



Peter Day re-elected NSTU president by acclamation

Peter Day has been re-elected as NSTU president by acclamation for the 2026 - 2028 term. "I'm incredibly honoured and humbled to have been acclaimed as president of the NSTU," says Day. "I am grateful for the confidence members have placed in my leadership and for their continued support and look forward to continuing to advocate for teachers and specialists while safeguarding their rights and benefits. We remain committed to improving working conditions to support student learning in safe and positive environments."

Day's new two-year term will begin August 1, 2026, and run until July 31, 2028. He was first elected in June 2024 as the NSTU's 47th president, becoming the ninth president elected by universal suffrage.

A teacher for 22 years, Day served as a technology mentor with the Cape Breton-Victoria Regional Centre for Education prior to taking office. He also taught mathematics and science in the Strait and Cape Breton regions. Actively involved in the NSTU throughout his career, Day served seven years on the Provincial Executive, including in the role of Secretary/Treasurer. He chaired the Finance and Property Committee and served as liaison to the Governance and Policy, Curriculum, Technology, and Professional Associations Coordination committees. He also served on both the Northside-Victoria and Cape Breton District

Locals.

Day holds a Bachelor of Science in Chemistry and a Bachelor of Education from St. Francis Xavier University, a Certificate of Mathematical Sciences from Saint Mary's University, a Master of Education in Curriculum and Instruction from Mount Saint Vincent University, and an Instructional Leadership Diploma through the Nova Scotia Instructional Leadership Council.

He represents Nova Scotia teachers nationally through the Canadian Teachers' Federation and serves as a vice-president-at-large with the Nova Scotia Federation of Labour.

Another candidate, Mike Kelly of the Cape District Local and a social studies department head at Glace Bay High School, had entered the race. Election posters had been distributed to NSTU worksites across the province, and campaigning began March 23. Kelly officially withdrew from the race on April 14.

Former president Shelley Morse was the last NSTU president to be acclaimed to a second two-year term, in 2014.



Malik Adams and Francine Fleming elected to new designated provincial executive seats

Malik Adams and Francine Fleming have been elected as the first designated African Nova Scotian and Indigenous members of the NSTU Provincial Executive.

The results were announced following provincial executive elections held on Wednesday, April 15, 2026. The new ANS provincial executive member Adams is a school counsellor at Citadel High School. Fleming, the Indigenous provincial executive member, is a teacher at Fairview Heights Elementary School. Both are members of the Halifax City Local.

This historic election follows a recent amendment to the NSTU Constitution that expands the Provincial Executive to include two



Malik Adams (Halifax City)



Francine Fleming (Halifax City)

Continued on page 2

people

Building leadership through the Huntley Internship

On March 26 and 27, six NSTU members participated in the John Huntley Memorial Internship Program. Selected through an application process reviewed by NSTU Table Officers and approved by the Provincial Executive, participants engage in a two-day internship at NSTU Central Office. The Huntley interns explore the union's programs, services, and governance structure. The experience includes sessions with key staff, such as the Executive Director, NSTU President, and representatives from Member Services, Professional Development, Public Relations, the Member Assistance Program, as well as Governance, and Finance. Facilitated by the Professional Learning Department, the program continues to earn strong feedback from participants. The next internship session is scheduled for May 7 and 8.



Shown in the photo: Executive staff officer and staff liaison to the program Pamela Langille; Carine Abi Daoud (Halifax City) a Grade 2 teacher at John W. MacLeod School in Purcells Cove; Max Taylor (Yarmouth) a Connect Centre teacher at Maple Grove Education Centre, who works as a resource teacher for students with behavioural issues; Natalie Hodgson (Halifax County), a school counsellor at Bell Park Academic Centre in Lake Echo and Joseph Giles Elementary Schools in Dartmouth; NSTU president Peter Day; Chantel Desmond (Guysborough County), an elementary and secondary substitute teacher; Xavier Kwasi Frederick (Guysborough County), an ELA teacher for Grades 7 to 12 at Chedabucto Education Centre/Guysborough Academy; and Nisha Langford (Kings), a Grade Primary teacher at Aldershot Elementary School in Kentville. She also serves on her Local's executive as Vice President – Communications

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designated seats, one for an African Nova Scotian member and one for an Indigenous member.

“We’re looking forward to welcoming Malik and Francine to the provincial executive in the fall,” says NSTU president Peter Day. “Giving voice to our African Nova Scotian and Indigenous members is important as we continue to advance equity in the NSTU.”

Nominations closed on February 13 and were open to members who self-identify as African Nova Scotian and for members who self-identify as Mi’kmaq, Wolastoqew First Nations, Indigenous,

Inuit, or Métis. Active and Reserve members, as well as substitute teachers working on voting day, who self-identified as African Nova Scotian or Indigenous were eligible to vote. To participate, members were required to complete an online self-identification form. Candidates were elected by a plurality vote of eligible voters in each designated group.

Other members elected to the 2026-27 provincial executive on April 15 are Mark Savoury (Dartmouth), Sarah Acker (Digby-Shelburne County-Yarmouth) and Sunita Pinet (Halifax City). Additional provincial executive members were either acclaimed or are continuing in their current terms.



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ISSUE	DEADLINE
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October	October 10
December	December 5
Jan/Feb	January 23
March	March 6
April	April 10
May	May 15
June	June 19

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Teachers' Pension Plan's Annual Report and Actuarial Valuation date change

Since 2008, the Annual Report and Actuarial Valuation of the Teachers' Pension Plan (the Plan) have been prepared and published by the end of April (within 120 days of the end of the Plan's fiscal year – December 31st). Since then, the Plan Trustee has made important adjustments to the Plan's investment mix to support strong returns while carefully managing risk.

The Teachers' Pension Fund includes a significant allocation to alternative investments including, but not limited to:

- US Credit
- US High Yield Bonds
- Global Credit
- Emerging Market Debt
- Private Debt
- Hedge Funds
- Real Estate
- Infrastructure
- Timberland/Agriculture

These types of investments classes take additional time each year to finalize and confirm their valuations. Because of this, the Plan Trustee has advised the Plan Sponsors (the NSTU and the Minister of Finance) that completing the Annual Report and Actuarial Valuation now requires additional time to ensure the highest level of accuracy. The Plan Sponsors have agreed to update

the Joint Trust Agreement between the Plan Sponsors and the Plan Trustee so that the Annual Report will be published within 190 days of the end of the Plan's fiscal year. **This means the Annual Report and Actuarial Valuation will be published in late June or early July beginning this year.**

When the 120-day window for completing the Annual Report and Actuarial Valuation was set, the Plan was invested approximately 60 per cent in equities (stocks), 30 per cent in fixed income (bonds), and 10 per cent in alternatives. In 2026, the target investment mix is now approximately 25 per cent in equities, 25 per cent in fixed income, and 50 per cent in alternatives. The change in investment mix provides significantly improved expected returns over the long term.

For more information contact: pension@nstu.ca



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Education Week 2026



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 2026.

This annual celebration brings us together and recognizes the outstanding efforts of everyone working in our public school system. It is our opportunity to pause and acknowledge educators that are creating supportive learning environments where students feel valued, accepted, and inspired to participate fully in their education and their communities.

This year's theme, *Fostering Empathy: Learning and Leading with Kindness*, highlights the importance of compassion and connection in our schools. We celebrate teachers, administrators, school staff and community partners who demonstrate how kindness can make a meaningful difference in learning. By fostering empathy, they help create safe and inclusive learning environments where students learn to support one another, work together, and contribute positively to their communities. We are truly fortunate to live in a province with such dedicated and compassionate educators, staff and partners who lead with kindness and prepare students for success.

Thank you to the Education Week Committee, volunteers, sponsors, partners, and organizers for your dedication in making this event a 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, we extend our sincere congratulations to the teachers, educators, administrators, support staff, and education partners who support students, schools, and communities through

fostering empathy.

As we recognize this year's theme, *Fostering Empathy: Learning and Leading with Kindness* we highlight the vital role empathy plays in teaching, learning, and building strong, connected school communities. We commend the daily efforts of teachers, specialists, administrators, education support staff, and school leaders who create welcoming, compassionate spaces where every student feels seen, valued, and supported.

During Education Week, we honour the educators whose

commitment to empathy strengthens classrooms and enriches the lives of students across the province. Their dedication helps cultivate caring, inclusive spaces where all learners can thrive.

We gratefully recognize Teachers *Plus* Credit Union, a long-time corporate sponsor of Nova Scotia's Education Week, for its continued support.

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



Amy Hunt

Chair, Public School Administrators Association of Nova Scotia

The Public School Administrators Association of Nova Scotia (PSAANS) is proud to join in celebrating Education Week 2026 and this year's inspiring theme, *Fostering Empathy: Learning and Leading with Kindness*.

As leaders in public education across Nova Scotia, we honour PSAANS members and all educators who make a meaningful difference in the lives of children and youth in school communities across the province each day. We are continually inspired by educators who create the conditions for students to feel a strong sense of belonging and positive connection to school by modelling and teaching empathy and kindness as essential ways of being in community with others.

Congratulations to this year's award recipients. Your dedication to building strong schools grounded in understanding, compassion, and respect is truly transformative for the students in our care. By modelling relational and empathetic ways of being, knowing, and learning, you foster safe, caring, and inclusive environments where students are seen and heard, and where all members of the school community feel valued and connected.

I would also like to thank Nellie van Klei, Director of Programs for the Atlantic Provinces Special Education Authority, with whom I had the privilege of co-chairing this year's Education Week Committee. It has been a pleasure to help set the stage to celebrate so many incredible educators across the province.

With gratitude and appreciation.



Melina Kennedy

Superintendent, Atlantic Provinces Special Education Authority

On behalf of the Atlantic Provinces Special Education Authority (APSEA), congratulations to this year's Education Week award recipients.

Fostering Empathy: Learning and Leading with Kindness

Education Week 2026

This year's theme, *Fostering Empathy: Leading and Learning with Kindness*, speaks directly to the heart of inclusive and responsive education. It reminds us of our shared responsibility to support every student with compassion and care. When kindness guides our actions, schools become places where students feel they belong and can thrive.

As we mark Education Week 2026, thank you to the educators and partners who model kindness in action and lead in ways that are thoughtful, responsive, and student-centered. Your work supports both learning and wellbeing, helping students build the skills they need for school and for life.

Thank you for your continued dedication to inclusive, empathetic and responsive education across Nova Scotia.



Véronique Legault

President, Fédération des parents acadiens de la Nouvelle-Écosse

On behalf of the Fédération des parents acadiens de la Nouvelle-Écosse, I would like to offer my sincerest congratulations to all those recognized this year during Provincial Education Week.

This year's theme, *Fostering Empathy: Learning and Leading with Compassion*, reminds us that education is not just about the transmission of knowledge, but also about shaping how our children relate to others and to the world. By cultivating listening, respect, and understanding, you help shape young people who can build strong relationships, collaborate openly, and become leaders who are attentive to the needs of their community.

As parents, we see the profound impact of your commitment every day. Your ability to create caring environments, where every student feels seen, heard, and valued, is central to developing their confidence and sense of belonging. You play a vital role in building not only their academic success, but also their humanity.

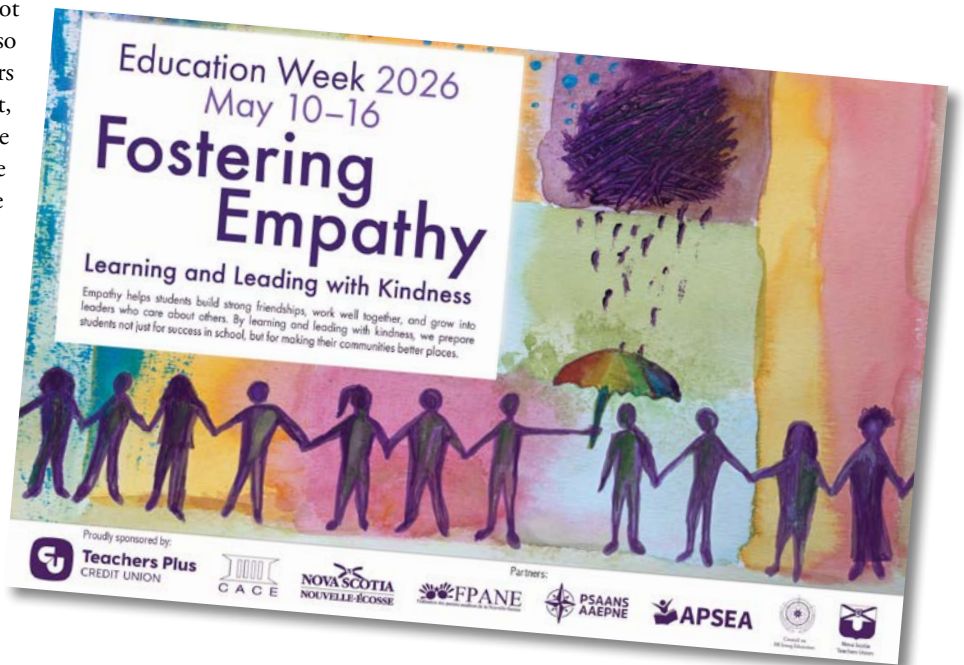
Thank you for embodying the values of empathy and respect every day. Your dedication helps build more inclusive, more humane communities rooted in kindness.

Shaniqwa Thomas

Chairperson, CACE.

On behalf of the Council on African Canadian Education, we extend our heartfelt congratulations to the distinguished recipients of the Education Week awards. It is an honour for CACE to work alongside our valued educational partners and to celebrate NSTU members, PSAANS members, early childhood educators, student school support staff, Mi'kmaq educators and support staff, African Nova Scotian educators and support staff, APSEA teachers and staff, and public education collaborators. The award recipients embody the very best qualities of our education system. CACE acknowledges the importance of recognizing individuals such as this year's honourees, whose unwavering commitment and exceptional efforts make a profound difference in supporting our youth and, by extension, our communities.

Fostering empathy in education is vital to cultivating compassionate, socially responsible citizens and to promoting both emotional well-being and academic excellence. CACE deeply appreciates your dedication and the innovative, empathy-based approaches that the award recipients use to nurture student achievement. Congratulations, and thank you for your ongoing commitment to our students.



Fostering Empathy: Learning and Leading with Kindness

The Story of Our Professional Associations

by Amanda O'Regan-Marchand, Executive Staff Officer, Professional Learning

Those I've had the pleasure of working with in this role have likely heard me joke about writing a book called *The ABCs of the NSTU*, a tribute to the many acronyms we use every day. Well, the time has come. Consider this the first "chapter."

What better place to begin than with the 21 acronyms closely tied to one of the most anticipated days of the year—the fourth Friday in October—our Professional Associations (PA) Conference Day.

What is "October Conference"?

October 2026 will mark the 42nd year of this annual event, where more than 21+ conferences take place simultaneously across the province. Wondering about the "plus"? Read on.

Who are the Professional Associations?

They are dedicated teams of full-time educators who volunteer their time throughout the year to plan meaningful professional learning opportunities. From organizing themes and securing presenters to booking venues and coordinating logistics, these member-volunteers design conferences grounded in the needs and interests of their colleagues. Teacher-led professional learning is truly a labour of care, commitment, and expertise, and it deserves recognition.

Why are Professional Associations so important?

As you explore the 2026 conference offerings, or navigate registration, wait for responses, or arrive on conference day, take a moment to reflect on the work behind the scenes. The organizers are full-time teachers and specialists who are balancing many responsibilities while striving to support their peers. Their efforts ensure these conferences remain valuable, relevant, and accessible.

PA Conferences also give teachers choice. These learning opportunities are created and planned **for teachers and specialists by teachers and specialists** who have shared experiences and understand your classroom realities and professional needs. Since 2024, PA Conference Day has been formally recognized as a Professional Learning Day within the Teachers' Provincial Agreement. Having this day preserved in our collective agreement is a significant acknowledgment of teacher-directed learning and professional autonomy. As an NSTU member you have choice in the professional learning offered through our PA Conferences.

How do you choose a conference?

Each year, details about conference themes, locations, and offerings are published in *The Teacher* and on the NSTU website ahead of

registration. Every Professional Association designs its conference differently, based on available presenters, venues, and format options.

Interested in getting involved?

Consider attending a conference's Annual General Meeting, where you can learn about executive roles and volunteer opportunities. Many PAs also share these opportunities on their websites and social media. Member-volunteers are the heart of the NSTU, and your time and expertise can make a meaningful difference.

Where are conferences held?

Locations vary depending on factors like venue availability and where organizing teams are based. To improve access, and increase capacity many PAs now offer hybrid or virtual options, as well as "satellite" sites.

A satellite site is a concurrent conference that is happening at another location in the province. Several associations, including AEA (l'Association des Enseignants Acadiens), AST (The Association of Science Teachers), ATA (the Art Teachers Association), CTEANS (Career and Technology Educators Association of NS), NSTALL



(The Nova Scotia Teachers Association of Literacy and Learning), and SSTA (The Social Studies Teachers Association) have all hosted satellite sites over the years. These are now highlighted on the annual conference poster sent to schools each fall and posted in your staff room. Some associations also offer fully virtual or hybrid models, depending on volunteer capacity. For instance, our newest PA, NSATEE (Nova Scotia Association of Teachers for Equity in Education) pivoted to a fully virtual conference in 2025 while FSTA (the Family Studies Teachers' Association) offered a hybrid/virtual option for their conference. If you have experience in these areas, consider reaching out to a PA to support their efforts. Many of our Professional Associations host their conferences at the same venue from year-to-year because of the relationships they have established.

When do you register?

Beginning in September 2026, online registration will align with teachers' payday. Registration opens **Thursday, September 17 at 7:00 a.m. for NSTU members only for the first 10 days.** Be sure your NSTU login credentials are up to date in advance to secure your spot early. To do so, you will need to know your **NSTU username and password. Please contact webaccounts@nstu.ca and ensure your credentials are in place before this date.** This decision was made to ensure that seats are preserved for NSTU members first. This is an important priority so make sure you register early to secure your seat.

Learning Beyond October


Professional learning doesn't stop with October Conference Day. Many PAs offer additional opportunities throughout the year. For example, the Educational Drama Association of Nova Scotia (EDANS) hosts a spring conference during DramaFest, providing learning sessions for drama educators while students participate in workshops. Keep an eye on PA websites and social media for ongoing opportunities to learn, and to get involved.

Which conference will you choose?

With 21 Professional Associations offering diverse and engaging options, there is something for everyone. Whether your interests lie in early learning, literacy, the arts, sciences, counselling, physical education, or beyond, these conferences are made possible by passionate, knowledgeable member-volunteers.


All PAs, including ATEC (The Association of Teachers of Every Child), ATENS (the Association of Teachers of English of NS), ATYA (The Association of Teachers of Young Adolescents), BETA (Business Education Teachers Association), MTA (Math Teachers Association), NSLTA (Nova Scotia Language Teachers Association), NSMEA (Nova Scotia Music Educators Association), NSSCA (Nova Scotia School Counsellors Association), PETA (Primary Elementary Teachers Association), PISA (Psychologists in Schools Association), SPAA (Speech Language Pathologists and Audiologists Association) and TAPHE (Teachers Association for Physical and Health Education) don't exist without our dedicated, subject-matter enthusiast member-volunteers! With all these options, we are confident you will find a learning opportunity that meets their needs.

The choice is yours—and the opportunities are endless.



Email your name, home address, and the name of your school with *PATHWAYS* in the subject line to theteacher@nstu.ca by *May 12, 2026*, to be eligible for the draw.

Effective Teacher Development
by **Bob Burstow**
Bloomsbury Atlantic



Effective Teacher Development: Theory and Practice in Professional Learning highlights the school's central role in planning highquality continuing professional development (CPD). Moving beyond intuition and habit, it draws on research, to guide more strategic decisionmaking. The book explores the full CPD cycle, from design to evaluation, and provides practical support for anyone involved in developing effective CPD programs.

Teachers Plus Credit Union proudly supports Education Week

The Provincial Education Week Committee gratefully acknowledges the ongoing support of [Teachers Plus Credit Union](#) (TPCU). A sponsor since 2003, TPCU's continued commitment helps elevate the profile of Education Week while reflecting its strong dedication to public education and to supporting teachers and their families.

Pictured at a board meeting on April 3 (left to right) are Danielle Eleftheros, Board Chair, and Dale Roode, CEO. They are holding this year's Education Week poster, created by NSTU's graphic designer Paul Hamer, which highlights the theme *Fostering Empathy: Learning and Leading with Kindness*.

Education Week will be celebrated from May 10 to 16. The NSTU is one of seven partner organizations that make up the Education Week Committee. For more details, see page 4.



Active April: What does being “Active” mean to you?

by Amanda O'Regan-Marchand, Executive Staff Officer, Professional Learning

April “showers” are well underway here in Nova Scotia, and it can be tough to find motivation on these gloomy days. Taking inspiration from this month’s [Action for Happiness](#) calendar theme *Active April*, let’s explore some creative ways to bring more activity into our lives.

When I hear the word active, my mind immediately goes to exercise—but I know it means much more than that. I think about being active in our Union, giving back, and sharing time with colleagues. I think about having an active imagination, how energizing it can be to spark a new idea for a strategy, a workshop, or a conference activity. And I think about the small, intentional ways I can stay active throughout each day.

With that in mind, I’m sharing a glimpse into my daily routine in the hope it might inspire you. I know my context may look different from yours, but if anything resonates, feel free to adapt it to fit your own needs and routines.

I start my day on my indoor walking pad, facing the windows in my apartment that overlook the Bedford Basin. Water has a calming effect for me. I usually have one earbud in, listening to a walking playlist that gradually builds in tempo as I increase my pace, followed by a “transition” song to cool down and shift into the next part of my morning.

Throughout my day, my mind is “active”ly thinking about ways I can move my body as much as possible. As I get ready for work, I try to keep moving—taking extra steps between rooms and preparing my mindset for the day. I’ve also set a goal to take the stairs whenever possible at home.

At work, the stairs are a bit more of a challenge. Anyone familiar with NSTU’s Central Office on Joseph Howe Drive, might understand that climb between the second and third floors. Still, I look for opportunities to move. I park as far from the entrance as I can, and now that the snow has melted, I’m happy to have that option back. It really is the little things.

Even in my fifth year, walking into work still feels exciting. Those extra steps, even with the April showers help me shift my mindset and focus on what I get to do each day. Mindset plays such an important role in how we show up for ourselves and others.

My workspace is on the opposite side of the building from the entrance, staffroom, and washrooms. While that can be inconvenient, it also gives me more chances to move, by taking more steps. After settling in, I often head back to the staffroom for my “fuel” and take a moment to read the daily *Action for Happiness* message on the bulletin board. Often, it connects in meaningful ways to something already on my mind, and this makes me feel more aligned.

In my office, I like to begin the day standing. I’m fortunate to have a sit-stand desk, and since much of my work involves reviewing documents, preparing workshops, writing articles, and responding to members, it helps me stay engaged. Standing also allows me to shift my weight and keep my energy, and ideas, flowing. This helps my ADHD. What opportunities do you have to Stand in your workspace?

Throughout the day, I make an effort to get up, move around, and connect with people in person. Before I leave, I take a few minutes to fill out my planner (yes, I still use one!) with three goals for the next day. That long walk back to my car becomes a time, where I mentally pack up my workday and transition to “Amanda” time. Sometimes, during that drive home, I’ll use CarPlay to send myself quick reminders about anything still on my mind. Other days, I’ll listen to a lighthearted audiobook or a wellness-focused podcast—something that helps me shift my energy and fully step into “Amanda time.”

In the evenings and on weekends, I try to make everyday tasks more engaging by “gamifying” them—seeing if I can finish one chore before the dishwasher or robot vacuum does. I also make a point of getting outside before reaching for my phone. Whether it’s choosing the stairs, parking a little farther away, or simply being more mindful, I’m always looking for small ways to stay active, both physically and mentally.

Of course, it’s not always easy. Building a routine takes effort, and getting back into one after life’s interruptions can be even harder.

So, here’s my commitment to myself: to keep showing up in small, intentional ways.

What might that look like for you this month?

What will you get to do each day to show up for yourself?

Active April 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1. Commit to being more active this month, starting today.	2. Spend as much time as possible outdoors today.	3. Listen to your body and be grateful for what it can do.	4. Eat healthy and natural food today and drink lots of water.	5. Turn a regular activity into a playful game today.	6. Do a body- -season meditation and really notice how your body feels.	7. Get natural light early in the day. Dim the lights in the evening.
8. Give your body a boost by laughing or making someone laugh.	9. Turn your housework or chores into a fun form of exercise.	10. Have a day with less screen time and more movement.	11. Set yourself a new exercise goal or sign up to an activity challenge.	12. Move as much as possible, even if you're stuck inside.	13. Make sleep a priority and go to bed in good time.	14. Relax your body & mind with yoga, tai chi or meditation.
15. Get active by singing today (even if you think you can't sing!).	16. Go exploring around your local area and notice new things.	17. Be active outside. Plant some seeds and encourage growth.	18. Try out a new exercise, activity or dance class.	19. Spend less time sitting today. Get up and move more often.	20. Focus on eating a rainbow of multi-coloured vegetables today.	21. Regularly pause to stretch and breathe during the day.
22. Enjoy moving to your favourite music. Really go for it.	23. Go out and do an errand for a loved one or neighbour.	24. Get active in nature. Feed the birds or go wildlife-spotting.	25. Have a "no screens" night and take time to recharge yourself.	26. Take an extra break in your day and walk outside for 15 minutes.	27. Find a fun exercise to do while waiting for the kettle to boil.	28. Meet a friend outside for a walk and a chat.
29. Become an activist for a cause you really believe in.	30. Make time to run, swim, dance, cycle or stretch today.					

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March Book Winners!



Vickie Marks Morrow — CCRCE

Beginnings

Putting new members in the KNOW!

Debbie Lohead — CCRCE



Rhonda McLean — CCRCE



Delynn Reid — CBVRC



Status of Women

Tavneet Kaur — CCRCE

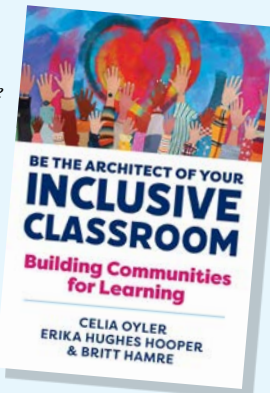
Beginnings

Putting new members in the KNOW!

Email your name, home address, and the name of your school with **BEGININGS** in the subject line to theteacher@nstu.ca by **May 12, 2026**, to be eligible for the draw.

Be the Architect of your Inclusive Classroom
by Celia Oyler, Erik Hughes Hooper & Britt Hamre
Teachers College Press

Be the Architect of your Inclusive Classroom: Building Communities for Learning guides educators in designing engaging, inclusive learning environments that foster belonging and achievement for all students. Drawing on real work with K–12 teachers, the book emphasizes contextresponsive teaching over scripts or “best practices,” and integrates culturally sustaining pedagogy, Universal Design for Learning, and backwards design.

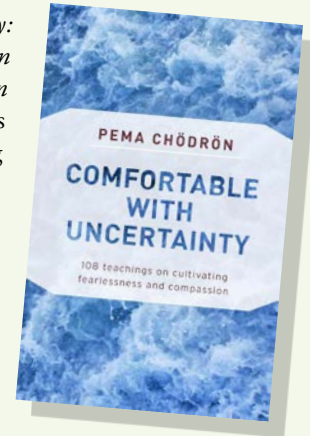


the well teacher

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, 2026**, to be eligible for the draw.

Comfortable with Uncertainty
by Pema Chödrön
Shambhala Publications

Comfortable with Uncertainty: 108 Teachings on Cultivation Fearlessness and Compassion presents brief, accessible readings that guide readers in developing compassion and awareness in everyday life. Structured as a progressive introduction to Buddhist practice, it explores themes such as mindfulness, meditation, letting go, and working with fear. No prior knowledge is required.

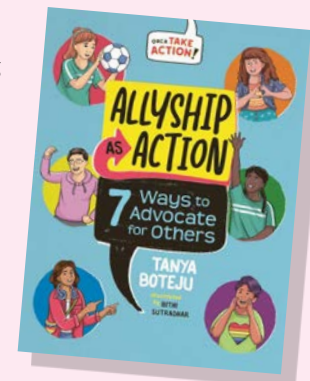


EQUITY COMMITTEE

Email your name, home address, and the name of your school with **EQUITY** in the subject line to theteacher@nstu.ca by **May 12, 2026**, to be eligible for the draw.

Allyship as Action
by Tanya Boteju
illustrated by Bithi Sytradhar
Self-Published

In Allyship as Action: 7 Ways to Advocate for Others helps young readers recognize privilege, understand real versus performative allyship, learn from mistakes, and see practical examples of allyship in action. Allyship requires learning, self-awareness, and standing up for others, even when it's uncomfortable.





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Neptune Theatre Celebrates Educators with Teacher Appreciation Night

As part of the Nova Scotia Teachers Union's long-standing support of Neptune Theatre's TourCo, and the Student Matinee Program, the theatre hosted a Teacher Appreciation Night on March 13. Nearly 450 NSTU members, along with their guests and families, attended a complimentary performance of *Who's Afraid of Virginia Woolf* by Edward Albee.

NSTU President Peter Day welcomed attendees during a pre-show reception, offering remarks on behalf of the Union. "Teachers recognize the vital role arts and culture play in our communities, and we're grateful to be acknowledged this evening," said Day. "Neptune values your engagement in its programs. At a time when Nova Scotia's arts sector faces significant challenges, it's especially important to recognize how the performing arts foster dialogue, reflection, and social change."



NSTU president Peter Day is shown with his partner Lisa Farmer (left), Aren Morris, Fine Arts Specialist, Halifax Regional Centre for Education and Dartmouth Local president Chris Doiron.



Solidarity with CUPE members

During the Local President's & RRC Conference on April 10 NSTU leaders of the NSTU showed support for CUPE long-term care workers who are currently on strike. Nova Scotia's 10,000 teachers and specialists stand in solidarity for their fight for a fair contract and a living wage. Their work is essential, and they deserve respect, fairness, and dignity at the bargaining table.





Doctors Nova Scotia *Community* 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

MEDAVIE
BLUE NOSE
marathon

notices

Get Your Kids Moving with Doctors Nova Scotia Youth Run at the Medavie Blue Nose Marathon!

Looking for a fun, inclusive way to keep your child active? The **Doctors Nova Scotia Youth Run** is the perfect opportunity for kids ages 15 and under to lace up, get moving, and experience the excitement of a large-scale race event—right in the heart of Halifax.

With both **2KM and 4KM routes**, participants of all fitness levels can Giv'er through the streets. Drawing thousands of young participants each year, this is truly a family affair.

It focuses on fun, movement, and confidence—no pressure, just pride. Every child receives a **race bib**, a **beautifully designed medal**, and a **race shirt** to mark their accomplishment.

Join us for the 2026 Doctors Nova Scotia Youth Run!

What one mom has to say about her 6-year-old daughter's experience:

"This will be my daughter's third year running at the Doctors Nova Scotia Youth Run and the first two events created such lasting memories. She cherishes her medals and is really looking forward to running again this year. She's been trying to convince her classmates to run as well. I can't wait to see her face crossing the finish line!"

Can't make it race day? Join one of our **Community Youth Runs** or learn about organizing your own. Email admin@bluenosemarathon.com to learn more. With the generous support of the **NSTU**, we can bring Blue Nose Marathon to YOU!



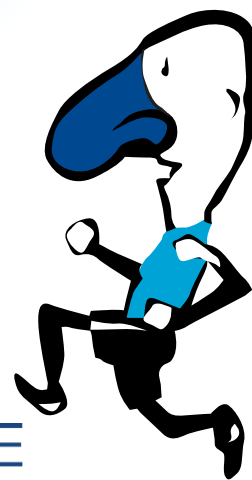
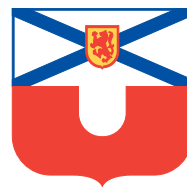
NSTU members—win one of 8 single race entries for this year's Medavie Blue Nose Marathon

(5 & 10 km + half & full marathon).

Email your Name, School & Professional # to pr@nstu.ca by May 11 at midnight.

The NSTU is a proud community partner of Doctors Nova Scotia Local Youth Run.

To register your school or for more info: 902.496.1889 and ask for Kelly, or admin@bluenosemarathon.com



MEDAVIE
BLUE NOSE
marathon



CONTACT 2026

The Intentional Educator Conference:
Cultivating Wellness, Balance, and Purpose in Our Practice

August 4th to 7th, Old Orchard Inn

contact your Local/Professional Association President
for information on how to express interest



New Teachers Connect at CEH Local Event in Truro

NSTU President Peter Day attended the Colchester-East Hants Local's New Teachers' event in Truro on February 27 and 28. Hosted by members of the local executive and organized by Vice-President of Professional Development Katrina Murphy, the event offered new teachers a valuable opportunity for professional learning and networking. Participants took part in a range of sessions, including presentations by Executive Staff Officer Kent Fraser on the benefits of union membership and *Your Money, Your Benefits*. Vice-President PA/PR Kasi Humber joined Day in leading an engaging game and trivia session. CEHL President Nadine Arnold welcomed attendees, while CCRCE Human Resources Director Jessi Taggart delivered a session on the hiring process and interview skills. Members of the CEHL executive wrapped up the event with an open Q&A, giving new teachers the chance to ask questions and connect further.



Peter Day



Executive Staff Officer Kent Fraser

A graphic for the "Parachute. Pan-Canadian Educator Survey Series". It features a large orange and yellow parachute icon, a smaller one, and a third one in the distance. The background shows stylized green mountains and a large orange sun with two birds flying. Text includes "Spring 2026 | Printemps 2026", "Deprofessionalization / Déprofessionnalisation", "Parachute.", "Pan-Canadian Educator Survey Series", "Enquête pancanadienne auprès du personnel de l'éducation", and the CTF/FCE logo.

Spring 2026 | Printemps 2026

Deprofessionalization Déprofessionnalisation

Parachute.

Pan-Canadian Educator **Survey Series**
Enquête pancanadienne auprès du personnel de l'éducation

On behalf of the Canadian Teachers' Federation (CTF/FCE), the NSTU invites you to participate in the spring edition of Parachute: pan-Canadian educator survey series. The spring 2026 edition focuses on Deprofessionalization. Your participation will directly support federal advocacy initiatives to address these issues.

Participate and WIN PRIZES!

- One \$500 **Article** gift card OR
- One of ten \$100 **bookstore** gift cards from McNallyRobinson or Librairie du Soleil

Time: 10-12 minutes

Survey closes Friday, May 21, 2026.

[Click here to begin the survey](#)

Confidentiality

All responses are voluntary, anonymous, and treated with the strictest confidence.

Personal information (name, email, phone number) is not required for participation and will only be gathered and used to confirm active membership in professional association and contact participants awarded a gift card prize.

If you experience any technical difficulties with the survey, please notify the CTF/FCE Research team at research_recherche@ctf-fce.ca.

NSTU Webmail

has ended...

but let's stay in touch



Visit <http://www.nstucentral.ca> and update your member registry profile with a preferred non-employer email

Don't know your username?
Email webaccounts@nstu.ca for help



NSTU Joins Rallies Against Provincial Cuts

On March 10th NSTU President Peter Day attended a rally outside Province House to protest cuts to arts, tourism, culture and heritage sectors across Nova Scotia. “The arts play a vital role in every school community across Nova Scotia. Artists enrich our schools, spark creativity, and inspire students to see the world in new ways. Through music, theatre, literature, painting, and countless other forms of expression, many young people find a voice, build confidence, and make sense of the world around them,” says Day. “Cuts to arts funding will have a real impact on every school and every community across this province. Classrooms will be less vibrant, opportunities for students will shrink, and an essential part of a well-rounded education will be diminished.”

Day attended another rally on March 27 opposing provincial cuts. “Strong communities are built on stable employment and accessible public services,” he said. “When jobs are lost and services are reduced, the effects are felt immediately and deeply by families and local economies.”



Halifax County Local president is pictured with Peter Day at a rally on March 27



March 10 rally



March 27 rally

RTO Branch Presidents' meet

NSTU president Peter Day and executive director Bethany MacLeod welcomed members of the Retired Teachers' Organization to the building for their Branch Presidents' meeting on March 24. “It’s always a pleasure to have the opportunity to connect and speak with our retired members from across the province,” says Day. “Your continued leadership, experience, and commitment to public education make a lasting impact.” The RTO is dedicated to supporting retired educators in Nova Scotia by providing resources, advocacy, and opportunities for social connection. Twenty-three local branches across Nova Scotia help former teachers stay engaged with the teaching community and with each other.

Day and MacLeod (right) are pictured with Stephen SURRETTE, RTO Vice President and Pat Hillier, RTO President.



Halifax County Local's Communications Committee

On March 25, Professional Support staff officers Angela Murray and Mark Laventure met with members of the Halifax County Local Communications Committee to discuss strategies around effectively connecting with the Local's MLAs.



Pictured in the photo (clockwise from bottom) are: Jean-Marc Samson, Lee Murphy, Lisa Banks, Mark Laventure, Angela Murray, Vanessa Turner, Rob Williams and Cameron DeBaie. Missing from the photo: Vice President of Communications, Meg Ferguson.



Straight talk from the Bargaining Table highlight of Member Services Conference

NSTU welcomed members from across the province to this year's Member Services Conference, on March 27 and 28. Members gathered for a focused bargaining conference to address contracts and the economic welfare of teachers amid mounting pressures. In welcoming delegates, NSTU First Vice-President JoLeigh MacPhee acknowledged that the meeting itself reflects, "The realities we're all navigating: limited time, heavy workloads, and the need to make every moment count."

MacPhee, who also serves as chair of the Member Services, Health and Safety, and Working Conditions Committee also emphasized that collective bargaining remains central to improving both working and learning conditions, describing it as, "How we respond to rising costs of living, increasing complexity in classrooms, and the ongoing challenges of retention and recruitment."

NSTU president Peter Day brought greetings to the 60+ participants. "It's wonderful to see so many of you here," said Day, and commented on the timeliness of these discussions, "We are entering negotiations at a time when the provincial government is pursuing austerity in its budget priorities." He emphasized the need to be "clear, united, and determined in standing up for the supports our students need and the working conditions our members deserve."

Day also thanked executive staff officer Elizabeth Thomas who organized the conference, as the staff liaison to the Member Services Health and Safety, and Working Conditions Committee.

The conference began with a timely keynote from Mischa Terzyk Director of Teacher Welfare and Collective Bargaining with CTF/FCE, who stressed the importance of solidarity as governments across the country pursue austerity measures.

Terzyk reminded delegates that attacks on collective bargaining are persistent and coordinated. "This does not work like that—you cannot just strip or impose punitive contracts," he said, pointing to legal and bargaining victories across Canada that have protected educators' rights.

Highlighting examples from British Columbia, Saskatchewan, Manitoba, Quebec, Ontario, and Alberta, Terzyk stressed that gains in one province strengthen bargaining efforts everywhere. "Sometimes we do this work just for those that come after," he said, noting that long fought victories often set precedents for future generations.

Throughout his remarks, Terzyk returned to the need for unity and vigilance. "What is going on in one part of the country can be

used against us somewhere else," he warned, adding, "We cannot rest on our laurels. Because we win once does not mean it ends."

As NSTU prepares to enter negotiations, Terzyk's message was clear: progress is made step by step, but only if educators, "Keep up the fight, keep up the good fight, and look out for each other."

Saturday morning's Member Services Panel brought union leaders from Nova Scotia, New Brunswick, and Prince Edward Island for a frank discussion about bargaining, working conditions, and member engagement. It featured a panel discussion moderated by Terzyk with the executive director of the New Brunswick Teachers' Federation Kerry Leopkey, Prince Edward Island Teachers' Federation's executive director Patrick MacFadyen, and NSTU executive staff officer and NSTU's lead negotiator Wally Fiander.

What really happens at the bargaining table and what can it realistically fix were the questions from delegates that guided the Panel in the open discussion.

Across all provinces, panelists agreed that salary remains a critical issue, driven by rising living costs and growing challenges with recruitment and retention. Equally important, however, is



Pictured are delegates from the Member Services Conference, Clockwise from the bottom left: Inverness Local First Vice-President Alicia Mills, Strait RRC Chair and Inverness Local president Sheila Hawley, Inverness Local treasurer Colleen Mogan, Antigonish Local First Vice-President Dean Marchand, provincial executive members Melissa Deveau (Annapolis-Hants West-Kings), and Janet O'Brien (Antigonish-Guysborough), and Antigonish Local president Jerry Delorey.

time. “Wages matter, but time matters just as much,” said Wally Fiander, pointing to increasing workloads and shrinking capacity in classrooms. Across all provinces, salary pressures remain significant, but panelists emphasized that preparation time, flexibility, and manageable expectations are now central to bargaining conversations. Teachers are being asked to do more than ever and having adequate time to meet those demands has become a central bargaining theme.

The panel also spoke frankly about increasing violence in schools. “This isn’t just a high school issue anymore,” noted Fiander. “We’re seeing it in elementary schools and in smaller communities too. It is not just coming from students. We are seeing it from parents and from adults in the community as well.”

Members were reminded that while language in collective agreements can help, such as access to school counsellors for students, or release time, many aspects of school safety require policy change, funding, and public accountability. Linked to this are growing concerns about class complexity, inclusion, and under-resourced mental health supports.

While collective bargaining is a vital tool, it cannot solve every systemwide issue on its own. Wages, benefits, and certain working conditions belong at the table; broader structural problems often require sustained advocacy between rounds, including political engagement, committee work, and community pressure. “The collective agreement is powerful—but it’s not a cure-all,” said Kerry Leopkey. Issues such as inclusion models, mental health supports, and infrastructure often require sustained advocacy beyond the table.

Understanding these limits helps set realistic expectations, and strengthens longterm strategy. Collaboration among the teacher organizations in Atlantic Canada is key. “We all work very closely



Member Services Conference Panel. Patrick MacFadgen, Wally Fiander and Kerry Leopkey

together, and when one organization gains something, there’s a domino effect that helps others,” said MacFadyen.

Member engagement remains a challenge as workloads increase and the profession grows younger. While not all members are interested in bargaining mechanics, they consistently engage when it matters, through surveys, mobilization, and high participation in ratification votes. “Most members care deeply about the outcome, not the process,” MacFadyen said. Panelists noted the growing use of virtual town halls, recorded updates, and concise messaging to ensure all members receive clear, consistent information.

The session closed with a reminder to members: know your rights, engage in ways that work for you, and understand that progress often comes incrementally. Fiander summed it up, “Saying no, knowing your agreement, and standing together are still some of the most powerful tools teachers have.” Leopkey added, “Teachers are educated, they are community leaders, and once you get them behind something, they are hard to stop.”

Next fall, a conference focusing on Health and Safety from the MSHSWC committee will take place November 28 and 29.



NSTU First Vice-President Jo-Leigh MacPhee



CTF/FCE’s Director Teacher Welfare and Bargaining Misha Terzyk



NSTU president Peter Day

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NSTU LEISURE RATE

Available for **Last Room Availability** for the remainder of 2025 until end of June 2027 (excluding predetermined blackout dates)

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- Free Onsite Parking
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coming events

APRIL 23

World Book and Copyright Day

World Book and Copyright Day celebrates and promote the enjoyment of books and reading. Each year, celebrations take place all over the world to recognize the scope of books. Established by UNESCO in 1995, 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. On this date all are encouraged to access books and honour books as tools for knowledge and cultural exchange. [More info.](#)

APRIL 28

National Day of Mourning for Injured Workers

The National Day of Mourning is observed annually in Canada on **April 28** to remember and honor workers killed, injured, or made ill on the job. It is a time to pay tribute to victims and renew commitments to workplace safety, often marked by lowering flags to half-mast, moments of silence, and wearing ribbons. [More info.](#)

MAY 1

International Workers' Day

International Workers' Day, observed annually on May 1, is a global celebration of the labour movement, honouring the achievements of workers and commemorating the struggle for rights like the eight-hour day. Originating from the 1886 [Haymarket Affair](#) in Chicago, it is a day for rallies, marches, and advocacy for worker solidarity, social justice, and better working conditions.

MAY 5

National Day of Awareness for Missing and Murdered Indigenous Women

National Day of Awareness for Missing and Murdered Indigenous Women, Girls, and 2SLGBTQI+ People (MMIWG2S), or Red Dress Day, is held annually on **May 5th**. It honours victims, raises awareness of the ongoing crisis of violence, and honours the families of the missing. The day is marked by wearing red, hanging red dresses, and vigils. Red Dress Day shines a light on the disproportionately high rates of violence against Indigenous women and girls, which is a direct result of colonization. Inspired by Métis artist Jaime Black's "[The REDress Project](#)" art installation, red dresses symbolize the missing and murdered, acting as an aesthetic response to the crisis. The day was solidified in Canada following the 2019 National Inquiry into Missing and Murdered Indigenous Women and Girls report.

For more information, you can visit the [National Indigenous Women's Resource Center](#) or [Amnesty International Canada's Red Dress Day guide](#).

MAY 4 TO 10

Canadian Mental Health Week

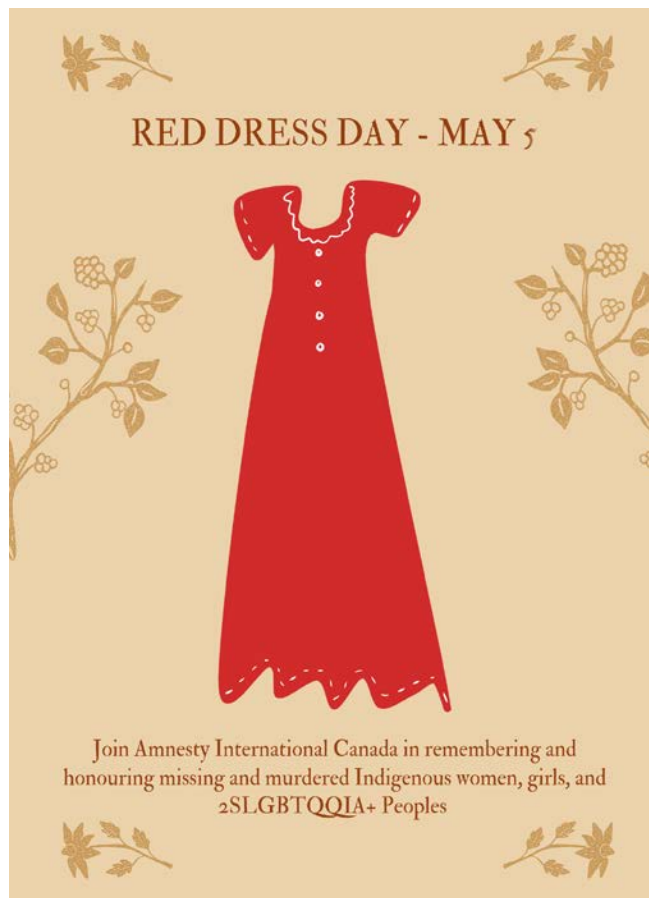
The Canada Mental Health Association's Mental Health Week 2026 runs from **May 4–10, 2026**, focusing on the theme [Come Together, Canada: Stronger Connections, Better Mental Health](#). Organized annually by the [Canadian Mental Health Association \(CMHA\)](#), this week aims to combat loneliness and foster social connection to strengthen mental health across communities, workplaces, and schools.

MAY 10

Bear Witness Day (Jordan's Principle)

The Canadian Senate officially recognized May 10 as [Bear Witness Day](#), a national day of action honouring Jordan River Anderson and advocating for the full implementation of Jordan's Principle. This day calls for public action to ensure First Nations children receive immediate access to services without discrimination. It marks the 2016 Canadian Human Rights Tribunal's first non-compliance order requiring Canada to implement Jordan's Principle. Supporters host teddy bear picnics, contact Members of Parliament (MPs), and share the story of Jordan River Anderson, who died after a two-year government dispute over his home care costs.

You can find resources and register for events via the [First Nations Child & Family Caring Society](#).





PARLIAMENT | PARLEMENT
CANADA



Teachers Institute on Canadian Parliamentary Democracy

Participate in a week-long intensive training
opportunity for educators at Parliament

**Apply by
May 3, 2026**

learn.parl.ca/teachers

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



Canadians are increasingly concerned about violence in public schools and want governments to act

For the last three years, Abacus Data has been tracking Canadian public opinion on public education on behalf of the Canadian Teachers' Federation (CTF/FCE). The latest results, from a national survey conducted March 17 to 23, 2026, among 2,000 Canadian adults, show that concern about violence and aggression in public schools remains widespread — and is rising.

Today, almost 9 in 10 Canadians say they are concerned that the level of violence in public schools is increasing. That is up 4 points over the past six months, from 84 per cent in October 2025 to 88 per cent today. At the same time, 86 per cent agree that when students are physically violent towards another individual, teachers and staff should have the right to intervene physically if needed.

Taken together, these findings point to a public that sees school violence as both a growing problem and an urgent one — not only for students, but for the adults

responsible for keeping schools safe. (Article originally published by Abacus Data) [View Full Article](#)



executive highlights

April 9, 2026

- Filed the Table Officers Report;
- Selected members for the John Huntley Memorial Internship Program for a 2-day session;
- Approved the granting of 14 Local Service Awards;
- Approved amendments to Operational Procedure 10 – Election Procedures;
- Rescinded Operational Procedure 37 – Services to Francophone Members;
- Approved an amendment to Operational Procedure 25 – Awards, Fellowships and Grants by inserting a new E – French Language Professional Development Grant;
- Approved a motion to extend the deadline for the French Language Professional Development Grant to May 20, 2026 for this year only;
- Approved several amendments to Operational Procedure 4 – Committees – Standing Committees of the Provincial Executive;
- Referred a motion regarding the number of attendees for the EEE Summit Conference to the Governance and Policy Committee.

coming events

MAY 14

Moose Hide Campaign Day – Standing Up Against Violence Against Women

Join schools from coast-to-coast to coast for the Moose Hide Campaign Day on May 14th, 2026—a unique and powerful opportunity to unite Canadians from all ages and sectors to stand up against violence towards women and children. The Moose Hide Campaign is a grassroots movement of Indigenous and non-Indigenous men, boys and allies who are standing up against violence towards women and children. Wearing a moose hide pin signifies your commitment to honour, respect, and protect the women and children in your life and to work together to end violence against them.

[Registration](#) is FREE to all participants!





As an educator, you play a vital role in supporting the development and well-being of your students. Your benefits program is designed to support you in return, including coverage for prescription medications that contribute to your overall health.

The NSTU Group Insurance Trustees are committed to ensuring that members have a clear understanding of their benefits and are providing this overview to help you navigate your prescription drug coverage with confidence.

Coverage Features

- Provides you and your family with broad protection against the cost of prescription drugs dispensed on a doctor's prescription.
- A \$5.00 co-pay is required for each prescription.
- Your NSTU Total Care Benefit Card must be presented at participating pharmacies for direct billing.
- Over-the-counter drugs are generally not covered unless they are life-sustaining.
- Generic drugs will be used in place of brand name drugs when medically appropriate.
- All new drugs must be approved by a review board before they're covered under the Total Care Medical Plan.

Special Authorization Process

You may notice that some prescription drugs require something called Special Authorization (also referred to as Prior Authorization) before they are covered. Special Authorization is an extra step that is required for certain medications before your Total Care Medical Plan covers them. These are usually medications that are more expensive, are used to treat specific conditions, or may only be appropriate after trying other treatments first.

This process helps make sure that:

- You are receiving the most appropriate treatment for your condition.
- Other effective and often lower cost options have been considered.
- The medication is being used safely and as intended.

If you are prescribed a medication that requires Special Authorization, you will be asked to provide medical information to Medavie Blue Cross for assessment. Your pharmacist will provide the appropriate form(s) to you when you present your prescription, or you may obtain them from Medavie Blue Cross.

While the Special Authorization process introduces an extra step in the claims process, it is one way your Total Care Medical Plan helps keep coverage sustainable for everyone.

Prescription Quantities

For certain long-term or maintenance medications, you can get a 100-day supply. Some of the categories of medications that may be obtained on this basis are listed below.

Cardiovascular Drugs

Thyroid Preparations

Diuretics

Antiarthritics

Anticonvulsant Drugs

Antitubercular Agents

Therapeutic Vitamins

Potassium Replacement Therapy

Oral Hypoglycemic Agents

Antilipidemic Drugs

Antihypertensives

For Members Over 65 – Active and Retired

- Prescription drug coverage under the Total Care Medical Plan ceases the first of the month of your 65th birthday. However, spouses under 65 are covered at 80% after a \$25.00 annual deductible is paid at the pharmacy.
- Residents of Nova Scotia are eligible to enroll in the Nova Scotia Seniors' Pharmacare Program. You should receive an enrollment package from the province within 90 days of your 65th birthday.

Current Prescription Drugs Co-Pay Situation

The NSTU Group Insurance Trustees are aware of a situation where some members who get their prescription medications dispensed at Lawtons / Sobeys/ Shoppers / Loblaws / Superstore pharmacies in the province may have been charged above the \$5.00 prescription drug co-pay.






While this may have occurred, there have not been any changes to the prescription drug co-pay under the NSTU Total Care Medical Plan. This issue has occurred due to a pharmacy system error and Medavie Blue Cross is working diligently with these pharmacies to resolve the issue.

Rest assured, members who have been charged above the \$5.00 co-pay will be reimbursed by Medavie Blue Cross as soon as possible.

Congratulations from the NSTU Group Insurance Trustees!

The Winter Wellness Challenge has come to an end, and we are thrilled to announce the following winners:

Weekly Random Draw Winners

-  Michelle Bidart (CBVRCE)
-  Georgette Samson (CSAP)
-  Natasha Benoit (HRCE)
-  Aimee Mackay (HRCE)
-  Jamie Apa (HRCE)

Random Draw for registering before February 1st, 2026

-  Gillian MacDonald (CCRCE)

Highest Score

-  Scott Hudson (SRCE)

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

The Sobeys / Lawtons Discount Card Program

The NSTU Group Insurance Trustees wish to remind plan members of an important update regarding the Sobeys / Lawtons Discount Card Program.

The Sobeys / Lawtons Discount Card Program will be discontinued **effective April 30, 2026**. As a result, no new cards are being issued, but all Sobeys / Lawtons Discount Cards currently in circulation (including those with an expiry date of December 31, 2023, and December 31, 2025) will continue to be honored until April 30, 2026.

Vivanta (formerly Managed Health Care Services Inc., MHCSI) will launch a new enhanced benefits program in **August 2026**. Members will need to register through a dedicated website to access this new program. More details and registration information will be shared once it has been confirmed.

Vivanta appreciates the partnership they have with the NSTU Group Insurance Trustees and have committed to providing updates as they become available during this transition.

In the meantime, should you have any questions or require additional information, please don't hesitate to contact Vivanta at admin@vivantahealth.ca.

The NSTU Group Insurance Trustees will continue to provide updates on the new program from Vivanta as they become available.

For more information on the benefits and programs available under the NSTU Group Insurance Program, please visit the NSTU Group Insurance Trust website at www.nstuinsurance.ca.

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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 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.*

- BIPOC COMMITTEE:** assists in planning the biennial Encourage, Engage, Evolve Summit; studies matters pertaining to the current practices, attitudes, and research regarding engagement of racialized members in the education system and society; and reports its findings to the Provincial Executive.
- 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. **(Central Region)**
- CURRICULUM COMMITTEE:** studies the curriculum of public schools and reports its findings to the Provincial Executive.
- 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).
- 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.
- 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.
- 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 the most recent Provincial and Regional contract bargaining.
- POLITICAL ACTION AND PUBLIC RELATIONS COMMITTEE:** assists in planning the biennial Political Action and Public Relations Conference; recommends to 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, APSEA and the CSANE Local)**
- 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)**
- 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.
- PROGRAM DEVELOPMENT ASSISTANCE COMMITTEE (PDAF):** reviews applications for financial assistance to support innovative curriculum projects and awards grants to successful applicants.
- 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.
- SUBSTITUTE TEACHER COMMITTEE:** advises the Provincial Executive on issues affecting and of concern to substitute teachers.
- I would be willing to serve on any committee.

**Applications must be received in Central Office by
Wednesday, May 27, 2026**

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.

classifieds

Classified rates are \$2.00 for the first 15 words and 25¢ per additional word upon presentation of a professional number.

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

The John Huntley Memorial Internship Program

The deadlines for application for the John Huntley Memorial Internship Program are

**October 1, February 1
& April 1.**

Applications for active NSTU members are available through your NSTU rep, on the NSTU website at www.nstu.ca or at Central Office 477-5621 or 1-800-565-6788. The internship provides members with an opportunity to learn more about the NSTU.



Nova Scotia Teachers Union

The deadline for the May issue of The Teacher is May 11

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

FEEL LIKE A CHANGE?



Secondments at the Nova Scotia Teachers Union

The Nova Scotia Teachers Union is updating its resource file of active members interested in short-term secondment to NSTU staff.

Seconded staff supplement the work of permanent Union staff, and increase staff available when the demand exceeds the capacity of the organization.

Individuals may be seconded to provide a service or program over a period of weeks, to serve as a resource person or liaison with a Union committee or group or to initiate and/or implement a specific program, project or task.

Secondments may be in member services, professional services, public relations, public affairs or organizational support.

Active members interested in being listed in the resource file are requested to print and fill out an application form available on-line by:

- ENTERING THE NSTU WEBSITE
- SELECT "STAFF"
- SELECTING "SECONDMENTS" FROM THE MENU ON THE LEFT-HAND SIDE

Information forms will be retained in the resource file for a period of one year.

September 2025

Deals & Discounts

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



Retired Teachers Organization

<https://rtonstu.ca>