow. If an event was occurring, a committee meeting, a branch rep council, a politician in need of reminding, or a reporter to be educated, **Heather was there.**

Always well read, articulate and interested, she could more than hold her own in any conversation or debate - no matter the topic - AND when it came to public education, I suspect there were few that could hold a candle to her. Her extensive professional background included a Bachelor's degree in Child Studies in Elementary and Special Education and a Master's of Education in Literacy, both from Mount Saint Vincent University. This background, along with over 30-years of experience in schools, allowed her to enter deep waters in conversation and media interviews. Never limited to

prepared speaking notes, Heather's abilities were quickly recognized by both the provincial and national media and decision makers and made her a 'go to' voice of wisdom, much to the benefit of teachers. In my opinion, one of Heather's highest compliments came from Erna Leger, who was the Executive Assistant to every NBTA President and Executive Director for around thirty years when she said, "*We'll never have another one like Heather Smith - she is the total package.*"

The only thing that made her term as NBTA President more impressive, and that very few people even know, is that she accomplished all of this while fighting thyroid cancer AND only having one vocal cord. I remember going into her office shortly after she shared that fact

with a few of us, hoping to perhaps encourage her to consider slowing down a bit. "No time for that, too much to do!" she said and then went on to explain that she had faced and overcome serious health challenges for decades.

I think Heather summed up her values and the way she lived her life beautifully when she made the following post on social media for Father's Day 2019:

"This post is actually a tribute to both my mother and father, Jim and Isabel MacLaggan. As I age, I realize how much my brother, sister and I learned just by watching my parents. The biggest lesson I believe, besides being honest, kind, and keeping commitments, is the importance of getting involved in our community."

Her belief in the importance of keeping commitments came up this June when I had the honour of attending the CTF Women's Symposium with Heather in



Vancouver. While we enjoyed our time together and participation in this important event, I could see that Heather was not well. At one point, I finally got the nerve to ask her if she thought she should be concerned about her health and I will never forget her response - "Ardith, when

you receive a diagnosis of cancer at the age of 19, you spend the rest of your life living as though each day could be your last. The 40 years of my life since then have been a gift. Regardless of what is ahead - I have NO regrets."

Friends received an email from her less than a month later, acknowledging that she had received a terminal health prognosis. How very "Heather-like" it was, when in the same email she also issued a challenge for each of us -

"Be kind to those you meet, teach others to do the same, and try to leave the world in a better situation than you found it."

Heather lived this advice every day and inspired us all to live by her wonderful example. As we celebrate her life here together today, I think the only thing that makes our grief even slightly bearable is the thought that she and her beloved Eric (her husband passed away two years ago) are now re-united and can begin writing the next chapter in their beautiful love story - the thought of that makes me smile.

Heather my friend you were absolutely right - **What a GIFT your life has been and how lucky are we to have watched you live it!**



Leadership 2019



A graphic with a dark background and diagonal stripes in teal and purple. It features several white gears of different sizes. Some gears contain icons: a megaphone, a line graph with an upward arrow, a shopping cart, and a bar chart. A large yellow lightbulb with a dollar sign inside is positioned at the bottom right.

The economy is everywhere, in all subjects and all grades.

En classe, il est toujours un peu question d'économie.

No matter what you teach, we want to hear from you:
BANKOFCANADAMUSEUM.CA/SURVEY

Peu importe ce que vous enseignez, nous voulons connaître votre réalité :
MUSEEDELABANQUEDUCANADA.CA/SONDAGE

Bank of Canada / Musée de la Banque Museum

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Educational Leaves: 2020-2021

**Deadline for Applications:
November 1, 2019**

**Application Forms:
Use Only Forms Marked
"For 2020-2021"**

General

In order to advise teacher applicants by the end of January 2020, the deadline date for applications has been established as November 1, 2019.

Special Information

- teachers who have a **Schedule B contract and who have completed five (5) years of teaching in New Brunswick by the application deadline** are eligible for an educational leave up to one full year. Please note that both short-term and full-year leaves are for the 2020-2021 school year only; leaves for January-June, 2020 cannot be considered.
- in keeping with the Collective Agreement, a teacher on an educational leave shall receive seventy per cent of the salary he/she would have received had he/she been employed during the period of the educational leave in the position which he/she held at the time his/her application was submitted.
- a teacher who is granted an educational leave of six (6) months or more shall agree in writing to return to the field of public education in New Brunswick for a period of at least one year.
- no teacher shall be eligible for a subsequent educational leave until he/she has been employed as a teacher in New Brunswick for a further one (1) year for each two (2) months of an educational leave previously taken.
- the purpose of the leave is stated as follows: "Educational Leave may be granted to a teacher wishing to devote up to a year's study or study/travel for purposes of retraining, specialization or professional growth."

Administrative Information

- Application forms and detailed regulations may be obtained from the **NBTA website (www.nbta.ca)**.
- Teachers who have questions regarding an educational leave should direct them to:

Larry Jamieson,
Secretary, Educational Leave Committee
NBTA, P.O. Box 752,
Fredericton, N.B. E3B 5R6
Tel: (506) 452-1721
or email: larry.jamieson@nbta.ca

- Interested teachers should apply to the Secretary, Educational Leave Committee, and forward one copy to the District Superintendent and one

copy to the School Principal. **No applications for educational leave will be accepted by the Committee if post-marked or emailed after November 1, 2019.**

- Applicants shall be advised of the decisions of the Committee by the end of January 2020.

Factors Affecting Selection

Although an educational leave must fall into one of three purposes - retraining, specialization or professional growth - the Committee considers confidential comments and recommendations from Principals and Superintendents. These comments are usually directed to the benefits of the leave to the school and district and are an important source of information to the Committee.

Other factors that are considered are:

- distribution by district;
- position distribution (teachers, SPR's, vice-principals and principals, etc.);
- grade levels;
- past professional involvement;
- years of experience;
- number of times teacher has applied;
- benefit to the school/district of the proposed education leave;
- certificate level of the teacher;
- previous educational leave (see note below).

Note: Some priority will be given to members who have not previously been granted an educational leave without automatically excluding members who have. Other factors such as the number of years since the previous leave, the total number of applications, the experience of the other applicants and the other criteria listed above shall be considered.

The composition of the Educational Leave Committee is as follows:

Department of Education: two representatives;
New Brunswick Teachers' Association: Rick Cuming;
Association des enseignantes et des enseignants francophones du Nouveau Brunswick: Gerald Arsenault;
New Brunswick School Districts: two representatives;
New Brunswick Teachers' Federation: Marcel Larocque; Larry Jamieson – Secretary

This notice is designed to give information to teachers as early as possible. It is merely a synopsis of the more detailed regulations. Interested teachers should read carefully both Article 37 of the Collective Agreement and the regulations established by the Education Leave Committee prior to applying.

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That's me."*



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Quick Reminders for Teachers

Fall 2019

NBTA Membership Registration

All teachers, including supply teachers (once they have worked their first day this school year), must register as soon as possible at www.nbta.ca. There will be registration prize draws for iPad Minis, and supplemental prizes, on September 17th and October 1st.

Educational Leaves

The deadline for Educational Leaves for 2020-21 is November 1st. Details are on page 8. Information and an application form is available on the website under RESOURCES>FORMS.

NBTA Early Career Teachers (Compass) Conference

Registration is now open at www.nbta.ca for Compass Conference 2019, NBTA's Early Career Teachers Workshop. The event takes place Thursday & Friday, October 10th-11th. Limited seating is available so teachers should register early.

Share Your "Great News" Stories Facebook Contest

We want to encourage sharing the hundreds of great initiatives happening in schools through traditional and social media. Send us your stories for our Facebook page and each month the post with the most shares wins \$50 from the NBTA.

Pension Seminars

Learn more about the NB Teachers' Pension Plan at NBTA seminars scheduled around the province beginning October 5th in Moncton and running through February. Additional sessions will take place in Saint John, Miramichi, Fredericton, and Sussex. Registration will be through our website. More information can be found on page 22.

Fierce Workshops

NBTA will offer various "Fierce" workshops throughout the year. The first of these will be "Fierce Conversations" on October 4th-5th in Fredericton. "Fierce Accountability" (January 31st) and "Fierce Generations" (February 1st) workshops follow in the new year.

Fun Events

NBTA Golf Tournament: September 28th at Mactaquac. Visit the NBTA website for details. The registration and payment deadline is September 23rd. Contact: larry.jamieson@nbta.ca.

NBTA Bowling Tournament: October 18th-20th at Kingswood, Fredericton. Details on both tournaments can be found on page 35.

5 Grants Valued at \$1500 each to be awarded to teams of NB teachers!

TEACHER DESIGNED PROFESSIONAL LEARNING GRANTS 2020

WHAT IS A TEACHER DESIGNED PROFESSIONAL LEARNING GRANT?

TDPLG is an annual school-based professional learning opportunity funded by the New Brunswick Teachers' Association. NBTA will award five \$1500 grants for the calendar year January 2020 – December 2020. Interested teams of 3-5 teachers are invited to apply. Application forms will be available online beginning November 4, 2019. The November edition of the *NBTA News* will provide further details concerning selection criteria and grant requirements.

Deadline to apply is December 6, 2019

NBTA Board of Directors 2019 - 2020



Rick Cuming
President



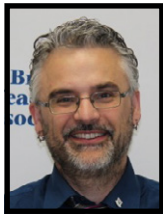
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Past President



John Fougere
0214



Donna Lagacy
0215



Tanya Legacy
0215



Angela Hoogendyk
0216



Kerri-Lea Ryder
0217



Doug Bobbit
0618



Alyssa MacIsaac
0619



Warren Coombs
0820



Dan Patterson
0820



Aldena
Higgins-Harris
1021



Joey Lee
1022



Robert Barrett (alt)
1023



Peter Legacy
1428



Trudy Stiles
1429



Robina Sharkey
1430



Jason Green
1431



Harmien Dionne
1450



Shelly Durost
1454



Curry Winchester
1536



James Ryan
1538



Jessi Stever
1542



Shelley Ward-Cain
1608



Barbara Brown
1610



Christa Gallivan
1640



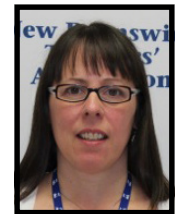
Kynda Bryant
1724



Wendy Peters
1725



Jonathan Hunter
1809



Karla Roy
1826



Lorie Holland (alt)
1826



Michael Fletcher
1827



Two NBTA members have been awarded Prime Minister's Awards for Teaching Excellence

Congratulations to Benjamin Kelly, Caledonia Regional High School, Hillsborough and Andrew Harris, Riverview East School, Riverview.


The Prime Minister's Awards for Teaching Excellence honour outstanding and innovative elementary and secondary school teachers in all disciplines. Recipients are recognized for their leadership and exemplary teaching practices as well as for their commitment to help the next generation of Canadians gain the knowledge and skills they need for future success in a world inspired by ideas and driven by innovation.

The Prime Minister's Awards for Teaching Excellence in STEM honour outstanding Science, Technology, Engineering, and Mathematics (STEM) teachers at the elementary or secondary school level who keep students engaged in STEM learning and who help develop the culture of innovation that Canada needs today, and in the future.


Benjamin Kelly, Caledonia Regional High School, Hillsborough, PMA for Teaching Excellence in STEM, Certificate of Excellence. Every student at Mr. Kelly's small rural school enrolls in his STEM program, surveying with drones, building the first iOS apps in Atlantic Canada and connecting with the world through Skype, all while developing empathy and a sense of belonging.

Andrew Harris, Riverview East School, Riverview, PMA for Teaching Excellence in STEM, Certificate of Achievement. Believing that creativity and collaboration are just as important as literacy and numeracy, Mr. Harris blends Maker Ed with art, math, reading and writing; children learn to code, build robots and work with circuits—skills they'd typically learn only in later grades.

Two days that will transform and enrich your professional and personal life.



Learn how to teach stress reduction, inner peace, and mutual respect in your students. Be the change that changes your school.




This Yoga in Schools all levels weekend training will provide you with leading-edge cross-curricular yoga and mindfulness tools that directly address students' mental and physical health.

These 2 days can be applied to the optional 200hr certification, which enables the graduate to teach: Yoga Grade 11, Yoga for Special Needs, Yoga for Autism and Mindfulness. Graduates of the full 200hr training will receive Yoga in Schools manuals.

"This program changed my life personally and professionally!"
Daneen Dymond,
Yoga in Schools Graduate, NB

"This course is one of the top two things I have done in my life!"
April Wallace,
Teacher



Join the founders of Yoga in Schools, Jenny and Blair, at the 8th Annual Winter Yoga in Schools NB Conference.

Yoga in Schools has certified over 1,000 educators across Canada, who are sharing the gifts of yoga with their students.

Piloted within the school system by the pioneering work of the national award winning duo Jenny Kierstead and Blair Abbass, the Yoga in Schools program is changing the lives of teachers and students every day.

"Thank you for giving me access to a new, deeper tool-set for being a better person, parent, and teacher."
Beth W, Yoga in Schools graduate manuals.

Who can attend: all teachers/specialists & educational assistants.
Dates & Time: February 22nd and 23rd, 2020, 9:00-3:30pm
Location: Delta Beausejour, Moncton
Fee: \$299.00 + hst

Register early to secure your spot:
 (902) 444-YOGA (9642)
info@BreathingSpaceYogaStudio.ca

*200hr certification begins in March, for more info visit: YogainSchools.ca

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Share your school's

"Great News Stories"

on NBTA Facebook

\$ Win Monthly and Annual Prizes \$
for the most shares

There is always something newsworthy happening in the schools of New Brunswick! Share it with us and we will spread the word about these wonderful initiatives. We know you are busy, but even a good photo and a three-line caption is all it takes.

Here are some subjects that generally receive the most interest:



A word cloud of subjects that generally receive the most interest. The words are arranged in a roughly circular shape and vary in size and color. The most prominent words are 'innovation', 'technology', 'science', 'ideas', 'environment', and 'education'. Other words include 'citizenship', 'events', 'art', 'community service', 'learning', 'new', 'unique', 'modern', 'exciting', 'social justice', 'teachers', 'interest', 'students', and 'projects'.

NBTA Membership Registration 2019-2020

All Teachers

including Certified and Local Permit Supply Teachers (after working their first day)

Must Register electronically at www.nbta.ca
EACH School Year.

This also registers you with the NBTF

Your updated information allows you to:

Access - NBTA & NBTF Services & Members-Only Websites
Register for - NBTA Seminars, Workshops & Council Day
Vote - NBTA Elections & NBTF Collective Agreement

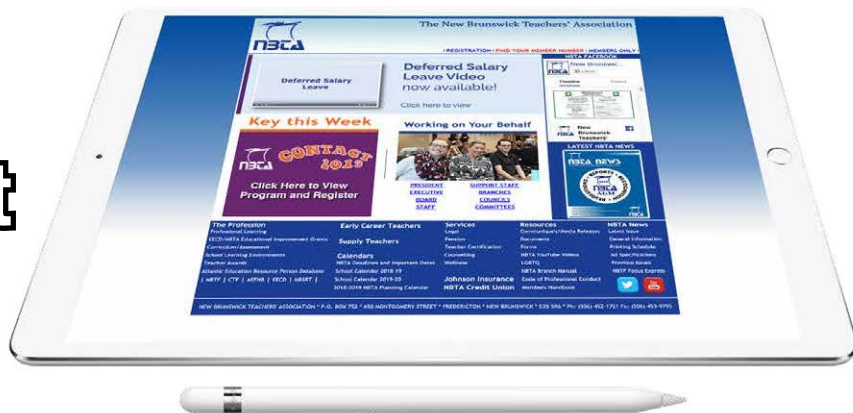


Go to www.nbta.ca
and click



Draws on Sept. 17 & Oct. 1 for an

**iPad &
Apple Pen Set**
+ supplemental prizes



The names of the teachers who have registered go into each draw. Register early for more chances to win!

If you are experiencing difficulty registering call Carlene Parker at 452-1833 or carlene.parker@nbta.ca.

Compass Conference 2019

Early career teachers navigating the professional world of education



**Thursday and Friday
October 10 and 11, 2019
NBTF Building, Fredericton**



Conference Goal: This conference is designed to support early career teachers as they develop their professional identity, reflect on their professional practice and purposefully seek out formal and informal networks of learning.

Thursday Conference Topics include:

- NBTA 101: Your Professional Association (structures and services; communication; professional learning opportunities; pension; insurance; certification; self care; etc.)
- NBTF - Getting to Know your Union; Understanding Your Collective Agreement

Friday Conference Topics include:

- Cultural and Linguistic Diversity in Classrooms
- Social Emotional Learning
- Social Emotional Learning

Target Audience: Any NBTA statutory or casual member within the first **five** years of teaching, who has not previously attended.

Registration: Electronic registration via www.nbta.ca September 3 - October 4.

Conference Fees: There will be no registration fee to attend this conference and NBTA will pay the supply teacher costs for those participants who require one. Lunch and nutrition breaks will be provided. All other expenses (additional meals, travel and accommodation) are the responsibility of the participant.

LIMITED SEATING AVAILABLE - REGISTER EARLY

September 3 - October 4

Contact Janet Peabody at janet.peabody@nbta.ca for registration.

Considering a Leave?

Check out these NBTA Videos

Teachers have the opportunity to access several types of leaves. Educators have very stressful and demanding roles and the opportunity to adjust their schedule or take a break from full-time duties can be of enormous benefit. The NBTA is pleased to offer direct advice to teachers considering leaves and in regards to pension issues, but the demand for this type of information often exceeds our resources. Over the past couple of years, the NBTA has created several videos that lay out the basics about various leaves available to teachers. It is our hope that teachers will watch these videos first to get an idea if one of these leaves might be a good fit. If it is, the videos direct them how to contact us for more details, such as a face-to-face appointment. For those teachers who realize a type of leave won't work for them, at least for now, they have saved themselves, and us, an appointment that then will be available for another teacher.

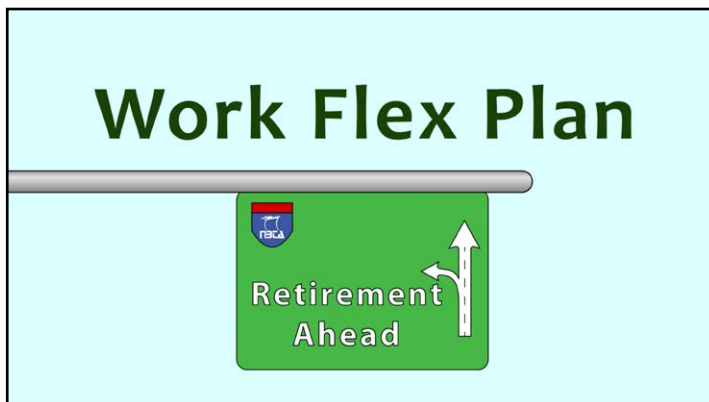
Access NBTA Youtube videos by following the links on www.nbta.ca

Resources	NBTA News
Communique's/Media Releases	Latest Issue
Documents	General Information
Forms	Printing Schedule
NBTA YouTube Videos	Ad Specifications
LGBTQ	Previous Issues
NBTA Branch Manual	NBTF Focus Express
Code of Professional Conduct	
Members Handbook	

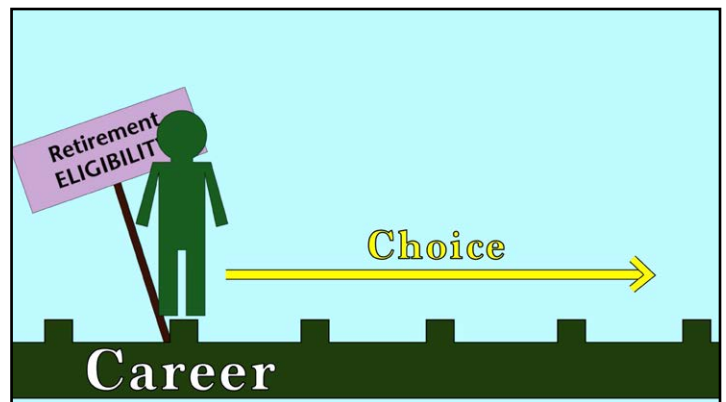
SWICK * E3B 5R6 * Ph: (506) 452-1721 Fx: (506) 453-9795



Deferred Salary Leaves:
5:20 minutes



Work-Time Flexibility Leaves:
3:42 minutes

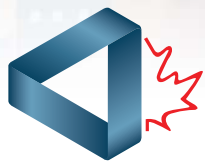


Pre-Retirement Vacation:
2:15 minutes

IT ALL STARTS HERE



#COMC2019



Canadian Mathematical Society

Do you want your students to be part of Math Team Canada and represent Canada on the world stage?

This September, **register your high school** for the **Canadian Open Mathematics Challenge**

Exam Day: Thursday, November 7th, 2019

comc.math.ca

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Meaningful Work, Motivation and 'The Progress Principle': The Power of Doing What We Love and Loving What We Do

by Ardith Shirley,
NBTA Deputy Executive Director



"If I could make a living out of lovin' you I'd be a millionaire in a week or two I'd be doin' what I love and lovin' what I do If I could make a living out of lovin' you."

~ Roger Murrah, Alan Jackson, Keith Stegall

"What did you do this summer?" is a familiar question that I am sure you heard repeated by many in the first few days of school. I know I certainly did. So much so, that I decided to adapt it slightly as the inspiration for my first article for the 2019-2020 school year: "What did you learn this summer?" (After all, isn't it much more inclusive anyway? Even those of us who didn't do much of anything have as great a chance to provide an AWESOME answer to that one.)

As I may have mentioned before, some of my best summer learning comes as a result of my week spent with teacher leaders from across Atlantic Canada at our annual Developing Successful Schools (DSS) Conference at Mount Alison University. It was there that our facilitator, Kristin Anderson, introduced me to a little book called "The Progress Principle" by Teresa Amabile and Steven Kramer. This wee book fueled my summer learning from that point forward and was foundational in three of my four "first week of school" workshops for teachers in August.

First, let me share that the authors, Teresa and Steve, work together at Harvard. Teresa's background is in chemistry and business. Steve is a developmental psychologist. Together, their research (recognized and celebrated by Harvard Business Review and the New York Times) has focused on what motivates people to work. While there is no question that they are focusing on adults in work contexts, the more I read, the more I connected their findings to previous learning with students and formative assessment practices in my own studies and classroom. Here are a few highlights:

- The single biggest motivator for people is to 'work on meaningful work'. (We don't have to be finding a cure for cancer necessarily, but we do have to be able to connect for ourselves how what we do makes a difference.) If this is true, even really hard tasks can be motivating.
- The perception of making progress or 'forward

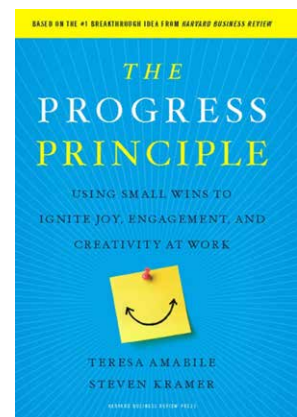
momentum' on that meaningful work is key. When we suffer setbacks or feel that we are 'stuck' we become frustrated and that impacts our perception of satisfaction and emotion surrounding the work.

- The two most common distractions to creativity and perceptions of making 'progress' on our meaningful work are: meaningless tasks and toxic relationships.
- The two forces that can enable progress are defined by the authors as 'catalysts' (clear goals and autonomy) and 'nourishers' (interpersonal events that uplift workers such as encouragement and demonstrated respect and collegiality).

As I reflected on these four points, I realized that much of what was written certainly applies to my own experience and much of what I observe as I watch master teachers at work in their classrooms. What do you think? What lessons might the "Progress Principle" have to your work? Your student's work? I'd love to hear your thoughts!

Ardith

Book Giveaway



Tweak your interest? Drop me an email with the subject line: 'Book Giveaway' and I'll send you a copy of "The Progress Principle" for you to read more!

References:

<http://www.progressprinciple.com/>

Amabile, T.M. (1997). Motivating creativity in organizations: On doing what you love and loving what you do. *California Management Review*, 40, 39-58.

NEW!

NEW!

NEW!

NEW!

NEW!



**NBSRT
Scholarship/
Bursary**

\$2500
EACH

Applications can be found
by going to nbsrt.ca

Q: My daughter is going to University this year. What's the best way to keep debt levels low?

by Margery Nichol, NBTA Credit Union

September is here and students will be starting another year in the classroom. For those heading to post-secondary school, we have some advice to keep debt levels low. If you haven't found a course of study that you are passionate about, it may be wise to take a hard look at your return on investment. This means calculating what it will cost you to complete your education and looking at the earning potential for the jobs you will be qualified to do when finished. When calculating how much money you will need while attending school, it is important to include all living expenses as well as tuition costs, books, lab fees, etc.

Making a monthly budget is the first step toward staying on top of your finances while in school. Budgeting gives you a picture of where your money is going, so you can make informed spending decisions. Making a few simple changes to your spending habits can also make a big difference. For example, if you buy one coffee per day at \$3 per cup, that will end up costing you roughly \$600 over the school year. That \$600 may be one month's rent or a few textbooks. This doesn't mean you can't treat yourself once in a while and furthering your education can be great socially as well! By keeping on top of your spending, you will improve your financial outlook and you will have developed good spending habits that will stay with you well beyond graduation day.



*Have a financial
question you
would like
answered?*

*Email questions to:
nbtacu@nbtacu.nb.ca*

2019-2020 NBTA Pension Seminars Registration Form

Date and Location of Seminar:**Deadline for Registration:**

- | | |
|--------------------------------------------------------------------------|--------------|
| <input type="checkbox"/> October 5 - Moncton - Location TBD | September 27 |
| <input type="checkbox"/> November 2 - Saint John - Bayside Middle School | October 25 |
| <input type="checkbox"/> January 18 - Miramichi - Location TBD | January 10 |
| <input type="checkbox"/> February 1 - Fredericton - NBTF Building | January 24 |
| <input type="checkbox"/> February 22 - Sussex - Sussex Regional High | February 14 |

Name of Teacher: _____ Birth Date _____

Email Address: _____ Dist. _____

Is partner attending? Yes No *(If partner is a teacher, please fill out a separate form)*

No. of pension years you will have accumulated to June 2019 _____ Certificate Level: _____

Do you receive a Responsibility Allowance (Principal/Vice Principal/SPR)? Yes NoAre you paid by pay bands? Yes No

If "Yes" to either, please contact the HR Officer at your District to have your salary history, dated back to June 2014, emailed to tammy.boon@nbta.ca.

Form can be emailed or faxed to Tammy Boon
tammy.boon@nbta.ca
Phone: (506) 452-1722 Fax: (506) 453-9795

Seminar Guidelines

The following guidelines should be noted for participation in these seminars:

1. All participants must pre-register.
2. Travel and accommodation costs are the responsibility of the participant.
3. A nutrition break will be provided.
4. Questions relating to these seminars should be directed to:

Michael Ketchum
NBTA Staff Officer
New Brunswick Teachers' Association
P.O. Box 752
Fredericton, N.B. E3B 5R6 (Tel. 452-1722)

5. All teachers are welcome to attend.
6. All seminars begin with registration at 8:30 am and sessions at 9:00 am until 1:00 pm.

Program

Teachers' Pension Act

- contribution rates
- retirement options
- pension calculations
- survivor options
- purchase and transfer of Pension Service

Retirement Allowance

- pre-retirement vacation

Canada Pension

Old Age Security

Financial Planning for Retirement

- RRSPs
- RRIFs
- Annuities

**PLEASE NOTE: YOU WILL RECEIVE CONFIRMATION ONE
WEEK PRIOR TO SEMINAR.**

Fierce Conversations®

NBTA is pleased to once again offer **Fierce Conversations®** as a professional learning opportunity for New Brunswick educators.

What: Fierce Conversations® teaches participants how to ignite productive dialogue that interrogates reality, provokes learning, resolves tough challenges and enriches relationships. It's the place to begin, the cornerstone of great leadership, healthy cultures, intelligent strategies and whole-hearted execution. Fierce Conversations® recognizes that what gets talked about in an organization and how it gets talked about determines what will happen. Or won't happen. (Fierce® Inc., 2009)

Date: October 4 & 5, 2019 (Friday evening & Saturday) (NBTF Building, Fredericton)

Watch for complete registration details at
www.nbta.ca

Fierce Accountability®

NBTA is pleased to once again offer **Fierce Accountability®** as a professional learning opportunity for New Brunswick educators.

What: Fierce Accountability® is an instructor-led workshop that explores the cost of blaming, protecting, defending and playing it safe. Develop a new context about accountability – one in which you and your organization welcome responsibility and deliver agreed-upon results, despite obstacles.

Target Audience: This session will be open to any New Brunswick educator who has received the certificate for completion of training for Fierce Conversations®.

Date: January 31, 2020 (evening session)
(NBTF Building, Fredericton)

Snow date: February 7, 2020

Watch for complete registration details at
www.nbta.ca

Fierce Generations®

NBTA is pleased to offer a new professional learning opportunity for New Brunswick educators – **Fierce Generations®**.

What: Are differences a source of strength within your team or a point of contention and division? For the first time in history, organizations are comprised of four unmistakably different generations, each with their own approach to, view of, and desired outcomes for work. Fierce Generations® is multi-generational training that provides a framework for uniting people and realizing the rewards of an inclusive culture.

Target Audience: This session will be open to any New Brunswick educator who has received the certificate for completion of training for Fierce Conversations®.

Date: February 1, 2020 (evening session)
(NBTF Building Fredericton)

Snow date: February 8, 2020

Watch for complete registration details at
www.nbta.ca

Interested in Fierce?

NBTA welcomes contacts from groups of teachers who may be interested in any of the Fierce Conversations® workshops. We would be happy to discuss different delivery models in order to partner with New Brunswick educators who have a strong interest in this training. Contact ardith.shirley@nbta.ca

IS THIS A COMMON SIGHT IN YOUR CLASSROOM?

New Brunswick Dental Society Oral Health Teaching Moment



Ensure your school is enrolled in the provincial Fluoride Mouthrinse Program.

Order free NBDS classroom resources.

Book a classroom visit with a dentist from your area.

Contact us.

www.nbdental.com



2.26M MISSED SCHOOL DAYS

As a teacher, you likely see the impact poor oral health has on students in your classroom. Oral health not only affects our mouths but can also impact our overall health and well-being. Tooth decay is the most prevalent disease in school aged children and can seriously affect a student's ability to focus, learn, or even attend class.

- 2.26 million school-days are lost annually due to dental sick-days.
- 57% of 6-11 year olds have or have had a cavity.
- 59% of 12-19 year olds have or have had a cavity.

The good news is most dental diseases are largely preventable. Children who are taught good oral health hygiene early in life are more likely to maintain healthy teeth throughout adulthood.

Source: Summary Report on the Findings of the Oral Health Component of the Canadian Health Measures Survey 2007–2009.

CHILDHOOD TOOTH DECAY

A preventable childhood disease.



INHIBITS LEARNING

Tooth decay is:

- the most common chronic disease in children and adolescents,
- five times more common than asthma,
- can impact a child's ability to focus, learn or even attend class, and
- is almost entirely preventable.

REDUCES FOCUS

A child's primary or baby teeth are essential for chewing and speaking properly. Primary teeth also act as placeholders for the successful eruption of a child's adult teeth. So, it is extremely important that we teach NB children how to properly care for their teeth, mouth and gums.



AFFECTS SELF-ESTEEM

To help fight against tooth decay, ensure your school is enrolled in the Public Health's Fluoride Mouthrinse Program. Once enrolled, administer the rinse to students whose parents have provided their consent.

Encourage low-income families to enroll their children in the provincial *Healthy Smiles Clear Vision* Programme.



P O I N T
 PROFESSIONAL ORIENTATION AND INDUCTION FOR NEW TEACHERS

Welcome to the teaching profession!

NBTA, as the Professional Association, is pleased to offer support specific to the needs of our early career teachers. Part of that support comes through POINT - Professional Orientation and Induction for New Teachers. Each NBTA Branch has a POINT Liaison (pictured below) who takes the lead in organizing a Branch welcome, as well as a mid-year follow-up. Thank you to our POINT teacher volunteers who help make new teacher support possible.



Debbi Sloan
0214



Joanne Jardine
0215



Krista Ingraham-Côté
0216



Kerri Ryder
0217



Sandy Tingley
0618



Jillian Kiervin
0619



Stacey Wood
0820



Jordan Hovey
1021



Sally Cogswell
1022



Heidi Brown
1023



Anne Forestell Wilson
1428



Jane Porter
1429



Beth Corey-McCready
1430



Danielle Fillmore
1431



France Morin-Parent
1450



Parise Plourde
1454



Tammy Oakes
1536



Mae Cameron
1538



Sonya McLean
1542



Patsy Kingston
1608



Elizabeth Price
1610



Ginny Richard
1640



Kelly Harris
1724



Jocelyn Doucet
1725



Angela Lardner
1809



Derek Taggart
1826



Tina Noble
1827

Learning About Plant Growth and The Soil Beneath Our Feet

Adapted from *Nutrients for Life Annual Report*
by Tamara Sealy

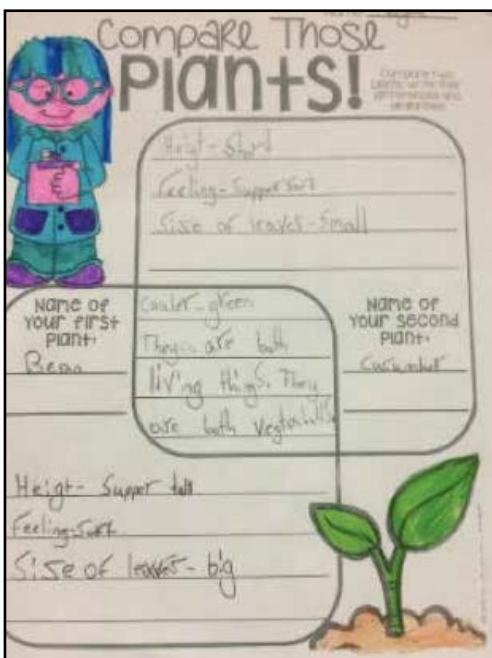


Any student that walks through Ms. Comeau's doors is very fortunate. Ms. Comeau gives 110% to her students, wanting them to grow and flourish in her classroom. Ms. Comeau approached Tamara Sealy, Executive Director and childhood friend, in the fall of 2016, when she was looking for ideas to implement plants and soils into her classroom. Tamara visited her class on several occasions during the school year, focusing on the science outcomes of soils and plants, as well as her social studies outcomes on what is grown here in our province. Ms. Comeau borrowed one of the foundations Portable Light Gardens to plant and grow beans and marigolds for extra hands on learning for her students. This extra tool enabled Ms. Comeau's students to plant, observe and grow, and form an understanding of the complexity of plants and soils.

Ms. Comeau also implemented cross-curricular activities such as writing pieces and artwork. Nutrients for Life (NFL)



continues to support this exceptional teacher; Bessborough School was awarded a \$500.00 school garden grant to help purchase their own indoor light garden unit so that she can continue to implement hands on learning and growing with her students. Tamara has been back every year to talk to Ms. Comeau's class about soils and plants. This past spring they focused on soils and soil profiles by wrapping up the presentation by making a tasty edible soil profile which was enjoyed by all students.



Background

The foundation is a Canadian charitable organization that provides free educational resources to teachers and students across Canada focusing on soil science and agricultural sustainability.

Contact: Tamara Sealy

tsealy@nutrientsforlife.ca

(506) 874-5050



A Message from Elementary Council President Paula Smith

by Paula Smith, Vincent Massey Elementary School, President NBTA Elementary Council



Welcome back to another school year! I hope you all have had an opportunity to rest and recharge over the summer break, and are looking forward to an exciting year ahead. One of my favourite things to do is walk into my classroom at summer's end, and contemplate the shiny clean floors and blank walls. I'm like a kid at Christmas, bursting with excitement as I think about all the things the year will bring: laughter, learning, new friends and relationships. This September was my 27th "first day" as a teacher. Even after all these years, I still have trouble sleeping the night before as my mind fills with the anticipation of what will unfold. Whether you are just starting your career, midway through, or entering your last year, I hope you have also started filled with excitement, anticipation and hope for the year ahead.

This past May, teachers from around the province gathered together to participate in the shared experience of Combined Council. The opportunity for all councils to come together to participate in professional learning together is a special one. It affords us the chance to see that, regardless of the age of our students, there are commonalities among them. Bringing together such a large group for a single day event requires a great deal of organization

and planning. I would like to commend the Combined Council Committee for their commitment to promoting and supporting the professional development of New Brunswick teachers.

Your council executive is working hard to ensure that you are provided with a range of professional learning opportunities throughout the year. In addition to Council Day, there are funds available to assist you in your professional growth, as well as institutes to support learning in different ways. Please visit the NBTA website for future information. Plans are well underway for Council Day 2020. Elementary Council and the PE specialist strand will be in Moncton in May. If there is a topic you would like to see addressed or a speaker you would like to recommend, please contact your council executive. In addition, we have fantastic teachers in our province! Please consider sharing your talents with your colleagues at Council Day when a call for presenters is announced. You also have an opportunity to honour your colleagues by nominating them for an Elementary Council award. Each year we honour a number of deserving teachers with awards at our annual AGM. Nomination forms will be available on the NBTA website.

I wish you all a wonderful school year filled with learning, smiles and adventures... big and small!

Elementary Council Day 2020
+ Physical Education Specialists Strand
Moncton - May 1st, 2020

A Message from Middle Level Council President Sarah Brooks

by Sarah Brooks, George Street Middle School, President NBTA Middle Level Council



Welcome back to another promising and exciting school year. I hope that you all had a relaxing summer with family and friends. I know that my battery has been recharged for the upcoming year and I am looking forward to getting back into the swing of things.

As I look back on all of the years I have been on Council I feel very blessed to have worked with many volunteer teachers who gave their

time, energy and expertise to providing us all with exciting professional learning opportunities. These teachers contributed to the growth of our members as educators and leaders and have participated in committees that have helped mold the decisions of our professional Association. As my first year as President begins, I wish to thank each of them for the inspirational guidance and support they have given me over the years.

The Middle Level Council is excited to be heading back to the Fredericton area for Council Day 2020. Currently, MLC is in the early stages of planning venues and sessions; however, we are pleased to announce that we will be welcoming Dr. Katie Martin as our keynote speaker. Later this fall, applications for presenting at Council Day 2020 will go live online. I encourage you to consider presenting in May – we have all seen many amazing projects and creative teaching strategies here within our own membership (there is a lot of expertise here within our province). Please make sure to check out upcoming issues of the *NBTA News* and the NBTA's Facebook and Twitter pages for the latest updates on Council Day 2020.

As we settle down into a fresh routine, I wish you all a fantastic and adventurous school year as you build strong relationships with new students, parents and colleagues. Remember to also make time for yourself – self-care and a healthy mindset are key in our own learning too.

Middle Level Council Day 2020
+ Art Specialists Strand
Fredericton - May 1st, 2020

A Message from High School Council President **Trudy Stiles**

by Trudy Stiles, Woodstock High School, President NBTA High School Council



Welcome to the 2019-2020 school year. The summer has flown by and I do hope you have found time to rest, rejuvenate and recharge for the year ahead. September is always an exciting time as students and teachers alike, look forward to the possibilities of the new year.

I have just completed my first year as your council president. This is my sixth year as a council member and, prior to being elected president, I served for five years as program committee chairperson. This past year, your council was busy reviewing our constitution, internal policies and procedures, organizing amazing professional learning institutes for teachers, and working hard to make Combined Council in Moncton a success. It was a busy and rewarding year. As president, I was honoured to attend the provincial AGM in May and the Retiring Teachers' luncheon.

High School Council Day 2020 will be held at UNB Saint John. Although that feels like a long time away, your council is working hard behind the scenes to make the day a success and we are excited by the possibilities that this location brings. Please watch future issues of the *NBTA News* and at www.nbta.ca for dates and deadlines

for the Call for Presenters. It is teachers, like yourself, who make council day great by sharing your expertise with colleagues. We need you. Your council is also planning learning opportunities throughout the year and information will be shared through the *NBTA News* for these opportunities held throughout the province.

As a final word, as you head into the new school year, look for opportunities to give back to the profession. There are many opportunities to become involved with the NBTA at the school, branch or provincial levels. Talk to people you know who are involved to learn about opportunities. If you are interested in volunteering with your council, I encourage you to reach out to me to discuss opportunities.

On behalf of your council executive, I wish you a wonderful year filled with love, learning, and laughter.

High School Council Day 2020
+ Music Specialists Strand
Saint John - May 1st, 2020

IDEA Centre-Innovation, Development, Entrepreneurship and Action

This article has been modified from the original article that was published in the Spring 2018 edition of the Brilliant Labs Magazine.



IDEA Centre Classroom and Makerspace at ConnexionWorks

At the core of any classroom lies the directive to prepare students for the future, but we all know that's not an easy task and no one has a crystal ball to predict what tomorrow will look like for this upcoming generation. What we do know is that the economic landscape is shifting. The days of being concerned that a factory's industrial machine will take your job has been replaced with our youth competing with today's automation, robotics, Artificial Intelligence, globalization, new disruptive technologies, and a growing 'gig-economy'.

To say this is a 'shift' in the landscape is mild. The private sector and public sector groups like the New Brunswick Anglophone South School District (ASD-S), ConnexionWorks-Co-Working space, Enterprise Saint John, and Brilliant Labs are showing how collaboration through the IDEA Centre, an entrepreneurial program offered to students from the Saint John Area High Schools, and to students all over the province virtually, is transforming the traditional classroom. Ms. Zoë Watson, Superintendent, Anglophone School District - South, explains "We were thrilled with the opportunities the IDEA Centre provided the students who were part of the first program in the fall of 2017. Engagement in learning is a major focus for our district and a learning environment which allows students to follow their interests and become immersed in a project for which they have passion and enthusiasm such as the IDEA Centre provides is what

we want for all of our students. We are very pleased that EECED is partnering with ASD-S in order to provide an online learning opportunity for students to be part of this program. Stacey Wood has joined the team as the distance learning teacher and will be supporting students as they take part in this program in various parts of our district and the province. This type of innovative teaching and learning environment allows students to solve real world problems and use critical and creative skills. We want our students to see the possibilities in our communities and our province and move toward a goal that will make them happy and productive adults."

Stacey Wood, Teacher at the IDEA Centre says the following; "The benefits of supporting an entrepreneurial program outside of a traditional classroom are immeasurable. High school students in 2018 are very much interested in learning that is much more experiential. They have access to information 24/7 but do not always have the opportunity to develop skills and have experiences that will allow them to innovate, solve real-world problems, and learn in ways that are much more meaningful. Today's students want that, they crave that. They are excited to think "Out of the Box". That "Out of the Box" thinking is exactly what the IDEA Centre offers Saint John Area High School students -- a chance to work at ConnexionWorks (a collaborative workspace in uptown Saint John that is home to startups, freelancers, nonprofits and companies of all sizes). "Entrepreneurship connects students directly with their communities" explained Mr. Ries Van Beek, who teaches the face to face students at the IDEA Centre. "It challenges them to identify and help solve problems in their immediate environment and it's that same community that supports their journey to do so. In the past, I have brought in guest speakers to the classroom or helped my students enter various contests. However, this program more intensely and meaningfully connects community mentors and resources with our students to empower their work. I'm seeing a pace of learning and an enthusiasm for school that is off the charts and it makes every day interesting and exciting."

The participating students can feel the difference too. Graham is a grade 12 student who wasn't sure what he was getting into when he signed up, but he definitely isn't looking back. When Graham was asked what the biggest differences were between the traditional classroom and



Colours Workshop

his time at the IDEA Centre he said; "There couldn't be more of a difference between the two, the classroom feels regulated with limitations both creatively and literally. A simple walk to the coffee machine (yes coffee machine) could turn into a business opportunity by bumping into the right person. Having the class setting in a business environment that is going at its own pace is instrumental to obtaining connections and networking with others."

Ms. Michele Lodge, Project Coordinator for Emerging Entrepreneurs at Enterprise Saint John, an Economic development organization that offers programming to support new start-ups and grow business in the Saint John region says the following about the IDEA Centre, "Enterprise Saint John was very pleased to partner with the Anglophone South School District to create a unique learning environment for students outside of their schools. Having students work in a business environment and interact with professionals on a daily basis to assist them with their own venture was an amazing process to witness. The confidence, maturity and knowledge they gained by taking control of a project and working with adults who treated them as equals cannot be duplicated in a traditional classroom setting. The mistakes made along the way of developing their venture were equally as important as their successes. Learning to cope and overcome uncomfortable situations and roadblocks along the way was a key take away for the students." The goal now was to take students' ideas and work out next steps that included a lean canvas, possible prototyping and pitching their products at the end of semester demo day. Brilliant Labs was there to support with hardware and software needs as students developed their prototypes, and the class and their advisors worked to bring their ideas to life.

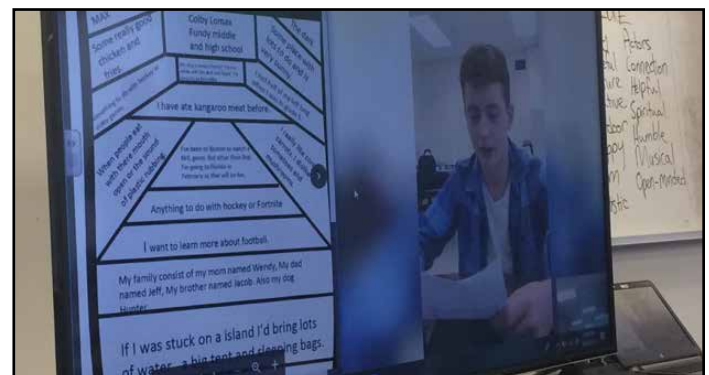
On demo day, in late January, the class pitched their products and ideas. "We didn't know how many of our invited guests would show up" Mr. Van Beek reflected, "From little brothers and cousins to Superintendent Zoe Watson and Mayor Don Darling, everyone made time for the students. It was standing-room only!" The students

each had 3-5 minutes to share what they learned during the semester, their future plans, and pitch their business idea. This was the perfect platform for Graham to share his work. "My company, Quick-Fit Sportswear began as an idea for a product 'a hockey sock' that does not require sock tape while providing players with a better overall fit to their shin pad and hockey sock with the adjustable straps installed to the inside and accessible through the rear openings of the sock When I had first thought of the idea, I was under the impression that I'm only a high school student, and starting my own business is far beyond my reach, yet here I stand today with the papers to say I am a legal business owner with a patent pending product. Working on it every day gave me the drive to go bigger and better as much as I could, and working with lawyers and the Sea Dogs were the most surreal experiences thus far."

What is Graham's advice for other students who may like to explore entrepreneurship? "The advice I would give would be to get out of your comfort zone. Go and try what is "socially unacceptable" or things your friends would say you're crazy to do. I was made fun of for thinking I could start my own business, but here I am! Don't stop when things get rough either, that's when you will find out if you're made for this kind of life. Failing leads to succeeding and it is all a part of the process, you will fail in some type of way, it's how you handle that and take lessons from it that dictate if you will succeed. And lastly, you can always be better."

It's clear the benefits shared by the students at the IDEA Centre far exceeded the hopes of their teachers and community organizations. Students have found passion in the work they've accomplished and have learned valuable life skills that will help them be the critical thinking collaborators our communities need in this evolving economic landscape. Lookout workforce of the future, the entrepreneurial classroom has leveled up!!

For more information contact Mr. Van Beek at ries.vanbeek@nbed.nb.ca or Ms. Wood at stacey.wood@nbed.nb.ca and/or visit us at www.ideacentrenb.ca, and on Facebook or Twitter.



Colby, one of our online students, presenting his assignment

Developing Successful Schools 2019



More than 50 teachers from across the Atlantic provinces came to Mount Allison University in Sackville, NB, for four days of professional learning at the Developing Successful Schools (DSS) conference from July 2-5. "Unleashing Your Personal Power" was the theme of the 2019 edition of DSS, which was lead by Kristin Anderson, the Senior Director of Global Consulting and Evaluation at Corwin. The conference focused on the amalgamation of decades of research from multiple sources which clearly demonstrates that the educator is the single greatest influence on student achievement, and that what we do instructionally supersedes anything a child may come to school with. If we choose to own this well-proven and overpowering fact, then we must also embrace the notion that educators are indeed infinitely powerful. The 2020 edition of DSS will once again take place at Mount Allison from July 7-10.

CONTACT 2019



The Conference on New Teaching and Classroom Techniques took place in Saint John, NB, and celebrated 40 years of Atlantic teacher organizations with more than 100 teachers in attendance. Philip Sexsmith's opening keynote address spoke to the importance of teacher professionalism, and this was followed by sessions on the importance of music for our mind and health, the ecology of creative pedagogy, technology in the classroom, and teaching about civic action. One day was dedicated to exploring global competencies and their role across subject areas. CONTACT 2020 will take place August 4-7 in Antigonish, NS.

Special thank you to the local committee who did a fabulous job planning and hosting the event: Laurie Beers Pearson, Sarah Kalemkiarian, Kari Parsons, Jonathan Standing and Kerry Underhill. You did our NBTA proud.

Nackawic Students Give Back

by Mrs. Kathy Anderson, Principal, Nackawic Middle School



Students from Nackawic High School's leadership class joined our Grade 7/8 middle school students to give back to our local seniors through making and delivering meals, visiting, yard work and window washing. Each Thursday throughout the month of May students were engaged in cleaning windows at the Seniors Complex, doing inside windows for our four senior ladies who live at the Medical Center and raking leaves for those seniors who are still in their own homes. We also had students who prepared the gardening boxes at NMS as we got ready to plant our gardens. This produce provides needy families with fresh veggies in the fall. Students have also participated in our Meals on Wheels for seniors.

Over the last seven years, Nackawic Middle students have been delivering meals to those seniors who are shut-ins. We have continued this program and included the Nackawic High students in this project this month.



Part of our school improvement plan includes a goal where our students will become involved in at least one citizenship project and will be given varied opportunities to develop as



responsible citizens in the global community. Our strategy was to have students contribute in real world citizenship projects which involve the local community and beyond. The IHUB grant has been beneficial as we have been able to purchase supplies, food to be prepared, rakes, gardening

implements, window washing gear, etc.

The collaboration between the middle level students and these Grade 12 students has been so rewarding to see. Watching them work side-by-side and seeing how the middle level students have enjoyed this connection is awesome.

There was much self-direction as students were given the task, provided with tools and sent to work it out. We have had such great comments from the seniors. They have been so impressed with the quality job that was done. Our seniors love the meals and visits from the

students. They have sent us cards and called to express their thanks. The students have gained such a spirit of volunteerism during all of this.

I feel that this should be an integral part of all School Improvement Plans, especially at the middle level. This is the impressionable age where they get the desire to give back, do more, and think outside the box.

Innovative Education does not need to include technology. I think this is something we have learned from doing this volunteer project. It has become more than just getting out of class for my students, in some cases it has changed the way they see school. One student said as she was exiting the car from delivering meals "Thanks Mrs. A for this opportunity!"



IT'S TIME TO PUT "YOU" IN YOUR LESSON PLAN

Teachers are the ultimate planners, you know what will be happening in your classrooms in the next hour, the next day, the next term etc. Can you say the same for your self-care plan? Teachers often put themselves last and wait until holidays or summer vacation to recharge and rejuvenate. We encourage you to rethink that strategy this year. Can you include yourself in your lesson plan, can you make yourself a priority?

Here are some tips to help make that happen, use those that work best for you:

For Your Body:

- Meal prepping helps keep teachers on track
- Hydration - drink water all day
- Take turns bringing healthy snacks to the staff room or staff meetings
- Infuse your water with citrus/ berries/ veggies
- Get creative when it comes to being more active
- Take 5 minutes of your prep to walk around the building
- Do some stretches
- Park away from the entrance
- Have a yoga mat in your classroom
- Change your morning routine to add perhaps a 15-minute walk or activity
- Sleep well (no technology an hour before, no caffeine after lunch)

For Your Mind & Spirit:

- Write out your goals to help keep you motivated and focused
- Listen to a guided mindful practice before tackling big items like lesson planning, report cards, or parent teacher
- Build formal mindfulness practices into your day (take three conscious breaths many times a day)
- Make your appointments to use your Johnson's services throughout the year - try to have at least one treatment per month as a gift to your body
- Participate in wellness activities planned by your school wellness rep
- Social connection - build in time with family and friends, make them a priority - do not wait for the holidays
- Pick even one night on a weekend per month doing something you love to do (write, paint, read for pleasure, watch a movie, go dancing, etc)
- Practice gratitude regularly
- Visit www.actionforhappiness.org and invite happiness into your schools and classrooms
- Set an intention for each day
- Leave school on time or leave your bag at school at least 1-2 days per week



Ronna Gauthier

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(506) 634-2901

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Michael LeBlanc

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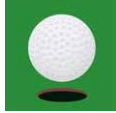


Lisa Calhoun

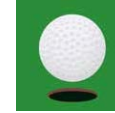
ASD-North and ASD-East
1-888-763-5050
(506) 855-5243

lisa.calhoun@teacherwellness.ca





NBTA Golf Tournament
Saturday, September 28, 2019
"Shotgun" Start - 1:00 pm
Mactaquac Golf Course, Mactaquac



Open to all active and retired
NBTA/NBTF members and friends.
Sign-in begins at 11:30 am.

**There will be both competitive
and fun divisions.**

Fee: \$90.00 (green fees, cart, meal and
prizes)/person. \$360 per team.

Make cheques payable to:
NBTA Golf Tournament and mail to:

Larry Jamieson
650 Montgomery Street
Fredericton, NB
E3B 5R6

Telephone: (506) 452-1828
Email: larry.jamieson@nbta.ca

*NBTA Golf is a proud supporter of the
Children's Wish Foundation*

Entry Form

Registration and Payment Deadline:
September 23, 2019

Division (check one):

- Competitive
 Fun

Four Names:

1. _____
2. _____
3. _____
4. _____

Contact Person:

Telephone (Home/Cell): _____
(Work): _____

Email: _____

(Confirmation will be sent by email)



56th Annual
NBTA Bowling Tournament

Where: **Kingswood Entertainment Centre**

When: **October 18-20, 2019**

Cost: **\$50** per player required on registration
\$250 per team

New Teams Encouraged!

Make cheques payable to "NBTA Bowling Tournament" and forward,
with a list of your team members to:

Gary Di Paolo
271 Slope Road
Minto, NB E4B 3G8
Email: gdipaolo@nb.sympatico.ca

Host Motel: **Fredericton Motor Inn**

ANXIETY IN CHILDREN AND YOUTH-Practical Intervention Strategies
Moncton: October 5 (low-cost weekend training)

CRITICAL INCIDENT GROUP DEBRIEFING
Fredericton: October 8

MINDFULNESS COUNSELLING STRATEGIES-Activating Compassion & Regulation
Moncton: October 21-22

SELF-INJURY BEHAVIOUR IN YOUTH-Issues and Strategies
Moncton: November 4-5

ADDICTIONS AND MENTAL ILLNESS-Working with Co-Occurring Disorders
Fredericton: November 19

DE-ESCALATING POTENTIALLY VIOLENT SITUATIONS™
Fredericton: December 3

TRAUMA-INFORMED CARE-Building a Culture of Strength
Moncton: December 17

VICARIOUS TRAUMA-Strategies for Resilience
Moncton: January 30

ANXIETY-Practical Intervention Strategies
Fredericton: February 12

TRAUMA-Strategies for Resolving the Impact of Post-Traumatic Stress
Moncton: February 25-26

BORDERLINE PERSONALITY DISORDER-Understanding and Supporting
Fredericton: March 11



**COUNSELLING INSIGHTS
CONFERENCE** WINNIPEG
March 5-6

Are you looking for support to be able to help the people you are working with? If so, we hope you will join other helpers, caregivers, and counsellors for two or three days of inspirational speakers and sessions. Learning from others in roles similar to your own is a key way of finding inspiration and guidance. Please visit our website for details.

www.ctrinstitute.com
info@ctrinstitute.com
877.353.3205

Paid Advertisement

Classroom Management 101

— A Workshop for Early Career Teachers —

Tuesday, October 29, 2019 — 9:30 am - 3:00 pm, Moncton
or

Tuesday, November 5, 2019 — 9:30 am - 3:00 pm, Fredericton

Session Description: Classroom management includes a wide range of variables and strategies that we will discuss in our workshop along with various resources that you will find useful in your planning and organizing. Routines, procedures, behaviours and communication impact how our classrooms run as well as how we feel as educators. There will be time to share ideas, strategies and tools for a successful school year.

Facilitator

Tina Estabrooks, NBTA Staff Officer

Session Fees/Expenses

There is no registration fee for this workshop and lunch/nutrition breaks will be provided. NBTA will cover release time for those teachers requiring a supply teacher. All other expenses (travel, accommodations, additional meals, etc.) are the responsibility of the participant.

Target Audience: Teachers in their first five years of teaching (including supply teachers)

Maximum Participants: 28

Registration: www.nbta.ca (registration opens September 23, 2019 and closes October 18, 2019 - or when registration is full)

For more information: contact Janet Peabody (452-1828 / janet.peabody@nbta.ca)

Note: This workshop is being funded by the NBTA provincial office therefore participants are not eligible for NBTA/DOE Educational Improvement Grants. You may, however, apply to your local Branch for PD funds (if they are available) to assist with expenses.

Note: You will receive a letter confirming your participation. The letter will provide details for applying for your supply teacher release time.

New Brunswick Teachers' Association
650 Montgomery Street
P.O. Box 752, Fredericton, NB
E3B 5R6

Place Label Here

NBTA Credit Union knows teachers' finances better than anyone else. **Since 1971, we have been the financial institution of choice** for teachers, retirees, and support staff throughout New Brunswick.

focused on
teachers

Win an iPad!®

Canada Savings Bonds have now ceased. Sign up for NBTA Credit Union's Payroll Savings Plan to continue saving! Sign up for a new payroll deduction, or increase your existing deduction, and you will be entered to WIN 1 OF 2 IPADS.

Please note: Draw dates are December 15, 2019 and May 15, 2020.

Minimum payroll deduction increase is \$10. Visit nbtacu.nb.ca for full terms and conditions.



NBTA

650 Montgomery St., P.O. Box 752, Fredericton, N.B. E3B 5R6
506-452-1724 • 1-800-565-5626 • (Fax) 506-452-1732

www.nbtacu.nb.ca



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