

NBTΔ NEWS

NEW BRUNSWICK TEACHERS' ASSOCIATION



**George Daley Begins Term as
NBTΔ President**

Project Overseas 2017: Guyana

Educational Leaves: 2018-2019



Your NBTA, Your Magazine

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

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

We look forward to hearing from you!

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A Message from the President



The excitement of a new year has begun with first day back clothes, freshly-purchased supplies and a few electronic gadgets. You may think I was referring to the first day of school, but I was referencing my first day as NBTA President.

It is never lost on me that the teachers of New

Brunswick changed my life possibilities. So many great people encouraged me and saw things in me that I never fully recognized in myself. I am fully aware today, and will be throughout my term, of the immense responsibility that I am assuming and the role I need to play in advancing the betterment of our current teachers.

The beginning of a school year is always so hectic, but I always found the energy so positive and enjoyable. I hope everyone is off to a great start up, and that you all enjoyed a wonderful and restful summer vacation. Congratulations also to the many teachers who participated in various forms of professional learning this summer to better serve your students.

One of my personal priorities is to work on improving teacher morale, keeping that first-day back energy. Teacher realities have changed as many now feel they, and our profession, are under constant attack either from the media or parents. Actually, while we do face criticism, many media outlets do present a balanced view and, in general, parents have strongly favourable views of teachers. I am hoping to get teachers and the media to focus on your awesome work; you do change lives. Together we must work to change the dialogue to one of our successes, and restore the confidence of NB teachers. To start, I have asked each Branch to submit at least one good news story a year, directly to me. Also, we will be running monthly contests for submissions of your school's good news stories to our Facebook page. I will visit as many of those schools as I can, and I will do my best to see their stories are shared provincially in other

media formats. There is so much positive out there! It is time we all focused on it.

We also must remember to recognize the positives in our system. We have a Premier who continues to stress that education is a key priority, committing to a 10-year Education Plan and giving EECD the largest departmental budget increase of 4.9% for the 2017-18 fiscal year. Further, we have just signed a 5-year collective agreement that will see 250 new FTEs enter the system. This is all excellent news for education and it has the potential for a system stability that I have never experienced in my twenty-two-year career. Yes, there are challenges, but I believe we must always keep the positive in our view as we reflect on our positions and look towards the future.

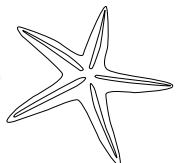
Other immediate personal priorities:

Policy 322 Inclusive Education - We have expended a great deal of time and effort in hopes of bringing about changes that will allow teachers to best serve all our students. As a result, a new 322 Clarification document is scheduled for release in early fall. I encourage you all to provide your Directors feedback on the document prior to our October Board meetings.

Mental Health - Teachers are facing issues that I doubt anyone could have ever imagined a few years back. New Brunswick needs a comprehensive and properly-funded mental health program that includes a plan to train, recruit and retain psychologists for the education system.

Integrate Service Delivery – This model is a solid step forward in attempting to offer wrap-around services for students. The program must not, however, come at the cost of cuts to school staffing or services. We must push this government to, once and for all, properly fund the model with new positions.

Thank you once again for your support and confidence. My effectiveness as President is enhanced by your input. Please do not hesitate to contact me by e-mail with your comments and thoughts. I look forward to visiting many schools and meeting with many of you over the next two years.

George 

NBTA Leadership Conference 2017



New NBTA President Works with Teacher Leaders



August was a busy month for NBTA President George Daley, who began his two-year term on August 1, 2017, and over a hundred teacher leaders from across the Province. Coinciding with the start of each NBTA President's term, the Association holds a Leadership Conference during which participants help set future directions for the Association by providing input into the NBTA Strategic Action Plan. These teacher volunteers

also receive updates on the activities of the Association and training for their roles as NBTA Branch leaders. This year's two-day event was followed by an NBTA Executive Committee orientation and summer meeting on August 16 & 17. The Executive Committee, which includes the NBTA President, Vice-President and Past President, also has five additional members from the Board of Directors who were elected by their counterparts in May. Over four hundred full-time teachers volunteer their time to serve their colleagues as NBTA School Reps, local Branch Officers, elected leaders of the provincial Board of Directors or as members of various Association committees.

CTRI CRISIS & TRAUMA
RESOURCE INSTITUTE

PUBLIC WORKSHOPS COMING TO
NEW BRUNSWICK THIS FALL/WINTER

BORDERLINE PERSONALITY DISORDER—Understanding and Supporting
Fredericton: October 19, 2017

REFUGEES AND TRAUMA—Understanding and Supporting Resilience
Moncton: October 24-25, 2017

UNDERSTANDING MENTAL HEALTH CONCERNS IN CHILDREN & YOUTH
Fredericton: November 8, 2017

BRIEF FOCUSED COUNSELLING SKILLS—Strategies from Leading Frameworks
Moncton: November 21-22, 2017

CRISIS RESPONSE PLANNING
Moncton: December 6, 2017

ADDICTIONS AND MENTAL ILLNESS—Working with Co-occurring Disorders
Fredericton: December 12, 2017

TRAUMA—Strategies for Resolving the Impact of Post-Traumatic Stress
Fredericton: February 22-23, 2018

DE-ESCALATING POTENTIALLY VIOLENT SITUATIONS™
Moncton: March 1, 2018

CHALLENGING BEHAVIOURS IN YOUTH—Strategies for Intervention
Fredericton: March 15, 2018

ATTACHMENT AND FAMILIES—Strategies for Engaging and Helping
Moncton: March 19-20, 2018



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CTF's Project Overseas 2017 – Guyana

by Adam Hayward, Numeracy Lead, ASD-North



Adam Hayward (back row right) along with five other Canadian Project Overseas teachers, the Executive of the Guyana Teachers' Union, and Chief Education Officer of Guyana.

Travel writer and novelist Paul Theroux once said, “Most travel, and certainly the rewarding kind, involves depending on the kindness of strangers, putting yourself into the hands of people you don’t know and trusting them with your life.” In the summer of 2017, I travelled to Guyana with the Canadian Teachers’ Federation Project Overseas and experienced this most “rewarding kind” of travel. Indeed, in the company of five other teachers from across Canada, we depended on the kindness of strangers and we trusted people we did not know with our lives. The reward was a professional development experience and cultural exchange like no other. The teachers from the Guyanese Teachers’ Union, who we originally met as strangers and entrusted with our lives for 3 weeks in the middle of the rainforest, quickly turned from strangers to colleagues, and ultimately to friends. While our mission was to disseminate best practices and curriculum expertise to underserved teachers in the “hinterlands”, this experience proved to be just as enlightening and educational, both personally and professionally, for all of us who made the long trek from Canada to Guyana.

At the outset of our experience working with our colleagues from Guyana, it appeared we had much more in common than we had differences when it came to professional issues: class size, class composition, poor working conditions, lack of resources, student attendance, and the list goes on. While on the surface this list reads like the grumblings of any school staff room in New Brunswick, it quickly became apparent that the issues faced by Guyanese teachers were much deeper, more systemically embedded, and, for the sake of the students and teachers, potentially much more dire. However, what stood out from our discussions is that the Guyanese teachers were not willing to linger too long on complaints and wanted to move on to brainstorming and working on solutions. Perhaps the greatest demonstration of their willingness to solve these issues and their commitment to the profession was their very attendance at our 10-day training session. On opening day, some teachers arrived by motorcycles and some packed into 15 passenger vans which rattled down 100kms of the worst “trails” I have ever experienced in my life. They came by foot in the 40 degree heat and torrential rains and by small boats floating up the flooded Berbice River. They not only came with books and pencils in hand but some brought their children along with them to classes each day as they could not afford babysitting. Some even brought grade 11 and 12 students who were aspiring teachers. Even an outbreak of conjunctivitis in the community, which affected approximately 15% of our participants, did not

stop these educators from seeking to better their professional practices during what should have been their summer holidays.

The program promised to offer professional development in the fields of science, literacy, math, guidance, leadership and HIV/AIDS, which is ravishing the country. While I was tasked with leading the sessions on science and focusing on scientific skills, project-based learning, and hands-on learning, it quickly became apparent that I had more to learn from my Guyanese colleagues and co-tutor than I could possibly impart to them. My Guyanese co-tutor, Ms. Amanda Wills, noted that one of the greatest challenges facing science teachers was not poor resources, but a complete absence of scientific tools and equipment. To remedy this situation, for homework she asked the participants to collect at least one bag of garbage that had potential to be re-used. The following day Ms. Wills's plan was to challenge the teachers to turn this trash into usable equipment for their classroom. The next day we listed over 30 different pieces of equipment one might find in a working science lab. Armed with pop bottles, straws, pieces of plastic, cups, and toilet paper rolls teachers created working beakers, overflow containers, balance scales, erasable whiteboards, Bunsen burners and even magnifying glasses. The ingenuity and resourcefulness of Ms. Wills demonstrated to the teachers, and myself, that the obstacles faced by lack of resources can be overcome with a little creativity and some garbage.

Mr. Leon, another participant, was eager to show off his school's agricultural science program which he started. Upon accompanying him to the school I expected to see his classroom, but was in awe when he showed me a fully-functioning farm, just behind the school. His students are responsible for maintaining the farm, tending to the crops, and feeding the animals (even during the summer holidays). To add to this program, he also has students do market research and launch marketing campaigns in order to compete with local suppliers and ensure the stability of the program. These are just two small examples of countless times the Guyanese teachers demonstrated to me how they do more with less in their classrooms; examples of real-world learning I will bring back to my classroom this year.

Upon my return to Canada I was charged with writing this article for the NBTA newsletter. I must admit, I found this exercise difficult. Taking part in Project Overseas is a very personal experience and encapsulating it in less than one thousand words is almost impossible. It is an experience that is wrought with challenges, emotions, and risk. It places one in a position of vulnerability that the most "rewarding kind" of travel promises. However, by persevering through these challenges, overcoming the risks, and accepting the virtues of vulnerability one not only grows as a person, but as a professional. While I have found that it can be difficult to relay my experiences to my family, friends, and colleagues, I realize that perhaps the most attentive ears await me when my students enter my classroom this year. Sharing this experience and all that I have learned with my students will be my reward. Each year, I reinforce the notion that students should look for primary sources when it comes to gathering information. Project Overseas has afforded me the opportunity to be a primary source for them when it comes to the rainforest and the people of Guyana. I have watched poisonous snakes being killed in the jungle; I have seen the scars left by unsustainable mining and forestry practices; I have learned about the flora and fauna from a local fruit plantation farmer who gained his knowledge from his forefathers; and I have bailed out a small canoe to prevent our boat from sinking in the midst of a torrential downpour. I will be able to share these stories and pictures with my students for the remainder of my career.

As teachers, our "to do list" begins to grow in late August and only swells as the school year endures. However, I encourage anyone who seeks to better understand themselves, our profession, and our world to apply for Project Overseas. Depend upon the kindness of strangers, put your life in the hands of people you do not know, and experience the most rewarding personal and professional learning experience our profession has to offer.

How to Apply

Further information & application forms may be obtained from the NBTA website:

www.nbta.ca

Deadline: November 1, 2017

Further information may also be obtained by visiting:

www.ctf-fce.ca or from
melinda.cook@nbta.ca

Send completed forms to:

Melinda Cook
NBTA, P.O. Box 752
650 Montgomery Street
Fredericton, NB
E3B 5R6

Key this Week

Project Overseas 2018



Application Deadline:
November 1, 2017

**Deadline for Applications:
November 3, 2017**

**Application Forms:
Use Only Forms Marked
"For 2018-2019"**

General

In order to advise teacher applicants by the end of January 2018, the deadline date for applications has been established as November 3, 2017.

Special Information

- teachers who have a *Schedule B contract* and who have *completed five (5) years of teaching in New Brunswick by the application deadline* are eligible for an educational leave up to one full year. Please note that both short-term and full-year leaves are for the 2018-2019 school year only; leaves for January-June, 2018 cannot be considered.
- in keeping with the Collective Agreement, a teacher on an educational leave shall receive seventy per cent of the salary he/she would have received had he/she been employed during the period of the educational leave in the position which he/she held at the time his/her application was submitted.
- a teacher who is granted an educational leave of six (6) months or more shall agree in writing to return to the field of public education in New Brunswick for a period of at least one year.
- no teacher shall be eligible for a subsequent educational leave until he/she has been employed as a teacher in New Brunswick for a further one (1) year for each two (2) months of an educational leave previously taken.
- the purpose of the leave is stated as follows: *"Educational Leave may be granted to a teacher wishing to devote up to a year's study or study/travel for purposes of retraining, specialization or professional growth."*

Administrative Information

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

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

- Interested teachers should apply to the Secretary, Educational Leave Committee, and

forward one copy to the District Superintendent and one copy to the School Principal. **No applications for educational leave will be accepted by the Committee if post-marked or emailed after November 3, 2017.**

- Applicants shall be advised of the decisions of the Committee by the end of January 2018.

Factors Affecting Selection

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

Other factors that are considered are:

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

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

The composition of the Educational Leave Committee is as follows:

Department of Education: two representatives;
New Brunswick Teachers' Association: George Daley;
Association des enseignantes et des enseignants francophones du Nouveau Brunswick: Lucy Martin;
New Brunswick School Districts: two representatives;
New Brunswick Teachers' Federation
Larry Jamieson – Secretary; Marcel Larocque

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

NBTA Board of Directors 2017-2018



George Daley
President



Larry Jamieson
Executive Director



Table Officers

Elected Teacher Volunteers who Represent their Colleagues at the Provincial Level



Rick Cuming
Vice-President



Barry Snider
Acting Past President



John Fougere
0214



Donna Lagacy
0215



Tanya Legacy
0215



Angela Hoogendyk
0216



Brice Betts
0217 (Alt.)



Harold Dalling
0618



Alyssa MacIsaac
0619



Kari Pasrons
0820



Dan Patterson
0820



Christine Leeman
1021



Joey Lee
1022



Sean Kelly
1023



Peter Lagacy
1428



Bill Hogan
1429



Robina Sharkey
1430



Jason Green
1431



Harmien Dionne
1450



Shelly Durost
1454



Dawn Beckingham
1536



James Ryan
1538



Jessi Stever
1542



Shelley Ward-Cain
1608



Barbara Brown
1610



Nicholas Fullerton
1640



Catherine Campbell
1724



Wendy Peters
1725



Jonathan Hunter
1809



Karla Roy
1826



Gregory Peters
1826

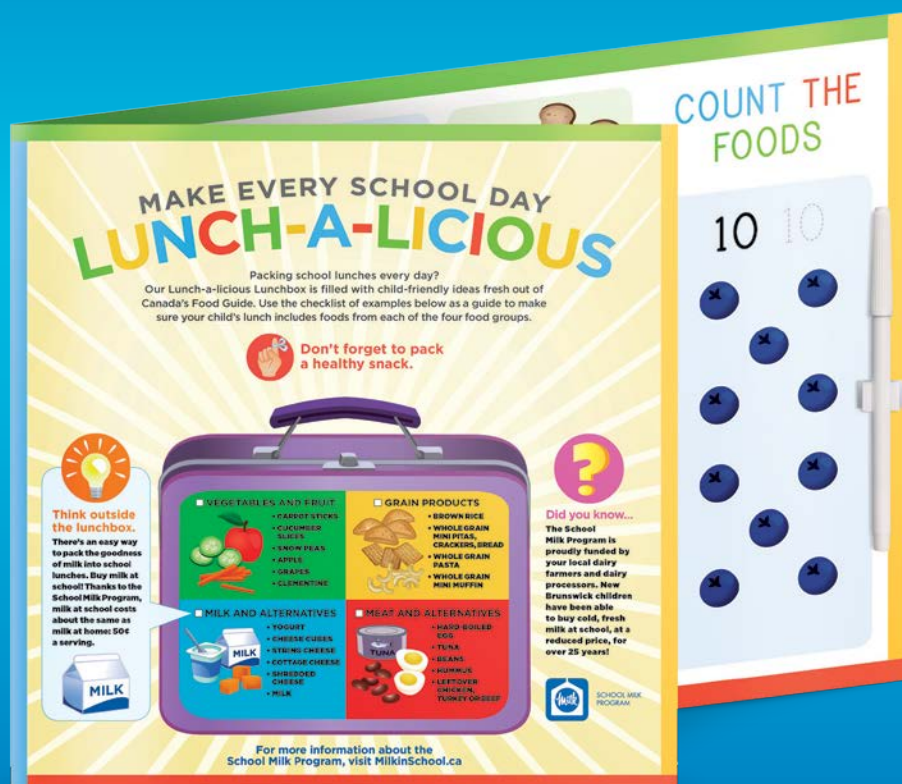


Michael Fletcher
1827

MAKE EVERY SCHOOL DAY LUNCH-A-LICIOUS

A Food Guide based resource for parents of **kindergarten** children that aims to provide:

- Healthy school lunch ideas
- Lunch-box friendly recipes
- Nutrition facts about milk
- Information about the School Milk Program
- And as a bonus, an educational tool that helps little ones learn basic skills such as counting, writing and more.



To order a **FREE** class set for your next parent-teacher meetings, visit:

TeachNutrition.ca/lunch-a-licious

Rainbow Buddy Benches Donated to Five Carleton County Schools

by Kim Pearson



Emma Pearson

Our daughter Emma was a smart, funny, hard-working girl. She had a beautiful smile and a big, unforgettable laugh. She was always being silly and making others laugh. Above all, she was a kind-hearted friend to all. On July 5th 2015, a few weeks after her sixteenth birthday, she was killed in an auto accident. Since then, in her memory, we do what we can to spread the love we have for her around through small acts of kindness.

Emma had gone through the Early French Immersion program, and so she had attended four schools; Bristol Elementary, Florenceville Elementary, Florenceville Middle and Carleton North. The idea was to donate a Buddy Bench to each of these schools as well as one to Centreville Community School because Emma had been employed as a lifeguard with the village.

at the schools. I did all the staining. The bright and cheerful colours of the rainbow seemed perfect for a playground and for her.

Our family made the benches ourselves with most materials having been donated. Our two boys cut the boards to length. My husband drilled the holes for the bolts, attached all the plaques and then assembled them



The idea is that if a child is on the playground and has no one to play with, they sit on the bench and another child seeing this will come and talk and ask him/her to play. We heard from many students, some we didn't even know, that Emma had



Kim and Brent Pearson with Principal of Bristol Elementary - Heidi Stephenson

been that friend to them when no one else was. On each bench is an engraved plaque that says "Be kind. Be a friend. Make this world a better place." She did this. We hope to encourage others to do the same.



2017-2018 NBTA Pension Seminars Registration Form

Date and Location of Seminar:

- October 14 - Moncton
- November 4 - Saint John
- January 20 - Bathurst
- February 3 - Fredericton
- February 24 - Sussex

Deadline for Registration:

- October 6
- October 27
- January 12
- January 26
- February 15

Name of Teacher: _____ Birth Date _____

Email Address: _____ Dist. _____

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

No. of pension years you will have accumulated to June 2017 _____ Certificate Level: _____

Are you planning to buy back time? Yes No If "yes", how much time? _____

If you receive a Responsibility Allowance (Principal/Vice Principal/SPR) or are paid by pay bands, please contact the HR Officer at your District to have your last 4 years' salary history emailed to tammy.boon@nbta.ca.

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

Seminar Guidelines

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

1. All participants must pre-register.
2. Travel and accommodation costs are the responsibility of the participant.
3. A nutrition break will be provided.
4. Questions relating to these seminars should be directed to:
Michael Ketchum
NBTA Staff Officer
New Brunswick Teachers' Association
P.O. Box 752
Fredericton, N.B. E3B 5R6 (Tel. 452-1722)
5. All teachers are welcome to attend.
6. All seminars begin with registration at 8:30 am and sessions at 9:00 am until 1:00 pm.

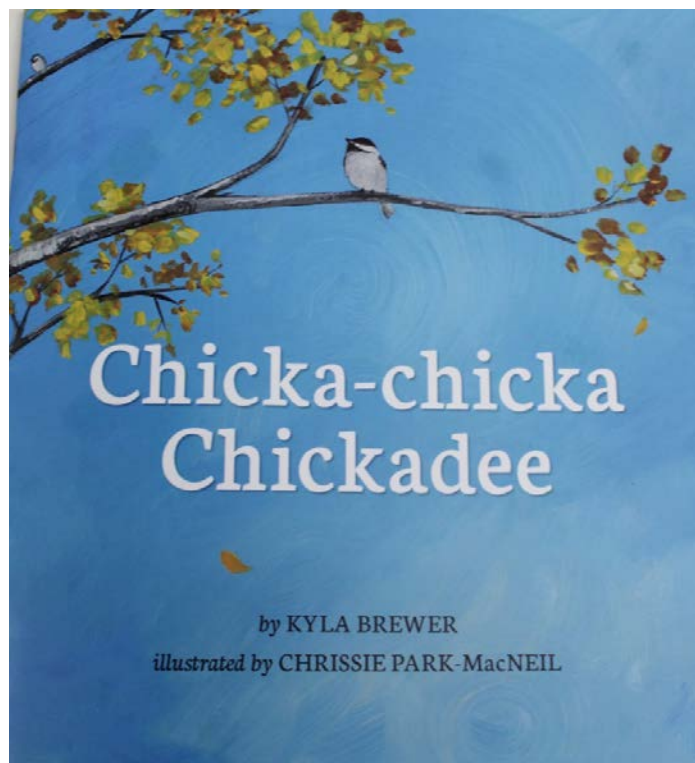
Program

- Teachers' Pension Act
 - contribution rates
 - retirement options
 - pension calculations
 - survivor options
 - purchase and transfer of Pension Service
- Retirement Allowance
 - pre-retirement vacation
- Canada Pension
- Old Age Security
- Financial Planning for Retirement
 - RRSPs
 - RRIFs
 - Annuities

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

Born to Read NB

NBTA Sponsors Book for Born to Read NB: For the past six years, the NBTA has been donating approximately one dollar per member to help support the inclusion of a New Brunswick book in the little red bags of books received by each newborn in the Province. On June 14, the launch of the latest book, Chicka-Chicka Chickadee, took place at Government House in Fredericton. At the same time, BTRNB celebrated its twentieth year of operation. The NBTA is proud to support this early literacy initiative.



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

TEACHER DESIGNED PROFESSIONAL LEARNING GRANTS 2018

WHAT IS A TEACHER DESIGNED PROFESSIONAL LEARNING GRANT?

TDPLG is an annual school-based professional learning opportunity funded by the New Brunswick Teachers' Association. NBTA will award five \$1500 grants for the calendar year January 2018 – December 2018. Interested teams of 3-5 teachers are invited to apply. Application forms will be available online beginning November 6, 2017. The November edition of the *NBTA News* will provide further details concerning selection criteria and grant requirements.

Deadline to apply is December 8, 2017

Tending Our 'Fire': A Professional Responsibility

by Ardith Shirley, NBTA Staff Officer

“*I survived because the fire inside me burned brighter than the fire around me.*” ~ Joshua Graham



In a recent issue of the *Wall Street Journal*, Ann Marie Chaker writes, 'Forget about January. This is the start of the real New Year - September marks a time of change in how we live, what we buy and what goals we set. Families put routines back in place, enforce bedtimes and pack lunches. People clear clutter and vow to cook healthy meals.'

Thinking about September as the 'new' New Year caused my mind to wander to resolutions and renewal. Over my career, I have often wished I could bottle the energy and excitement I felt in September and 'uncork' it mid-November or February (aka report card time) when weariness and exhaustion would be more apt descriptors.

The reality of our work as teachers is that the work truly never ends - there is always 'more' that could be done. More preparation, more feedback, more communication, more planning, more organizing, more volunteering for wonderful opportunities and more professional learning. There is no question, the professional demands are high - our own expectations can often be higher. If we aren't careful, 'work' begins to dominate the majority of our waking hours.

In her book, *'168 Hours: You Have More Time Than You Think'*, Laura Vanderkam (after interviewing dozens of successful, happy people) suggests that they allocate their time differently than most of us. She recommends planning our weekly allotment of 168 hours in the following order: Sleep goes in the schedule first (56 hours), then Exercise (6 hours), next schedule a couple of activities per week that 'fill your energy reserves up' and you do for pure personal enjoyment (minimum 6 hours). Once those personal essentials are in place, the remaining hours (approximately 100) can be planned for work and other important responsibilities. Unfortunately, Vanderkam notes that most of us tend to prioritize time in reverse.

Since May, I have been taking an Executive Coaching Course online through Royal Roads University. The course has several requirements - one is to create a professional learning plan based on the ICF Coaching Standards that map out how I will continue to professionally learn and develop as a coach over time. Interestingly, of **equal** value is my 'personal groundwork' plan - essentially, my strategy for managing my personal wellness and energy. The program's message is clear - as a professional executive coach (a helping profession), it is my **professional responsibility** to be at my best so that I can serve others to be their best. (Hmm...when I check the definition of 'helping professions' teacher is also listed...)

This summer while attending our annual CONTACT conference, I attended a session titled, 'Healthy Teachers = Healthy Learners' and shared aloud my Royal Roads learning experience. A teacher from Nova Scotia came up to me after the session and said, "I wish someone had told me 20 years ago that it was my professional responsibility as a teacher to look after myself so that I could better help others – I think I would have made it more of a priority."

As we begin this 'new' New Year, I challenge each of us to consider that as members of a helping profession, we can't possibly expect to fill others up if our own tanks are empty. Tending your own personal 'fire' throughout the school year must become an essential professional responsibility. So...what's your plan?

Best wishes for a wonderful school year!



P.S. During that same CONTACT session, one of my colleagues from NLTA shared the poem "FIRE" by Judy Brown. It spoke to me, and so I share it with you...

May I Recommend?

Managing Change – Before It Drives You Out of Teaching, is a brilliant article written by David B. Cohen and it appears in the Summer Digital issue of Educational Leadership magazine on Pages 34-38. It is also available online at: <http://www.educationalleadership-digital.com/educationalleadership/2017summerfree?pg=37#pg37>

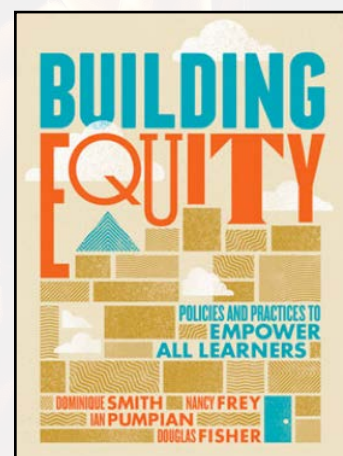
The Summer Issue of Education Canada includes an article titled 'Queer and Trans at School: Where Do I Fit In?' by Adam William, John Davies and J Wallace Skelton. This article highlights how teachers can create safe and inclusive classrooms for all as well as exploring the topic of 'homonormativity'. (Available online at: <https://www.edcan.ca/articles/queer-trans-school/>)

FIRE

*What makes a fire burn
is space between the logs,
a breathing space.
Too much of a good thing,
too many logs
packed in too tight
can douse the flames
almost as surely
as a pail of water would.
So building fires
requires attention
to the spaces in between,
as much as to the wood.
When we are able to build
open spaces
in the same way
we have learned
to pile on the logs,
then we can come to see how
it is fuel, and absence of the fuel
together, that make fire possible
We only need to lay a log
lightly from time to time.
A fire
grows
simply because the space is there,
with openings
in which the flame
that knows just how it wants to burn can find its way.*

Book Give-Away!

This month's draw is for Building Equity: Policies and Practices to Empower All Learners by Dominique Smith, Nancy E. Frey, Ian Pumpian and Douglas E. Fisher (July 2017). Sound interesting? Send me an email with the subject line 'Book Draw' before October 13th.



CONTACT 2017 held at UPEI!



On August 2nd-5th, teachers from across Atlantic Canada joined together on the UPEI campus in Charlottetown, PEI to take part in the Conference on New Techniques and Classroom Teaching or CONTACT. Over the course of four days, participants explored the evolving requirements of the teaching profession and the challenges of today's classroom under the theme "The Road Traveled and the Road Ahead". Special thanks to NBTA member and ASD-W teacher, Heather Ingalls who shared her wisdom with CONTACT delegates in a popular session titled - Supporting your Professional Judgment. In reflecting on that experience Heather concluded: "It was an amazing experience to share with teachers from all of the Atlantic Provinces."

CONTACT is an annual conference that is sponsored by the four Atlantic Provincial Teacher Organizations. Next year's conference will be hosted by the NLTA in Cornerbrook, Newfoundland on August 7th-10th. Mark your calendar!

Developing Successful Schools Conference 2017



On July 4th-7th, an exceptional group of educational leaders from across Atlantic Canada converged on the Mount Allison University campus in Sackville for an exceptional professional learning event. Facilitated by Jenni Donohoo, the group explored the topic of Collective Teacher Efficacy. Recently, Professor John Hattie ranked collective teacher efficacy (how teachers' beliefs impact student learning) as the number one factor influencing student achievement (Hattie, 2016).

From Participants:

- *What a wonderful 4 days of professional learning!!! I have been reading about collective efficacy throughout the past year since I became a V.P. and this conference helped solidly and clarify my learning. Jenni was very engaging with a variety of activities to keep all energized and motivated. I also appreciated the opportunity to meet so many new colleagues and forge new friendships. I have created a huge network of support and knowledge as I move forward in my career. I hope to be able to attend this conference again, many times!!!! Thank you.*
- *Fantastic conference. What I appreciate most is the immediate application to my work. It has greatly assisted me with an understanding of collective efficacy – and has helped me impact the tools to foster and develop amount Staff. Thank you for the opportunity!!!*
- *Thank you! This was a great way to learn connect and “think” with other educators throughout Atlantic Canada. Great content, thoughtfully presented – thank you Jenni!! I loved the blend of content, group reflection and collaboration and individual processing time. There is much to bring home and share.*

Developing Successful Schools is a conference that takes place annually in early July on the Mount Allison Campus. Stay tuned for more details on DSS 2018 in the near future!

Universal Design for Learning: Invitation for School Leadership Team Proposals

Submitted by EECD

As we continue to implement the principles of Universal Design for Learning in all schools, we are looking to continue to expand the leadership capacity for school-based educators. We would like to invite school-based teams to apply to learn more about implementing the principles of UDL and monitor their application and impact on instructional practice. Each team should include a school-based administrator or member of the core leadership team, a member of the ESS team (e.g., resource, literacy, numeracy, guidance) and up to 2 other team members (classroom teachers, ESS, EA, other professionals) for a maximum of four team members.

The main expectation for this team is to design and implement an action research project based on Universal Design for Learning principles and monitor the progress toward the research goal(s). A template for this research is available on the One portal site at <https://one.nbed.nb.ca>. Go to the collaborative sites and select "Universal Design for Learning."

An initial team of educators engaged in this process in 2013, with very promising results. Fourteen school-based leadership teams were chosen to design and implement an action research project. The product of their work over the course of two years was captured in a research paper format and reflection. All participants were invited to submit their papers for publication; nine of the fourteen teams accepted the invitation.

A partnership was established with the Faculty of Education at the University of New Brunswick. A model of support was implemented to provide ongoing feedback and coaching to ensure educators understood the core tenets of conducting ethical action research and opportunities for them to get specific feedback on their progress with university-based researchers.

We invite you and your colleagues to become one of the school leadership teams working on successful implementation of Universal Design for Learning principles. Team members from our first cohort will be present at certain meeting times and can offer insight into their perspective on conducting action research.

Each team will be expected to submit a proposal for consideration outlining the following:

- A rationale for why your team is well positioned to provide leadership in the area of Universal Design for Learning.
- An action research plan that all team members will design and contribute to throughout the 2017-18 school year. This will include at least 2-3 measurable outcomes.
- A plan for capturing video in classrooms that demonstrate your research goals.
- What your team would be prepared to share with others (e.g., presentations at a local or provincial level, online tools)

Each selected team will be provided:

- A \$1000 budget to support the action research plan
- Two days of targeted training to support you as you begin your action research
- 1 meeting day for all teams to come together and share progress and ideas.
- Ten ½ day release days per team member (e.g., ½ day per month) to document research goals and meet proposal expectations

Please go to <https://one.nbed.nb.ca> and find the collaborative site for Universal Design for Learning. You will see a button to submit your registration electronically to lynn.wolverton@gnb.ca by September 29, 2017. These will be reviewed by Kim Korotkov and Tiffany Bastin.

NBTA Sponsored Professional Course

NBTA Sponsored Professional Courses may be used towards Teacher Certification.
Contact teachercertification@gnb.ca to confirm if this is a fit for your certification path.

Enrichment Triad Training Course

Target Audience: Teachers (K-12)

Cost: Tuition **\$500 + \$25** material fee

Location:

**NBTF Building, 650 Montgomery Street
Fredericton, NB**

Registration Deadline: See below

Instructor: Barb Buckley
*(former District Supervisor/Coordinator
of K-12 Programming & Enrichment)*

(Please make cheques payable to NBTA)
Find registration form at www.nbta.ca and clicking
on the Enrichment Triad Training Course.

Register Early - Limited Enrolment!

Fall:

Dates: September 23, 30, October 7, 14, 21
(9:00 am - 3:30 pm)
+5 hours outside of class

Reg. Deadline: September 15, 2017

The Enrichment Triad Model is a literacy-rich, inclusive, cross-curricular, student-driven model. Its primary goal is to improve schools from within the classroom by differentiating and enriching the curriculum for ALL students in the regular classroom through interdisciplinary studies. It encourages the use of a wide variety of instructional strategies and styles while allowing students to experience self-directed, innovative learning based on their individual interests, strengths and learning styles. If thoroughly implemented, this model will offer the students three levels of enrichment.

Participants will be introduced to the work and philosophy of Joseph Renzulli and Margaret Beecher. This will be followed by an intensive, in-depth training of what the enrichment triad model is and how to implement it in the classroom. The training will include multiple handouts, activities, video clips of the model, discussion articles and actual practice. There will be lesson demonstrations of key skills to be taught and practice of each phase of the triad.

Participant Comments (2016)

"I liked that this is an AMAZING model which not only fits the 21st century, but prepares youth to become real problem-solvers, creative and independent thinkers."

"I liked the discussions, information and knowledge of the instructor, her caring and how comfortable I was made to feel"

PERSONALIZE LEARNING • INCREASE SELF-ESTEEM • CELEBRATE STUDENT SUCCESS

Professional Courses: Fall

Name: _____

School: _____

Email: _____ Member Number: _____ Cell: _____

Fall (Sept. 23, 30, Oct. 7, 14, 21)

You will be emailed with a confirmation of your seat.

Please print and mail registration form with payment (cheques payable to NBTA) to:

Judy Deveau, Executive Assistant, Professional Learning
NBTA, PO Box 752, Fredericton, NB E3B 5R6

You are encouraged to apply well in advance because of limited enrollment.

Welcome to the teaching profession!

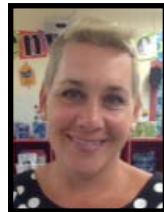
NBTA, as the Professional Association, is pleased to offer support specific to the needs of our early career teachers. Part of that support comes through POINT - Professional Orientation and Induction for New Teachers. Each NBTA Branch has a POINT Liaison (pictured below) who takes the lead in organizing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



Debbi Sloan
0214



Joanne Jardine
0215



Krista Ingraham-Côté
0216



Kerri Ryder
0217



Sandy Tingley
0618



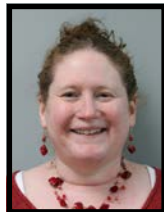
Jillian Kiervin
0619



Stacey Wood
0820



Naomi Cooke
1021



Sally Cogswell
1022



Heidi Brown
1023



Beth Christie
1428



Marie Ketch-Gaddas
1429



Beth Corey-McCready
1430



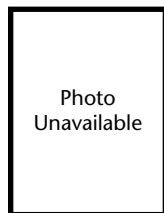
Danielle Fillmore
1431



France Morin-Parent
1450



Parise Plourde
1454



Krista Metallic
1536



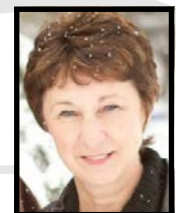
Mae Cameron
1538



Connie Ellis
1542



Colleen Hayes
1608



Elizabeth Price
1610



Ginny Richard
1640



Catherine Campbell
1724



Jocelyn Doucet
1725



Angela Lardner
1809



Derek Taggart
1826



Tina Noble
1827



NBTA Membership Registration 2017-2018

All Teachers

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

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

This also registers you with the NBTF

Your updated information allows you to:

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



**Go to www.nbta.ca
and click**

***Draws on Sept. 15
& Sept. 29 for an
iPad Mini
+ supplemental prizes***



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

If you are experiencing difficulty registering call Carlene Merrick at 452-1833.

All Supply Teachers

*(Certified & Local Permit)
after working their first day*

Must Register *EACH* School Year at www.NBTA.ca

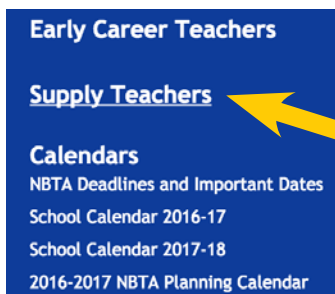
Key this Week

Go to www.nbta.ca
and click



Information on Rights, Responsibilities & Benefits

- New Brunswick Teachers' Association (www.nbta.ca)



Register first...

Then, access booklet

- New Brunswick Teachers' Federation (www.nbtffenb.ca)
Collective Agreement (under "Publications")



Members' dues are deducted automatically, whether registered or not.

****Registering with the NBTA means you have also registered with the NBTF****

If you are experiencing difficulty registering call Carlene Merrick at 452-1833.

Compass Conference 2017

Early career teachers navigating the professional world of education



Thursday and Friday
October 12 and 13, 2017
NBTF Building, Fredericton



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

Thursday Conference Topics include:

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

Friday Conference Topics include:

- Mental Health
- Classroom Management
- Challenging Behaviors

Target Audience: Any NBTA statutory or casual member within the first **five** years of teaching

Registration: Electronic registration via www.nbta.ca August 28 - October 2.

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

LIMITED SEATING AVAILABLE - REGISTER EARLY

Register at www.nbta.ca
August 28 - October 2

For more information, contact Janet at 452-1828 or janet.peabody@nbta.ca

Councils - Kelly Gallagher Institute



Over 100 teachers and district staff from all over the province traveled to UNB on July 14th to take part in a summer literacy institute with Kelly Gallagher. The Institute was provided by Elementary, Middle and High School Councils, in coordination with EECD and UNB.

Inspired by his classroom, mentors and professional learning experiences, Kelly Gallagher took everyone through a series of activities to help us understand how important reading and collaboration are to comprehension.

More reading makes you a better writer. More writing makes you a better reader.

“If you are a one and done reader, you will remain a surface reader.”

“Reading comprehension deepens when you are given an opportunity to write about what you are reading.”

Reading volume is closely related to writing proficiency.

These words of wisdom, along with many more, helped participants understand the strong relationship between reading, writing and comprehension. Mr. Gallagher also modelled several effective teaching strategies that he currently uses with his students. Everyone walked away with a wide variety of examples and handouts ready to use with their students. This was a great learning opportunity for everyone!

Mr. Gallagher has written six books for teachers, which have been used by educators around the world. He is also a featured author for several ELA classroom textbooks, programs and professional learning journals.

Elementary Council President's Message

By Karen Miller



Welcome back everyone. I hope you had a relaxing and restful summer, you deserve it. Summer vacation paints many different images for teachers as we are very diverse in what is needed for us to reset ourselves. For example, maybe you like to: relax, spend time with family, friends, get away, garden, camp, read, roast marshmallows, participate in PD's; no matter what it takes for you, you need this time to recharge holistically, mind, body and soul.

The more time I spend in education the more I realize how hard the job has become. Teaching and caring for children with such diverse needs requires much energy and preparation. The opportunity to refuel is an opportunity to do great work in schools. As summer winds down and the weather turns, it's a good time to refocus on your goals. Maybe you are in a new grade, thinking about team teaching, looking at new methods or approaches to implementing the curriculum, thinking about using different ways to collect data on student performance, taking on a leadership role or changing the layout of your classroom. All of these require much thought and planning both inside and outside the classroom and I know the initial planning and thinking start to happen in our summer months.

As we all know and appreciate, teaching is one of those rare professions where you get a clean slate every year. That always brings hope and possibility. You all expect great things from your students and have set goals for yourself for the upcoming school year. With everything that you have planned, don't forget to keep looking after yourself and find that balance between school and your own personal life. Here's to an exciting and successful new year.

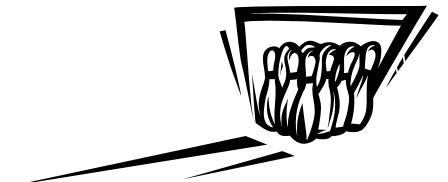
54th Annual NBTA Bowling Tournament

Where: **Kingswood, Fredericton**
When: **October 13-15, 2017**
Cost: **\$50** per player required on registration
\$250 per team
New Teams Welcome!

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

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

Host Motel: **Fredericton Motor Inn**



Middle Level Council

Cursive: The Art of Penmanship

by Heather Ingalls, Bliss Carman Middle School

Cursive is not part of the curriculum. We don't have time to teach it. This generation is growing up and can't write! We've all heard the arguments around cursive writing. My own penmanship (can I call it that?!) was seriously lacking: "Ms. Ingalls, what does that say on the board?" However, I often find myself playing with letters, doodling, writing letters to my daughter (Jane Austen would be proud!) and even addressing birthday and Christmas cards in calligraphy.

There is something very personal about finding your own style of writing.

A couple of years ago, I decided to do a little digging into the research behind cursive writing and found out that cursive stimulates the brain in areas that printing and typing does not (Karin James, Indiana University). Two psychologists (Mueller & Oppenheimer) reported that students learn better when they take notes by hand. Research suggests that "...writing by hand allows the student to process a lecture's contents and reframe it — a process of reflection and manipulation that can lead to better understanding and memory encoding" (Konnikova, NYT 2014).



In our ELA and FILA classrooms at BCMS, we were encouraging students to try cursive, using a template of upper and lower case letters from Google images. Only a few students originally wrote in cursive, but so many were interested in trying it that we wanted to support them. "Try one paragraph in cursive...write with a pencil if it is easier... let's do that letter together on the board so everyone can try it." Some students were really engaged, asking for practice writing sheets while others gave it a try but preferred

printing or typing their final copies...but everyone was attempting cursive.

Now let me introduce Marcus Kingston, an Instructor at the New Brunswick College of Craft and Design and an amazingly talented artist and educator. Marcus taught a cursive/calligraphy class as part of the Councils' Art Institute last fall. These classes were such a success that I decided to invite Marcus into my classroom (using ArtSmart funding) and work with our students.

"...an outward expression of a person's character..."

Marcus worked with our Grade 7 and 8 students who had already been trying to incorporate cursive into their class work. Students were introduced to calligraphy, old pieces of writing from historic notebooks, letters, and documents, signing their name and having fun with various fountain pens, inks and paper. Marcus believes that good penmanship can be an outward expression of

Middle Level Council

a person's patience, their attention to detail, even their character. 'It can help define who they are, their personality and mood. There is something so personal about finding your own style of writing, so much you can say about how writing by hand is a good thing,' says Marcus. Students started taking pride in their penmanship and how they wanted it to look.



Writing became fun and engaging. We started seeing the entire word (don't lift your pen until the word is completely written; go back to dot your 'i's and cross your t's) rather than individual letters, we wrote backwards, and started reading the hand-written historical documents and notebooks. 'How will students understand and read these older documents if they can't read cursive?' Marcus asked. The students wanted to learn; they wanted

to read; they wanted to write!

If you are on the fence about cursive, give it a try. Open the door of opportunity for your students to engage in cursive writing and have fun with calligraphy (apply for an ArtSmart grant!). You can meet your own artist within and maybe have some fun, too.

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Provide group code: 63



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INSURANCE

If it happens to you,
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Johnson Insurance is a trademark of Johnson Inc., a licensed insurance intermediary ("Johnson"), and operates as Johnson Insurance Services in British Columbia. Home and auto policies underwritten, and claims handled, by Royal & Sun Alliance Insurance Company of Canada ("RSA") in Quebec and primarily underwritten, and claims handled, by Unifund Assurance Company ("Unifund") in the rest of Canada. Auto insurance not available in BC, SK or MB. Home and auto insurance not available in NU. RSA and Unifund share common ownership. Eligibility requirements, limitations, exclusions or additional costs may apply, and/or may vary by province or territory. [†]NO PURCHASE NECESSARY. Open March 15 - December 31, 2017 to legal residents of Canada (excluding QC and Nunavut) who have reached the age of majority in their jurisdiction of residence and are a recognized group of the Sponsor (excluding ON college groups). One (1) grand prize available: \$15,000 travel voucher. Ten (10) secondary prizes available, each consisting of one (1) Canada-themed gift pack (Approx. value \$200 each). Odds of winning depend on the number of eligible entries received. Math skill test required. Rules: Johnson.ca/150rules. 0360_0817

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Middle Level Council President's Message

By Ryan MacDougall



Welcome back to another school year! Hopefully you have all had time to rest, relax and recharge your batteries. Perhaps you have done some travelling this past summer or spent time at home with friends and family. I'm sure you are all embracing the anticipation of a new school year full of all sorts of upcoming challenges and adventures.

This past summer has certainly been a busy one with a wide array of professional learning opportunities. Kelly Gallagher and Penny Kittle were both in Fredericton for one day NBTA sponsored institutes in the middle of July. We also sponsored the annual LearnEast institute in August.

I am currently an English Language Arts/Technology teacher at Campbellton Middle School, entering my 12th year of teaching. I have also been a member of Middle Level Council for the past 6 years. In that time, I have held a variety of roles including member-at-large, secretary and, most recently,

vice-president. I cannot even begin to fathom the amount of information I have gathered and the things I have learned about our association during that time. I have taken advantage of many professional learning opportunities over the years but getting involved with MLC has surely been the greatest. As I sit here, writing my first "presidential address", one piece of advice that comes to mind that I can share with you is get involved. There are many committees and sub-committees in existence that many teachers in our province probably do not even realize are there. You will learn so much about what our association does and it is a phenomenal opportunity to become involved in the decision making. If you wish to get involved, you can check out the NBTA website for more information. You could also speak with your NBTA school rep or NBTA branch executive for more information.

Over the years, I have seen many of my fellow MLC members come and go. Perhaps their terms had come to an end or perhaps their careers were taking them in a different, albeit exciting direction. Whatever it was, each and every one of my fellow members worked tirelessly in the best interests of teachers in our province. Whether it was planning the annual Council Day in May (which is a HUGE endeavor) or making crucial decisions on how to spend Council funds, these individuals collaborated to get the job done. The opportunities available by becoming involved in Council are pretty much endless, from serving on different committees to being involved in a variety of positions (secretary, vice president, member at large etc) to meeting and collaborating with colleagues from around the province. My current fellow Council members continue to do phenomenal work and I am proud to call them not only colleagues, but friends. As my first year as MLC President begins, I have no doubt that I will make mistakes and will be continually learning along this new exciting path. I know that I will be able to call on my fellow council members for help and guidance along the way. Through working together, we will no doubt continue the fine work that we have done in the past.

Please consider attending or presenting with your colleagues at Council Day 2018 in Moncton in May. We are in the beginning stages of putting together an educational and enriching program. We have a few executive members from the Moncton area along with a local committee there that will be largely involved in the planning along with guidance and collaboration from the rest of our executive. Keep in mind that our Middle Level Awards have been back up and running for a few years now and this year will be no different. Opportunities to nominate colleagues for a Middle Level Award, to be presented at Council Day 2018, will be coming soon. Make sure to keep an eye on the *NBTA News* for important information involving the upcoming Council Day along with information about nominating colleagues for these awards.

I wish you all a wonderful school year full of exciting adventures in the classroom and relationship building with students, parents and colleagues. Cheers!

Bristol Elementary "Grass to Butterfly Garden" Outdoor Learning Centre

by Valerie Carmichael, Community Coordinator Carleton North High & Feeder Schools,
ASDW Community Engagement Coordinator Programs

The Butterfly Garden became reality with:

- a desire by Bristol Elementary teachers to take more learning opportunities outside where students meet curriculum outcomes through hands on and observational activities connected with the natural environment
- a large grass schoolyard overlooking the Saint John River
- the question to Grade 2/3 & grade 4 classes during rocks & soils & habitat discussions "How can we make a positive change in our natural environment"
- Student answers "If I could learn outdoors" or "if I could create a habitat what would I see" or "my picture of my school grounds would look like...."
- a Go Wild Grant of the World Wild Life Fund
- new Community / School partnerships



The result is a large butterfly shaped garden, filled with perennial flowers, trees, and herbs attracting pollinators, birds, butterflies and insects, which will be a center for student learning and special activities throughout the school year.

Phase 1 of the project included planning with students and staff; procuring the funding for plants, garden tools, equipment and soil; and building partnerships with the local community to support making the garden a reality. Special thanks goes to: Door Yard Greenhouse (offering plants and design), Sticks & Stones Landscapers (mulch), and community members digging sod and tilling the garden bed for helping make the garden a reality.

On May 30 all K-5 students and their teachers participated in the planting of the garden. The grade 5 class mulched and watered the garden until school was finished while Grade 4 students collected rocks to outline the butterfly. The Crafty Corners Child Care has partnered to be the summer caretakers. Bristol Elementary students will be the Outdoor Centre caretakers throughout the school year.

In September 2017 birdhouses, bird feeders, and a buddy bench will be added ready for an official celebration at the fall "Meet and Greet" evening.

Phase 2 of the project will include meeting curriculum outcomes and special activities at the garden; Students creating

plant signage with trivia questions; a school compost project led by students. Teachers and students will plan to add edible trees and other plants for spring 2018.

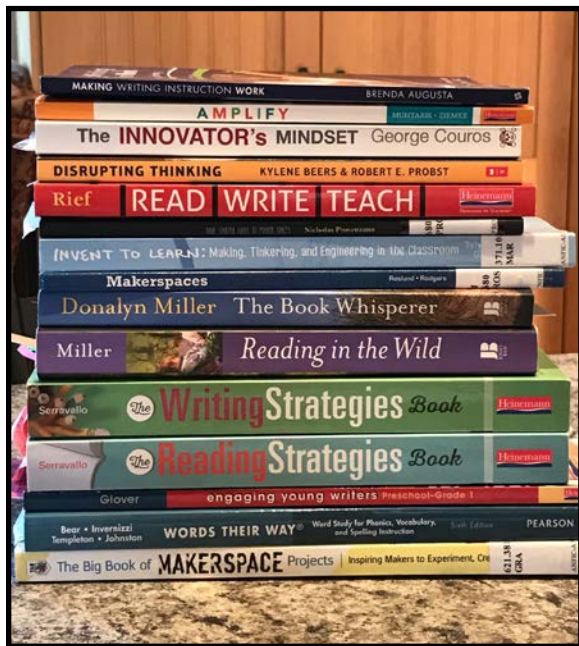


Quote from Jack , Grade 5: Age 10

"How this garden made me feel was good. I also felt like I belonged to be a part of the school garden. Also, it made me feel connected with nature and planting. I always like working outside and planting plants. I guess it kinda makes me one with the earth. One other thing I liked is when we were doing the garden, everyone was involved and got along."

Summer Professional Learning

by Angie Graham Debertin, Grade 2 Teacher, Centreville Community School



Summer is the time that we, as educators, recharge our batteries personally and professionally. Summer is also a time that I dive into that “to be read pile” of professional literature. It can happen when and where I like; over a morning coffee, at the beach, or in the evening on my deck. My reading this summer is a mix of new and treasured favorites. All push my thinking and invigorate me for the upcoming year. A new favorite is *Disrupting Thinking* by Kyleene Beers and Robert Probst. They write, “We read to explore, to wonder, to grow, to become what we did not even know we might want to be. We read to change.”

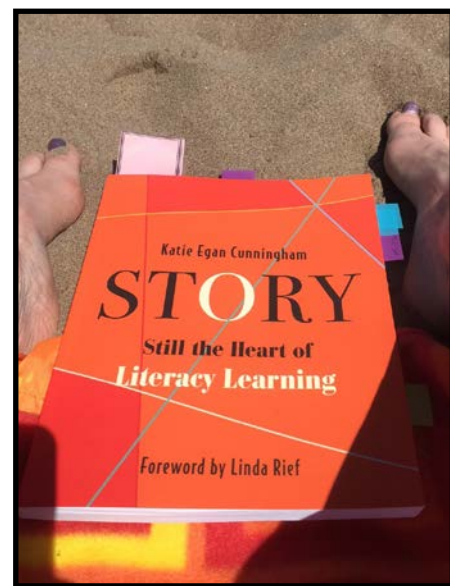
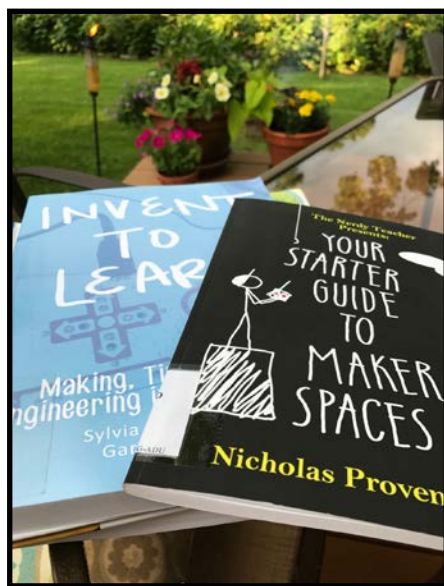
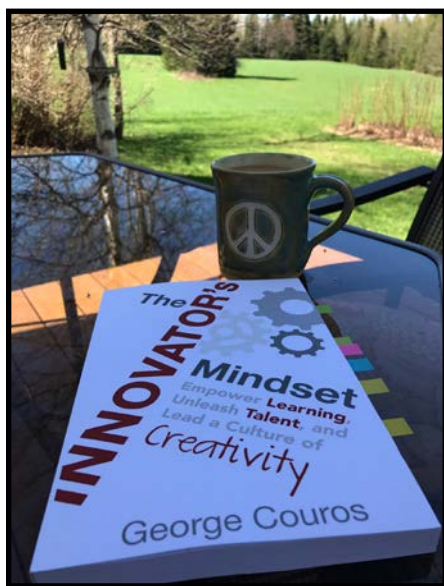
Summer can also be the time to dig deeper into a topic. After reading Angela Stockman’s *Making Writing* last November, I incorporated a makerspace into writing workshop. Makerspaces and coding were on the summer list. Jennifer Serravallo’s Reading and Writing Strategies books are so full of great ideas, summer provides a more leisurely read.

Twitter offers access to limitless professional learning. Find “your tribe”. I began with @ShelfieTalk, two ASD-W educators that promote reading and @donalynbooks, the Book Whisperer, and went from there. If you only have a few minutes for PL, read a Twitter article or blog.

Podcasts are a great way to listen and learn. Heinemann Publishing and Scholastic, dedicated to teachers, have many podcasts. A favorite is @theyarnpodcast by Travis Younker and Colby Sharp.

World class teacher workshops were held in NB this summer. I saw Penny Kittle in July and am looking forward to attending LearnEast 2017, a free technology conference hosted by ASD-W. Look for it next summer!

Professional learning is as diverse and as unique as we are. Fit it to your needs. Have a great 2017-2018!



Save the Date!

Fierce Conversations®

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

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

Date: November 3 & 4, 2017 (Friday evening & Saturday) (NBTF Building, Fredericton)

Watch for complete registration details (beginning October 17) at
www.nbta.ca

Fierce Generations®

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

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

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

Date: March 23, 2018 (evening session)
(NBTF Building Fredericton)

Watch for complete registration details at
www.nbta.ca

Fierce Accountability®

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

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

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

Date: March 24, 2018 (morning session)
(NBTF Building, Fredericton)

Watch for complete registration details at
www.nbta.ca

Interested in Fierce?

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

TAKE A BATH, IN THE FOREST!

*By Carmen Meehan, Coordinator
Counselling Service for Teachers*



*Well-Being:
It's within your reach...*

Signs of summer are fading as you return to work after what I hope was a relaxing and restful break. The early signs of fall are beginning to appear in the form of a few red and orange leaves in the trees. This summer I read an article about Forest Bathing. Intrigued, I did some research (meaning I

Googled it!) to learn more. Basically, it means to be in the presence of trees. Forest bathing became a part of Japan's national health program in 1982 and they studied the physiological and psychological effects of being in the forest. One study conducted by the Centre for Environment, Health, and Field Sciences in Japan's Chiba University found that forest environments promoted lower concentrations of cortisol, lower blood pressure, lower pulse rates, greater parasympathetic nerve activity, and lower sympathetic nerve activity. The parasympathetic nervous system governs our body's rest and digest system while the sympathetic nervous system manages the fight or flight responses. These are great returns for taking a simple walk.

I always feel a sense of inner peace and calm whenever I go on a nature walk because the beauty and the quiet of the forest instantly relaxes me. As a child, I grew up on a farm and one of my main playgrounds was the nearby woods so apparently I was enjoying these benefits of forest bathing without realizing it.

May I suggest that you take time during this school year to take a "bath in the forest." This is an opportunity to immerse yourself in quiet and get away from cell phones and laptops and reap some of the benefits of nature. Many cities and towns have beautiful trails within their limits and if you live in the country, a forest is often your closest neighbor. I hope you will take advantage of this wonderful resource with such rich rewards for your mental, physical, and spiritual health.

I wish everyone a productive and fulfilling year. Remember to make yourself a priority and take time to do things that you enjoy and spend time with people whose company you find uplifting. Practice gratitude daily and you will find that taking a few moments to appreciate the good in your life contributes to your overall happiness. Practice self-compassion as opposed to being self-critical. And finally, always take time everyday to just breathe.

Be Well!



Mind, Body, Spirit...



Carmen Meehan

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634-2901

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Michael LeBlanc

ASD-West
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462-0208

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Lisa Calhoun

ASD-North and ASD-East
1-888-763-5050
855-5243

lisa.calhoun@teacherwellness.ca

Purpose

- To provide a confidential counselling/consulting service which is available without fee to NBTA members
- To provide health promotion programs which will assist teachers in increasing their level of wellness

Services

- Provide counselling
- Organize group sessions upon request
- Respond to school crises to provide support for staff
- Conduct Critical Incident Stress Debriefings
- Refer teachers to other agencies when necessary
- Co-ordinate School-Based Wellness Programs
- Promote wellness through workshops

When to Use These Services

- If you are having difficulty coping with stress
- If you are facing personal, financial, work, couple or family problems
- If you want to improve your communication skills
- If you are experiencing a need to make changes in your career
- If you need support concerning your job
- If you are interested in developing a personal plan to promote emotional, physical, occupational, and spiritual wellness

TEACHER EXCHANGE: THE WORLD IS YOUR CLASSROOM!

Live and teach (including your family) in another country for a year while remaining employed and paid by your Canadian board and retaining all benefits. The Canadian Education Exchange Foundation, as mandated by the New Brunswick Department of Education and Early Childhood Development, facilitates reciprocal teacher exchanges to the United Kingdom (England, Northern Ireland, Scotland, Wales), Denmark, France, Switzerland (limited), Germany, Australia and some U.S. states. Applications are now being accepted for the 2018/2019 school year. For information visit www.ceef.ca.



Information Meeting with CEEF representative Carol Wilkins sponsored by NBTA:

DATE: Saturday, November 4, 2017, at 11:00 am

LOCATION: NBTF Building, Fredericton, NB

For more information contact **Ardith Shirley**, Professional Learning, NBTA at **506-452-1740** or ardith.shirley@nbta.ca.

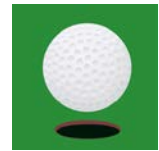


NBTA Golf Tournament

Saturday, September 30, 2017

“Shotgun” Start - 1:00 pm

Mactaquac Golf Course, Mactaquac



Open to all NBTA/NBTF members as well as retired members.

Sign-in begins at 11:30 am.

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

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

Larry Jamieson
650 Montgomery Street
Fredericton, NB
E3B 5R6

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

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

Entry Form

Registration and Payment Deadline:

September 25, 2017

Four Names:

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

Contact Person: _____

Telephone (Home/Cell): _____

(Work): _____

Email: _____

(Confirmation will be sent by email)

THE GATHERING PLACE

An Exploration of Canada's Capital

A free teaching resource for
Social Science and History,
Grades 5-8

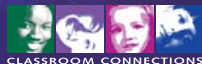
THE LESSONS AND ACTIVITIES EXPLORE:

- Canadian culture, identity and symbols
- Government, citizenship and democracy
- Canadian stories, heroes and celebrations

SMART NOTEBOOK® LESSON OPTIONS ALSO AVAILABLE.

Look for it in your school or download
a copy at www.canada.ca/GatheringPlace

Created and distributed on behalf of
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Is Home Ownership right for me?

By Jill Harris, NBTA Credit Union

Buying a home is one of the most important financial decisions you will make in your lifetime. There are a few questions you should ask yourself before making this decision:

- Can I afford to own a home?

Your monthly housing costs should not be more than 32% of your gross monthly income. These costs include your monthly mortgage payments, mortgage insurance, property taxes, utility bills and maintenance.

Your entire monthly debt load should not be more than 40% of your gross monthly income. Your monthly debt load is all of your other debt payments.

- Am I better off renting or buying?

While renting, housing costs are typically included in monthly rental payments. However, you aren't able to renovate the property to your personal taste or needs and you are not building equity.

On the flipside, housing costs and added maintenance responsibilities will be higher when you own your home. For example, what will you do if your roof needs to be replaced? In spite of these risks, you will be building your personal equity rather than paying into someone else's. Be sure to consider all risks and rewards.

- Am I financially stable for the foreseeable future? Is my career stable?
- Am I ready to take on the responsibility of all the costs involved in homeownership including mortgage payments, repairs, and maintenance?

Have a financial question you would like answered? Email questions to nbtacu@nbtacu.nb.ca.



*Have a financial
question you would
like answered?*

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

Paid Advertisement

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

New Brunswick Teachers' Association
650 Montgomery Street
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E3B 5R6

Place Label Here

focused on
teachers

Win an iPad!®

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

Please note: Draw dates are December 18, 2017 and May 18, 2018. Minimum payroll deduction increase is \$10. Visit nbtacu.nb.ca for full terms and conditions.



NBTA

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