

Upcoming Professional Learning opportunities

We hope that this year has gotten off to an encouraging start. Your PL team just wanted to highlight some new offerings and upcoming opportunities to help support your Professional Learning goals.

The next two deadlines for PDAF (Program Assistance Development Fund) are February 1st and April 1st (every two months). If you have an innovative idea for your learning space, you can consult the successful PDAF project examples and submit an application! The committee looks forward to reading your ideas!

The first Wednesday is January (January 3rd) is also the next deadline to apply for the NSTU conference grants. Please note that there is a new application and new format for this round of applications. If you have already submitted your application, you need not submit again. However, if you have not yet begun the application, please use the newest form. Forms are available in English and in French.

The John Huntley Internship program is a two-day visit to

the NSTU office where participants learn about the roles and responsibilities of the NSTU staff as well as the history of the NSTU structure, services and benefits that members receive. Named for a passionate educator and former staff officer, John Huntley, who believed strongly that NSTU members should understand their rights and what how their union supports them. The next deadline to apply for the John Huntley Internship is February 1st, 2024 and again on April 1, 2024.

The next deadline for the Sheonoroil Foundation by 4:30 pm on April 12. The Foundation, an arms-length entity of the NSTU provides grants to anti-violence programs that have a direct and immediate impact on classrooms, students, teachers, staff, and community. It extends financial resources to any active or retired member of the Nova Scotia Teachers Union, to any group of active or retired NSTU members, or to any group of public school students working in cooperation with a teacher advisor. Apply here: <http://sheonoroil.nstu.ca/grants/applications>

December Kindness 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 4 Support a charity, cause or campaign you really care about	 5 Give a gift to someone who is homeless or feeling lonely	 6 Leave a positive message for someone else to find	 7 Give kind comments to as many people as possible today	1 Spread kindness and share the December calendar with others	2 Contact someone you can't be with to see how they are	3 Offer to help someone who is facing difficulties at the moment
11 Buy an extra item and donate it to a local food bank	12 Be generous. Feed someone with food, love or kindness today	13 See how many different people you can smile at today	14 Share a happy memory or inspiring thought with a loved one	8 Do something helpful for a friend or family member	9 Notice when you're hard on yourself or others and be kind instead	10 Listen wholeheartedly to others without judging them
18 Ask for help and let someone else discover the joy of giving	19 Contact someone who may be alone or feeling isolated	20 Help others by giving away something that you don't need	21 Appreciate kindness and thank people who do things for you	15 Say hello to your neighbour and brighten up their day	16 Look for something positive to say to everyone you speak to	17 Give thanks. List the kind things others have done for you
25 Treat everyone with kindness today, including yourself!	26 Get outside. Pick up litter or do something kind for nature	27 Call a relative who is far away to say hello and have a chat	28 Be kind to the planet. Eat less meat and use less energy	22 Congratulate someone for an achievement that may go unnoticed	23 Choose to give or receive the gift of forgiveness	24 Bring joy to others. Share something which made you laugh
				29 Turn off digital devices and really listen to people	30 Let someone know how much you appreciate them and why	31 Plan some new acts of kindness to do in 2024

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Tips for writing a comprehensive application:

- ❑ Review the criteria for the opportunity to ensure that your idea/proposal qualifies
- ❑ Use the criteria as a checklist to ensure that your application is complete;
- ❑ Provide the committee with as much detail as possible, balanced within a succinct description-make your word choices count!
- ❑ Find a friend who can review your application prior to submitting it. A second set of eyes can always be helpful to ensure that your application is as strong as it can be;
- ❑ Make sure you submit the application on or before the deadline. Late applications will not be considered but can be held for the next round of applications.
- ❑ Waiting for an answer can be challenging! Remember that there are procedures and timelines in place to ensure that the process is as equitable as possible and the NSTU has a provincial scope. The Teachers who volunteer their time on the committees who make recommendations or decisions on the various grants and opportunities strive to ensure that the evaluation and vetting process is as fair as possible. Our NSTU staff work as quickly as possible to inform applicants of the decisions made.
- ❑ Seek feedback for your application. NSTU staff act as advisors to the committees and can be available to respond to questions about your application.
- ❑ Feedback is always welcome.



Stay tuned to future editions of the Teacher for more updates and information about upcoming opportunities! Be sure to consult your Member Diary for a calendar of opportunities and deadlines.
Yours in Education,

Your Professional Learning team
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Gentillesse de décembre 2023

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
 4 Soutiens une œuvre de charité, une cause ou une campagne qui te tient vraiment à cœur	 5 Offre un cadeau à une personne sans abri ou qui se sent seule	 6 Laisse un message positif pour que quelqu'un le trouve	 7 Fais de gentilles remarques à autant de personnes que possible aujourd'hui	1 Répands de la gentillesse et partage ce calendrier avec d'autres personnes	2 Contacte une personne avec qui tu ne peux pas être pour savoir comment elle va	3 Offre d'aider une personne qui vit actuellement des moments difficiles
11 Achète un article supplémentaire et donne-le à une banque alimentaire locale	12 Sois généreux.se. Choisis de donner de la nourriture, de l'amour ou de la gentillesse aujourd'hui	13 À combien de personnes peux-tu sourire aujourd'hui?	14 Partage un souvenir heureux ou une pensée, source d'inspiration avec un être cher	8 Fais quelque chose d'utile pour une amie ou un membre de ta famille	9 Remarque quand tu es dur.e envers toi-même ou envers les autres et sois gentil.le à la place	10 Ecoute les autres de tout cœur sans les juger
18 Demande de l'aide et laisse quelqu'un découvrir la joie de donner	19 Contacte une personnes qui peut être seule ou se sentir isolée	20 Aide les autres en donnant quelque chose dont tu n'as pas besoin	21 Apprécie la gentillesse et remercie les personnes qui font quelque chose pour toi	15 Dis bonjour à une personne de ton quartier et égaye sa journée	16 Cherche à dire quelque chose de positif aux personnes à qui tu parles	17 Sois reconnaissant.e. Fais la liste des choses que d'autres ont fait pour toi
25 Traite tout le monde avec gentillesse aujourd'hui, y compris toi-même!	26 Sors de chez toi. Ramasse des déchets ou fais quelque chose de bien pour la nature	27 Appelle un membre de ta famille qui est loin pour lui dire bonjour et discuter	28 Sois gentil.le avec la planète. Mange moins de viande et utilise moins d'énergie	22 Félicite quelqu'un pour avoir fait quelque chose qui aurait pu passer inaperçu	23 Choisis de donner ou de recevoir le cadeau du pardon	24 Apporte de la joie aux autres. Partage quelque chose qui t'a fait rire
				29 Eteins les appareils numériques et écoute vraiment les personnes	30 Dis à une personne à quel point tu l'apprécies et pourquoi	31 Planifie de nouveaux gestes de gentillesse à faire pour 2023

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