

NBTA NEWS

NEW BRUNSWICK TEACHERS' ASSOCIATION

Working for You!



2018-2019 NBTA Executive Committee (Cover and page 4)
NBTA Board of Directors (page 5)

Two NBTA Teachers in Uganda for
Project Overseas

NBTA Professional Learning Grants



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!

Upcoming Deadlines:

November 2018 Issue: October 15th

February 2019 Issue: January 15th

April 2019 Issue: March 15th

June 2019 Issue: May 15th

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**Find the NBTA on Facebook,
Twitter and YouTube!**



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“Good-bye Farm, Hello Office!”



Having just concluded our summer NBTA Executive orientation and meeting, the school bell is ringing for me to go back to work full-time for my second year as your NBTA President. While hopefully the days of nice weather will continue, the work of our organization is fully kicking into gear in preparation for the return of our members and students to class. I am hoping that all of you had some rest and relaxation, recharging your personal energies. Like all others, this upcoming

school year will require a great amount of effort and commitment as we endeavor to fulfill not just our professional obligations, but also to turn wonderful learning ideas and initiatives into reality.

As some of you may know, I am a hobby farmer and hay making is a summer ritual. This year has been one of extreme challenges for many farmers in our province. While I know many folks have felt this was an incredible summer weather-wise, farmers will most likely tell you that June and early July were far too dry causing crops to be drastically reduced. This situation was further complicated by an August which was either still too dry in some spots, while in other areas, hay was too wet to be harvested. This summer certainly showed the effects of input imbalance on agriculture production. Too much or too little of sun or rain truly has significant effects.

Reflecting on this over the summer, I thought of the mental and physical wellbeing of teachers all across this province. Having visited every school in our system, I met firsthand so many members who are struggling in this regard. We all know we work in a very stressful and demanding profession. Teachers, however, often can be their own worst enemy, giving so much of themselves to their jobs that they forget to take care of themselves. Educators, like crops, need to

have an appropriate balance of inputs to keep themselves healthy and growing. We need to have proper amounts of sleep, healthy diets, and adequate physical activity to keep fit. One of my personal goals this year is to remind all of our members that their responsibilities extend to taking care of themselves. Sleep, nutrition, and exercise are vital. I encourage teachers to make lifestyle changes where necessary. There are many things in education we as individuals cannot control, however, we must control these three aspects of our lives. I am challenging all teachers, as they return from the summer break, to make school year 2018–2019 the year they made themselves a priority.

“Educators, like crops, need to have an appropriate balance of inputs to keep themselves healthy and growing.”

I am also challenging schools and school leaders to make changes in your buildings to facilitate and support your teachers in promoting personal healthy choices and lifestyles. I am asking schools to send me information on their “Great News” stories so we can share them on our Facebook page. I want to recognize your efforts, but we also want to share your ideas with others so they may choose to also incorporate them into their buildings. Did you start a staff healthy snack program or maybe an after-school walking or yoga club? Did you build a fitness room in your school? Maybe you purchased some staff Fitbits to monitor sleep habits? I want to hear from you all. Let’s make all our teachers’ wellbeing a key goal.

I will submit a detailed Presidential report to the October Board for distribution to the membership outlining my work since our AGM in May. In advance, however, I want to remind all members to read the “NBTA News Provincial Election Supplement.” It contains statements from all five political parties and played a role in hours of conversations I had with numerous NB politicians. Please make sure to reinforce our priorities with local candidates and practice your democratic right to vote.

George



Office (506) 452-8921 • Fax (506) 453-9795 • E-mail george.daley@nbta.ca

Your NBTA Executive Committee 2018-19



Table Officers

- 1. President George Daley:** He chairs Executive and Board of Directors meetings and is the official spokesperson for the NBTA. He is on leave from his position at Bathurst High School during his two-year term.
- 2. Vice-President/President-Elect Rick Cuming:** NBTA Vice-Presidents assist Presidents in some roles, but primarily serve as “replacements as needed.” Therefore, Rick remains a full-time teacher in Grand Falls. As President-Elect, however, he will become NBTA President in August 2019.
- 3. Acting Past-President Peter Lagacy:** When NBTA Presidents end their terms, they serve in the role of Past President. If the President retires from teaching at this time, this leaves a position unfilled on both the NBTA and NBTF Executive Committees. When this occurs, the Board of Directors elects an Acting Past President from among its members to serve in this role. The APP is the Parliamentarian for Executive, Board and Annual General meetings. Peter Lagacy is a teacher at Nackawic Senior High.
- 4. NBTA Executive Director Larry Jamieson:** He oversees the administrative work of the NBTA Staff and is the only non-elected, non-voting member of the Executive Committee. He provides information and advice to the Executive and the Board of Directors.

Each year the Board elects from among its members five Directors to serve on the NBTA Executive Committee. They also remain as members of the Board.

- 5. Jonathan Hunter** — Central New Brunswick Academy
- 6. Barbara Brown** — Seconded to a teaching position, ASD-North
- 7. Jason Green** — Andover Elementary School
- 8. Christine Leeman** — Blacks Harbour School
- 9. Greg Peters** — Fredericton High School

Executive Committee Facts

- It meets seven times per year, carrying out the business of the Board of Directors between its meetings.
- It is a committee of the Board of Directors and reports to it. Like Directors, their decisions/recommendations are based upon what best serves and represents NB teachers collectively, rather than the local interests of their individual branches.
- While the Executive is expected to make some decisions the final authority rests with the Board of Directors and the AGM. Both bodies can overrule decisions of the Executive.
- A specific task delegated to the Executive Committee includes the appointment of the Administrative Staff and the negotiation of their salaries and working conditions, subject to the approval of the Board of Directors.
- Executive Committee members are not appointed to any other NBTA Provincial Committees.
- The NBTA Executive Committee elects two of its members to sit along with the table officers (1, 2, 3, & 4) on the NBTF Executive Committee.

NBTA Board of Directors 2018-2019



George Daley
President



Larry Jamieson
Executive Director



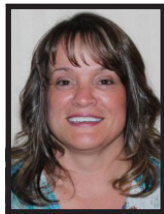
Rick Cuming
Vice-President/
President-Elect



Peter Lagacy
Acting Past President



John Fougere
0214



Donna Lagacy
0215



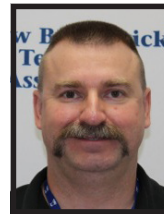
Tanya Legacy
0215



Angela Hoogendyk
0216



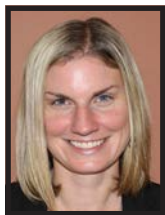
Kerri-Lea Ryder
0217



Harold Dalling
0618



Alyssa MacIsaac
0619



Kari Parsons
0820



Dan Patterson
0820



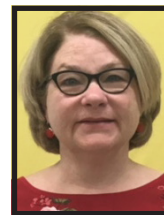
Christine Leeman
1021



Joey Lee
1022



Sean Kelly
1023



Nancy
Patterson-Hargrove
1428



Bill Hogan
1429



Robina Sharkey
1430



Jason Green
1431



Harmien Dionne
1450



Shelly Durost
1454



Dawn Beckingham
1536



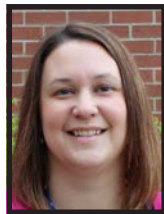
James Ryan
1538



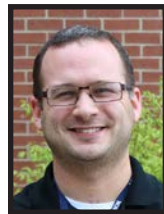
Jessi Stever
1542



Shelley Ward-Cain
1608



Barbara Brown
1610



Nicholas Fullerton
1640



Kynda Bryant
1724



Wendy Peters
1725



Jonathan Hunter
1809



Karla Roy
1826



Gregory Peters
1826



Michael Fletcher
1827



**Deadline for Applications:
November 2, 2018**

**Application Forms:
Use Only Forms Marked
"For 2019-2020"**

General

In order to advise teacher applicants by the end of January 2019, the deadline date for applications has been established as November 2, 2018.

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 2019-2020 school year only; leaves for January-June, 2019 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 2, 2018.**

- Applicants shall be advised of the decisions of the Committee by the end of January 2019.

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; Marcel Larocque – Secretary

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

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

TEACHER DESIGNED PROFESSIONAL LEARNING GRANTS 2019

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 2019 – December 2019. Interested teams of 3-5 teachers are invited to apply. Application forms will be available online beginning November 5, 2018. The November edition of the *NBTA News* will provide further details concerning selection criteria and grant requirements.

Deadline to apply is December 7, 2018

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 2019/2020 school year. For information visit www.ceef.ca.



Information Meeting with CEEF representative Carol Wilkins sponsored by NBTA:

DATE: Saturday, November 3, 2018, at 1:00 pm

LOCATION: NBTF Building, Fredericton, NB

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

CTF's Project Overseas: Kabale, Uganda

Teaching is a Work of Heart on Both Sides of the Equator

by Anne Ervin, Lakewood Heights School

Project Overseas is a joint endeavor of the Canadian Teachers' Federation [CTF], provincial organizations and partner organizations in developing countries. The goal of the project is to improve teaching and learning around the world, promoting equitable high quality, publicly-funded education for all. On my team of five Canadian teachers sent to Southwest Uganda, I was assigned the Literacy portion of the workshops.

Although I participated in Project Overseas in Uganda (2009) and Dominica (2016), you never truly feel prepared for the unknown that lies ahead in your host country. The conference calls throughout the spring and preparatory meetings in Ottawa inspire and prepare you with logistical information. When you arrive in your host country, a great deal of formal introductions, meetings and priority setting sessions occur. These always cause me some apprehension as I consider the enormous task of improving the teaching and learning within the country in a short time. However, the moment I was in front of the smiling teachers of Kabale, I felt a connection with these front-line workers and was motivated to do my best to ensure our workshop would be useful in helping them improve student learning.

I have come to realize that around the world, the role of classroom teacher truly is a calling for most. While our countries' levels of development, education systems and school buildings differ a great deal, our teachers and students share more similarities than we do differences – just to a different degree.

- Initially, the educators expressed their desires of acquiring new knowledge and skills of teaching methods which they hoped would be presented in an entertaining manner. We can relate to these expectations; however, what we likely take for granted are their fears for security and having dietary needs met while there.
- Just as we discuss obstacles such as class size and compo-

sition, Ugandan class sizes are as large as 105 children in a Primary 1 class. When a teacher is absent due to illness or maternity leave, another teacher takes on their children which results in a class of upwards of 200 students for some teachers. Composition challenges such as various ages in a class and students with special and various needs are of concern.

- Similar to here at home, Ugandan teachers struggle with work-life balance. Making arrangements to attend the professional learning workshop included bringing their children with them to class and having neighbors tend to their farm animals, gardens, and other members of their large families while they traveled over ten hours to put in extra time to fulfill their work commitments.
- Many of the teachers I worked with had little to no resources (books, writing & reading materials, textbooks and curricula) in their classrooms.

Most noteworthy in Uganda is that despite the overpopulated class sizes and limited materials, these teachers focused on the task of developing professionally rather than on the challenges. They possessed a will – a will to learn, a will to improve their teaching, a will to succeed at improving student learning. Similar to our colleagues, the teachers appreciated the time and resources to create as many learning materials as possible to bring back to their students during our culminating class. It was exhilarating to work among these extraordinary teachers, helping to teach them strategies and practices for developing young readers and writers.

While visiting the large classes in Uganda, what struck me was that creativity with the imperfect resources and the desire to teach students far outweigh any technology or resources when it comes to student learning. The teachers at the front of these rooms were the key to their students' success. Teachers were encouraged to be proud, active members of the union chanting a call and response of "Because We Are, The Nation Is!" "The Nation Is, Because We Are!"

Essentially our teaching experience is relative to who we are, where we are, and our culture's norms. Each situation around the world has its barriers and advantages and they also have the key resource...dedicated teachers. No matter which side of the equator you reside on, teaching really is a work of heart. I encourage anyone interested in Project Overseas, to share their experience and knowledge with the teachers of developing host countries. It's an experience you will never forget or regret!



CTF's Project Overseas: Kampala, Uganda

by Annette Stehouwer, Keswick Ridge School

This summer I had the incredible opportunity to participate in the Canadian Teachers Federation's Project Overseas. This well-run program sends groups of Canadian teachers to work in developing countries with teachers in those nations. Collaboration within our team and with our host country is a fundamental principal of the program. There were 53 Canadian teacher participants going to various countries, with two teams going to Uganda. I was part of the team going to the capital city of Uganda (Kampala) for two and a half weeks.

We began the preparations in March with regards to required vaccinations, travel visas required for our project, supplies that we would be able to bring with us, and subjects to be focused on during our weeks in our host country. We did our best to be as prepared as possible.

The experience in-country was amazing. UNATU, which is the teachers' union in Uganda, made every effort to make sure that we were well taken care of and had opportunities to experience some of the Ugandan culture while we were there. We were there to work with the teachers, but they are a very proud people who wanted to make sure we saw how amazing their country is. It is a very beautiful country with people who take the time to greet you. On the second night in Uganda, we were taken to a performance of Ugandan tribal music and dances. Very impressive! Very entertaining!

Our co-presenters, called 'tutors' in Uganda - although here we would call them coaches or leads, were experienced and passionate about improving the skill of the teachers in their country. They were ready to get as much information from us that they could to help them do their job as well as possible.

We spent the first couple of days in country with our co-tutors preparing workshops for the teachers' professional learning days. We had one group of teachers and principals (or head teachers as they are called) for the first week and another group for the second week, so lessons could be repeated for each week. My co-tutor, also named Annet but spelled differently, and I hit it off right from the start. She is a professional who takes her job very seriously and works very hard to help the teachers improve their teaching. It was important to us that we find approaches that used the sup-



plies to which the teachers had easy access to increase the likelihood of the strategies being implemented.

The teachers who came to the in-service were so positive and excited about the lessons we had prepared, in spite of the fact that the first day was spent trying to work around our different accents. After a short time, we all learned to slow down and my co-tutor would repeat what I had said or what they had said that was confusing to the others.

We really enjoyed our workshops. Our days were usually long, from 7:30 am until about 6:30 pm but they didn't feel that long. We played some games, did some literacy/English activities, showed them some different ways of presenting the information and discussed expectations that were reasonable to help move students forward. We actually were having a hard time getting them to stop the activities because they were enjoying themselves so much. They began to have many questions and suggestions and possible adaptations, all of which I saw as positive. Professional discussions were frequent, either in the group or one-on-one.

We are still getting messages and videos from the teachers and the union in Uganda, letting us know who is implementing some of the activities and whether they have adapted their way of teaching. Some of the teachers are very excited about the different ideas and are moving forward with the support of their head teachers and the union. The co-tutors' job is to continue to encourage the teachers to try the different strategies and approaches presented by the Canadian teachers and Ugandan co-tutors, which I am sure many will do.

This was an amazing experience which will also definitely impact my teaching. Thank you to the NBTA, CTF and UNATU for this opportunity of a lifetime!



Keep watching www.nbta.ca to learn how to apply for the next Project Overseas!

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 2 & 3, 2018 (Friday evening & Saturday) (NBTF Building, Fredericton)

Watch for complete registration details at
www.nbta.ca

Fierce Generations®

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

What: Are differences a source of strength within your team or a point of contention and division? For the first time in history, organizations are comprised of four unmistakably different generations, each with their own approach to, view of, and desired outcomes for work. Fierce Generations® is 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: February 8, 2019 (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: February 9, 2019 (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 ardith.shirley@nbta.ca

NBTA Membership Registration 2018-2019

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. 14 & Sept. 28 for an

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



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

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

All Supply Teachers

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

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

Go to www.nbta.ca
and click



Key this Week

Teachers...
It's that time again!

2018-2019 NBTA Membership
Registration

Register for a chance to win one of
two iPad & Apple Pen Sets!

Draws to be held on
September 14th and 28th,
2018.

NBTA

Information on Rights, Responsibilities & Benefits

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

Early Career Teachers

Supply Teachers

Calendars
NBTA Deadlines and Important Dates
School Calendar 2017-18
School Calendar 2018-19



Register first...

Then, access booklet

- New Brunswick Teachers' Federation (www.nbtffnb.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 Parker at
452-1833 or carlene.parker@nbta.ca.**

2018-2019 NBTA Pension Seminars Registration Form

Date and Location of Seminar:

- November 3 - Saint John
 November 24 - Moncton
 January 19 - Bathurst
 February 2 - Fredericton
 February 23 - Sussex

Deadline for Registration:

October 26
November 16
January 11
January 25
February 14

Name of Teacher: _____ Birth Date _____

Email Address: _____ Dist. _____

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

No. of pension years you will have accumulated to June 2018 _____ Certificate Level: _____

Do you receive a Responsibility Allowance (Principal/Vice Principal/SPR)? Yes No

Are you paid by pay bands? Yes No

If "Yes" to either, please contact the HR Officer at your District to have your last 5 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.

PALS Sussex Celebrates 24 Years

submitted by Harold Dalling, PALS Sussex

PALS Sussex is celebrating its 24th year of incredible success stories, and we could not have done it without the amazing support that this community has offered us. We would like to take a moment to extend a huge THANK YOU to the folks who are helping make such a difference in the lives of teenagers here in Sussex.

To Tim Horton's, the Sharing Club, and Agathe Klingenberg: thank you for your food donations that have helped keep our students full and happy every day. Thank you to the Sussex Wesleyan Church for sponsoring our monthly birthday celebrations, taking the time to serve our students themselves with cake and ice cream. Thank you to the Atlantic Community Church for renovating our building last spring, giving it a fresh, new look and helping us achieve the kind of warm, inviting environment where the students feel welcome.

We also want to thank our hardworking partners, Lori-Ann Lauridsen, Rachel Bennett, and Marcy Gillies, as well as the rest of the Sussex Regional High School staff for their continued support, efforts, and encouragement. The progress here at PALS would not be possible without you. Together, we may be two sites, but we are ONE school with a shared goal to see as many high school students walk across the stage with their diploma as possible.

Finally, we want to congratulate Bridgette Boisvert, one of our 19 graduates this year, on being selected as our Turn-Around Achievement Award recipient. Throughout her time at PALS, Bridgette displayed tremendous growth and a newfound devotion to her education. Teacher, Brittany Tremblett, was thrilled to celebrate her at the award ceremony in Quispamsis on May 28th. We are proud of you, Bridgette, and cannot wait to see what you accomplish next.

Lastly, thank YOU, Sussex, for being such a wonderful community to be a part of. We are so grateful for the opportunity we have here at PALS to serve and support our future generations, and to give them a new perspective on their life. This year we had 55 students walk through our doors and we are already looking forward to working with more amazing students next year! To all of our students this year: have a fantastic summer, and as Paul always says, make wise choices!



Above: Bridgette Boisvert (Turn Around Achievement Award recipient and 2018 SRHS Grad), Brittany Tremblett (Teacher), and Marcia Boisvert (2018 SRHS Grad and past PALS student)



Left: Harold Dalling (PALS Coordinator), Bridgette Boisvert (Turn Around Achievement Award recipient and SRHS 2018 Grad), Paul Lauridsen (School Intervention Worker), and Brook Beaman (Teacher).

LHHS at Canadian Team Math Contest

submitted by Cindy Grasse, Leo Hayes High School

In the first week of April, six students at Leo Hayes High School had the opportunity to participate in the Canadian Team Mathematics Contest in Waterloo, ON. The school was initially on a waiting list and the chances of being accepted were slim, but a call in late January restored all hopes and six mathletes (math athletes) were chosen to represent Fredericton's LHHS in the competition. From here on, it was a race to get the team and the coaches prepared. In total, only 37 schools from all of Canada were accepted with Leo Hayes being the first and only school east of Ontario to attend.

The competition consisted of three events: individual exam, team exam, and a relay. With only 2 months of training together, the team excelled in each category. Mathematics competitions are not often seen as a team event, but in bringing these bright students together to collaborate and share their ideas to solve complex problems, you could see a new side to Mathematics. For the rest of their trip, they made use of their time in the city by doing a campus and Engineering tour at the University of Waterloo, visiting Google Headquarters, and doing an escape room. Leo Hayes is looking forward to possibly participating again next year.



LHHS's Math Team (from left to right): Steve MacMillan (coach), Matt Pearson (coach), Krista MacMillan (chaperone), Matt MacMillan, Ellen Doria, Regan Barry, Zoe Yang, Oskari Linnansaari, Andrew Parks. Many thanks to Cindy Grasse (SPR Mathematics at LHHS), and Brad Sturgeon (principal of LHHS). Thanks to our sponsors Morneau-Shepell.



Share your school's

“Great News Stories”

on NBTA Facebook

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

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

Here are some subjects that generally receive the most interest:



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

ATTENTION Teachers!

Are YOU eligible for a RAISE?

Are you an early career teacher with previous work experience that is related to teaching?

Apply to have previous Work Experience count!

If you are a new teacher who has previous work experience that is related to teaching, you may apply to the Office of Teacher Certification to have it considered for an increase on your salary grid. The form you need is available from the NBTA website www.nbta.ca. Click the Certification button and download the form called **Application for Work-Related Experience for Salary Purposes**. You should also contact your district office to ensure that all supply teaching experience has been credited.

NOTE: The deadline is October 31 to have the increase back-dated to July 1!

Are you a teacher who has completed course work towards a certification upgrade?

Don't forget to apply for your certification increase!

The form you need is available from the NBTA website www.nbta.ca. Click the Certification button and look for the **Application for Upgrading Teacher Certification Level** at the bottom of the page with other forms.

Note: **The deadline is October 31 to have the increase back-dated to July 1!**

Don't forget to include the evaluation fee \$70.00.

Classroom Management 101 — A Workshop for Early Career Teachers —

Tuesday, October 23, 2018 — 9:30 am - 3:00 pm, Fredericton
OR
Thursday, October 25, 2018 — 9:30 am - 3:00 pm, Moncton

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

Facilitator

Tina Estabrooks, NBTA Staff Officer

Session Fees/Expenses

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

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

Maximum Participants: 28

Registration: www.nbta.ca (registration opens September 24, 2018 and closes October 19, 2018 - or when registration is full)

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

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

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

Teacher to Teacher - Sharing the Wisdom of Experience

by *Debbi Bailey and Cynthia Prasow*

In 2016-2017, we contacted retired teacher organizations across Canada to request they distribute a survey to their members. The intent of the survey was to gather the wisdom that seasoned educators had collected over their many years in schools, and to share this experience with practicing teachers, particularly those new to the profession. We received 658 completed responses representing every Canadian province and territory. As we read through the many pages of detailed responses, the following major themes emerged.

Professionalism and the Art of Teaching

Respondents wrote about what it means to be a teacher. They saw it as a challenging, rewarding and honourable career, and a role that requires qualities such as optimism, persistence, kindness, resilience, humour, determination and integrity. They wrote about the joy of being with young people and the importance of valuing every child. "Teaching is the most rewarding career that one can choose. You have the ability to have a positive impact on many lives."

Developing Positive Relationships

There were extensive comments about the importance of relationships with students, colleagues, parents and the community. "Teaching and leading in education is all about relationships. Building positive, compassionate, empathic relationships with those you wish to serve will assist the learning process." Ensuring that students felt safe, accepted and respected was emphasized. "I learned that children appreciated fairness and consistency. They won't always remember what you taught them, but they will remember how you treated them."

Finding a Mentor

Retired teachers strongly urged beginning teachers to seek out a mentor to discuss their challenges and to celebrate their successes. "Ask for help from your fellow teachers... they will (think) that you are asking for help because you want to be the best you can be." Finding the right mentor is important. "Find a teacher who exemplifies all that you admire in the teaching profession and make a connection with them."

Creating a Space for Teaching and Learning

A clear message was that all students have the potential to learn, and that they learn at different rates and in different ways. "The best teachers are those who are able to allow their students to be who they are while giving them opportunities that are varied enough for the individuality of the student." Respondents shared a wide range of suggestions for ensuring the classroom was one in which each student could succeed. The importance of the teacher having sound curriculum knowledge, strong classroom management skills and a willingness to plan carefully for learning was emphasized. Classrooms need to be places where children are engaged participants. "Students will learn if they perceive there is a need, that the learning is relevant to their lives and if they are interested."

Challenges and Solutions

While passionate about their profession, retirees shared some of the challenges they faced. Respondents also provided suggestions on how to weather these challenges.

"As you grow in your profession, surround yourself with positive, optimistic colleagues. It doesn't mean you shouldn't have a critical eye...but the temptation to become jaded and cynical will be there. Stay focused on your students."

Work-Life Balance

Many respondents saw teaching as a vocation which can be all-consuming. "Balance your passion and commitment to your career with excellent self-care. Stay grounded with a variety of personal pursuits." The benefit of doing so is that, "...you'll be a better teacher, especially in the more challenging moments."

Lifelong Learning

Teaching is a constantly changing career that requires educators to be open to new ideas, willing to take risks, and thoughtful about implementing change. Our respondents stressed the need to be a reflective practitioner - learning from students, colleagues, parents and one's own work. "Teachers need to understand that to be a great teacher is always a state of becoming, that they need to be...in constant search of ways to better help their students to learn."

We hope the above summary provides an indication of the richness of the comments shared by respondents. We want to thank the participating retired teacher organizations for their willingness to distribute the survey. Most importantly, we want to thank those retired teachers who took the time to complete the survey so thoughtfully and openly.

Debbi Bailey: retired teacher and administrator Calgary Board of Education

Cynthia Prasow : Director, Student Experiences, Werklund School of Education, University of Calgary



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: Sept. 22, 29, Oct. 6,
13, 20 (9 am to 3:30pm)
+7 hours outside of class

Reg. Deadline: Sept. 18th

Spring:

Dates: Apr. 6, 13, 27, May 4,
11 (9 am to 3:30pm)
+7 hours outside of class

Reg. Deadline: March 1st

Summer:

Dates: July 8-12
(9 am to 3:30pm)
+7 hours outside of class

Reg. Deadline: June 21st

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 (2018)

"I learned how the Enrichment Triad Model has such an amazing impact on student's learning and their lives."

"I had such fun! I was not expecting to have laughed and cried, be so moved and motivated. I feel invigorated and excited about implementing this model."

PERSONALIZE LEARNING • INCREASE SELF-ESTEEM • CELEBRATE STUDENT SUCCESS

Professional Course

Name: _____

School: _____

Email: _____ Member Number: _____ Cell: _____

Fall (Sept. 22, 29, Oct. 6, 13, 20) Spring (Apr. 6,13,27, May 4, 11) Summer (July 8-12)

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!

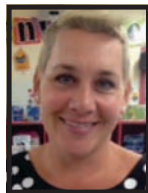
NBTA, as the Professional Association, is pleased to offer support specific to the needs of our early career teachers. Part of that support comes through POINT - Professional Orientation and Induction for New Teachers. Each NBTA Branch has a POINT Liaison (pictured below) who takes the lead in organizing 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.



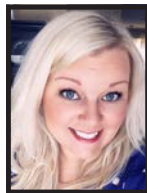
Debbi Sloan
0214



Joanne Jardine
0215



Krista Ingraham-Côté
0216



Kerri Ryder
0217



Sandy Tingley
0618



Jillian Kiervin
0619



Stacey Wood
0820



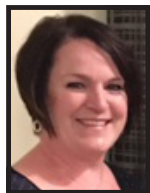
Naomi Cooke
1021



Sally Cogswell
1022



Heidi Brown
1023



Anne Forestell Wilson
1428



Jane Porter
1429



Beth Corey-McCready
1430



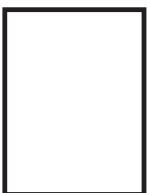
Danielle Fillmore
1431



France Morin-Parent
1450



Parise Plourde
1454



Tammy Oakes
1536



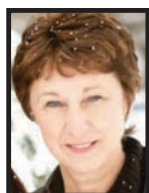
Mae Cameron
1538



Connie Ellis
1542



Patsy Kingston
1608



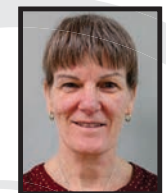
Elizabeth Price
1610



Ginny Richard
1640



TBA
1724



Jocelyn Doucet
1725



Angela Lardner
1809



Derek Taggart
1826



Tina Noble
1827

Compass Conference 2018

Early career teachers navigating the professional world of education



**Thursday and Friday
October 11 and 12, 2018
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:

- Classroom Management
- Conflict Resolution
- Positive Education

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

Registration: Electronic registration via www.nbta.ca August 27 - October 1.

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 27 - October 1**

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

Developing Successful Schools Conference 2018



School Leaders from across Atlantic Canada share wisdom using one of the more than 40 Liberating Structures.

Educational Leaders from across Atlantic Canada converged on Mount Allison University Campus the week of July 3rd-6th for an exceptional professional learning opportunity led by facilitators Keith McCandless and Liz Rykert. During the 3 days, they explored the topic of ‘Liberating Structures’ in an immersion workshop.

What are Liberating Structures?

“Essentially they are easy-to-learn microstructures that enhance relational coordination and trust and quickly foster lively participation in groups of any size. Liberating Structures are a disruptive innovation that can replace more controlling or constraining group approaches. Any person interested in leading change—in schools, hospitals, foundations, agencies, and businesses—can use Liberating Structures to generate innovation and great results.”

(www.liberatingstructures.com)

“One of the most refreshing and invigorating institutes I have ever participated in. Thank you for providing this opportunity to learn new and exciting ways to encourage positive interactions and relationships amongst my students and my colleagues.”

Developing Successful Schools is a conference that takes place annually. DSS 2019 is scheduled for July 2-5, 2019 in Sackville, New Brunswick. Stay tuned for more details.



Participants witness the power of the “Fish Bowl” as a group structure to unleash group potential.

CONTACT 2018 held in Cornerbrook!



On August 7th-10th teachers from across Atlantic Canada joined together on the Grenfell campus in Corner Brook, NL 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 "New Horizons: The View From Here". Special thanks to NBTA members Wendy Thomas and Janice Shaw of ASD-W who shared their collective wisdom with CONTACT delegates in a popular session titled – *Making 101: Cultivating a Maker Mindset in Students*. New learning was achieved, new friendships were formed, and memories were made!

CONTACT is an annual conference that is sponsored by the four Atlantic Provincial Teacher Organizations. Next year's conference will be hosted by the NBTA on August 6th-9th. Mark your calendar!



Languages Without Borders

May 2-4, 2019 | Fredericton, NB



Conference for Second Language Educators

[Register Now](#)

Benefit from the early bird rate until January 18.
The registration includes breakfasts and lunches.

www.caslt.org/LWB-2019-LSF



Canadian Association of
Second Language Teachers
Association canadienne des
professeurs de langues secondes



Second Language Research
Institute of Canada
Institut de recherche en
langues secondes du Canada

Council News

Elementary Council President's Message

by Paula Smith, Vincent Massey Elementary School



Welcome back to another new and exciting year! The most wonderful thing about our profession is that no two years are exactly the same. Each September brings new students, colleagues, ideas, excitement and challenges. It certainly has been a record breaking summer with many hot and sunny days. I hope you found ample opportunities to rest, relax and rejuvenate while enjoying time with family and friends. My summer was spent enjoying good music and friends, learning a new skill or two and growing professionally.

I am excited to begin my first year as Elementary Council President. I have been on Council for five years, serving as a member-at-large and council secretary while managing various responsibilities to help make Council Day a wonderful learning opportunity for all teachers. Elementary Council will have many new faces this year as previous members have completed terms or have chosen to focus on other interests and/or obligations.

This past May, Elementary Council welcomed teachers from across the province to Saint John. The days leading up to Council Day 2018 will be remembered as floods consumed many of our thoughts and communities. A new location meant many learning opportunities. I want to thank all those who completed the survey following Council Day, as your thoughts and suggestions help us grow as a council to meet your needs. This year, we join the other councils in welcoming everyone to combined council in Moncton, NB. It will be a wonderful opportunity to collaborate with teachers from all levels to learn, laugh and share our ideas. While May 2020 seems far away, we will also begin preparations to secure locations and keynote speakers.

As you begin a new school year, I encourage you to take an active role in the NBTA. There are many opportunities to do so locally in your branches, or provincially through various committees. If you are interested in learning more about Elementary Council or would like to be considered for upcoming vacancies, please forward your name along.

On behalf of the Elementary Council Executive, I would like to wish you all a wonderful school year. Rita Pierson said, "Every child deserves a champion – an adult who will never give up on them, who understands the power of connection and insists that they become the best that they can possibly be." I encourage you all to be that champion. Best wishes.

High School Council News: It's a Win-Win for students at Bernice MacNaughton High School

Brian Corbett is a Science teacher at Bernice MacNaughton High School in Moncton. He, along with a group of 15 students developed a pilot project using hydroponics and aquaponics to grow plants right in his very own classroom. The windows of Corbett's classroom are filled with a series of tubes and piping where the students have planted and are growing a number of things, including tomatoes, onions, lettuce and lots of greens. The plants are then either harvested or transplanted to the schools ever growing community garden.

The school was able to use the food from the project to support their breakfast and lunch programs. Corbett's goal is to expand the program to donate produce to Food Depot Alimentaire within 3 years, encouraging community mindedness and compassion in his students by giving back in this way.

In addition to the many local benefits for the school and community, these students and their project were chosen as regional winners in the Samsung Canada Solve for Tomorrow Challenge and were awarded \$20,000 in Samsung electronics for their school. Now that is a Win-Win!



Council News

Middle Level Council President's Message

by Ryan MacDougall, Campbellton Middle School

Welcome Back!

As the sun sets on another summer vacation, I want to welcome you all back to another school year that will certainly be filled with exciting challenges and opportunities. I hope that you have had some time to recharge those batteries and are ready to jump right back in to molding those youthful minds that will soon be seated before you.

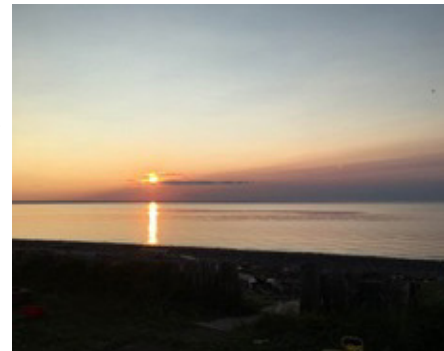
My first year as president was an extremely enjoyable and educational one. While different opportunities came my way throughout the year, the highlight was certainly the opportunity to attend the AGM and Retiring Teachers' Luncheon in May. The AGM was a phenomenal learning experience. It is an experience where you truly get to see the inner workings of our organization. The Retiring Teachers' Luncheon gave me an opportunity to reflect on the years of experience that were present in that room and watch in awe as so many fantastic educators received recognition for their years of service.

As many of you are already aware, there is a huge event coming up in May 2019. You guessed it – Combined Council Day in Moncton! As you can imagine, this is a HUGE endeavor that will be taken on by all three councils but more specifically, by a Combined Council Committee. While the program is nowhere near finalized at this point, I can guar-

antee you that you will not be disappointed. We currently have some phenomenal speakers lined up. For a mind blowing, brain busting learning experience, Moncton will be the place to be in early May 2019.

If I can offer up one piece of advice to teachers out there as we dive into another school year, it would be to try and get involved in the NBTA. There are tons of committees and ways to become involved that most people probably aren't even aware of. Check out the NBTA website for information or contact one of the NBTA staff members to see how you can get involved. While it is no secret that teaching is a busy profession and spare time is virtually non-existent, I can assure you that becoming involved in the organization will be extremely rewarding and educational.

So.....as the sun sets on another summer vacation, let the sun rise on the 2018-2019 school year. Bring it on!



Overnight Wellness Retreat & Institute



Focus on Yoga, Meditation, & Nutrition

Date: Friday, September 28th to Saturday, September 29th

Time: Check in is 6 to 7 pm with the final activity wrapping up at 2:30 pm

Location: Village Scandinaive, Haute Aboujagane (authentic YURTE!)

Cost: free! Compliments of your High School Council

Space is extremely limited as there are few cabins, so register early by contacting colleen.dunnet@nbed.nb.ca



Workshops:

- Acro posing: how to engage your students in pair posing
- 'Flexitarian' and clean eating for improved health
- Meditation Practices
- Spa treatment



Council News

***We're All Together
in Moncton on
May 3, 2019!***



**NBTA Combined
Council Day 2019**

***World Class Speakers,
Thousands of Colleagues, and
a Terrific Learning Opportunity***



NBTA Golf Tournament

Saturday, September 22, 2018
 "Shotgun" Start - 1:00 pm
 Mactaquac Golf Course, Mactaquac



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

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 17, 2018

Four Names:

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

Contact Person: _____

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

Email: _____

(Confirmation will be sent by email)



55th Annual NBTA Bowling Tournament

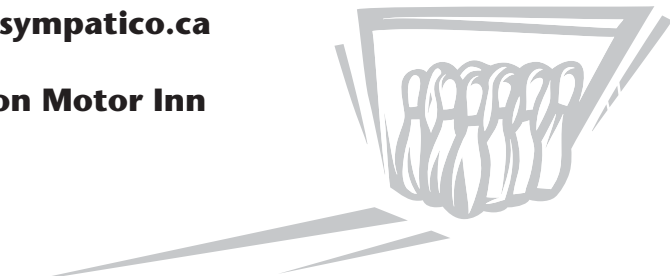


Where: **Kingswood Entertainment Centre**
 When: **October 12-14, 2018**
 Cost: **\$50** per player required on registration
\$250 per team
New Teams Encouraged!

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

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

Host Motel: **Fredericton Motor Inn**



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0174_0818

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Make It Count in the classroom!

FCNB offers many ways to promote financial literacy to your students: from our updated *Make It Count: An instructor's guide to youth money management*, to our free classroom presentations. Our lessons are linked to New Brunswick curriculum outcomes across a variety of courses and at all grade levels!

Available in both official languages

Download **Make It Count** and check out our additional **FREE** resources at FCNB.ca/youth

Need a print copy or want to book a presentation? Contact us at info@fcnb.ca or 1-866-933-2222



Paid Advertisement



PUBLIC WORKSHOPS COMING TO
NEW BRUNSWICK FALL/WINTER 2018-2019

DE-ESCALATING POTENTIALLY VIOLENT SITUATIONS™
Fredericton: October 15

WALKING THROUGH GRIEF—Helping Others Deal with Loss
Moncton: October 22-23

MINDFULNESS COUNSELLING STRATEGIES—Activating Compassion and Regulation
Fredericton: November 6-7

AUTISM—Strategies for Self-Regulation, Learning and Challenging Behaviours
Moncton: November 19-20

HARM REDUCTION—A Framework for Change, Choice and Control
Fredericton: December 4

BORDERLINE PERSONALITY DISORDER—Understanding and Supporting
Moncton: December 10

THE ETHICS OF HELPING—Boundaries and Relationships
Moncton: January 31

ANXIETY—Practical Intervention Strategies
Moncton: February 26

DEPRESSION—Practical Intervention Strategies
Moncton: February 27

TRAUMA INFORMED CARE—Building a Culture of Strength
Fredericton: March 21

MOTIVATING CHANGE—Strategies for Approaching Resistance
Moncton: March 25-26



NEW THIS FALL!
On-demand 1-2 day Workshops

ACCESS TRAINING FROM ANYWHERE

Many of our Public Workshops are also available live, from any location. The workshops are streamed over the Internet and viewed on your computer. Even though you are not on location, as a participant you are still able to ask questions. For those unable to attend a live event, this fall we will be offering some of our workshops on-demand, recorded during a previous live stream workshop. To register or for more information, please visit our website.



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info@ctrinstitute.com
877.353.3205

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Mind, Body, Spirit...

TBA
*New teacher
counsellor
begins
October 1, 2018

ASD-South
1-800-563-3938



Michael LeBlanc
ASD-West
1-800-561-1727
462-0208

michael.leblanc@teacherwellness.ca



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

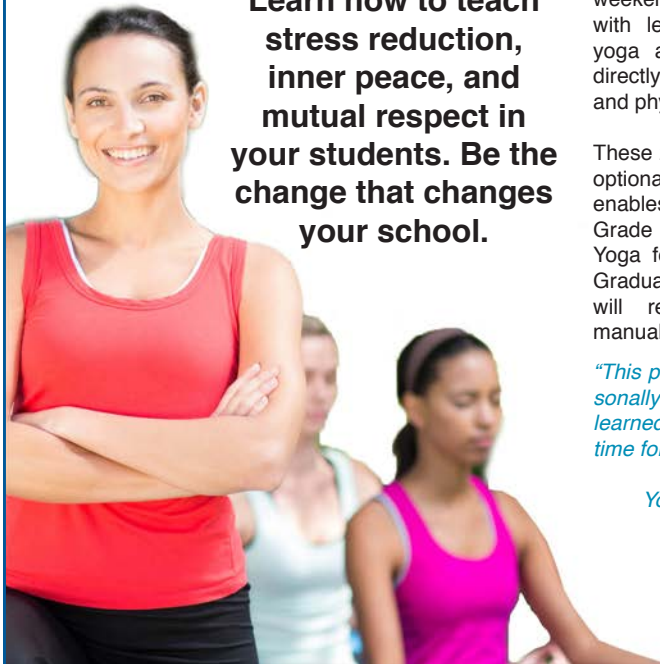
- Provide counselling
- Organize group sessions upon request
- Respond to school crises to provide support for staff
- Conduct Critical Incident Stress Debriefings
- Refer teachers to other agencies when necessary
- Co-ordinate School-Based Wellness Programs
- Promote wellness through workshops

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

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

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



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

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

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

"This program changed my life personally and professionally! I have learned the importance of taking time for myself."

*Daneen Dymond,
Yoga in Schools Graduate, NB*



Join the founders of Yoga in Schools, Jenny and Blair, at the 7th Annual Winter Yoga in Schools NB Conference.

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

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

"Thank you for giving me access to a new, deeper tool-set for being a better person, parent, and teacher."

Beth W, Yoga in Schools graduate

Who can attend: all teachers/specialists & educational assistants.

Dates & Time: February 23-24th, 2019, 9:00-3:30pm

Location: Delta Beausejour, Moncton

Fee: \$275.00 + hst

Register early to secure your spot:

(902) 444-YOGA (9642)

info@BreathingSpaceYogaStudio.ca

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

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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

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