



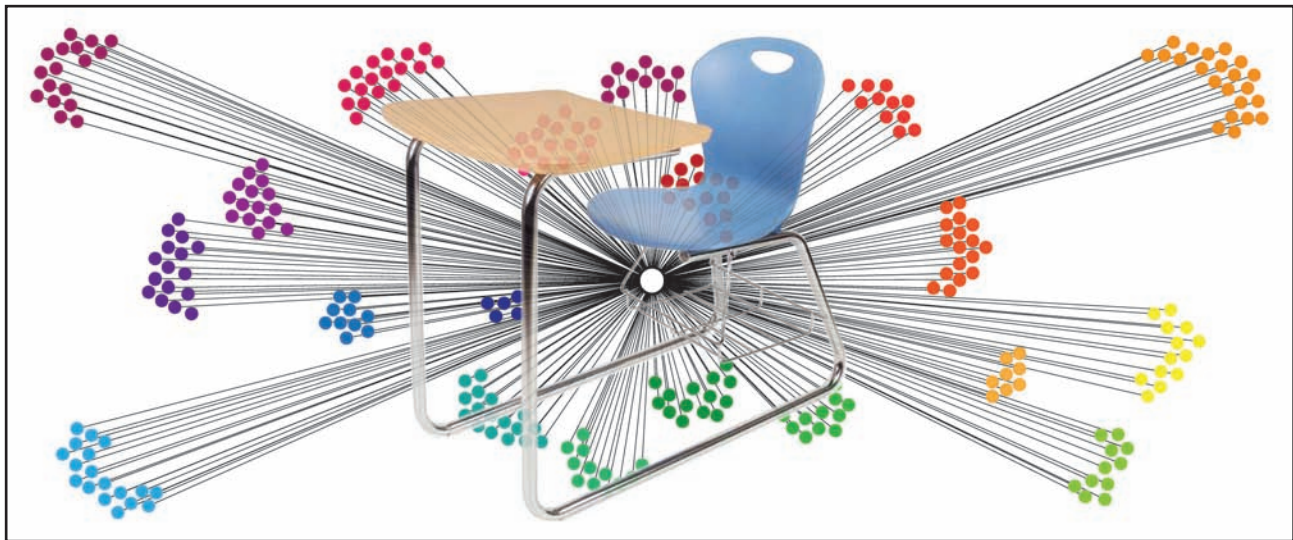
February 2011
Vol. LIII No. 3

NEW BRUNSWICK TEACHERS' ASSOCIATION

Heather Smith one of Canada's Outstanding Principals



Teachers, Students and Social Networking



INSIDE:

**'Chairs to Remember' at
Rothesay High & Babies in the
Classroom at Gretna Green
School-Based Learning Team
Grant Recipients**

**The deadline for
the next *NBTA
News* is March 15.
We welcome all
submissions from
teachers!**



A Message from the President



Happy 2011 to you all! We are already well into a new calendar year, and halfway through this 2010-2011 school year! Resolutions have been at least considered, and knowledge of our students has been well consolidated. Some teachers are readying themselves to welcome a new cohort of students who begin new courses or phases of their programs.

For me, words from the acceptance speech of Canada's 28th Governor General continue to resonate:

"During my term, we will find ways to properly recognize our teachers, who are responsible for our intellectual development. If there is one trumpet call from my remarks today, let it be 'Cherish Our Teachers'."

— His Excellency the Right Honourable David Johnston, October 2010

Recently, there have been many questions about professional development. We, as teachers, have chosen the profession that profoundly affects the future of each child, our Province, and in reality, our world. We know this, live this, plan for this, and care greatly for this. Part of this entire process is the high regard we hold for learning, everyday, continually, for a lifetime, and that is where our professional development comes in. Learning has become imbedded in our profession in many different ways. We keep current with research and practices and our students benefit. Let us cherish who we are, what we do, and how we continually 'grow our profession'.

Learning has been identified as a priority in our Province – in 2010 by the Premier's Roundtable on Self-Sufficiency, now called NB2026, with Public Education at the top of the list. Recently, during FutureNB, the economic summit held in Moncton, one of the ten areas chosen to champion was Education and Learning. In November, the Citizenship Engagement Initiative on Learning was launched with our Governor General officiating (see the quote above that he reiterated during this meeting). In the months to

come, groups and New Brunswick citizens will be able to take part in discussions and consultations on learning.

In another consultation, the Minister of Finance has just completed a trip around the Province about the upcoming budget. Our Association will continue to provide input on this topic in the weeks ahead. The Provincial Budget is expected to be unveiled soon after the Legislature opens on March 23.

This month, February, is Heart Month. On a professional front, it is a month with many possibilities. In addition to the importance of promoting physical health, using another idea of "heart", we can celebrate, and be celebrated, during Teacher & Staff Appreciation Week, Feb. 13-19! Take time to show appreciation to a colleague during that week especially.

On that note, I want to congratulate our NBTA Vice-President/President-Elect, Heather Smith, on being chosen as one of Canada's Outstanding Principals. Congratulations, Heather! (Heather will begin her 2-year term as NBTA President on August 1, 2011.)

Continuing on the theme of recognition and appreciation, there is still enough time for you to honour a colleague, with a nomination for a Branch Award, the Bell Aliant Award, the Centennial Award, or the Vince Sunderland Excellence in School Administration Award. Information is on the NBTA website, www.nbta.ca; the deadline is April 1.

On a personal front, we must not lose sight of wellness as a goal. We can talk the talk with each other, with students, with our communities, but then we need to follow up, and walk/run/ski/skate/work out/zumba (well, you get the idea) – that talk! Make time for yourself.

I wish each and every one of you a successful, happy, and healthy 2011. I say a special hello in particular to the staff, students, and community of Gesner Street School, and also to all the school communities of District 17.

Work smart, plan well, enjoy March Break, trust your best judgments, enjoy life!

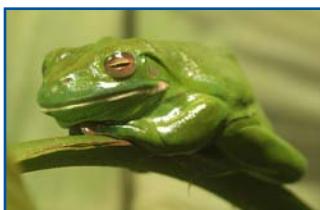
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February is Heart Month



How is your Wellness?

"How are you Sleeping?"
See article, page 22



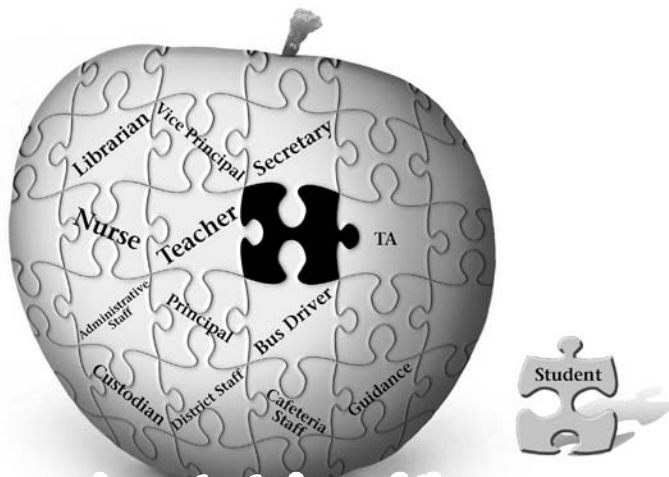
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“Movember Madness”



Schools around the province participated in “Movember” last November. In an effort to raise money and awareness for prostate cancer, male teachers from many schools grew beards and mustaches. Some of the **Leo Hayes High School Staff** (above) competed for the “Best Beard”, which was won by Chad Ball (front row, far right).

Teacher / Staff Appreciation Week February 13th - 19th, 2011



Everyone is an important piece of the entire puzzle.

Deferred Salary Leaves

Application Deadline:

February 28, 2011.

Information at www.nbta.ca
FORMS > BROCHURES

Applications at District Offices



New Brunswick Federation of Home & School Associations, Inc.



Teachers, Students and Social Networks

Some Modes of Communication have Changed, but the Roles have not

By Blake Robichaud, NBTA Staff

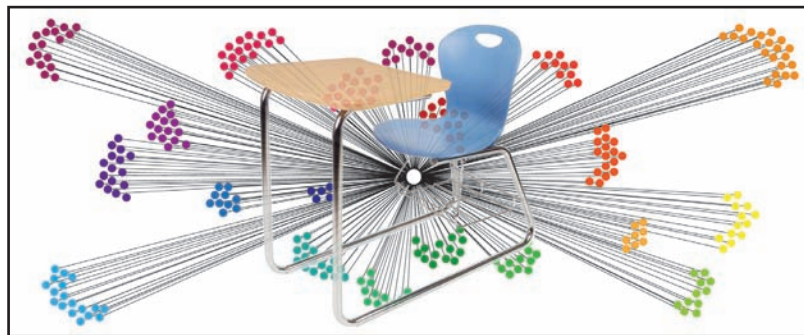
Teaching and schools have changed a lot in the last twenty years. When I began my career in 1990, most teachers used computers, but often there were only one or two teachers in each school who could go beyond the basics. "Computers" was a separate subject area rather than an integrated, crucial tool for all professionals. The internet and e-mail were in their infancy. Across society, only the keenest, or possibly the most affluent, were connected at home. Today, it is simply assumed that everyone has access to the Internet and a computer. Technological advances have occurred at such a rapid pace that what we looked upon with amazement a few

months or years ago has quickly become embarrassing passé. In fact, teachers have referred to my recently retired smartphone as "retro" or "a clunker."

New Brunswick has the youngest teaching force in Canada. For thousands of our members, being continuously connected is simply the way things have always been. Social networking sites, particularly the overwhelmingly successful FaceBook, have changed the landscape of communication. Teachers are on FaceBook, and the NBTA is not going to tell them they can't be. That really would be "retro."

However, what we cannot lose sight of is that while the opportunities for communication have expanded exponentially, the basic rules of the teacher-student relationship have not, and cannot change. Teachers are in a trust relationship with students. Through their roles, they are given a legal status similar to that of a parent.

They are considered to have special influence over pupils 24 hours a day, not just during classes or at school. They have the power and responsibility to, among many other things, evaluate students and maintain a positive learning environment in their classroom. This cannot be simply turned off like a light in a classroom at the end of a day, allowing the teacher to shift into "friend" mode.



"You can be friendly with your students, but they should not be your friends, online or otherwise."

Talking to your students, demonstrating an awareness of their interests, going to basketball games, and supporting school functions are some of the most valuable things educators can do to build great teacher-student relationships. However, as with online homework, these activities are under the auspices of the school. What requires far more caution is separate **personal**, rather than **professional, communication**. Personally, while I got along great with my students, I enjoyed the privacy of the evenings and weekends. During these times, although I retained the special rights and responsibilities of a teacher, these didn't often apply

because I did not interact privately with my students. The exceptions were during school-sponsored extracurricular activities such as sports or drama, and I found it very easy and natural to wear my "teacher hat" on these occasions.

It is the blurring of the teacher-student relationship that can create problems. Even if teachers are cautious in their electronic communications with students,

many teenagers or adolescents may not be. Teachers have a right to respectful communication with their students, but we know "friends" believe they can speak far more frankly. I don't believe that ALL students, understand ALL of the time that a teacher is a different

kind of online friend. Teachers should be very cautious about communicating with, and especially giving advice to, students online about anything beyond pedagogical matters. Due to a teacher's role, such suggestions are more likely to carry extra weight. Educators could also find themselves in dilemmas about what to do if they learn about bullying, underage drinking, or safety issues.

Additionally, if a teacher selects only certain students to be "friends," this could undermine the teacher's reputation as being unbiased. Finally, all of us know how easily e-mails or other electronic communication can be misinterpreted. Complex issues between teachers and students should be dealt with face-to-face within the school.

I cannot give expert advice on how to protect oneself while social networking. I signed up for FaceBook (and Twitter) a couple of months ago and only have a few teachers, my adult children, and my mother (even she was on

Teachers, Students and Social Networks

FaceBook before me) as “friends.” Joining was a professional, not a personal decision. In my NBTA Communications role, I felt I needed to experience social networking to better understand it. This research can be summed up in five words: **Be Careful and Be Knowledgeable!** Remember what you post is no longer just yours and plenty of people are going to see it, including parents, students and your employer. Be selective about what you post and ensure that your friends exercise caution with what they upload about

you. If you do a little work online, you will find valuable information, including some from FaceBook itself,

“Complex issues between teachers and students should be dealt with face-to-face within the school.”

about privacy settings and other ways to make your online experience as safe as possible.

Electronic communication

and social networking could be the subject of an article many pages long, but the main point is short and simple. When you communicate with students outside of school, you remain a teacher. The mode has changed, but the relationship cannot. It is very risky to have students as friends because the trust relationship cannot be turned off. Enjoy your social networking, but be please be cautious.

Small but Mighty Janeville School’s Heather Smith is one of Canada’s Outstanding Principals

“I was shocked that the staff was able to put a nomination together without me knowing. We’re so small and do everything together.”

Heather Smith, the teaching principal of a school that has only three other teachers, has garnered national recognition as one of Canada’s Outstanding Principals. She is the only New Brunswick administrator to receive the honour this year from the Learning Partnership (<http://www.thelearningpartnership.ca/>), a national, non-profit group which champions public education. It also sponsors the “Take Our Kids to Work Day.” Recipients of the COP Awards will attend an awards dinner and a five-day Executive Leadership Training Program at the University of Toronto’s Rotman School of Management.

With a student population of 42, the school is located in a small fishing community 15 minutes from Bathurst. “Some of our parents are professionals who work in Bathurst, but the heart of the community is the lobster fishery. Many of our students accompany their parents on the day the traps go in the water and think it should be a holiday.”

Smith, who is in her fifth year as principal, says the school’s size can be an advantage. “The

teachers naturally work as a team. If something isn’t working for certain students, they share and try new strategies to meet those individual needs.

Students don’t need to be stuck in their grade level to learn effectively. There are a lot of multi-age activities happening in literacy and math. Our guided reading is K-3 and we have research-based literacy centers that work on specific skills.”

One of the initiatives Heather Smith is most proud of is the CHARACTERCOUNTS (<http://charactercounts.org/>) program she introduced when she came to

Janeville.

There is a different Pillar of Character (Trustworthiness, Respect, Responsibility, Fairness, Caring and Citizenship) theme each month. The use of common language is modeled by all, and students have to show how they have demonstrated these character traits. Smith is very pleased with how obviously effective the program has been.

2011 is shaping up to be a big year for Heather. On August 1st, she will begin a two-year term as President of the New Brunswick Teachers’ Association.



Fierce Conversations® 2-Day Workshop

February 21 and 22, 2011 - 9:30 - 3:30
Fredericton Inn, Fredericton

Maximum Participants: 40 (Open to NBTA Members only)

Registration Cost: \$30 (includes workshop kit, nutrition breaks, lunch for 2 days). Registration does not include travel, accommodation or supply teacher expenses. Teachers must negotiate release time through their principals or districts. This workshop is **not** eligible for NBTA/DOE/Council Educational Improvement Grant funding. Please check with your branch/local on the status of their funding.

Registration Deadline: February 14, 2011 – All participants must register and pay by credit card online at www.nbta.ca , see details below.

Session Description:

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)

Program Goals and Objectives:

Team Conversations

- Make high-stakes decisions, resolve recurring problems, design effective strategies, evaluate opportunities
- Create an environment in which team members interrogate multiple, competing realities
- Get the team on board and ready to act

Coaching Conversations

- Surface and address issues critical to the success and happiness of individuals
- Increase clarity, improve accountability and provide impetus for action or change
- Develop emerging leaders

Delegation Conversations

- Ensure that individuals know where they have authority to make decisions and act
- Provide individuals with a clear upward path of PD
- Create a culture of accountability so that people take responsibility for their actions

Confrontation Model

- Confront tough issues with confidence and skill
- Overcome barriers to meaningful conversations
- Enrich your most challenging relationships

Session Facilitators:

Donna McLaughlin, District 18 Coordinator for Intensive, Pre Intensive and Post Intensive French
Melinda Cook, NBTA Deputy Executive Director
Ardith Shirley, NBTA Staff Officer
Kimberley McKay, NBTA Staff Officer

ALL PARTICIPANTS MUST REGISTER ONLINE AT

www.nbta.ca

Pay by credit card online (\$30.00)

**For further information contact Judy Deveau at
(506) 452-1750 or judy.deveau@nbta.ca**

Hosting Hotel: Fredericton Inn,
1315 Regent St.
455-1430 or 1-800-561-8777.

When making reservations, please identify that you are attending the FIERCE Conversations Workshop. Please note you are responsible for your own accommodation, reservation and cost. Website: www.frederictoninn.nb.ca

Rothesay High has success with second annual 'Chair to Remember'

by Elizabeth Creelman, Grade 12 Journalism student at Rothesay High School

'A Chair to Remember', the second annual chair auction to take place at Rothesay High School, was held on October 16th, a Saturday night. Billed as a 'whimsical chair-themed evening,' the event included a catered dinner and an open bar, as well as silent, bag, and live auctions. Over \$12,000 was raised in total, and all of the proceeds will be used to subsidize programs at Rothesay High.

Many sectors of the student body contributed to the auction. AP students from the Art department painted 17 benches, 12 of which were sold in the bag auction, and 5 of which went in the live and silent auctions.

These benches were made by the KV Woodworkers Club, volunteers who were, in part, assisted by students from Rothesay High's woodworking class.

An artisan's room was also set up, in which artwork by both students and the art teachers, Mr. Perkins and Ms. Stroud, was displayed and sometimes sold, along with things made and donated by the KV Woodworkers Club.

Some of the pieces auctioned off were very interesting. Chairs sold in the live auction were packaged with things like a demo session with Gary Morris of Prime Time Studios, an appointment at Becky's Custom Tattoo and Design, and 52 Empire Theatre movie tickets.

An upholstered chair from Bustin's Fine Furniture, which went for \$760, was also auctioned off. A toilet was even sold, along with the services of Rankin's Plumbing and Heating for installation. All of these items were donated to the school from the

community, which actively rallied around the event.

For the dinner part of the evening, Executive Chef Stephen Cyr and professional caterers were assisted by student volunteers, who waited on tables, worked in the kitchen, and prepared food before the event.



Supportive community members mingle in the cafeteria and view the many chairs on display.

"The auction raised money which will cover some of the costs of school activities for students who, for financial reasons, would not otherwise be able to participate."

"I just served and helped out," says Hayley Luft, a student of this year's RHS grad class. "I had a lot of fun."

Rothesay High's Journalism class also contributed to the event. Students of the class went out into the community and did 13 pieces on local businesses, all of whom had donated to the event in some way. These articles were put on display at the auction and color copies were also given as thank you gifts to each business.

The auction raised money which will cover some of the costs of school activities for students who, for financial reasons, would not otherwise be able to participate. It will help pay the fees for such students who wish to join sports teams, go on school trips, participate in the Big Rothesay Read, or rent a graphic calculator.

Cameras, student council activities, and the performing arts, as well as the costs of other classes which are not compulsory and therefore not paid for in full by the government (such as Culinary Tech and Media Studies) will also be subsidized using this money.

Roger Brown, Principal of Rothesay High School, says that this event was important because it will afford participation to "everyone who comes to this school, regardless of financial background." He says that hardly a day goes by that a student does not need financial assistance in some form, and he is proud that the school is able to offer it.

'A Chair to Remember' was an all-around successful event. Both the student body and the community at large were brought together, and the result was a wonderful evening from which all student volunteers and contributors benefited. The event proved the words printed on the back of the night's program: "involved students make a community stronger."

But, beyond even that, students will be rewarded for their work in the future, when the proceeds are turned over and used to make life at Rothesay High School even better, both this year and in years to come.



April 2011
Vol. LIII No. 4

NEW BRUNSWICK TEACHERS' ASSOCIATION

We Need Your Stories

Like this one... →

**Professional
Activities**

**Human
Interest**

**Teaching
Experiences**

**Connecting
with the World**

**School
Community
Connections**

Pedagogy

Helping Others

**Upcoming
Events**

**Beyond the
Classroom**

Issue	Deadline
September 1	August 15
November 1	October 15
February 1	January 15
April 1	March 15
June 1	May 15

To submit an article, please contact Blake Robichaud (blake.robichaud@nbta.ca) or Eileen McNeil (eileen.mcneil@nbta.ca) 452-1832

ALL teachers have something they can share that would be interesting or beneficial to their colleagues!

Roots of Empathy at Gretna Green

by Lisa Lynch, Gretna Green Elementary, District 16

Roots of Empathy program promotes respect and empathy among children.

November 4th was an exciting day for my students at Gretna Green Elementary in Miramichi. It was our first visit with baby Lauren Savage, the 4 month old daughter of Lisa and Brendon Savage. Baby Lauren is a vital part of the Roots of Empathy program.

The Roots of Empathy program was founded in 1996 by Mary Gordon. It has been shown to reduce aggression and bullying and promote respect and empathy among children. Students learn through the baby. The baby becomes the teacher and it is all about the interactions. By showing them how feelings develop in a baby, students learn about their own feelings and become gentler, more caring members of the community.

Kim Lehnert is the facilitator of this program and we are excited to be her first class. She is wonderful



Baby Lauren teaches the Grade 3 class.

with the students. She teaches the students how babies develop. They predict what they think she can do and how she will react on her visits to our class. Kim visits the class 27 times throughout the school year to discuss and teach nine themes which include: meeting the baby, crying, care and planning, emotions, sleep, safety, communication, self-identity and farewell and good wishes. Baby

Lauren will visit our class nine times throughout the school year. We will be able to watch her as she grows and develops. On her first visit students welcomed her with a song and were able to weigh and measure her in order to compare with her next visit. Students smiled from ear to ear as baby Lauren interacted with various toys and entertained them with her chatter and sweet smile.

There are 16 Roots of Empathy programs taking place in 14 schools in District 16. When Darlene MacDonald, the Learning to Learner nurse for School District 16, asked if we would like to be involved in this program I jumped at the opportunity. I thought it would be a great learning experience for my grade 3 students. If opportunity ever presents itself to be a part of the Roots of Empathy



Roots of Empathy

program, I would highly recommend it. It is a great experience for students of all ages.

If you would like to know more about our experiences with baby Lauren and the Roots of Empathy program you can go to our school webpage at <http://getnagreen.nbed.nb.ca>

www.rootsofempathy.org



Mrs. Lynch's Grade 3 class learns about child development through Roots of Empathy.

School-Based Learning Team Grant Recipients 2011

by Kimberley McKay, NBTA Staff Officer

In collaborative inquiry, teachers work together to identify common challenges, analyze relevant data, and test out instructional approaches. The idea behind this approach is that such systematic, collaborative work will increase student learning. (*Jane L. David, Educational Leadership, Dec. 2008/Jan. 2009*)

The NBTA is pleased to sponsor five grants for this year and to announce the 2011 School-Based Learning Team grant recipients. Each SBLT grant is valued at \$1000.00 and allows the team to collaborate on exploring an area of student learning they have identified as a priority for their team. The team has full autonomy to spend the grant as they see fit. Past teams have used the funds to provide release time for team collaboration, pur-

chase resources, produce materials for sharing, or provide honoraria for expert speakers to support the work of the team.

Grant applications were received from 13 teams representing 8 districts. Successful team applications were well developed and specific. Specificity was often the deciding factor for the committee. Preference was given to those teams who had narrowed their focus, had identified unique learning goals, who were purposeful in their approach to data collection, and who demonstrated an understanding of the collaborative nature of the grants. The selected applications also provided enough detail to indicate that there had been much thought given to the team's goal and the plan to achieve the goal. Priority was also given

to teams who identified a goal that was clearly above and beyond their regular teaching duties.

Recognition must be given to all teachers who submitted an application. We trust that all who submitted an application benefited from the experience of thinking and working together as a team and collaborating to improve teaching and learning.

The grant recipients have received their cheques, along with the SBLT binder containing information to support the team record keeping requirements. Teams may extend their work until December 2011.

We look forward to hearing of the interesting opportunities for student and teacher learning that the work of the School-Based Learning Teams will generate!

GRANT RECIPIENTS 2011

George Street Middle School

Topic: Gizmos - Math
Team Leader: Sarah Brooks

Harrison Trimble High School

Topic: Common Sense Number Sense!
Team Leader: John Grimmer

Saint Rose School

Topic: Technology Based Homework Journals
Team Leader: Jennifer Elliott

Southern Victoria High School

Topic: SVHS Science PLC
Team Leader: Christopher McLaughlin

Tabusintac Rural School

Topic: Green Screen Project Based Learning
Team Leader: Kendra McLean

Three New Brunswick Teachers Compete and Connect on a Global Stage

2010 Annual Worldwide Innovative Education Forum in Cape Town, South Africa

by Trevor Driscoll, Bathurst High School

In June 2010, eight teachers from Canada were selected by Microsoft to attend and compete at the 2010 Annual Worldwide Innovative Education Forum in Cape Town, South Africa. Out of the eight teachers selected from Canada, three were from New Brunswick. These teachers were destined for Cape Town according to their plane tickets, but the experiences they would gain were unknown!

From October 21st to October 31st 2010, **Ian Fogarty (Riverview High School)**, **Frédéric Roussel (Ecole La Villa des Amis, Tracadie-Beach, NB)** and **Trevor Driscoll (New Brunswick Distributed Learning Program/ Bathurst High School)** travelled to Cape Town, South

Africa to present their individual innovative project on the global stage. These three teachers were among more than 500 educators, school leaders, judges and government officials from more than 60 countries who attended the forum. They were recognized for their work integrating technology and 21st century skills into their classrooms. The teachers were challenged to use technology to develop innovative projects that would help improve their student's 21st century skills such as communication, collaboration, contextual learning, creativity, media literacy, critical thinking and problem solving.

The Innovative Education Forum is part of Microsoft's Partners in Learning Forum. Each year, thousands of teachers from around

the world participate in this competition. Winners from each country attend this competition at the global summit. This year 200,000 projects were submitted to the initial selection committee. Microsoft chose 125 to showcase at the forum in Cape Town, six being Canadian.

to promote their products. **Trevor Driscoll's project called Book-IT (Using OneNote for a virtual literature circle) was selected.**

Frédéric Roussel's project incorporated Microsoft Zune technology. The name of the project is called Dyslexic Students Rescued by the Zune. In New-

Brunswick, 20% of the population are estimated to be dyslexic. Frédéric's initiative project was designed to help find a project specifically for dyslexic students. After the competition Frédéric's project improved and he is always looking for new ways to use Microsoft Zune to help his students.

Three innovative projects created by New Brunswick teachers qualified them to compete at Canadian level as well

as the world stage of technology. This proves that New Brunswick is going in the right direction with education. Attending professional development sessions, conferences and competitions like this one will definitely benefit any teacher who attends them and the knowledge and experiences that can be obtained and brought back to New Brunswick is priceless. This forum enabled the New Brunswick teachers to work on capacity building, partnerships and connecting our global community through technology. We need to take the initiative to create a greater presence of 21st century skills in our classrooms and strive to place our classrooms at the top of the world stage. This will then set up our students for tomorrow's workforce and for a lifetime of learning.



Cape Town's Table Mountain

Out of 125 projects at this Innovative forum, there were 12 prestigious awards given out at the Microsoft's Gala Ceremony. **In the category of Innovation in Collaboration, Ian Fogarty was named second runner-up for his work on "Xenotransplant Debate" – a program designed to encourage complex thought through a semi-fictional, bioethical issue debate.** After researching a variety of stakeholder perspectives, deciding on a position and creating a political party with an associated media campaign, students engaged in a town hall debate and bill proposal.

Besides the twelve prestigious awards, there were twelve projects selected for the Microsoft's Showcase. Microsoft selected 12 projects to create a showcase video

“Know Your No.”

Your member number is located on the blue member card shown here:



Your NBTA Member Number is an essential piece of information for teachers. Once you are issued a Member Number, it remains your number throughout your career.

IN THE COMING MONTHS YOU WILL NEED YOUR MEMBER NUMBER TO:

- > **VOTE** (April 2011 will be the first time an NBTA Vice-Presidential election will take place electronically)
- > **REGISTER** for Council Day
- > **REGISTER** as an NBTA member or for our Members Only website.

DSS 2011

**Developing Successful Schools
July 4 - 7, 2011**

**Facilitator:
Andy Hargreaves**

**Location:
Mount Alison University**

CONTACT 2011

**CONTACT Conference
August 2 - 5, 2011**

**Theme:
An ALL INCLUSIVE PD Opportunity
for Atlantic Teachers**

**Location:
UNBSJ, Saint John, New Brunswick**

Havelock School is a Caring Community

By Cynthia Freeman King, Principal, Havelock Elementary School, District 8, Saint John, NB

Generosity for St. George Flood Victims



In December 2010, many families in Charlotte County were devastated by flooding. Teachers, school staff, students and their families were impacted by the rising waters, in many cases being forced to leave their homes and finding out upon returning that they had lost everything. We watched news reports, looked at photos posted on Facebook or at emails sent from friends and wondered what would be done to help people get back on their feet.

At Havelock School in Saint John, the acting vice-principal, Jill Roach, contacted me and our Parent Association president wondering if there was enough time before school ended for the Christmas holidays to ask our parents and students to help out by donating basic hygiene items and for us to get the items to the intended recipients. Like most schools before Christmas, the school community had already raised food and cash donations for the local food bank, as well as donated staff funds to help some worthwhile causes so we hoped that we could ask people one more time to step up and help out. I emailed my admin-

istrator colleagues in the district to see if they might be able to support this initiative with donations from their concerts or items from parents. We said that we would act as the coordinator and take any items – food, toys, hygiene items, and clothing - and ensure that they made it to St. George before the last day of school.

I was completely overwhelmed with the sheer volume of the response that we received. With support from the radio stations and newspaper, as well as other social

“I was completely overwhelmed with the sheer volume of the response that we received.”

media networks, the message got out there. Many of our schools in Saint John have small populations and yet they called to say that they had large cash donations and other items to collect. Staffs donated their Friday charity day funding, one middle school class made bracelets and sold them, parents brought in items from their pantries and Christmas gifts intended for their own children, others

went shopping and purchased toys and pajamas. Even outside organizations helped out. The IBEW, local 502, showed up in a half-ton truck overflowing with toys and gifts.

By the time Wednesday afternoon was over, we were able to fill a cargo van and two mini-vans with everything collected. On Thursday morning a small convoy drove to St. George and met with Lynn Farmakoulis, principal of Fundy High School. We were able to present her with approximately \$2700.00 of donations to be used for the students and their families. We were then taken to the St. George Food Bank where we unloaded the goods we had collected.

While we recognize that what we were able to collect through the efforts of our colleagues and school communities is only a fraction of what it will take to get these families back on their feet, the feeling of being able to mobilize and contribute to the efforts is an empowering one for all of us.

Thank you to everyone who took the time and effort to help.

From
CTF

Imagination



CTF Announces \$40,000 in Funding for School Community Projects

The Canadian Teachers' Federation, in partnership with the J. W. McConnell Family Foundation, is pleased to announce an additional \$40,000 in funding for projects related to the Imagineaction initiative linking schools and communities in social action.

Applications for subsidies of up to \$750 per project must be

received by Friday, **February 25, 2011**. Projects must be completed by the end of the current school year. Application is through **www.imagine-action.ca**. Once teachers have created a profile, they will be able to apply for funding. All projects registered with Imagineaction will receive recognition and access to material,

human and cash resources.

Thousands of students and their teachers are already making a difference through Imagineaction supported projects that provide curriculum based, student-centered, authentic learning in real life situations.

Imagine the possibilities – join the movement now!



Free New CTF Resource

{ publication électronique }

{ e-publication }

PERSPECTIVES



Canadian Teachers' Federation
Fédération canadienne des enseignantes et des enseignants

www.ctf-fce.ca

Perspectives is a FREE e-publication of the Canadian Teachers' Federation intended to provide a forum for diverse perspectives and stimulate informed debate on a variety of current education issues. Perspectives is open to teacher members and non-members alike. The information therein does not necessarily reflect the views of CTF.

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Classroom Lessons on Body Image



Media Awareness Network (MNet), reprinted from CTF's Perspectives Magazine

Whether through fashion, music videos, movies, magazines, video games or TV, today's youth are bombarded daily with images of impossibly thin, fit, beautiful young people. The underlying marketing message is that there is a link between physical beauty and popularity, success, and happiness. Pressure to meet manufactured – and unattainable – standards of

attractiveness can have real consequences that include low self-esteem, depression, bullying, eating disorders and body dissatisfaction.

Media Awareness Network offers several resources that help young people become more aware of the impact of media on their own self-esteem and body image.

Prejudice and Body Image (Grades 3-7)

This lesson familiarizes students with the ways in which the media affects perceptions of, and feelings towards, body image. www.media-awareness.ca/english/resources/educational/lessons/elementary/body_image/prejudice_body_image.cfm

The Anatomy of Cool (Grades 4-7)

This lesson helps students become more aware of the media's role in determining what characteristics, and what people, are perceived as being "cool." www.media-awareness.ca/english/resources/educational/lessons/elementary/body_image/anatomy_of_cool.cfm

Image Gap (Grades 5-8)

This lesson increases awareness of their own self-image and offers a problem-solving approach to examples of negative self-image. www.media-awareness.ca/english/resources/educational/lessons/elementary/tobacco/image_gap.cfm

Mirror Image (Grades 5-8)

This lesson encourages students to reflect on how they feel about their bodies, and it suggests ways for them to deal with aspects of their body image they would like to change. www.media-awareness.ca/english/resources/educational/lessons/elementary/tobacco/mirror_image.cfm

Gender Stereotypes and Body Image (Grade 6-7)

This lesson makes students aware of the dangers of gender stereotyping and the media's role in perpetuating gender stereotypes. www.media-awareness.ca/english/resources/educational/lessons/elementary/body_image/gndr_stereo_body_image.cfm

The Price of Happiness (Grades 8-12)

This lesson looks at the ways in which advertising presents images of men and of women. www.media-awareness.ca/english/resources/educational/lessons/secondary/body_image/tpoh_price_of_happiness.cfm

Kellogg Special K Ads (Grades 9-12)

In this lesson students explore body image and advertising using the Kellogg's Special K "look good on your own terms" advertising campaign. www.media-awareness.ca/english/resources/educational/lessons/secondary/advertising_marketing/special_k.cfm

Teachable Moments and Classroom Activities

Real Beauty in Magazines - www.media-awareness.ca/english/resources/educational/teachable_moments/realbeautymagazines.cfm

Dove's Campaign for Real Beauty - www.media-awareness.ca/english/resources/educational/teachable_moments/campaignrealbeauty.cfm

Portrayal of Teenage Girls in Magazines - www.media-awareness.ca/english/resources/educational/classroom_exercises/body_image/portrayal_girls.cfm

Backgrounders

Body Size Introduction - www.media-awareness.ca/english/resources/educational/teaching_backgrounders/body_image/body_size_intro.cfm

Some Myths About Obesity - www.media-awareness.ca/english/resources/educational/teaching_backgrounders/body_image/obesity_myths.cfm

Talk Media Blog

Pop Quiz - www.media-awareness.ca/blog/index.cfm?commentID=161

Spoiled Bratz - www.media-awareness.ca/blog/index.cfm?commentID=115

Related MNet Resources

For Parents: Marketing and Consumerism – Special Issues for Tweens and Teens - www.media-awareness.ca/english/parents/marketing/issues_teens_marketing.cfm

Media Issues: Media Portrayals of Girls and Women - www.media-awareness.ca/english/issues/stereotyping/women_and_girls/index.cfm

Media Issues: Media Portrayals of Men and Masculinity - www.media-awareness.ca/english/issues/stereotyping/men_and_masculinity/index.cfm

**This article was reprinted with permission of MNet. Media Awareness Network (MNet) is a Canadian non-profit organization that has been pioneering the development of media literacy and digital literacy programs since its incorporation in 1996.*

CSI: NBTA Classroom Scene Investigation ♪ Who are you? Who, who? Who, who? ♪

by Ardith Shirley, NBTA Staff Officer - Professional Development

In case you haven't guessed by now, I could be accused of being a bit of a TV and pop culture junkie. I think one of the BEST inventions in recent years has been that of the PVR which allows me to record new episodes of all my favourite TV shows any time of the day or night, and have them waiting for me to playback and enjoy at my convenience. During one of our recent snowstorms, I found myself a bit bored, and, while avoiding more productive endeavors, sought distraction and escape. As I scrolled through the shows that I had programmed to record, it occurred to me there might be a bit of a pattern. Multiple CSIs, several episodes of Law and Order and a recent addition to my list – Republic of Doyle. While the latter is perhaps a more comedic form of detective/crime scene investigator show, I quite enjoy the laughs as well as the Canadian content (OK, OK - I may have a bit of a crush on Alan Hawco as well, but I digress...).

As I consider my interest in the genre, it occurs to me that many comparisons could be made between teaching and the world of detectives and crime scene investigators. While this may be a bit of a stretch for some, please bear with me.

As teachers, we begin each September with several new cases assigned to us in the form of students. While there may be many similarities between the cases we encounter over our careers, we understand that each "case" is unique and must be treated



accordingly. Each day, we carefully collect clues in our classrooms. Experience has taught us that any one of these clues could be just the piece of evidence needed to prove that learning has occurred, or to unlock the mystery of why it may not have occurred to date. We appreciate that even the most inconsequential can have meaning when reviewed later, and, therefore, careful documentation of all of the evidence is key.

One of the mistakes that investigators can make is relying too heavily on one particular kind of evidence. While the eye witness observation or DNA analysis may be tempting to submit as all the proof required, an experienced investigator always looks for at least 3 different pieces of evidence to prove the case beyond a shadow of a doubt. Investigators that rely too heavily on their "gut" or the "obvious" may find themselves on the wrong track. After all, many have erred by making assumptions and developing foregone conclusions based on DNA, past

experience or precedent. (Her brother couldn't put two and two together – we can't expect her to be good at Math!) Sadly and despite our best efforts, more than one innocent person has spent time in a detention centre! Hence, the importance of our investigative work is underscored and we know that it is essential that we leave no stone unturned.

As educators, we realize that while one episode of a TV mystery has the luxury of being able to focus on a single case, our beat involves working many cases at once. While this is our reality, we also know that for the families involved with our cases, theirs is always most important and we are mindful of this in all of our communications and briefings to them.

Like investigators, each of us has our own specialty and area of expertise. We know that when we are assigned a really tough or complex case, it is always advantageous to work with a team. We also understand that sometimes when a team has worked long and hard on a case and it has gone "cold", there is merit to bringing in fresh eyes to review documentation and evidence.

Whether our individual detective styles be that of a Horatio Cane, Jessica Fletcher, Columbo, Perry Mason, Nancy Drew or Jake Doyle, our ultimate goal is the same – to prove (and in turn improve) the outcome of each of the cases in which we come into contact.

Mark Your Calendar!
Council Day 2011, Friday, May 6th
Elementary & Music Specialist Strand – Fredericton
Middle Level & Art Specialist Strand – Saint John
High School & Phys. Ed. Specialist Strand – Miramichi

May I Recommend?

Two articles from the November issue of *Educational Leadership* that I quite enjoyed reading were: "The Myth of Pink and Blue Brains" by Lise Elliott and "Gender-Friendly Schools" by Kelley King, Michael Gurian and Kathy Stevens. As many of you may have guessed, I like to have my thinking challenged, and just when the first article convinced me to "abandon the notion of a male and female brain" the other convinced that there just might be something to the idea. In the end, I do think we could all agree that the three strategies suggested in the latter article are solid strategies for all students: 1. Add Movement; 2. Build on the Visual and; 3. Incorporate Student Interests and Choices.

Middle Ground, is a journal that is produced by the National Middle School Association. One of their regular columns is titled "Spotlight on Literacy". The October edition highlights "Variations on Round Robin Reading" and explores some more creative and engaging options for teachers who are looking for more collaborative approaches to reading and learning that also promote understanding of the content. Some of the options presented include: Imitative Reading, Whisper Reading, Choral Reading and Close Procedure Oral Reading (I would be happy to send a copy of the feature to anyone who wants to know more about any of these strategies).

The November issue of the *Middle School Journal* includes an article by Michael J. Donhost titled "Data-Driven Decision Making". To any of you who may have been exposed to one of my recent tirades on the overuse and bastardization of the term "data" within education, let me assure you that while it pains me to include the word in my Growing, Living and Learning column, I am hopeful that the thinking this article invokes will make the sacrifice worth while. For those of you who have managed to escape my banter on the topic allow me to explain with a bit of background: I have recently began a campaign to have the word "data" deleted from the educators lexicon. My presentations and documents have been carefully scoured and I am pleased to report that any reference to "data" has been replaced by the word "evidence". While I fully acknowledge that this may be another one of my own personal hang-ups with vocabulary, I find the word "data" both overwhelming and limiting all at once. In my humble opinion, the recent hyperfocus on "data-driven decisions" has the potential to lead educators down a garden path that could be just as **damaging** as decisions made with little or no data - and that is using only one kind of evidence - test scores - and usually only standardized ones. While I concur these should be **considered**, every school, classroom and student is surrounded by a plethora of "evidence of learning" that also needs to be considered including student portfolios, attendance,

journal entries, behaviour logs, interest inventories, circulation statistics from the local library, graduation rates, enrollment in post secondary programs of recent graduates, etc.

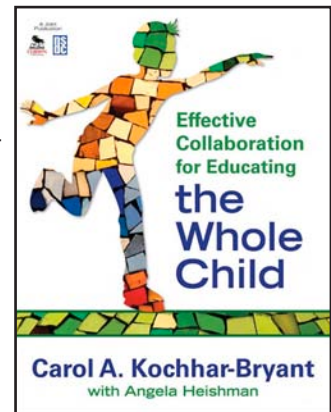
I enjoyed this particular article because it acknowledges that too much evidence can be distracting and suggests that many schools get lost in the data because they begin by simply collecting reams of it without taking into account, and planning for, the complex process of evidence-based decision making and all it entails. The author suggests that there are five phases of decision making that need to be planned for: organizing for success, building assessment literacy, identifying data sources, aligning data systems, and then finally - altering instruction.

Book Give-Away!

Congratulations to the winner of last months' book "The Teacher as Assessment Leader" edited by Tom Guskey - Nancy McPhee of Harbour View High School in Saint John - and thanks to all of you who responded.

This month we are giving away "Effective Collaboration for Educating the Whole Child" by Carol A. Knochlar-Bryant.

In order to have a chance to win, simply drop me an email at the email address below before **February 25th** with the subject line - **Book Give Away**.



Closing Quote:

"Wisdom is not acquired save as the result of investigation."

Sara Teasdale

Website of the Month:

This month may I suggest a little clip on you tube called "Lost Generation" that was shared with me by a colleague. Really enjoyed the "reverse" of it Hope you do to..

**[www.youtube.com/
watch?v=42E2fAWM6rA](http://www.youtube.com/watch?v=42E2fAWM6rA)**

Councils

New Year's Resolutions

by Donna Lagacy, Middle Level Council Executive

If you're like me, you spend at least part of your holiday break evaluating how things have been going. Once you've gotten your feet up, have cleared away the wrapping paper in the family room, and written your "Thank You" notes, it's time for some New Year's resolutions! But...New Year's resolutions, who really keeps them? I make them every year, in a list mentally to myself, and verbally to others. I never, OK rarely, keep them. But here are some resolutions I think all teachers should keep:

Resolve to:

- **Participate in a Workshop**

Although you may hate the thought of being out of your classroom, participating in teacher workshops can go a long way toward helping you learn new ideas while

also extending your professional network. Therefore, a New Year's resolution you should make is to participate in at least one professional workshop this year.

- **Remain Open to New Ideas**

Even if you have been teaching for years, there are always new ideas and teaching methods for you to explore. While you certainly shouldn't jump on the bandwagon of the latest fad simply because it is new and exciting, you should remain open to new ideas and be willing to listen to others who may have valuable input to provide.

- **Try Something Different**

As a teacher, it is easy to get stuck in a rut. After developing lesson plans, you may be tempted to pull the exact same lesson out year after year. In order to keep things fresh

and exciting for you, and in order to develop lesson plans that will be sure to reach your students, you shouldn't be afraid to try something different. Even if a project is a little outside of your comfort zone, experimenting with new teaching methodologies may just relight your inner passion and inspire you to try even bigger and better things with your students.

So remember, you do know what you are doing, otherwise you wouldn't have made it this far. Congratulations on completing the first half of the school year, the second will be like a warm Caribbean breeze that you've looked forward to all year. Of course you have to put in the hard work. Even if it doesn't all work out as planned, no pressure, teachers always get to make their New Year's Resolutions twice!

Elementary Council Puppet-Making Institute

- Interested in creating an Enriched environment for student learning? Want to see your students involved in the creative process?
- Come and Learn how to make hand puppets
- Learn an easy "mess free" papier mache technique
- Everyone goes home with a puppet
- Come dressed for mess-free fun

The Institute is offered at no cost and nutrition break and lunch will be provided. A twenty-five dollar cheque, reimbursed after attendance, is needed to hold your registration. Teachers must negotiate release time with their principal, district or branch. Participants are responsible for making their own travel arrangements.

Where: Bathurst, New Brunswick - exact location TBA
When: Monday, March 21, 2011. 9:00 am – 3:00 pm.
Please email Karla Roy (karla.roy@nbed.nb.ca) to register.
Registration fees can be mailed to:

Karla Roy
Park Street Elementary
111 Park Street
Fredericton, New Brunswick
E3A 2J6



Councils

Elementary Council Day May 6, 2011 — Fredericton (UNB & STU)

Get **“Tuned into Learning”** with the Elementary Council. We are continuing with our new format of keynotes and divided sessions as they were very popular with our membership last year.

Introducing our Keynotes: TA DA!!!

TA Loeffler - Dr. TA Loeffler brings 25 years of expertise leading people through significant life-changing experiences to every facet of her work. Her work and adventures have taken her to 36 different countries and six different continents. TA is attempting to complete “The Seven Summits,” the highest peak on all seven continents and has only two left to complete: Mount Everest and Mount Vinson.

Jeffrey Wilhelm - Jeffrey Wilhelm is a well-known teacher, author, and presenter. His interests include team teaching, co-constructing inquiry-driven curriculum with students, and pursuing teacher research. His recent research agenda includes studying how student reading, writing, and thinking can be supported through the use of art, drama, and technology. Most recently, he studied adolescent boys and their reading, attitudes, aspirations, and the school opportunities available to them for actualizing and performing different ways of being literate. He is particularly interested in supporting the learning of students who are often considered to be reluctant or resistant.

Cathy Fosnot - Fosnot and her staff have designed and researched an in-service program for elementary mathematics education and developed several exemplary sites of mathematics teaching in New York City and New Rochelle, NY. Implicit in the model is the belief that the roles of context, representation, and discourse in learning are critical. Using realistic problematic situations as the starting point of investigation, learners are invited “to mathematize” initially in their own informal ways. Teachers are taught to look for and capitalize on important mathematical moments, follow with contexts that support development, and scaffold conversations towards more formal solutions. Classrooms are thereby turned into

workshops with learners engaged in inquiry, subsequently proving and communicating their thinking to their peers.

Mark Black - Mark is an inspirational speaker with a story that will inspire people to Live and Work with Passion and Purpose. Mark’s presentation inspires productivity, leadership, and self-esteem. His presentation will give you tools to cope with difficult situations and renew your outlook on the future. www.markblackspeaks.com

Ray Appel - Ray loves learning! He continues to push himself! Ray has taught grades 2-7, been a Faculty Associate at Simon Fraser University (with a K-12 Module), and has also been a District Math/Science Coordinator (K-12). Ray has also written extensively for Addison-Wesley (Math Makes Sense, grades 3 - 7 in various provinces across Canada). For over the last five years, Ray stepped back from the classroom and has traveled across Canada (from Inuvik, NWT, to Hartley Bay BC, Regina, Burlington ON, to beautiful New Brunswick) giving numerous workshops on topics ranging from math, assessment to science and fine arts, as well as teaching in hundreds of classrooms. www.zapple.ca

Elaine Charal - The Power of the Pen: Come prepared to laugh and learn during Elaine’s “Power of the Pen” while you discover how to communicate even more effectively with team members, co-workers, associates, clients and friends through knowing what the strokes of handwriting mean. Everyone will learn about their strengths as reflected in the ‘paper mirror’ of their handwriting. Everyone will receive an e-mailed one-page Handwriting Profile after the Showcase! “The Power of the Pen” fits best under the banner of “Something Different”, “Humourous”, “Communication”, “Hiring Tools” and “Team Building”.

Our **divided sessions** are as eclectic as our keynotes. We have tried to ‘strike a chord’ in as many subject areas as possible including French Immersion, Science, Math, Social Studies, Art, Drama, Phys. Ed, Literacy, Numeracy, Healthy Living. We are still in need of more presenters for the divided sessions, so if you would like to present, then send an email to donna.losier@nbed.nb.ca as soon as possible.

Saturday Math Workshop - Cathy Fosnot - This full day workshop will provide an overview of what it means to calculate with number sense—how mathematicians look to the numbers first before they decide on a strategy. Efficient computation is the goal of computation work, meaning that children should develop a deep sense of number, landmarks, and operations resulting in the use of a repertoire of strategies, rather than the employment of the standard algorithms across all problems. In each of the three sections several mini-lessons will be used to illustrate ways to develop a deep understanding of number and operation. The role of pictures and context will be explored and models such as the open number line, the math rack, the ratio table and the open array will be used as helpful tools in representing strategies. Participants will examine the structure and design of minilessons.
Cost: TBA



Councils

Destination Reading: Riverdeep

by Millerton School Primary Department

When we were approached as a team to submit something for publication regarding math and technology at the primary level, we all quickly agreed that the first thing that came to our minds was **Destination Reading by Riverdeep**. Two years ago Millerton School was selected as a Pilot School for this excellent program. We were given an informative in-service by a capable company representative and then set loose with this exciting new program.

Destination Reading covers all aspects of reading from phonemic awareness to reading comprehension. It was created for use in Kindergarten through Grade Eight. It covers many of our New Brunswick Curriculum Outcomes in Language Arts and is very user-friendly. It also provides a Math Component; however, we have not had the privilege of trying it out as of yet.

You can use Destination Reading for whole class instruction on your SMART Board, assign a lesson to the class or customize a program for an individual student on classroom computers to deliver the program. You can also create and assign tests for your students while tracking their progress. Destination Reading by Riverdeep gets two thumbs up from the Millerton School Primary Department.

We Need Your Input! Music Specialists' Strand for Council Day 2011

The Elementary Council is pleased to report we will be organizing the May Council Day 2011 for New Brunswick Music Specialists. The day will be held in our capital city, Fredericton.

As there are no music specialists on the Elementary Council, we have been informally polling friends. Now we want to hear from you, the music specialists! At this point, some people have expressed interest in a choral workshop, a conducting seminar or a session on drumming.

Would you be interested in one of these sessions? Do you have another idea for a session on music? Please speak up! Let us know your session ideas of professional development for May Council Day.

Please contact us! We want to hear from you. Please email Amy Francis at amy.francis@nbed.nb.ca

Middle Level Council Day

THEME: Schools that build Creativity

Middle Level Council: Get ready for "SCHOOLS THAT BUILD CREATIVITY" with over 45 sessions, most by local NB teachers who have a wealth of expertise to share with their colleagues. Thanks to all those who signed up early to present. Our "early bird" draw went to Mike Smith, Nashwaaksis Middle School. He is the winner of a digital camera.



Sample of session titles:

- * **Let's Give Them Something to Talk About: Thoughtful Reading**
- * **Geocaching: Technology and Treasure Hunting**
- * **Spark Interest in Voting - Elections Canada has the tools**
- * **Novel Post Study-Television News Feature**
- * **CHAT to the Future: Care and Hope through Adoption and Technology**
- * **Bobcat Television and Middle School Leadership**
- * **How to Create a Podcast Using Audacity**
- * **Hypnotherapy and Story Telling in Counselling**

Council Day Social, Thursday, May 5

Delta Brunswick Hotel Ballroom 9pm-1am

Featuring **REVERB**: Plan now to enjoy this Saint John band—comprised of local teachers. Find them on Facebook: **REVERB - the band formerly known as Class of '85**.

The social will also feature giveaways and drink specials.



Book your hotel room now!

Delta Brunswick Saint John

Special Conference rate of \$129 per room...up to 4 adults per room

We have blocked rooms and please indicate your room booking under "NBTA Middle Level Council Conference" to take advantage of this rate. ALSO—bookings assist the council in getting discounts for our evening social—so please book at the DELTA now!

<http://www.deltahotels.com/en/hotels/hotels.php?hotelId=4>

Or phone: 1 (506) 648-1981 (local) 1-888-890-3222

Diary of a Middle School Teacher

by John Irvine, Woodstock Middle School

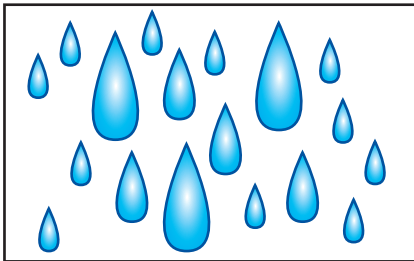
“Tears and Pride”

The following stories and anecdotes are not about one particular school or student but a compilation of three decades of teaching comprised of twenty-nine years at the Middle School level.

October 13th, 2010

Dear Diary,

Last evening we had our first school dance of the year. What a time of fun, excitement and the usual crying in the girls' washroom. After all these years I am still amazed that at least once during the evening



a group of girls will run into the washroom and shortly afterwards one or more are in tears. Usually there are some rather harsh words directed at a young man with the incident ending as fast as it began.

It is also fun to watch the students of the different grade levels. The grade eights are certainly more interested in the slow dances and the grade six boys often just run around the gym chasing each other. What a difference a couple of years can make!

Styles of dance have also changed over the years. Now students seem to have a great deal of enjoyment just jumping straight up and down over and over again. What it is to be young!

November 9th, 2010

Dear Diary,

Today our school held the annual Remembrance Day Service. The one word that comes to my mind is PRIDE.

I was proud of the multi-media presentation. It was created by one of our teachers whose husband is serving with the Canadian Armed Forces in Afghanistan. The presentation was well done. Its' quality was excellent and the message was very personal. I believe that it had an emotional effect on all present.

I was proud of the men and women who were our guests. We had several veterans from WWII and the Korean Conflict as well as other military

personnel. One could still see in their faces the pride that they held for our country and their sacrifice of so many years ago.

Lastly, I was proud of the students. Middle schoolers can surprise and disappoint. This was one situation that they more than lived up to expectations. They were all very respectful and really had a sense of the seriousness of the event. That's one of the joys of teaching at a Middle School. Just when you ponder that things might not go well, you witness an unexpected depth in these young people and your faith is restored until the next time.





How Are You Sleeping?

from the Atlantic Health Sciences Corporation

Two Kinds of Sleep

Basically, there are two kinds of sleep. One is known as Rapid Eye Movement (REM) sleep. It is related to dreaming and occupies about a quarter of our sleeping hours. The second type, known as non-REM sleep, is characterized by light and deep stages, with the deeper stage (slow wave or delta sleep) usually predominating during the first three hours of sleep.

How Much is Enough?

Perhaps the only measure of the amount of sleep we need is the amount that makes us feel well. Too much or too little makes a person irritable and tired. The old idea that every adult needs eight hours has long been discounted; some need ten, some six.

Some Common Sleep Disorders

Primary sleep disorders all have a physiological basis. Something in the sleep mechanism is amiss.

Sleep Apnea — Persons with sleep apnea stop breathing several times during each night's sleep. Each episode ends with a sudden snore. The cause may be a central nervous system problem or an upper airway obstruction; in rare cases, both causes may exist. Symptoms include excessive daytime sleepiness and complaints of poor sleep. In some people this can be life threatening and may require a respiratory aid or surgery.

Myoclonus (Restless Legs) — This “disorder of initiating and maintaining sleep” is diagnosed when highly stereotyped leg twitches repeat every 20 to 40 seconds. Episodes generally last from five minutes to two hours and alternate with periods of normal sleep. It is not the same as “hypnic jerks” which startle many of us as we fall asleep. The victim of myoclonus is usually unaware of leg movements, but complains of fragmented and unrefreshing sleep.

Insomnia is a “disorder of initiating and maintaining sleep.” The insomniac may be totally relaxed and still sleep poorly because of a weakness in the sleep system. This can be manifested as difficulties falling asleep, frequent nocturnal arousals, or early-morning awakenings. “Transient” insomnia lasts less than three weeks and usually has an emotional cause. “Persistent psychophysiological” insomnia usually starts with a prolonged episode of stress. Insomnia is often caused by drugs and alcohol. It may also accompany myoclonus- (“restless legs”).

Confront your “Dreamons”

Why do we have bad dreams? People who experience trauma/stress in their lives often relive it while asleep. Our subconscious often copes with the difficult times in our lives through our dreams. To develop a take-charge mindset, try ‘dream intervention’. Before going to bed, reflect on what may be bothering you and imagine more positive outcomes. Your dream content may soon become less stressful.



Suggestions: A warm beverage makes us happy and trusting. Grab a cup of hot herbal tea or warm milk before bed.

How to Get a Good Night's Sleep

Spa Day

Yoga

Exercise (deep breathing)

Fresh air

Relaxation

Carmen Meehan

Coordinator, Districts 6, 8, 10
1-800-563-3938
634-2901
carmen.meehan@nb.aibn.com

Niel Cameron

Districts 2, 15, 16
1-888-763-5050
855-5243
niel.cameron@nb.aibn.com

Michael LeBlanc

Districts 14, 17, 18
1-800-561-1727
462-0208
michael.leblanc@nb.aibn.com

tnb THEATRE NEW BRUNSWICK
young company

January 24 - April 8, 2011
For Elementary & Middle Schools

This fairy tale about good and evil follows a young girl as she is initiated into the community of adult magicians. Under a cloak of darkness, the Book of Miracles is stolen... and only she can retrieve it.

THE BOOK OF MIRACLES

by DAVID S. CRAIG & ROBERT MORGAN



Romeo & Juliet

William Shakespeare's
adapted by Caleb Marshall & Jenn McCaw

January 24 - April 8, 2011
For Middle & High Schools

This tale of young love clashing with family duty has been 'paired' down to focus on the tragic love story at the heart of it all. As the two lovers interact with a silent and invisible cast of Capulets and Montagues, we experience how overwhelmed they are in a world run by adults. A simple, clear, and fresh telling of a classic tale that is certain to engage students!

TNB Young Company is pleased to bring you a new season full of exciting and entertaining performances! Each year, we reach almost 30,000 students throughout New Brunswick. As you know, these shows are fun, interactive, educational, and a great way to introduce live theatre to your students! Schools are also given the option of adding a workshop, led by an actor, for one of their classes. These workshops will link an exploration of theatre with themes from the play.

1 Performance: **\$530 (+HST)**, 2 Performances (same day and location): **\$960 (+HST)**,
3 Performances (same day & location): **\$1365 (+HST)**, Workshops: **\$85(+HST)**

Please note: Workshop options may be limited due to scheduling constraints.
Visit our website: www.tnb.nb.ca

For more information and to book performances, contact our Programs Coordinator:
Phone: 506.460.1386 Fax: 506.453.9315 Email: youngcompany@tnb.nb.ca

Are You Eligible to Retire?

The New Brunswick Teachers' Pension Act (TPA) provides that a teacher becomes eligible to retire on an immediate pension:

- (a) at age 65 with 5 or more years of pensionable service (no reduction)
- (b) at age 60 with 5 or more years of pensionable service (Pension reduced 5 per cent per year for each year under age 65)
- (c) at age 60 with 20 or more years of pensionable service (no reduction)
- (d) when the combination of a teacher's age and service reaches 80 (reduced pension). (Reduction will be 2.5% for each index year that retirement precedes age/service index of 87)
- (e) when a combination of a teacher's age and service equals 87 (no reduction)
- (f) after completing 35 years of pensionable service (full pension)

Below is a checklist of things you should do when you have decided to stop teaching and receive your pension:

- If you are unsure of your pension service, check with the Compensation & Employee Benefits Division, Office of Human Resources (Pensions Branch) to make sure that you are indeed eligible for retirement. Include your Social Insurance Number (SIN) and birth certificate in any communication with the Pensions Branch.
- Notify your Superintendent, in writing, of your intention to retire (the Regulations of the Education Act now stipulate this notification be communicated as of February 1st):
 - (a) specify the date of retirement (always at end of the month - e.g., June 30, 2010)

Note: In the case of a disability pension, these steps will only occur once the teacher has received approval for his/her disability pension from the Compensation & Employee Benefits Division, Office of Human Resources.

- Make arrangements with a financial institution to have your retirement allowance placed in a RRSP account or any other registered investment mechanism. The banking institution, trust company or credit union, etc. will then undertake the necessary steps (complete TD2 form) so that

the amount is deposited directly into a RRSP account without going through your hands. Otherwise you might end up paying tax at a high rate on that amount.

- If you are age 60 or over, do not forget to apply for the Canada Pension (CPP).

Forms to fill out at District Office:

1. Termination Notice / Benefit Request — Claim for pension benefits (copy of birth certificate(s) required)
2. TD1 — Personal exemptions for income tax purposes after retirement
3. Direct Deposit form (blank, void cheque required)
4. NBTF Group Insurance form indicating what you plan to do regarding your group insurance coverage. This will allow the Compensation & Employee Benefits Division to make the necessary deductions from your pension cheque.

Note: It is important that the Compensation & Employee Benefits Division receive the necessary forms properly filled out (notice of termination and TD1) at least 90 days prior to the month you expect to receive your pension. The School District will look after sending these forms where appropriate.

Pension cheques are received on the 23rd/24th of each month, except December.
For any additional information on the above process, please contact:

Michael Ketchum, New Brunswick Teachers' Association
P.O. Box 752, Fredericton, NB E3B 5R6 Tel. 452-1722 or

Pension & Employee Benefits Division, Office of Human Resources
P.O. Box 6000, Fredericton, N.B. E3B 5H1 Tel. 453-2296 or 1-800-561-4012

If you have decided to retire, please notify NBTA Central Office as soon as possible.
This will help us prepare for the provincial Retiring Teachers' Luncheon
which will be held on Saturday, May 28.

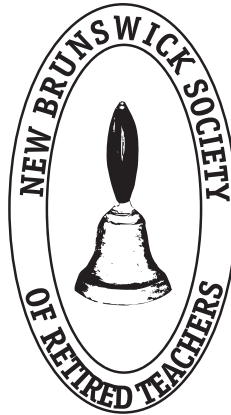


Michael Ketchum

ATTENTION RETIRED TEACHERS

If you are a recently retired teacher or know someone who is, you are encouraged to join your professional organization: the New Brunswick Society of Retired Teachers. Membership in the NBSRT has the following benefits:

- Being part of a growing organization of over 2000 members.
- *Reflections* magazine published three times per year.
- Representation on the NBTF Group Insurance Trustees.
- School Days Museum filled with teaching memorabilia and artifacts.
- Affiliations with NBTA, Canadian Association of Retired Teachers, SERFNB, Coalition for Seniors and Nursing Home Residents Rights
- Deduction of dues at source.



For membership information contact Vernon Harding, Membership Secretary, (506)459-2633, or e-mail at tutoris@nbnet.nb.ca

Roger H. Nesbitt, President
New Brunswick Society of Retired Teachers

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School of Graduate Studies Award

The G. Forbes Elliot Award for Educational Leadership

Value: \$5,000 in 2011

Duration: One year

Description

The award is to encourage experienced teachers who have demonstrated leadership qualities related to their educational field to return to university to undertake postgraduate studies at the Master's or Doctoral level at the University of New Brunswick.

It is funded from the estate of the late Dr. G. Forbes Elliot, first Vice-President of the Saint John Campus.

Eligibility

Recipients must have taught for a minimum of five years in the public schools of New Brunswick. They must have been accepted unconditionally into the graduate program in education and normally

be in full-time attendance at the time of receipt of the award. If in any year, in the opinion of the Selection Committee, there are no full-time graduate studies candidates who satisfy the eligibility criteria, all or part of the award may be granted to one or more suitably qualified part-time graduate studies candidates.

Application Deadline

February 15 of the year in which the studies are expected to commence.

Awarding Agency

The University of New Brunswick, upon the recommendation of the Selection Committee.

Application forms available from:

The Elliot Award Selection Committee Coordinator
PO Box 5050
Saint John, NB E2L 4L5
E-mail: educsj@unbsj.ca

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NEXT YEAR YOUR STUDENTS' ART COULD BE FLYING HIGH IN CANADA'S CAPITAL AT MAJOR'S HILL PARK.

Congratulations to the winners of the 2010 "Raise Your Voices" Banner Contest and the hundreds of students who participated!

The National Capital Commission (NCC), in partnership with Classroom Connections, is kicking off Year 2 of this exciting **CROSS-CANADA CONTEST AND PUBLIC ART PROJECT.**

Help your students have their voices heard by creating an original banner design that brings youth issues to the capital.

Go to www.canadascapital.gc.ca/bannercontest to get full details, view last year's winners and download an easy-to-use lesson plan for introducing the contest in your class.

The contest is open to Grades 5–8 classes in schools across Canada. The deadline for entries is February 18, 2011.

THE GATHERING PLACE
AN EXPLORATION OF CANADA'S CAPITAL

Teach Nutrition.org

Created exclusively for teachers who educate children about, healthy eating. Rated by teachers such as you as one of THE best sites for nutrition education support!

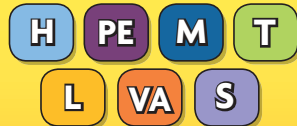


- ✓ Explore our new tips, tools and strategies to help take your nutrition teaching to the next level
- ✓ Discover our free cross-curricular programs
- ✓ Request a free teacher workshop
- ✓ Order free resources for students and parents
- ✓ Submit an entry to our Teach Nutrition Award and win \$100! View past winners' innovative teaching ideas



Power4Bones is a **FREE** cross-curricular **GRADE 5** program.

It is designed to make teaching healthy living easy while meeting your provincial curriculum expectations across many subjects.



Join the 7,500 classes that have already participated in this exciting program.

"It's probably the best laid out program I have seen in 30 years. The interactive components allow kids to apply the concepts to their own lives. Tasks integrate language, arts, science, health and computer skills. That demonstrates what an incredible program it is!"

– Grade 5 teacher, Ottawa (ON)





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teachnutrition.org



DÉFI VIDÉO / REAL WORLD VIDEO CHALLENGE

The Kaleidoscope Real World Video Challenge is a call-out to youth across Canada to raise their voices on global issues.

Organized by seven Provincial/Regional Councils for International Cooperation across Canada, Kaleidoscope is a space for youth to reach their peers, communities and leaders by creating videos under five minutes in length highlighting why they think active global citizenship is important and what makes them global citizens.

Many teachers across Canada are using the initiative as a class project, motivating students to reflect on global issues and work on the video during classroom time. We invite you use this contest as a motivational tool and connect your students to global issues!

The contest will be open until March 31, 2011. The first place winners in each age category (ages 13 and under and 14-18) will receive a video camera or equivalent cash prize up to \$500. A selection of winners will go to Ottawa in September 2011 to present their videos at the Kaleidoscope National Gala and Youth

Conference.

Visit www.videochallenge.ca or www.defivideo.ca for contest guidelines, videos and other resources.

In the Atlantic region, the Atlantic Council for International Cooperation manages the Kaleidoscope contest. The contest is funded in part by the Canadian International Development Agency (CIDA). To speak with the Atlantic region representative, please contact Rena Kulczycki at admin@acic-caci.org, or (1-902) 431-2311.

KALEIDOSCOPE
DÉFI VIDÉO / REAL WORLD VIDEO CHALLENGE

REAL WORLD VIDEO CHALLENGE!

AN ONLINE CONTEST FOR YOUTH - AGES 13 AND UNDER

**Are you an active global citizen?
Got something to say?
We are all ears!**

Submit a short video telling us why you care about global issues and what you think needs to be done!

You could win a video camera and a trip to Ottawa.

Deadline: March 31, 2011
For more information:
www.videochallenge.ca

Canadian International Development Agency / Agence canadienne de développement international

Canada



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Saving your pen pal's life and adding video for live cultural exchanges... priceless.

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What is your image of the child?
Critical questions in early childhood policy, provision and practice



Public Presentation

by Internationally Renowned
 Early Childhood Educator/Researcher

PETER MOSS

**Monday, February 7, 2011
 7:00 pm**

**Room 261, Marshall d'Avray Hall
 University of New Brunswick**

Peter will discuss how our image of children shapes early learning and care and its relationship to the formal education system.

This conversation will be of interest to parents, grandparents, childcare educators, public school teachers, policy makers, and all friends of children.

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Teacher Counselling Service



L'Institut de recherche en langues secondes du Canada (IRL₂C)
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Soutenir nos élèves en immersion : gérer la classe diversifiée

L'institut aura lieu au Fredericton Inn, à Fredericton,
au Nouveau-Brunswick, du 15 au 19 août 2011.



Cet institut examinera la littératie dans le contexte des classes diversifiées en immersion. Visitez notre site Web www.unb.ca/L2 et cliquez sur « Institut d'été 2011 » pour des détails concernant les présentations et les présentateurs, et pour faire la demande. Si votre demande est retenue, vous serez admissible à une bourse pour défrayer les frais d'inscription, de voyage et/ou d'hébergement. Il est possible d'utiliser cet institut pour remplir les exigences menant à l'accomplissement d'un cours universitaire à l'UNB au niveau du premier cycle (undergraduate).



L'IRL₂C offre des bourses pour des excursions culturelles!

Nous avons un nombre limité de bourses pour appuyer une excursion. Ces bourses, jusqu'à un maximum de 500.00\$, sont disponibles aux enseignants du français langue seconde (français de base, français intensif et immersion) dans la province du Nouveau-Brunswick. Visitez notre site web : www.unb.ca/L2 pour trouver le formulaire de demande et des détails supplémentaires. Il faut faire demande avant le 1 mars 2011.



L'IRL₂C annonce le concours vidéo *Être bilingue au Nouveau-Brunswick*

Trois prix pour chaque niveau des programmes de français langue seconde - élémentaire, intermédiaire et secondaire – seront offerts : \$500 pour le meilleur vidéo clip; \$300 dollars pour la 2^e place; et \$150 pour la 3^e place. La date limite pour envoyer le vidéo clip est le 15 avril 2011. Pour des détails supplémentaires et les règlements du concours, visitez notre site Web : www.unb.ca/L2

29th Annual New Brunswick Mathematics Competition (for Grades 7, 8, 9)

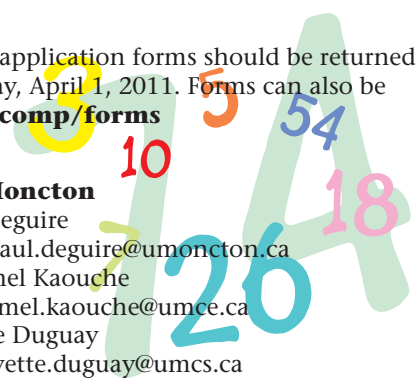
Friday April 29, 2011

Forms will be sent to the principals by the beginning of February. Preliminary application forms should be returned by Friday, March 4, 2011 and final application forms should be returned by Friday, April 1, 2011. Forms can also be submitted electronically by accessing: <http://www.math.unb.ca/mathcomp/forms>

For further information contact:

University of New Brunswick
 Fredericton - Maureen Tingley
 (506) 458-7343, maureen.tingley@unb.ca
 Saint John - Tim Alderson
 (506) 648-5622, tim@unbsj.ca

Université de Moncton
 Moncton - Paul Deguire
 (506) 858-4155, paul.deguire@umoncton.ca
 Edmundston - Amel Kaouche
 (506) 737-5156, amel.kaouche@umce.ca
 Shippigan - Yvette Duguay
 (506) 336-3451, yvette.duguay@umcs.ca



Bowling Tournament

The annual NBTA Bowling Tournament took place at the Fairview Lanes in Saint John, Oct. 15-17, 2010. Moncton will host the tournament in Oct. 2011.



1st Place Team
 "Minto Coal Cats" - (l to r) Alden Randall, Patty Guitard, MelMacKenzie, Bev Calabrese, Gary DiPaolo



2nd Place Team
 "Chipman Fireballs" - (l to r) Art Guitard, Paula Dunnett, Jan Copeland, Marilyn Hoyt, Roger Brown



Winner of the Ladies High Average and High Single
 (left) Bev Calabrese of the "Minto Coal Cats"



Winner of the Men's High Single and High Average
 (left) Roger Brown of the "Chipman Fireballs"



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Motivating Change

- Strategies for Approaching Resistance

Moncton, NB - February 24-25, 2011

Helping professionals regularly encounter challenging forms of resistance in their clients, and feel unable to respond in an effective way. Drawing from the approaches of Motivational Interviewing, Positive Discipline and Internal Family Systems Model, this experiential workshop will equip helping professionals with an enhanced style and new strategies that will strengthen their therapeutic relationships and maximize potential for motivating change.

Violence Threat Assessment

- Planning and Response

Moncton, NB - June 13, 2011

After a violent incident, it is not uncommon to find that many different people were aware of clues that an attack was being planned. Yet, without the proper mechanism to gather information and assess the situation, prevention is nearly impossible. This workshop provides a communication and decision-making model to help businesses, schools, organizations and communities become proactive in their management of threats. Strategies to help you identify, assess, and manage individuals who make threats will be explored.

Family Violence

- Working Towards Solutions

Moncton, NB - April 28-29, 2011

Family violence occurs in every community and culture and has profound effects on every person it touches. This workshop examines different forms of violence within family relationships including psychological/emotional, physical and sexual abuse. Assessment and Interventions will be explored for working with those who perpetrate violence as well as those who are abused, with the goal of moving beyond shame and hurt to the restoration of relationships and prevention of further violence.

Mental Illness -

- Awareness and Support

Moncton, NB - June 14, 2011

While common, understanding the signs and symptoms related to mental illness can be confusing and overwhelming. This workshop will give participants a general overview of common adult mental illnesses and their symptoms, causes and treatment. The final portion of the workshop explores ways of providing initial support and how to access professional help for people struggling with mental illness.

CTRI WORKSHOP FEES:

One-day *early rate: \$160 One-day regular rate: \$190
Two-day *early rate: \$260 Two-day regular rate: \$320

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

Workshops coming to Halifax, NS:

Gender and Sexual Identity in Youth: March 24-25, 2011
Self-Injury Behaviour in Youth - Issues and Strategies: May 25, 26, 2011
Disordered Eating - From Image to Illness: May 27, 2011

PROVIDING WORKSHOPS FOR PERSONAL GROWTH THAT EMPOWER AND MOTIVATE



CONFLICT RESOLUTION SKILLS

- Dealing with Difficult People

Fredericton, NB: April 14, 2011

Halifax, NS: April 11, 2011

MEDIATION

- A Process for Conflict Intervention

Moncton, NB: June 9-10, 2011

ASSERTIVE COMMUNICATION

Fredericton, NB: April 15, 2011

Halifax, NS: April 12, 2011

ACHIEVE WORKSHOP FEES (Per workshop):

One-day *early rate: \$145 One-day regular rate: \$175

Two-day *early rate: \$385 Two-day regular rate: \$460

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

www.achievecentre.com 1.204.452.0180



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Announcements



Resources for Rethinking (www.R4R.ca) is a free, on-line database of classroom-ready resources and lesson plans to help teachers bring environmental, social and economic themes and concepts into their classrooms. Each R4R resource has been reviewed by an experienced classroom teacher and matched to curriculum outcomes for all provinces and territories.

Check it out at:
www.R4R.ca

Find Resources

Select one or more fields below to find relevant resources.

Jurisdiction:

Grade:

Remember Selection

Subject:

Theme:

Organization:

Title:

Weather and Oceanography Workshops

Interested in a **weather** or **ocean sciences** workshop that uses sound science and current data? One that's run by an internationally respected scientific organization? One that will cover almost all of its participants' expenses?

The Canadian Meteorological and Oceanographic Society (CMOS) has been invited by the American Meteorological Society (AMS) to select a Canadian teacher to attend PROJECT ATMOSPHERE and the MAURY PROJECT. CMOS is inviting Canadian teachers to apply to attend these two workshops.

Specifically designed for teachers, these two-week workshops use current science and real-world techniques and provide teachers with a wealth of classroom-ready ideas and plans. The workshops are run by the American Meteorological Society (AMS).

Project Atmosphere - <http://www.cmos.ca/ProjectAtmosphere.html>

This meteorology workshop takes place **July 17-29** at the National Weather Service Training Center in **Kansas City, Missouri**. Expenses while on the workshop are covered by allowances from the AMS, CMOS and the Canadian Council for Geographic Education (CCGE); CMOS and CCGE each provide a \$300 sub-

sidy (for a total of \$600) for travel to and from the workshop.

The deadline for applications is **March 15, 2011**. For more information, including an application form and a report from last year's participant, please visit <http://www.cmos.ca/ProjectAtmosphere.html>.

Maury Project - <http://www.cmos.ca/ProjectMaury.html>

This oceanography workshop takes place **July 11-22** at the United States Naval Academy in **Annapolis, Maryland**. Expenses while on the workshop are covered by allowances from the AMS. CMOS and the Canadian National Committee/Scientific Committee on Oceanic Research (CNC/SCOR) each provide a \$300 subsidy (for a total of \$600) for travel to and from the workshop.

The deadline for applications is **March 8, 2011**. For more information, including an application form and a report from last year's participant, please visit <http://www.cmos.ca/ProjectMaury.html>.

If you would like more information or have questions please visit the websites above or contact me (Sheila Bourque) at education@cmos.ca.

Sheila Bourque
Director, Education and Outreach
Canadian Meteorological and
Oceanographic Society



Why Join NBTA Credit Union?



Bob Fitzpatrick
Retired Executive
Director, NBTA

"I've been a member since I began teaching on the Miramichi in the 1970's. When I came to work at NBTA, I continued to use the Credit Union because it was so convenient to have it in the same building.

I joined initially because it was so easy to have a little bit of money taken from each pay for savings. The deduction at source just worked so well for both savings and loan payments. I stayed because the Credit Union staff always made any transaction so easy, even when we were communicating mainly by phone and fax.

Over the thirty plus years that I have been a member/owner of NBTA Credit Union, I have used pretty much every product/service that the Credit Union offers. I have had car and personal loans and I have used direct deposit for savings, and RRSPs. Lately, I have used Dave Gorman's services as a financial advisor. My children also joined at an early age to open savings accounts.

To me, the three biggest attractions for joining and staying with the NBTA Credit Union are:

- The friendliest and most accommodating staff I have ever worked with at any financial institution
- The wide range of financial services available at the NBTA Credit Union
- The likelihood of a significant rebate of interest on loans and savings at the end of each year. (This year the rebate was 15%)

Many people, from outside the Fredericton area, have told me over the years that they were concerned with trying to carry on financial transactions from a distance from the Credit Union. I can only say that I never had a problem when I was living in Chatham. A phone call or a letter (today, even an email) is all that it took to get access to any service. As a matter of fact, receiving a service from the NBTA Credit Union was often easier than working through the local bank."



Cynthia Burnett
Grade 2,
Barker's Point
School

"I first became a member-owner of NBTA Credit Union six years ago as a new teacher. I have never looked back and would not consider using any other financial institution again. The NBTA Credit Union and staff are there for me and my family whenever we need them. As a member, you are a valued owner.

Becoming a Credit Union member has made a positive impact on my family's life. I went from dealing with computers on the phone, and being a number at a branch, to joining a financial institution that knows me by name and wants to help me in any way that they can. Whenever I need anything, it is a phone call or email to a staff member and I am promptly served and problems are resolved.

The NBTA Credit Union also already knows and understands the teaching profession which makes being a member-owner very convenient. The ease of banking and dealing with my money has become one of my smallest worries in my life which is the way it should be."

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

Place Label Here



NBTA

650 Montgomery St., P.O. Box 752, Fredericton, N.B. E3B 5R6
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E-mail: nbtacu@nbnet.nb.ca • Web: <http://www.nbtacu.nb.ca>
Hours: Monday to Friday, Telephone Service 8:30 am - 4:30 pm
In-Branch Service: 9:00 am - 4:30 pm

