

NSTU Status of Women Committee Year End Report 2025-2026

Committee Mandate

Advise the Provincial Executive on ways of enhancing the status of women in the teaching profession and in society.

Committee Members

Leigh-Anne Rizzo-Baker (Chair), Kassie Rose, Bernice MacNeil, Jen Bradley, Cindy Ng-Ivanoff, Sunita Pinet, Jemita Buchanan (Executive Member) and Wendie Wilson (Staff Liaison)

Meeting Dates

- Friday, October 10th
- Friday, February 6th (Virtual)
- Friday, April 17th

Summary of Activities

The primary focus of the Status of Women Committee this year was the planning and delivery of its biennial conference, held on April 17–18 under the theme "Women & Wellness." Hosted at the Courtyard by Marriott, the conference welcomed nearly 50 delegates from across the province for two days of learning, reflection, and professional engagement centred on women and well-being.

The conference opened with welcoming remarks from the NSTU President and Executive Director, who acknowledged the importance of creating spaces that support and uplift women in the profession.

The conference featured a diverse and engaging lineup of presentations, including:

- Rest is a Right! – Danielle Wright, Workplace Mental Health Consultant
- Reading Our Body's Map in a Loud World – Theressa Diane Govindsamy, Insight Wellness and Research Consultant
- What the Data is Saying: Canadian Statistics on Gender-Based Violence – Wendie Wilson, Executive Staff Officer
- The Wisdom Within: Women, Embodiment and the Nervous System – Amy Mahoney, NSTU Counsellor

The presentations fostered meaningful dialogue around wellness, mental health, embodiment, and gender-based violence, providing delegates with practical knowledge and opportunities for personal and professional reflection. Overall feedback from participants was overwhelmingly positive, with many expressing appreciation for the relevance of the theme, the quality of the presenters, and the supportive environment created throughout the event.

In recognition of International Women's Day, the committee also launched an initiative to spotlight an international teacher in the profession. Her story was featured in *The Teacher*, helping to elevate the voices and experiences of racialized and new Canadians while celebrating their contributions to public education.

To commemorate the conference, Paul Hamer created a distinctive Women & Wellness logo that visually represented the conference theme. Waterproof stickers featuring the logo were produced and distributed to delegates, generating enthusiastic feedback and serving as a lasting reminder of the conference experience.

The committee also expanded its collection of resources with an intentional focus on women, diversity, equity, and wellness. These resources were displayed, shared, and discussed throughout the conference, providing delegates with additional tools and materials to support ongoing learning and advocacy within their schools and communities.

The committee is proud of the success of this year's initiatives and remains committed to advancing the well-being, equity, and leadership of women within the teaching profession.

Council Resolutions Reviewed

2026-19 (Pre-C)

2026-40 (Pre-C)

2026-58 (Pre-C)

Goal or Plans Next Year

To further investigate the impact of Gender Based Violence on the teacher profession.

Budget

Year to date \$2,639.43

Annual Budget \$5,450

Respectfully submitted by Wendie Wilson (Staff Liaison)