

NSTU members encouraged to take part in Federal election

Federal Election Day in Canada is April 28th, and while the NSTU is a non-partisan union, it encourages all its members to engage in the political process.

As leaders in our school communities, teachers and specialists have a valuable role to play in the electoral process. And while public education is a provincial responsibility, the federal government often supports targeted initiatives that benefit teachers and students, such as the universal school lunch program.

With the federal campaign in full swing, please do not hesitate to volunteer for a party, display a sign on your lawn, donate to a candidate, or share election related posts on social media.

Similarly, the Canadian Teachers' Federation (CTF/FCE) is calling on **every political party and leader** to prioritize children and youth by committing to the following:

- Continue funding and expanding the **National School Food Program** to ensure universal access to healthy, nutritious food for all children living in Canada, so no child goes hungry.
- Sustain investments in the **Canada Child Benefit** to provide financial support to families who need it most.
- Allocate dedicated funding for mental health services under the **Canada Mental Health Transfer** to address the significant backlog of mental health supports available for students, parents, and teachers.
- Take **decisive action on climate change to foster** a cleaner economy. This includes



Shown are members of the CTF/FCE Board of Directors, of which NSTU president Peter Day is a member at its meeting in Ottawa, April 8, standing united in its call to action: Vote for Canada's Future.

applying “green strings” to all federal funding to protect future generations, increasing funding for green infrastructure, and investing in renewable energy and training.

To help teachers encourage others to vote

for our children and our future this election CTF/FCE has created an on-line toolkit. Please visit this link <https://www.ctf-fce.ca/take-action/canadas-future> to learn more about how you can make a difference at the ballot box on April 28th.

people

Teachers *Plus* Credit Union proud supporter of Education Week

The Provincial Education Week Committee sincerely values the continued support of Teachers *Plus* Credit Union (TPCU). TPCU began its sponsorship of Education Week in 2003. TPCU's support of Education Week helps to raise the profile of the week while demonstrating its commitment to public education and ongoing focus on the needs of teachers and their families.



*Shown in the photo during a board meeting on April 4 (left to right): Jason Kavanaugh, Board Director; Danielle Eleftheros, Board Chair; and Coralie Cameron, Corporate Social Responsibility Committee Chair. They are displaying this year's Education Week poster, designed by NSTU's graphic designer Paul Hamer, featuring this year's theme **Empowering Futures: Innovation in Education/ Construire l'avenir: l'innovation en éducation**. The NSTU is one of seven organizations that comprise the Education Week Committee. For more information on this year's Education Week see page 4.*



Annual Retired Teachers Organization Provincial Curling Bonspiel

The 2025 RTO Provincial Curling Bonspiel was hosted by the Shelburne County Branch at the Barrington Curling Club in Barrington Passage on March 21 and 22, 2025. The winners of the bonspiel were: Jodi and Craig MacMaster, and Michelle and Andrew Blades. Jodi MacMaster teaches math and science at Shelburne Regional High School and Andrew Blades teaches senior high math and yoga at the same school. Michelle Blades is a Grade 4 teacher at Hillcrest Academy.



Managing Editor: **Angela Murray**
Assistant Editor: **Mark Laventure**
Advertising & Circulation: **Nancy Day**



Published eight times a year
(September-June)
by the **Nova Scotia Teachers Union**
3106 Joseph Howe Drive,
Halifax, N.S. B3L 4L7
Phone: 902-477-5621
Fax: 902-477-3517
Toll free: 1-800-565-6788
Email: theteacher@nstu.ca
Website: www.nstu.ca

Submission deadlines for 2024-2025:

ISSUE	DEADLINE
September	August 30
October	October 11
December	November 29
Jan/Feb	January 24
March	February 28
April	April 11
May	May 9
June	June 13

The opinions expressed in stories or articles do not necessarily reflect opinions or policy of the Nova Scotia Teachers Union, its staff or elected provincial representatives.

We welcome your comments and suggestions:
1-800-565-6788 or email theteacher@nstu.ca.

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John Huntley Interns

The spring session of the John Huntley Memorial Internship program took place on March 20 and 21. NSTU members chosen for the program spend two days at Nova Scotia Teachers Union's Central office learning more about programs and services the NSTU provides for members. The Interns engage in sessions with NSTU staff, including the executive director, and the NSTU president. Staff from member services, professional development, public relations, the Member Assistance program, and NSTU administration including the financial officer participate in the program. This program is facilitated by the Professional Learning department and executive staff officer Pamela Langille. The Huntley Memorial Internship has been providing a worthwhile and rewarding experience for participating members for almost 25 years. Program deadlines for this school year are complete. To apply for the 2025-26 school year see more information here: <https://nstu.ca/nstu-members/professional-development/grants-opportunities/john-huntley-internships>.



Shown (left to right): Alanna Martell, (Dartmouth) an Early Literacy Support teacher at John McNeil School; Kasi Humber, (Colchester-East Hants) a Core French teacher at Winding River Consolidated School in Stewiacke; Kaitlin Conrad, (Cumberland) a Math and Music teacher at E.B. Chandler Junior High School in Amherst; Tavneet Kaur, (Pictou) who teaches Grade 7 Math and Health at Dr. W.A. MacLeod Consolidated in Stellarton; Jacinda Hatton, (Kings) a Grade 7 ELA, Social Studies and Art teacher at Wolfville School; Jason Ralph (Dartmouth), who teaches Philosophy, Global History, Politics and IB English at Woodlawn High; and NSTU president Peter Day.



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CREDIT UNION

Education Week 2025



Honourable Brendan Maguire

Minister of Education and Early Childhood Development

On behalf of the Province of Nova Scotia, it is my great pleasure to welcome you to Education Week 2025.

Annually, this is the time we come together and acknowledge the outstanding efforts of everyone working in our public school system. It is also an opportunity to celebrate staff who foster learning environments that make our students active participants in their education and in their community.

This year's theme, *Empowering Futures: Innovation in Education*, recognizes members of our education team who are taking initiative and thinking creatively to prepare students for the future. These teachers, administrators and school staff are integrating inclusive practices, global viewpoints and technology to ensure the success of our young people.

Innovation—exactly like what we are seeing from this year's recipients—is more important than ever. It is what will prepare Nova Scotia's students to use critical thinking, creativity and collaboration to overcome challenges and harness opportunities. We are truly fortunate to live in a province with such talented and committed teachers, public school administrators, early childhood educators, student support staff and other professional staff.

Thank you to the Education Week Committee, volunteers, sponsors, partners and organizers for their hard work in making this special event a huge success.

Congratulations to this year's recipients!



Peter Day

President, Nova Scotia Teachers Union

On behalf of the Nova Scotia Teachers Union and our public school and APSEA members, I extend heartfelt congratulations to the teachers, educators, administrators, support staff and education partners who support students, schools, and communities.

Your dedication to this year's Education Week theme *Empowering Futures: Innovation in Education/Construire l'avenir: l'innovation en éducation* is an inspiration.

This year's Education Week salutes those who embrace innovation in meeting the developing needs of students in preparation for their future opportunities. They know the vital role educational innovation plays in equipping students to navigate the complexities of modern society and empowers them to actively engage in their education and contribute meaningfully

to their communities.

I salute all the classroom teachers, specialist teachers, school counsellors, school psychologists, social workers and speech-language pathologists working together with their teaching, administrative, and support colleagues to promote innovation.

I also acknowledge Teachers *Plus* Credit Union, a long-time corporate sponsor of Nova Scotia's Education Week. Please join me in celebrating the achievements and commitment of this year's Education Week award recipients.

Congratulations, Felicitations, ag Welluguti'og, Meala-naidheachd.



Lisa Doucet

Superintendent, Atlantic Provinces Special Education Authority (APSEA)

Congratulations to the 2025 Education Week Awards recipients. This year's theme, *Empowering Futures: Innovation in Education*, highlights the critical role innovation plays in preparing students to navigate an ever-

changing world. Through your commitment to inclusive practices, creativity and collaboration, you are helping to create dynamic learning environments that inspire students to thrive — both in education and in life.

Thank you for your dedication and for continuously finding new ways to support student success. You are truly making a difference.



Amy Hunt

Chair/Présidente, PSAANS/AAEPNE

The Public School Administrators Association of Nova Scotia (PSAANS) proudly joins in celebrating Education Week 2025, honouring this year's inspiring theme: *Empowering Futures: Innovation in Education*.

As leaders in public education in Nova Scotia, we honour our PSAANS members, as well as teachers and staff, who are making a difference in the lives of children and youth in school communities across the province each day. We are inspired by transformative practices in leadership, school culture, well-being, equity, teaching, learning, assessment, the arts, and technology—innovations that reflect our shared commitment to dynamic, inclusive education. Together, administrators, teachers, and staff are nurturing positive and effective learning environments in which students feel safe to take risks with their learning and reimagine the future.

Looking ahead, PSAANS remains deeply committed to

Empowering Futures: Innovation in Education



Semaine de l'éducation 2025



cultivating strong leadership, supporting professional growth, and amplifying the voice of administrators to shape an innovative and inclusive future for public education in Nova Scotia.

Congratulations to this year's award winners who are creating the conditions for optimal educational experiences for students. You are modelling innovative ways of learning, knowing, and being that spark positive social change and contribute to thriving communities throughout Nova Scotia.



Véronique Legault

Présidente, Fédération des parents acadiens de la Nouvelle-Écosse

Au nom de la Fédération des parents acadiens de la Nouvelle-Écosse, je tiens à offrir mes plus sincères félicitations à toutes les personnes honorées cette année dans le cadre de la Semaine provinciale de l'éducation.

Le thème de cette année, « *L'innovation en éducation* », met en lumière l'importance d'adapter nos approches éducatives pour mieux préparer nos enfants aux réalités complexes de la société actuelle. Grâce à votre engagement envers des pratiques inclusives, à votre ouverture sur le monde et à votre intégration judicieuse des technologies, vous créez des milieux d'apprentissage dynamiques, stimulants et profondément humains.

Comme parents, nous voyons chaque jour l'impact positif de votre travail sur nos enfants. Votre capacité à innover, à vous adapter et à collaborer avec les familles contribue directement à leur épanouissement personnel et scolaire. Vous êtes des partenaires essentiels dans leur cheminement, et votre contribution mérite d'être célébrée pleinement.

Merci de faire preuve d'audace, de bienveillance et de passion. Votre dévouement fait toute la différence, aujourd'hui et pour les générations à venir.



Proudly sponsored by:



Construire l'avenir: l'innovation en éducation



Gender Diversity: Breaking Down Silos

By Daniel Blinn (he/him) and Shae Morse (they/them)

Teachers often talk about working in silos. This can be isolating work. When we add gender diversity into the mix, this can make things seem even more isolating. Having capacity to support our colleagues, and by extension our students, means we are creating genuinely safe spaces.

In our current political climate, both nationally and internationally, we are seeing movements and legislation that target transgender and non-binary people. This creates unease for school personnel, especially if they are worried about public pushback to their personal gender identity and expression.

Historically in Mi'kma'ki, gender diversity has been valued and celebrated on this territory for the past 10,000 years. Two-Spirit Indigenous people have traditionally held revered roles of spiritual significance on Turtle Island. In our collective journey towards reconciliation, celebrating gender diversity is a must.

To best support our gender diverse staff members, we recommend using proper pronouns and names, ensuring all staff have access to a washroom that aligns with their gender, and advocating for protective HR policy.

Best practice #1: Using proper pronouns and names

In a profession where we can feel isolated, building strong relationships and getting to know our colleagues matters greatly. One way of doing this is by showing support when we state our pronouns verbally or in writing. Using proper names and pronouns signifies a willingness to get to know someone as they want to be seen.

If you make a mistake, there are three quick steps you should take:

1. Quickly apologize
2. Correct yourself; and
3. Move on!

When you have made a mistake, it's important to keep your focus on the person experiencing the mistake instead of apologizing repeatedly. Moving on indicates that you are aware of and are validating the person's feelings over yours.

Best practice #2: Washroom access

All people deserve to use the washroom with dignity and respect. Having single stall or gender-neutral options available, in addition to traditional male and female washrooms, is paramount. In recent years, schools have made progress concerning this matter. It is of the utmost importance that this practice continues to be supported.



Newer buildings are often constructed with these concerns in mind, including changing room space, but older buildings can pose numerous challenges to inclusive access. Connecting with the staff at your school to come up with solutions is important.

Best practice #3: Inclusive HR Policies

As the political climate changes, robust and protective HR policies are vital. HR policies that omit traditionally underrepresented groups are enacting a form of systemic discrimination through hidden curriculum. By omitting certain groups, an HR policy can undermine the lived experiences of 2SLGBTQIA+ people.

The number of discriminatory incidents experienced by transgender and non-binary people climbed throughout 2024. Our HR policies must have explicit protections for sexual orientation and gender identity. These policies also need to ensure that they are creating safe spaces by encouraging the hiring of staff of various identities so that our students can benefit from a variety of perspectives.

Building our support for staff of various identities means that we are best equipped to support each other and our students. The more we work to break down the silos we find ourselves in, the more we will all feel connected and supported.

Daniel Blinn (he/him) is a school counsellor at John Martin Junior High and Shannon Park Elementary in Dartmouth.

Shae Morse (they/them) is a science teacher at Halifax West High School.



Yoga in Schools 20th Anniversary Event! Resilient Youth Certification Training.

Visit <https://yogainschools.ca/>
to learn about all of our programs
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Leaders: Jenny Kierstead and Blair Abbass and young visionaries who are actively changing the way education relates to trauma and stress.

Who can attend: Educators, Support staff, Therapists, people interested in raising their own resilience. All-levels of ability and experience are welcome!

When: July 17-18th, 2025, In-Person / Online

Where: Halifax, Chocolate Lake Hotel

Fee: \$500 + HST (Also check local PD for funding)

REGISTRATION:

https://form.jotform.com/Yoga_Schools/resilient-youth-certification
or Email: info@yogainschools.ca

pathways

FOR PROFESSIONAL LEARNING

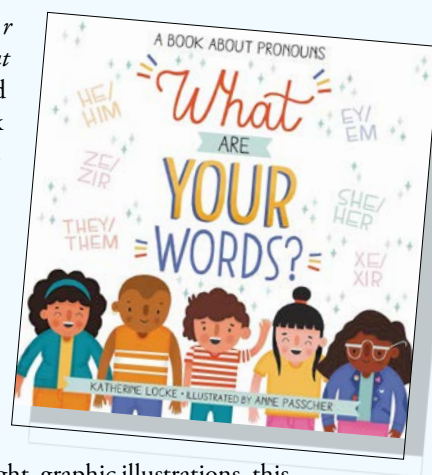
Email your name, home address, and the name of your school with **PL** in the subject line to theteacher@nstu.ca by **May 12, 2025**, to be eligible for the draw.

What Are Your Words?

by Katherine Locke

illustrated by Anne Passchier

What Are Your Words?: A Book About Pronouns published by Hachette Book Group, Inc. follows Ari through their neighborhood as they try to find their words in this accessible introduction to gender-inclusive pronouns, perfect for readers of all ages. Filled with bright, graphic illustrations, this is a simple and poignant story about finding yourself.



Join us for this extraordinary two-day training, and learn the most cutting edge practices for helping children deal with screen addiction, mental health crises, obesity and disengagement.

Some Tools Include:

- Grounding embodiment practices
- Relaxation practices that recharge your body battery
- Mindfulness exercises that foster an unshakable center
- Positive Psychology for expanding your Window of Tolerance

Sample Workshops include:

- Recovery tools for Tech Addiction
- Surviving Suicide and Finding Purpose
- A Neurodivergent Educator's Resilience Journey
- Keep Calm and Carry your Cleansing Tools

ADHD in the Workplace: Time Blindness

*by Hilary Brousseau, OT Reg. (NS), Occupational
Therapist/Case Coordinator, Early Intervention Program*

Over recent years, there has been an emerging trend of adults being diagnosed with ADHD. Teachers and specialists are not exempt from this trend, and more and more are referring themselves to the NSTU's Early Intervention Program (EIP) for support with managing their symptoms at work.

There are many symptoms of ADHD which can create challenges for adults in both their personal and professional lives. One such symptom is known as "time blindness". Time blindness refers to difficulty managing time and perceiving the passing of time. In other words, someone who experiences time blindness is more likely to lose track of time, miss deadlines, arrive late to events, or overestimate or underestimate how long it will take to complete a task.

It is important to note that time blindness is not an intentional disregard for time. Research suggests that time blindness is a sensory issue which causes some neurodiverse brains to have difficulty unconsciously measuring the passing of time. It has been theorized that this is caused by difficulty integrating sensory input, such as light levels and pulse rate, to mark the passing of time.

In some contexts, time blindness is a strength. It can allow an individual to hyperfocus on a task, ignoring external stimuli and demonstrating a high level of attention to detail. An hour may pass in what feels like only a few minutes, allowing a person to get a lot of work done in what feels like very little time to them. However, time blindness can also be detrimental in certain contexts. For example, an employee may underestimate how long it will take them to complete a work task, causing them to miss an important deadline. Or they might arrive late to a meeting because they lost track of time working on another task.

For many adults with ADHD, this may sound familiar. Luckily, there are some strategies and accommodations that can address the functional deficits caused by time blindness. Below are a few ideas that may be helpful to try implementing into your workday.

1. Increase dopamine

Research suggests a link between time blindness and dopamine deficits associated with ADHD. While some individuals with diagnosed ADHD may be prescribed stimulant medication which increase dopamine levels, there are also other ways to incorporate dopamine boosts into your workday. Eating foods rich with vitamin B6 (such as bananas, leafy greens, and chickpeas), drinking caffeine (in moderation), exposure to sunlight, and exercising are all ways to increase your dopamine levels. Incorporating these foods into your lunch or recess snack or getting outside to briskly walk a few laps around the school grounds at lunch are quick yet effective ways of boosting your dopamine while at work.

2. Time logging

Do you find yourself frequently underestimating how long it will take you to do your work? Start timing yourself for tasks where having an accurate perception of time is important. Set a timer when you sit down to start the task and stop it when you finish or take a break. Record how long you spend on the task in a note in your phone or in a spreadsheet. Eventually, you will have a reference to guide how long you actually spend on a given task, which can help with realistically scheduling your time in the future.

3. Give yourself buffer time

Even if you think you know how long it will take you to complete a task, adding extra time allows wiggle room for incorrect estimations, distractions, or interruptions. For example, if you think it will take you 20 minutes to catch up on emails at the end of the school day, schedule 30-45 minutes for this task. Buffer time may help prevent you from overscheduling yourself and having to work late or compromise the quality of your work.

4. Use clocks, timers, and alarms

Having a clock or timer directly in your line of vision can help improve your awareness of time. If the clock in your classroom is across the room or otherwise hard to see from your desk, put one on your desk to serve as a visual cue, maybe you would be better served by a visual timer to track how long you've spent on a task and how much time is remaining. If you tend



to lose track of time when teaching from elsewhere in your space, you can pre-set alarms to go off on your computer or smart watch 5-minutes before the end of each class.

5. Listen to music

Music can serve as an external cue for the passing of time, which may help you to more accurately gauge how much time has passed while working on a task. It can also provide a dopamine boost to help compensate for lower dopamine levels in people with ADHD.

Still struggling with time blindness or other symptoms of ADHD? The EIP is here to help! The NSTU's Early Intervention Program is available to members who are working or on medical leave and are experiencing an illness or injury. More info: visit nstuinsurance.ca. To self-refer, please email nurse@nstu.ca or call 1-800-565-6788.

References and further reading

- Bogart, K. R. (2023, December). How ADHD leads to time blindness. Psychology Today.
- Ly, A. (2024, February). Time unbound: managing time blindness at work. Attention Magazine, 22-25.
- Pracek, R. et al. (2019). Clinical implications of the perception of time in ADHD: a review. Medical Science Monitor: International Medical Journal of Experimental and Clinical Research, 25, 3918-3924.
- Weissenberger et al. (2021). Time perception is a focal symptom of ADHD in adults. Medical Science Monitor, 27, e933766

frêsh

Putting new members in the KNOW!

Envoyez votre nom, votre adresse personnelle et le nom de votre école par courriel à theteacher@nstu.ca d'ici le 12 mai 2025 pour être admissible au tirage au sort. N'oubliez pas d'inclure les mots « FRESH » dans la ligne d'objet.

*Mon cahier de prof
Zen & Bien dans mon
métier
par Aurélie Le Royer*

Cet ouvrage propose une démarche complète pour aider, au quotidien, les professeur(e)s à gérer au mieux leur vie professionnelle et leur vie personnelle.



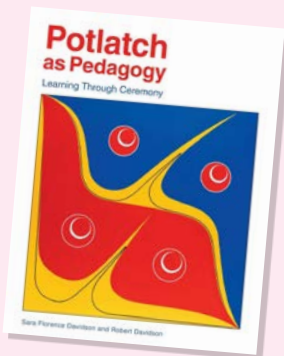
EQUITY COMMITTEE

Email your name, home address, and the name of your school with **EQUITY** in the subject line to theteacher@nstu.ca by **May 12, 2025**, to be eligible for the draw.

Potlatch as Pedagogy

by Sara Florence Davidson and Robert Davidson

Published by Portage and Main Press *Potlatch as Pedagogy: Learning Through Ceremony* is based on the potlatch, the foundational ceremony of the Haida people, in which in 1884, the Canadian government enacted a ban. The tradition, which determined social structure was seen as a cultural impediment to Government's aim of assimilation. Potlatch as Pedagogy presents a model for learning that is holistic, relational, practical, and continuous.



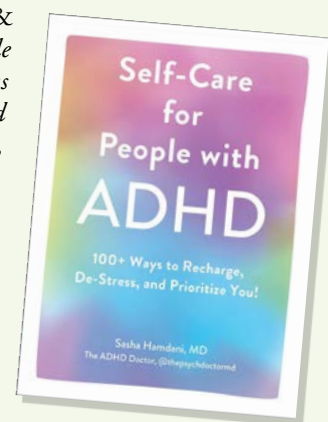
the well teacher

Email your name, home address, and the name of your school with **WELL TEACHER** in the subject line to theteacher@nstu.ca by **May 12, 2025**, to be eligible for the draw.

Self-Care for People with ADHD

by Sasha Hamandi, MD

Published by Simon & Schuster, *Self-Care for People with ADHD: 100+ Ways to Recharge, De-Stress, and Prioritize You!* helps to destress, find your community, and practice self-love with 100+ exercises that reinforce ADHD as a strength. Solutions for managing the negative aspects of ADHD, and ideas to bring out the positive aspects are included.





Re-Elect ~ Réélire JO-LEIGH MACPHEE

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NSTU FIRST VICE-PRESIDENT

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Hello NSTU members – Salutations aux membres de l'NSTU,

I am honored to have served as your Provincial First Vice-President for the past two years and am seeking your support to continue in this role. As a dedicated NSTU member and classroom teacher in the Annapolis Valley, I've held numerous positions and actively participated in negotiations, with my interests focusing on member rights and promoting contract awareness.

We face significant challenges in public education, especially with a government supermajority. Our current contract is under attack and as we prepare for upcoming negotiations, we must address increased workloads and growing student needs. The demands on us are amplifying and this is not sustainable. We are in the midst of a retention crisis and recruitment only works if people stay.

Bien sûr, la bataille pour notre avenir et la durabilité de notre profession continue. Je vous offre à nouveau mes compétences et mon engagement. Si vous m'accordez de nouveau votre confiance, je serai honorée de poursuivre la défense de nos intérêts à la table provinciale, avec la même détermination et l'énergie requises.

Our schools need improvement - inside and out - and we deserve better working conditions so we can find balance - at work and for ourselves. There is a lot of room for improvement and I have the experience, dedication, and motivation to ensure that this profession is a viable one.

Annual Council Delegates, on Saturday, May 3rd, I ask for your support to continue serving you as your NSTU First Vice-President.

Merci – Wela'lin – Thank you!



TPA Update

Teachers' Provincial Agreement Changes to Teachers Pay Cycle

There has been an alteration in a recently negotiated change in the Teachers' Provincial Agreement regarding the pay year (Article 66 – Method of Payment and Letter of Understanding (LOU) 9 – Transition of Contract Year). As per the LOU, the contract and pay year for NSTU members would change from August 1 – July 31, to September 1 – August 31, effective July 31, 2025.

Several implementation issues have come to light that had not been anticipated. As such, the NSTU and EECd have agreed that it is in everyone's best interests to pause the work associated with implementing the change.

As a result of this, the pay year will not be changing in August 2025 as set out in the Teachers' Provincial Agreement. NSTU members will continue to be paid on the existing August 1 to July 31 pay year until further notice.

March Book Winners!



English

Melody Stoddard — TCRCE

French

Dayna Crathorne — HRCE



Cindy Ng-Ivanoff — HRCE



English

Alicia Howell — HRCE

French

Pascale Landry — CSANE



Status of Women
Committee

Cindy Kowalyk — SSRCE

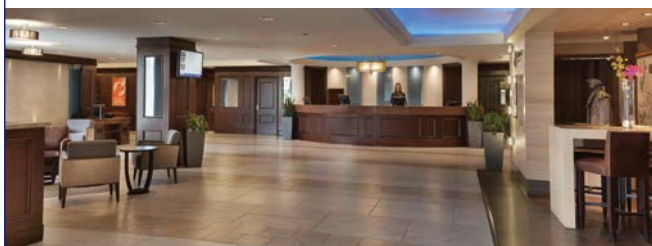
Isabelle Cotnoir — CSANE

Lesley Taylor — HRCE

Adele Pellerin — HRCE

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NSTU LEISURE RATE

\$114.00* Leisure rate (Room with 1 Queen bed or 2 Double beds, excludes Harbourview) to include a \$15.00 discounted self-parking rate Between January-April.

\$149.00* Leisure rate (Room with 1 Queen bed or 2 Double beds, excludes Harbourview) to include a \$15.00 discounted self-parking rate between May-June.

\$169.00* Leisure rate (Room with 1 Queen bed or 2 Double beds, excludes Harbourview) to include a \$15.00 discounted self-parking rate between July-September.

\$119.00* Leisure rate (Room with 1 Queen bed or 2 Double beds, excludes Harbourview) to include a \$15.00 discounted self-parking rate between October-December.

*The rates quoted above are net non-commissionable and do not include the current 3% Halifax Regional Municipality Marketing Levy nor 15% HST. In high occupancy periods, a multiple night booking may be required.

*Please note that only one room per NSTU member can be booked per night which includes one NSTU parking pass.

Hotel Halifax <https://reservations.travelclick.com/108084?RatePlanId=6674807>

The Barrington Hotel <https://reservations.travelclick.com/108025?RatePlanId=3546305>

*NSTU23 – Rate code under 'Rate Access/Corporate Code'

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100

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March 28 April 28 May 30 June 27



winner!

Login into the [NSTU Membership Registry](#) and provide a non-NSTU email address in your member registry profile.

* NSTU members who have already registered an email address are also eligible for the draws.

The NSTU Webmail system will be terminated on July 18, 2025.

Do Your Students Love to Laugh?

Then sign your class up for **Funny Pages** -- Canada's only festival celebrating books that crack kids up! Kids in Grades 3 through 6 will enjoy hilarious presentations by some of the country's best-loved authors, including Paul Gilligan, Mitali Ruths, Anna Humphrey and more!

Tickets are free but seating is limited.

For more info, go to www.funnypages.ca

Halifax Central Library -- Friday, April 25



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With profound wellness teachings, delivered by master teachers, this all-levels program is described as a life changing experience.

Each participant will receive detailed manuals on Yoga Teacher Training, NEW Yoga Grade 11 Lesson Plans, Yoga for Autism, and Yoga for Diverse Learners.

Piloted within the school system, Yoga in Schools was developed by the pioneering work of award-winning educators and therapists Jenny Kierstead and Blair Abbass.

"The best program on earth, it changed my life forever." Carole Turcotte- Teacher NB

Who can attend: Ideal for teachers, support staff and therapists

When: July 5-13th, 2025 (Alternative start date September 27th, 2025)

Cost: \$2995.00+hst (check PD for funding, interest free payment plan available)

Where: in-person at Chocolate Lake Hotel, Halifax, NS and online.

Suitable for all-levels of ability and experience.

For more information or to register for programs, call (902) 444-9642 or email: info@yogainschools.ca <http://yogainschools.ca>



coming events

APRIL 22

Earth Day

For Earth Day 2024 the theme is Our Power, Our Planet. On April 22, join people around the globe to unite behind renewable energy, and to triple the global generation of clean electricity by 2030. By joining Earth Action Day, encouraging all to take action—educate, advocate, and mobilize. Pledge an Earth Action on social media. Attend/plan/register a local event. Integrate Earth Day lessons into your curricula. Donate to support our efforts. Find resources (plus quizzes, fact sheets, articles and more) to help you take action this Earth Day at: <https://www.earthday.org/> Some classroom resources can be found here: <https://www.earthday.org/earth-day-quizzes/>

APRIL 23

World Book and Copyright Day

World Book and Copyright Day is a celebration to promote the enjoyment of books and reading. Each year, celebrations take place all over the world to recognize the scope of books—a link between the past and the future, a bridge between generations and across cultures. On this occasion, UNESCO and the international organizations representing the three major sectors of the book industry – publishers, booksellers and libraries, select the World

Book Capital Network to maintain, through its own initiatives, the impetus of the Day's celebrations.

April 23 is a symbolic date in world literature. It is the date on which several prominent authors, William Shakespeare, Miguel de Cervantes and Inca Garcilaso de la Vega all died. This date was a natural choice for UNESCO's General Conference, held in Paris in 1995, to pay a world-wide tribute to books and authors on this date, encouraging everyone to access books. More info: <https://telleliteracy.com/events/world-book-day-2025/> and <https://www.unesco.org/en/days/world-book-and-Copyright>

APRIL 28

National Day of Mourning for Injured Workers

Marked annually in Canada on April 28, the National Day of Mourning is dedicated to remembering those who have lost their lives, suffered injury or illness on the job, or experienced a work-related tragedy. It's also a day to collectively renew our commitment to improving health and safety in the workplace and to preventing further injuries, illnesses and deaths.

Traditionally on April 28, the Canadian flag flies at half-mast on Parliament Hill and on all federal government buildings.

Employers and workers observe Day of Mourning in a variety of ways. Some light candles, lay wreaths, wear commemorative pins, ribbons or black armbands, and pause for a moment of silence.

Organizations, employees, communities, and individuals are encouraged to hold or support an event, or to simply observe a moment of silence at 11 a.m. on April 28. For more info: <https://www.ccohs.ca/events/mourning>

NSTU Research Repository

The NSTU is in the process of establishing a repository of academic research in education, comprising the accomplished thesis work of our members.

Have you completed a thesis in educational research? Willing to share your results to inform members' practice and understanding of public education in Nova Scotia? We would like to celebrate and promote your good work through our repository of academic research in education by NSTU members.



Members should contact
our Professional Learning
department via

appl@nstu.ca



The federal government announced further details on the Student Loan Forgiveness program. The main highlights are:

- Teachers who work in communities of 30,000 people or less (according to census figures) will be eligible for portions of their federal student loan to be forgiven. An eligible community is defined as a “population centre with a population of no more than 30,000, or a rural area”. The CTF/FCE anticipates that closer to the implementation date, people will be able to confirm eligibility by putting in their postal code to a Government of Canada website.
- Teachers who qualify would be eligible for up to \$30,000 in loan forgiveness over 5 years. The annual forgiveness amount will be \$4,000 in year 1, \$5,000 in year 2, \$6,000 in year 3, \$7,000 in year 4, and \$8,000 in year 5.
- Loan forgiveness will begin on November 1, 2025.

More info: contact Mark Garcia, Advocacy and Government Relations Coordinator, at mgarcia@ctf-fce.ca.



CONTACT 2025

CONFERENCE ON NEW TECHNIQUES AND CLASSROOM TEACHING
hosted by NBTA

Voices of the world



Navigating Diverse Classrooms Together

An opportunity for teachers from Atlantic Canada to come together to share ideas, to reflect on experiences, and to celebrate all that is best about teaching.

August 5-8
UNB Saint John

ARE YOU INTERESTED IN FACILITATING A WORKSHOP AT CONTACT 2025?

If so, please email your proposal based on the theme above to amarchand@staff.nstu.ca by January 10, 2025.

All proposals will be considered by the CAPTO Professional Development Officers and the successful facilitator will be notified by the end of January.



Fun with Science exploratory for Dr. W.A. MacLeod students

On Tuesday, March 4 Dr. W.A. MacLeod Consolidated School in Stellarton organized March Exploratories for middle school students. Tavneet Kaur (Pictou Local), a secondary Math and Healthy Living teacher, invited the X Oceans Outreach team from St. FX University to lead cross-curricular, interdisciplinary *Fun with Science* sessions for a group of students. These sessions included four engaging activities.

The first session, *Brine Shrimp Experiment*, focused on climate change and the ocean. Students conducted an experiment to explore the impact of climate change using brine shrimp (sea monkeys). This hands-on activity demonstrated the dangers of ocean warming and its potential effects on the food web.



The second session, *DNA Extraction and eDNA*, guided students through a simple DNA extraction process using fruit. They could see a layer of DNA in their beakers, which they then placed in a petri dish to weigh and compare with their peers. This experiment served as a segue into discussing DNA, environmental DNA (eDNA), and how scientists use it to study ocean life.

The third session, *Gyotaku Art*, combined ocean science with the arts. Gyotaku, a traditional Japanese method of fish printing, allowed students to create their own art pieces using silicone fish molds to stamp paint onto various surfaces.



The fourth and final session, *eDNA Simulation*, involved a hands-on simulation where students learned how eDNA is collected, sequenced, and analyzed to reveal the presence of different species in an ecosystem, such as various fish species in specific regions.



Tavneet Kaur (Pictou Local)

Your Voice Matters!



Your Input is Important

We want to understand your experiences with mental health, substance use health, and wellness.

Take the Nova Scotia Mental Wellness Survey today!

How to Participate

Participating is simple! If you are a resident of Nova Scotia, visit **wellnssurvey.ca** or scan the QR code. This survey is confidential and anonymous. Participants can enter into a draw for a chance to win an iPad or gift card!

To be directed to the survey, place your phone camera over the QR code and click the link!



Have questions or need help completing the survey?
Contact us by email: wellns_survey@cbu.ca

REBs: ROMEO #1029535 CBU # 2023091



NSTU's University Liaison Program

The Nova Scotia Teachers Union views teacher development as a continuum beginning with pre-service education and extending throughout a teacher's career. In support of this professional learning continuum, the NSTU is pleased to be working cooperatively with our teacher education programs at Acadia, Cape Breton University, Mount Saint Vincent University, Université Sainte Anne and St. Francis Xavier University.

NSTU's University Liaison Program, which began with St. F. X. University in 2004, offers opportunities for workshops, case studies and mock Annual Councils. The existing programs and are based on research, practice and the Nova Scotia context.

The program starts in the fall each school year and continues throughout the school year. Executive Staff Officer, Amanda O'Regan-Marchand who works in the professional learning department and Executive Staff Officer Tiim MacLeod, who works in member services, coordinate the program.

On March 7 Amanda O'Regan-Marchand presented to secondary BEd students at Acadia University. She facilitated the *NSTU Olympics, Benefits of Membership Edition* workshop in which students worked in groups and tested their knowledge of NSTU's benefits and services. "I'm seeing lots of creativity here today," says O'Regan-Marchand. "Don't forget it, it's a great trait to have in teaching."



Sarah Slauenwhite's (shown foreground, right) class of secondary BEd students.



Wendie Wilson and Amanda O'Regan-Marchand are shown presenting to MSVU students.

teachers to discuss *2SLGBTQIA+ and Engagement*.

"It's important to know that people share things when they are in relationship and proximity to others," says Wilson. Wilson discussed the important role teachers play in making students feel safe and discussed the dynamics of intersectionality.



Staff Officer Amanda O'Regan-Marchand presents to Acadia pre-service teachers.

She was invited to Sarah Slauenwhite's class. Slauenwhite (Digby Local), a teacher with the Tri-County Regional Centre for Education, is currently on loan as a lecturer with Acadia's School of Education.

On March 10, she co-presented with NSTU's Executive Staff officer, BIPOC Advocacy and Engagement Wendie Wilson at Mount Saint Vincent University. They were asked by Professor Christina Flemming to visit her class of secondary pre-service



Wendie Wilson, Christina Flemming and Amanda O'Regan-Marchand.

Doctors
Nova Scotia



Local
YOUTH
RUN



Bring Blue Nose to **YOUR** community!

Organize your very own local, community-based celebration and help encourage active living and healthy lifestyles in youth! All participants get a shirt, a bib and a finisher's medal. Interested in having our beloved mascot, Myles, attend? How about our Start/Finish gantry to give your event that extra splash? These are available on a first come, first served basis. We NOSE your community will love this event!

What are you waiting for?

Call **902.496.1889** and ask for Kelly, or
email admin@bluenosemarathon.com
and let's get ready to Giv'er!

BlueNoseMarathon.com



Nova Scotia
Teachers Union

 Emera
**BLUE
NOSE**
MARATHON



notices

Get Your Kids Moving with the Doctors Nova Scotia Youth Run!

This fun, untimed event welcomes kids ages 15 and under of all fitness levels to run 2 or 4 km through the streets of Halifax—complete with a shiny medal, a race bib, and a youth shirt. With over 3,000 participants and a **Low Sensory 4 km Start**, it's all about being active and having fun. Register today and let them Giv'er!



Photo: Stoo Metz

Emera Blue Nose Marathon looking for volunteers

As a proud community partner of the Emera Blue Nose Marathon's *Local Youth Run*, our support provides complimentary and discounted entries for Youth Runs organized through schools around the province.

The Emera Blue Nose Marathon is also looking for volunteer support for its Doctors Nova Scotia Youth Races for Saturday, May 17th. Volunteers are needed for *Lost Kids Support* and as *Course Marshals*. The Youth Run brings more than 3,000 youth together for 4 km, 2 km, and a 4 km low sensory start races.

This untimed event ensures the focus is on being active and having fun. Each year some youth get separated from their parents/guardian after crossing the finish line. To keep youth safe the Blue Nose



Marathon is looking for trustworthy folks who have experience with youth and vulnerable sector checks to support lost youth on race day and reunite them

with their parents/guardians, from 10AM-12PM. Teachers are the perfect fit.

As a Course Marshal for the 5 km and Youth Run on May 17th from 7:30 a.m. to 12:30 pm you play a key role in keeping participants and youth headed in the right direction on course from an assigned location on the course. As a volunteer for the Youth Start/Finish Line from 9 a.m. to 12 p.m., you will ensure participants are lining up in the proper place before the race starts and assist with the Finish Line, congratulating participants and guiding them through the Finish area.

For more information contact Jessica Theriault, Manager of Volunteers at jessica@bluenosemarathon.com and/or 902-496-1889.

The deadline for the May issue of The Teacher is May 9

Contact Nancy at 902-477-5621 or theteacher@nstu.ca



CTF/FCE Advisory Committees

2025-2026

Nominations Requested

The NSTU has been invited to submit nominations to the following committees for 2025-2026:

- Advisory Committee on Diversity and Human Rights
- Advisory Committee on French as a First Language
- Advisory Committee on Indigenous Education
- Advisory Committee on the Status of Women
- Advisory Committee on the Teaching Profession

Attached are:

[Terms of Reference - CTF Advisory Committees](#)

Please note that a curriculum vitae and a rationale (up to 500 words & preferably in both official languages) as to why you would merit this position on the committee must accompany this nomination.

Further information can be found here: <https://nstu.ca/the-nstu/structure/committees/ctf-advisory-committees>

Please return **no later than Friday, May 30, 2025** to:

Shelly Landry by email at: shlandry@staff.nstu.ca

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MEMBERSHIP DUES!

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- No Class Times
- Trainer Included
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- Full Body Workout

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Emera BLUE NOSE MARATHON

You'll never run out of **pride**
Halifax, May 16-18

Scan to register
Or visit BlueNoseMarathon.com

PDAF Profile – From Tower Gardens to Community Tables: One Teacher’s Mission to Tackle Food Insecurity

by Emily Reilly (Colchester-East Hants Local), CRP Consultant with CCRCE.

At Truro Middle School, teacher DeAnne Pelchat is growing more than just vegetables - she’s cultivating curiosity, community, and change.

Like many of us, DeAnne found herself thinking more about food and where it comes from during the pandemic. As she learned about the links between food access, sustainability, and nutrition, she realized that many of her students didn’t have the same opportunity to connect with food systems. Most didn’t have access to a garden at home, and had never seen a vegetable grown from seed to maturity. DeAnne wanted to change that.

Building a traditional outdoor garden at the school came with many challenges so DeAnne started exploring alternative options, seeing if she could work around the issues of short growing seasons, summer break timing, limited classroom space, bulky resources, and pests. With support from an NSTU PDAF grant, she brought aeroponic grow towers into her classroom. These towers are vertical, soil-free systems that use water, nutrients and LED lights to grow plants efficiently in small spaces—in other words, perfect for a busy classroom as they are clean, compact, and capable of producing multiple harvests each year.

Students were immediately on board. From choosing what to plant to monitoring the growth cycle, they became hands-on learners in a new kind of classroom. It wasn’t long before the enthusiasm spread. With help from additional grant applications, the Department of Agriculture and community partners, more towers were purchased, and the crop variety expanded. Now, with six towers, fresh, healthy food grown at school is making its way into popular mixed-green salad kids and student meals. (A big hit? Kale pesto pasta!) But DeAnne’s vision didn’t stop at the classroom door.

In the fall of 2024, she and the Truro Middle School Food Insecurity Team launched a survey to better understand local food insecurity. Thanks to a wide network of support (including many NSTU members who helped share the survey at schools and on social media) 700 community members responded. The results were sobering: food insecurity remains a pressing issue in Nova Scotia.

To share the findings and celebrate the community partnerships that emerged, Truro Middle School teamed up with similarly-motivated Enactus NSCC Truro and a local church to host a community dinner with the theme *Food, Friends, and a Future Without Hunger*. The meal featured produce from the school’s towers, and guests learned firsthand about the innovative food literacy projects happening at both Truro Middle School and NSCC Truro Campus. The message of the evening was clear: while food insecurity is real, so is the hope growing in classrooms like DeAnne’s.

By teaching her students to grow food, and to think critically about who has access to it, DeAnne is helping build a future where food literacy and food justice go hand in hand. It’s a reminder that sometimes, all it takes is a tower in a classroom to plant the seeds of real change.

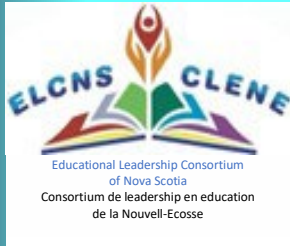
The PDAF program encourages innovative program development in Nova Scotia’s public schools. Co-sponsored by the NSTU and the Department of Education and Early Childhood Development with an annual sum of \$200,000, it provides financial support for projects directly related to the Public School Program, with individual grants up to \$5,000. The last application deadline for this school year is June 1 by 4:00 p.m. For more information visit <https://nstu.ca/nstu-members/professional-development/grants-opportunities/program-development-assistance-fund-pdaf> or contact the NSTU at 1-800-565-6788 or 902-477-5621 or pda@nstu.ca.



Teacher DeAnne Pelchat posing with the beginnings of a community dinner. Source: Enactus NSCC



Two grow towers at Truro Middle School overflowing with leafy greens. Source: DeAnne Pelchat



A Restorative Approach in Schools

DATES: May 9 and May 26, 2025

NOTE: This module will be held in person in HRM and will be open to any interested educators across the province.

TIME: 9:00 am – 3:00 pm

LOCATION: May 9 at the HRCE ResMaw-Lukutink Room and Maw-Lukutink Room 108 and on May 26 at the CSAP Office, 250 Brownlow Avenue, Dartmouth, Nova Scotia B3B 1W9

TO REGISTER: [Educational Leadership Consortium of Nova Scotia - ELCNS](#)

COST: \$500.00 + HST

FOR MORE INFORMATION: Paula Evans, ELCNS Professional Learning Coordinator, pevans@elcns.ca

FACILITATOR: Glenn Thompson

DESCRIPTION: This module is designed for identified school educators and explores a restorative approach within schools, with particular attention to its potential to fulfil our commitments and priorities to inclusion, belonging, equity and well-being. The module will focus on the knowledge, skills and capacity needed to lead and support a restorative approach on the day to day in schools, including the underlying principles related to a restorative approach, a restorative approach to classroom and school leadership, and implementing a restorative approach to foster positive interpersonal relationships, school climate and culture and responsive pedagogy.



Professional
Learning

Teachers/school staff honoured at 2025 Strait to Excellence Awards Ceremony

The Strait Regional Centre for Education honoured 20 staff members during the Strait to Excellence Awards Ceremony on March 25.

The Strait to Excellence Award recognizes employees for their dedication and contributions to students and schools in the Strait Region, and for supporting student well-being, achievement and success in their school communities as members of the public education system in Nova Scotia.

“As a Strait to Excellence Award recipient, you have been singled out as

someone special, someone who brings passion, enthusiasm and fresh ideas to your role, and who generously shares your knowledge with others. Your commitment, excellent work ethic and leadership have played an important role in students’ well-being, achievement and success. You have fulfilled, exceeded and excelled in your position. We are very fortunate to have you as part of the team here in the Strait Region,” said Paul Landry, Regional Executive Director of Education, during the ceremony.

Employees, groups of employees,

parents/guardians, school advisory council members and students can submit a nomination to a Selection Committee outlining why the nominee should be considered for a Strait to Excellence Award. This includes how the nominee has demonstrated an outstanding commitment and contribution in their respective role in one or more of the following areas: student well-being and achievement, staff success, school performance, integration of technology, health and/or safety of students and/or co-workers, cultural proficiency, commitment to students, and excellence in the workplace.

For more information on this year’s Strait to Excellence recipients visit: https://www.srce.ca/news/news_stories_releases/2025_strait_to_excellence_awards_ceremony



Seated left to right: Ann DeCoste, Janitor, East Antigonish Education Centre/Academy; Lindsay Watson, SchoolsPlus Community Outreach Worker; Eryn Sinclair (Inverness Local), Reading Recovery Teacher Leader; Heather Savoury, Lead Early Childhood Educator, Tamarac Education Centre; Bhreagh Snair (Inverness Local), Learning Support Teacher, Tamarac Education Centre; Paul Landry, Regional Executive Director; Annamarie Talbot, Coordinator of Student Services; Kerri-Lyn Brown (Antigonish Local), Learning Support Teacher, Antigonish Education Centre; Terry Desmond, Janitor, Antigonish Education Centre; and Margaret Gracie (Richmond Local), School Counsellor, East Richmond Education Centre.

Standing left to right: Darrell LeBlanc, Director of Human Resources; Kevin Walker, Acting Director of Programs and Student Services; Glenn MacDonald, Director of Operations; Kelly MacDonald, Bus Driver, SAERC and Tamarac Education Centre; Chris Lumsden, Learning Support Teacher (Antigonish Local), St. Andrew Junior School; Bill Hadley, Building Operator, St. Andrew Junior School; Pauline MacDonald, Janitor, Bayview Education Centre; Shelley MacLean (Inverness Local), Consultant of Student Services; Deanna MacGillivray, Teacher Assistant, Chedabucto Education Centre/Guysborough Academy; Sean Barker, Vice Principal, Antigonish Education Centre; Susanne Kelly-MacPhie (Antigonish Local), Teacher, Antigonish Education Centre; Carolyn Webber, Pre-primary Program Lead; Jennie MacDonald, (Guysborough County Local), School Counsellor, Fanning Education Centre/Canso Academy; and Scott Hudson (Guysborough County Local), Teacher, St. Mary’s Education Centre/Academy.



NSTU STANDING & OTHER COMMITTEES

Would you like to serve the NSTU at the Provincial Level?

The NSTU needs input from the widest-possible cross section of its members to make the most effective contribution to education. Members serve on most provincial standing committees for a maximum of two years,* so we are constantly in search of skilled and interested persons to make our committee structure operate successfully. Committee membership is open to Active and Active Reserve Members.

**NSTU Operational Procedures state: Appointment to a committee will be for one defined term of two years. In extraordinary circumstances, an extension of one year is permissible.*

- | | |
|---|---|
| <ul style="list-style-type: none"> <input type="checkbox"/> COMITÉ DE PROGRAMMATION ACADIENNE: studies the curriculum of Acadian public schools (those schools under the authority of the Conseil scolaire acadien provincial) and reports its findings to the Provincial Executive. <input type="checkbox"/> CURRICULUM COMMITTEE: studies the curriculum of public schools and reports its findings to the Provincial Executive. <input type="checkbox"/> DISTRIBUTED LEARNING COMMITTEE: addresses distance education issues and is comprised of representatives from the NSTU, the Department of Education and Early Childhood Development and Regional Centres of Education (RCEs). <input type="checkbox"/> EQUITY COMMITTEE: assists in planning the biennial Equity Conference; studies matters pertaining to the current practices, attitudes, and research regarding diversity, equity, and social justice and reports its findings to the Provincial Executive. <input type="checkbox"/> FINANCE AND PROPERTY COMMITTEE: is concerned with the overall financial plans of the Union; presents regular financial statements to the Provincial Executive; costs resolutions to Council and prepares an annual budget for presentation to Council; makes appropriate recommendations regarding costed resolutions to Council; is responsible for the general oversight of properties held or leased by the Union; and considers requests respecting major purchases. <input type="checkbox"/> INSURANCE TRUSTEES: oversee the operation of the NSTU Group Insurance Plan which offers Life, Optional Life, Accidental Death & Dismemberment, Total Care Medical/ Total Care Dental, LTD, MEDOC® and Home & Auto. NSTU members and PSAANS members are eligible to be appointed to this Committee. One appointment will be made from the South Shore/Tri-County Regions. <input type="checkbox"/> MEMBER ECONOMIC WELFARE, HEALTH AND SAFETY, AND WORKING CONDITIONS COMMITTEE: coordinates the Member Services and Health and Safety biennial Conferences; reviews programs aimed at educating leaders regarding working conditions and welfare; identifies and prepares background information on bargainable items; identifies trends and developments in teacher bargaining across Canada; reviews economic forecasts; considers Council resolutions; and reviews results of most recent Provincial and Regional contract bargaining. <input type="checkbox"/> POLITICAL ACTION AND PUBLIC RELATIONS COMMITTEE: assists in planning the biennial Political Action and Public Relations Conference; recommends to | <ul style="list-style-type: none"> the Provincial Executive opportunities for involvement in political action for NSTU members (and others) regarding government positions pertaining to public education and reviews NSTU public relations and communications programs and makes recommendations to the Provincial Executive regarding same. Members appointed to the Committee shall represent each of the RRC's and the CSANE Local. <input type="checkbox"/> PROFESSIONAL ASSOCIATIONS COORDINATION COMMITTEE: assists in planning the annual Professional Associations Leaders Conference; reviews resolutions put forward by professional associations, advises the Provincial Executive on matters pertaining to professional associations, assists associations in carrying out their mandates, monitors the activities of associations and provides a communication channel between the Provincial Executive and Professional Associations. Members appointed to the Committee shall be Members of a Professional Association Executive. <input type="checkbox"/> PROFESSIONAL DEVELOPMENT COMMITTEE: assists in planning the biennial Professional Development Conference for Local Leaders; makes recommendations to the Provincial Executive regarding recipients of Educational Research Awards, Travel Fellowship, Out-of-Province Conference Grants and Full Time Study Grants; and reviews and develops programs intended to improve the effectiveness of teachers as professionals. <input type="checkbox"/> PROVINCIAL ECONOMIC WELFARE COMMITTEE (PEWC): Responsible for preparing the Asking Package for the Teachers' Provincial Agreement. <input type="checkbox"/> SHEONORAIL BOARD OF DIRECTORS: is an arms-length charitable agency created to fund school-based projects and research directed at reducing violence in schools; as the governing body of the Foundation, the Board develops policy, mandate initiatives, and approves project funding. <input type="checkbox"/> STATUS OF WOMEN COMMITTEE: assists in planning the biennial Status of Women Conference; studies matters pertaining to the current practices, attitudes, and research regarding the status of women in the teaching profession and in society in general and reports its findings to the Provincial Executive. <input type="checkbox"/> SUBSTITUTE TEACHER COMMITTEE: advises the Provincial Executive on issues affecting and of concern to substitute teachers. <input type="checkbox"/> I would be willing to serve on any committee. |
|---|---|

**Applications must be received in Central Office by
Wednesday, May 28, 2025**

You may download the NSTU Standing/Other Committees application form from the NSTU website or apply online by going to the following link (you do not require an NSTU webmail account to apply online):

<https://nstu.ca/the-nstu/structure/committees>

The NSTU reserves the right to re-advertise any position if a sufficient number of applications are not received by the deadline.

resources

YMHC Supporting Student Mental Health and School Attendance

[Youth Mental Health Canada \(YMHC\)](#) offer the following opportunities to support your school in addressing the urgent issue of chronic school absenteeism and student mental health challenges.

Mental Wellness Resources for Prevention, Early Intervention, and Support

- Student Workbook: “[My Experience of School: Upstream Chronic School Absenteeism Prevention](#)” This workbook focuses on preventative approaches with practical activities for students, available in digital fillable and photocopiable formats.
- Guidebook: “[Supporting Students with School Phobia: A Guidebook for Families and Schools](#)” This comprehensive resource outlines school-wide strategies and includes assessment forms and action plans, available in English and French.

School-Wide Strategies for Supporting Students with School Phobia, Avoidance, and Chronic Absenteeism Training Course

This comprehensive [6-week virtual training course](#) provides education and mental health professionals with practical, evidence-based strategies to support students experiencing attendance

challenges. The course is facilitated YMHC’s Executive Director, who brings over 20 years of experience working on school attendance issues and is a member of international organizations focused on youth mental health, suicide prevention, and school attendance.

- Course Schedule: Wednesday, April 23 to Wednesday, May 28, 2025
- Time: 7:00 PM to 9:30 PM Eastern Time
- Format: Virtual sessions with interactive components
- Professional Development: 12 hours plus discussion time

Registration Options:

- Training Course Only: \$950
- Training Course + National Conference Bundle: \$1,200 (save \$50)

Register at <https://ymhc.ngo/pages/sptc>

National Virtual Conference: Making Waves in School Attendance

From May 30-31, 2025, is Canada’s first national conference focused on chronic school absenteeism. The conference will feature international and Canadian presenters sharing research, best practices, and strategies for improving student attendance and engagement. Group rates are available for schools and organizations sending multiple attendees. Conference website: <https://ymhc.ngo/conference>

For more information, please contact YMHC at admin@youthmentalhealth.ca or call (647) 952-9642.



Survey runs April 23—May 14

Have your say! ☒ ☐

Parachute.

Pan-Canadian Educator **Survey Series**

The banner features a blue sky background with white clouds and three orange and yellow parachutes. In the top right corner, there are two square boxes: the first contains a black checkmark and the second contains a black 'X'. The text 'Survey runs April 23—May 14' is written in white on an orange diagonal banner in the top left. The main title 'Parachute.' is in large, bold, black font, and 'Pan-Canadian Educator Survey Series' is in a smaller, bold, black font below it.



Changes to Carepath and the Employee and Family Assistance Program (EFAP)

Every year, the NSTU Group Insurance Trustees conduct a review of all Member Assistance Programs (MAP) available to NSTU members. These programs are 100% funded by the NSTU Group Insurance Trust. The review includes looking at the financial status of the programs based on utilization during the past year to ensure it is still feasible to continue offering the programs to members.

Following their review, the Trustees have made the difficult decision to discontinue the Carepath Elder Care and Mental Health programs due to the significant cost when compared to the utilization of the programs by members.

Although these Carepath programs are being discontinued, you are not left without coverage as similar services for both Elder Care and Mental Health are part of the Homewood Pathfinder EFAP.

To ensure all members have access to these important programs/services, the Trustees are pleased to announce that EFAP services will be extended to reserve members and retired members effective May 1, 2025.

Homewood Pathfinder EFAP Services

Counselling

- To help you with issues such as stress, divorce, family issues, mental health issues, weight, smoking, general health issues, and more.
- Short-term, solution-focused and centered around you, your goals and problem solving.

Online Services

- Easy access to online tools, resources, and supports.
- Informative articles on a wide range of topics including mental health, stress, addiction, relationships, and lifestyle.
- Online Cognitive-Behavioural Therapy (CBT).
- Childcare and eldercare resources database.
- Comprehensive and interactive e-Courses.
- Health risk assessment
- Virtual Platform Access - MeetNow, Online Booking, and Guided Care Recommendations.
- Access to EFAP services through a Mobile App

Lifestyle and Specialty Coaching

- Parenting and family care support, career coaching, financial and legal advisory and more.
- A telephonic assessment of your needs by a specialist.
- Information and coaching from experts in their field.
- Customized searches for relevant resources; and up-to-date information including topical workbooks, articles, and referral to online tools.

Mental Health Services (Depression Care, Anxiety Care, Trauma Care, and Substance Use Therapy)

- Specialized treatment for individuals who are struggling with depression, anxiety, PTSD, trauma or substance use symptoms.
- Call to see if these programs are right for you. Homewood Health will conduct a screening during your call to ensure an appropriate fit for the program.

EFAP Access*

Toll-Free Number - 24 hours, seven days a week

1-877-955-NSTU (6788) or International (Call Collect) 604-689-1717.

You can also access Homewood Health's online platform called Homeweb at www.homeweb.ca

*Make sure to create an account on the EFAP website platform first before downloading the mobile app. If you have already registered for an account, there is no change to your login information. You can continue to use the same username and password and do not need to re-register. If you haven't already registered for an account and would like to have access to online features, you can do so by visiting www.homeweb.ca. Please enter NSTU when prompted for the "Company Name/ Organization".

Congratulations!

The Cross Canada Fitness Adventure has come to an end, and we are thrilled to announce the following winners:

Weekly Random Draw Winners

🏆 Kimberley Gillis (SRCE) 🏆 Stephanie Burgoyne (SRCE)
🏆 MacKenzie Rowe (HRCE County) 🏆 Noelle Messom (AVRCE)

First to Reach the Finish Line

🏆 Lana Kelly (HRCE City)

Highest Score

🏆 Kelley MacDonald (CCRCE)

The NSTU Group Insurance Trustees want to thank everyone who participated and congratulations to all winners!



Phasing Out of NSTU Webmail

As you may be aware, the @nstu.ca email address will be phased out and go offline effective July 18, 2025. This will require those of you who use your @nstu email for this purpose to provide a new email address to Medavie Blue Cross as the insurer for your Total Care Medical and Total Care Dental benefit plans and Johnson Insurance as your group benefit plan administrator. The process to update your email address is as follows:

Medavie Blue Cross

As a NSTU plan member, you can update the email address for your existing MBC account by going through the Mobile App/Member Services Site under "My Account". **Please note, this is the only way to update your email address with Blue Cross, as calling them will require you to re-register / create a new account.**

Johnson Insurance

To change your email address with Johnson Insurance, you simply need to e-mail pbadminns@johnson.ca or call 1-800-453-9543 to advise of your new email address.

Please note, if sending an email, please ensure to include your certificate number and name in the body of the email.

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Connectez-vous au [Registre des membres du NSTU](#) et inscrivez une adresse de courriel, autre que celle du NSTU, dans votre profil.

*Les membres du NSTU qui ont déjà fourni une adresse de courriel sont aussi admissibles aux tirages.

**On mettra fin au système de messagerie Web
du NSTU le 18 juillet 2025.**

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Non-members pay \$6.00 for the first 15 words and 25¢ per additional word.

To book, call Nancy Day at 1-800-565-6788 or email theteacher@nstu.ca

Permanent HRCE Teacher looking for one year job exchange (potentially longer) with teacher in CBVRCE. French qualified, EAL qualified. Contact: ttpower@nstu.com.

Permanent HRCE Elementary Teacher looking for one year job exchange (potentially longer) with teacher in CBVRCE. French qualified. Possible housing swap. Contact: Hrcetocbce@gmail.com

executive highlights

April 3, 2025

- Filed the Table Officers Report;
- Selected members for the John Huntley Memorial Internship Program for a 2-day session;
- Approved the granting of four Local Service Awards;
- Adopted a position paper on EAL and FAL supports as submitted;
- Adopted the Updated NSTU Group Insurance Trust Agreement.

Deals & Discounts

for NSTU members
(including retired members),
please visit the website at www.nstu.ca



Retired Teachers Organization

<https://rto.nstu.ca/>



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2025 REGIONAL PROVINCIAL EXECUTIVE ELECTIONS UPDATE

Electoral Region	Elected
Annapolis/Hants West/Kings	Melissa Deveau
Atlantic Provinces Special Education Authority (APSEA)	Andrew McCara
Cape Breton District	Peter Murphy
Cumberland	Lindsay Crossman Wheaton
Conseil syndical acadien de la Nouvelle-Écosse (CSANE)	Sue Larivière-Jenkins
Digby/Shelburne/Yarmouth	Vera Ryan
Halifax City	Nancie de la Chevotiere
Halifax County	Angela Ewing
Northside-Victoria	Kim Dunning
Pictou	Doug Read

as of April 17, 2025