

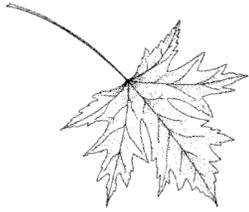
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A professional association of the  
Nova Scotia Teachers Union



# Newsletter

## Presidents Message



Welcome to our first newsletter of the 2014-2015 school year. I hope everyone has a healthy, happy and rejuvenating summer break. I also hope many of you are planning on attending the Family Studies Teachers Association Professional Development Day on October 24<sup>th</sup>. The conference is taking place at Northeast Kings Education Centre, The conference theme is "Then and Now". It offers a lovely balance of foods, nutrition, health, textiles, arts and agricultural workshops. There is truly something for everyone.

The keynote speaker is Holly Carr, Holly has gained national acclaim for her unique style of silk painting. She has participated in numerous group and solo shows and continues to exhibit nationally. Holly has designed for theatre productions and large scale public installations. Her most ambitious installation to date is a larger than life environment created out of painted silk, "Light in the Forest" for Acadia University Art Gallery. Her work has been widely used in advertising and illustration, including her first children's book "What is Pink". In recent years Holly has branched out to performance art, where she paints large works live on stage. Working with numerous musicians and performers including a cross Canada tour with Stuart McLean and the Vinyl Café, as well as performances with world renowned violinist Min Lee in Singapore and the National Art Centre Orchestra in Ottawa.

Holly recently had successful performances with the Winnipeg Symphony Orchestra and her own show with Symphony Nova Scotia where she painted an 8 x 32 foot painting live with the orchestra. Holly is often sought after for her public speaking, painting and talking on a variety of issues relating to creating and following your own path in life. Holly graduated from Nova Scotia College of Art and Design with a BFA and BA.Ed. Holly's work can be found in numerous private and public collections.

We are also welcoming any individuals who may be interested in joining the FSTA executive. We are a small group who meet three times a year. You don't have to be a full time family studies teacher to join, you just have to have an interest in Family Studies. I would like to thank Karen Desroches, our past president, for her many years of work on the FSTA executive. We wish Karen continued success as she spreads her wings to take on new roles with her Local.

Looking forward to seeing many of you at Conference 2014!

Yours in Family Studies,  
Shari MacGillivray

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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*Please let us know if you are interested in becoming a member of the FSTA executive.*

# Family Studies REPORT

## EDUfest 2014

Several Family Studies teachers participated in EDUfest sessions this summer. Sessions of interest for Family Studies were: IT Summer Camp for Teachers, Apply Blended Learning, Engaging Your students through Inquiry Based Learning, Healthy Art in Selfie Culture, Edible Education and Duke of Edinburgh. Thank you to Jon Marshall of Bridgetown Regional High School for leading the session on Edible Education. EDUfest refers to all summer learning opportunities planned by the Department of Education and Early Childhood Development staff (EECD). We had over 800 teachers participate this summer!



## New Resources

New resources have been reviewed and approved for listing on the ALR for the Foods Courses at the grade 10 level. We also have listed the 5<sup>th</sup> edition of FOODSAFE for use when teaching Food Safety at the high school level. All new resources will be on display at the Family Studies Conference on October 24 that is being held at NorthEast Kings Education Centre in Canning. We are also reviewing new resources for Child Studies 11 this fall.

The listing for the Real Care Baby III is also being updated this fall.

## Acadia Professional Development Program in Family Studies

Acadia University has a cohort of 12 people registered through Open Acadia (Customized Programs) to receive an upgrade in their teaching license by completing a Certification Program. Many of the courses are on line and can be taken at any time. Some courses are offered during the summer and this past summer we had a group of 6 teachers complete 2 more of their core courses. We will be starting a Projects in Education Course: Family Studies this fall. Teachers will meet on October 24 at 3:30 p.m. at North East Kings Education Centre, immediately following the Conference for the Introductory Lesson. They then will work independently on a Family Studies related curriculum project of their choosing. Teachers interested in starting the program may start at any time. Further information is available at <http://www.openacadia.ca/index.php/pd-programs/24-credit-studies/med/624-pd-family-studies>

## Family Studies in Nova Scotia

Thanks to Power School I now can easily find out which schools are offering Family Studies. The easiest way for me to keep teachers updated on curriculum and resources is through our NSVS Moodles.

Please contact me directly if you have questions or need help accessing curriculum drafts, and the Family Studies Moodles.

Have a great Fall and I hope to see you at Conference!

Sheila Munro, Family Studies Services  
[munrosm@gov.ns.ca](mailto:munrosm@gov.ns.ca)

Please let us know if you are interested  
in joining the FSTA executive.

The positions of  
**treasurer & vice-president**  
are currently available.

The location of our  
**2015 FSTA conference**  
has yet to be determined.

Please let us know if you would like  
to host the event in your area.

## 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 similar projects in their schools.

Karen MacIsaac held 4 clean-eating sessions after school for junior high girls this past spring. In her sessions, she incorporated information on nutrition, clean foods and ways to prepare them. We live in a society where so much of our purchased food is processed and full of additives and preservatives. She took each session and focused on themes that included getting more fibre in your diet, looking at other ways of getting protein, looking at antioxidant rich foods and limiting gluten and processed flour in the diet. A couple of recipes she did with students are included for you to give a try!

### HEALTHY STRAWBERRY FROZEN YOGURT

yield: 4 SERVINGS prep time: 5 MIN

#### INGREDIENTS:

4 cups frozen strawberries  
3 Tablespoons agave nectar or honey  
1/2 cup plain yogurt (non-fat or full fat)  
1 Tablespoon fresh lemon juice

#### DIRECTIONS:

Add the frozen strawberries, agave nectar (or honey), yogurt and lemon juice to the bowl of a food processor. Process until creamy, about 5 minutes.

Serve the frozen yogurt immediately or transfer it to an airtight container and store it in the freezer for up to 1 month.

I prefer a more tart frozen yogurt, but you can add additional agave nectar or honey if you want a sweeter-tasting dessert.

Fresh strawberries can be used in place of frozen, however the fresh strawberries must be frozen solid.

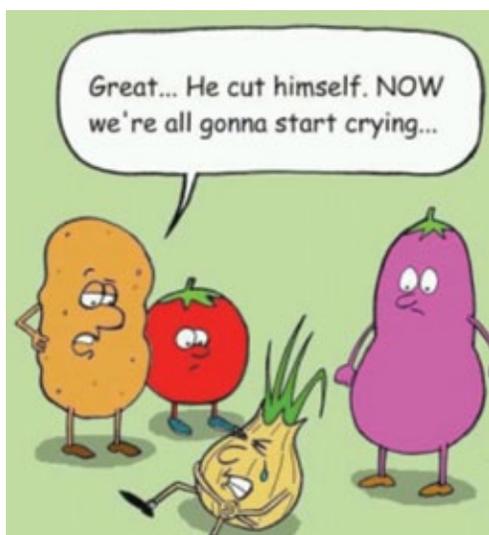
### 4 INGREDIENT PANCAKES

#### INGREDIENTS:

2 bananas mashed  
3 large eggs  
1 tsp. cinnamon  
1/4 c oats

Combine all ingredients and ladle into frying pan. Makes 12-15 small pancakes. Serve with fresh fruit or almond butter or honey.

*"The happiest people don't necessarily have the best of everything but they make the most of everything they have".*  
~Sam Cawthorn



## For Fun

### Tips to prevent tears when cutting an onion:

1. Chill the Onion before cutting either in a cold water bath, fridge or freezer.
2. Do not cut into the root end of your onion, its the most concentrated area from which tears are made.

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