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A professional association of the
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Newsletter

Presidents Message



Greetings fellow Family Studies Teachers! As another school year draws to an end, I am again left wondering where the time has gone. It seems like I was just working on our Fall Greeting and October Conference! I urge you to look at the EduFest opportunities available to teachers this summer. Sheila Munroe coordinated some wonderful learning opportunities for Family Studies teachers. The EduFest 2014 PDF booklet can be accessed through the Nova Scotia Teachers Union website. There are workshops on Edible Education, Food-Body Systems: Interactions, Project Based Learning, and Commercial-Free Classrooms, to name just a few! I look forward to seeing many familiar faces this summer.

I would like to thank our dedicated Family Studies Executive, Karen Desroches, Karen MacIsaac, Tanya Mercer, Carolann Toulany, Kelli Wolfe-Enslow, Denise Forgeron and Krista Simm. Their coordinated efforts produce this wonderful newsletter, help bring you October Conference, update our Family Studies Teachers Association Website and provide leadership and mentorship to other Family Studies Teachers.

You can mark your calendars to be ready for October Conference this year. The theme is "Then and Now" and it will be hosted by Kings Education Center in Canning. Lyndsay Murphy and her team have organized a conference which caters to Family Studies Teachers as well as teachers in the other subject areas. The Family Studies Teachers Association Executive is very thankful to Lyndsay and her committee for organizing such a wonderful day.

We will be looking to fill some executive positions in the upcoming year. Should you be interested in getting involved with FSTA, please feel free to contact myself or any of our current executive members to find out more information.

I am wishing you all a wonderful and safe summer. Take time to rejuvenate and refuel and enjoy family and friends.

Sincerely,

Shari MacGillivray

We will be looking for a treasurer for the upcoming year. Please let us know if you are interested in becoming a member of the FSTA executive.

The FSTA Newsletter is published by the NSTU for the Family Studies Teachers Association, Krista Simm, Editor. The opinions expressed are not necessarily those of the editor, the FSTA or the NSTU.

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Family Studies in Our Schools

Do students in your school have an opportunity to extend Family Studies skills beyond the constraints of the schedule and curriculum? Let us know, and we'll highlight your ideas in a future issue and maybe inspire other teachers to do the same.



Sherwood Park Education Centre has an "After School Sewing Club" which allows students to meet and work on more advanced projects. A project is chosen by the teacher, Denise Forgeron, based on the interest expressed by students. Students generally sign up if they wish to complete the project being offered. After the project is completed, another project is chosen and offered for a period of time. Students do not need to complete every project. This allows flexibility especially during sport seasons and when there is conflict with other afterschool events. The projects are open to anyone at the school, including staff. This year the students have taken their skills beyond pillowcases and they have completed body pillows and quillows. Past years our group has made Teddy Bears for children in crisis and lap blankets for women's group homes.

EDUfest

Summer Learning for Teachers
Formation pendant l'été pour les enseignants

For information on Family Studies, whether it is about resources, draft curriculum, or Moodle access, please do not hesitate to contact **Sheila Munro**, Family Studies Services, NS Department of Education and Early Childhood Development. munrosm@gov.ns.ca

We Have a New Moodle!

Nutrition Month's theme was "Simply Cook and Enjoy!", so that's the name of the new Moodle. This Moodle is a place for teachers, regardless of grade level to share their teaching ideas for food and nutrition.

Using your School Board email address and password log into the NSVS Moodle site <http://nsvs.ednet.ns.ca/nsps/login/index.php>

The enrollment key is: allaboutlearning
All one word, all lower case.

Join our "Simply Cook and Enjoy" Forum. What food activity has engaged your students with eating healthy? Please share your ideas for resources, websites, classroom/lab activities that promote healthy cooking. Be sure to include grade level and school.

EDUfest 2014 will include several cross-curricular sessions. Ones that might be of particular interest to Family Studies teachers include:

- Edible Education
- Apply Blended Learning to your Classroom
- Commercial Free Classroom
- Engaging Your Students: Project Based Learning
- Food-Body Systems: Interactions
- Healthy Art in Selfie Culture
- Mi'kmaq Communities in Nova
- Teaching Students with Autism Spectrum Disorder

Review the descriptors for these workshops and many more on the EDUfest website: <https://edufest.ednet.ns.ca>

You can browse without even logging in! I hope you will consider attending at least one Summer Session!

SAVE THE DATE:

WHAT: FSTA October Conference – "Then and Now"

WHEN: October 24, 2014

WHERE: Kings Education Center, Canning

CONTACT: Lyndsay Murphy - lmurphy@nspes.ca

Many students in our schools suffer from allergies or sensitivities, and require special consideration when preparing food. In an effort to meet the needs of all students, the FSTA newsletter will feature a new recipes each issue, intended for students with special dietary requirements. If you have a successful recipe that you would like to share with other FSTA teachers, please send it to klsimm@nstu.ca. Thanks to Karen MacIsaac for your submission to our current edition.

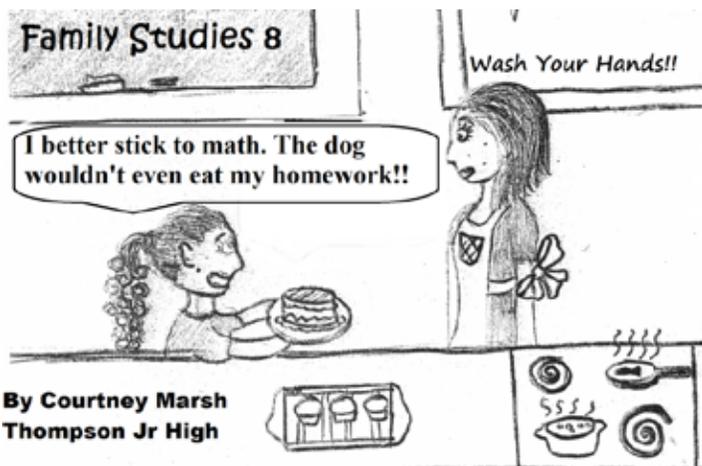
Julius – Orange, Banana, or Strawberry

1 cup of frozen strawberries or
1 banana or
 $\frac{1}{2}$ c orange juice – frozen concentrated
 $\frac{3}{4}$ c milk – for lactose intolerant opt for soy milk, Lactezee or rice milk
 $\frac{1}{2}$ c cold water
2 tbsp sugar
1 tbsp vanilla
1 c crushed ice or 6-8 ice cubes

Method:

1. Put fruit into blender. Add next 4 ingredients and blend on low speed.
2. Add in ice and blend until evenly broken up in the mixture.
3. Serve in large glass with straw. Enjoy!

FOR FUN



*“Enjoy the little things in life...for one day you'll look back
and realize they were big things.”*

~ Robert Brault