

## Teacher shortage still a burden

According to a recent NSTU internal poll 72.5 per cent of members have experienced impacts from the ongoing substitute teacher shortage since school began in September. Of those surveyed only 8.8 per cent say they have not witnessed a teacher shortage this year, the other 18.7 per cent were unsure.

The poll was distributed to all members between October 11 and 17. It received 1,172 responses.

NSTU President Ryan Lutes says the shortage has been a steadily growing problem over the past decade but has been exacerbated due to COVID-19.

“Resources are stretched so thin right now that when a teacher gets sick, there is often not a substitute available to replace them. Instead, RCEs are reassigning specialists and guidance counsellors or taking away prep time to fill the gaps,” he says. “This means there are fewer supports available to students with special needs and teachers have less time for preparing engaging lessons for students. Teachers are doing their absolute best, but the shortage is taking a terrible toll on the system.”

Lutes says more needs to be done to retain and recruit teachers because the current situation is not sustainable.

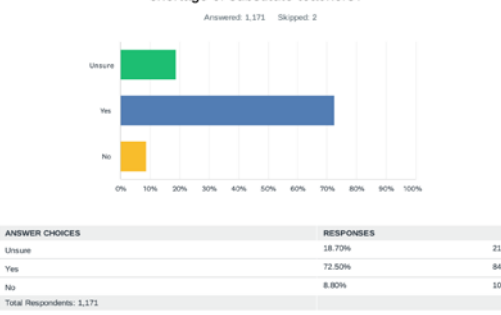
“First and foremost we need to raise wages for substitute teachers because what’s being offered is not competitive with many jurisdictions across Canada. We also need a plan to improve working conditions and provide greater mental health support to teachers which can only help to keep people working longer,” says Lutes.

On World Teacher’s Day on October 5, the NSTU President joined other teacher leaders across Canada in requesting greater support for teachers and their students.

A letter signed by all the Presidents of The Council of Atlantic Provinces’ and Territory Teachers Organizations states: “The current situation is placing a tremendous strain on the emotional well-being of educators across our region and country and more and more talented teachers are reevaluating their future in the profession based on the toll it is taking on their lives. It’s imperative that provinces across Canada make investments to ensure teachers have access to mental

health supports in a timely manner. There are too many people inside our schools at their emotional breaking point, we need to take steps to relieve the tremendous strain our teachers are currently under.” (See page 3 for more).

Q9 At any point so far this academic year, has your school experienced a shortage of substitute teachers?



## NSTU continues Orange Shirt Campaign

In celebration of National Truth & Reconciliation Day on September 30, and ongoing reconciliation, the NSTU continued its work with Mi’kma’ki Strong to co-develop an Orange Shirt campaign to elevate awareness of the impact of residential schools in Nova Scotia. For the second year in a row shirts have been distributed to NSTU Locals around the province and are available



for order on Mi’kma’ki Strong’s online store: <https://mikmakistrong.com/>. A portion of shirt sales go to support programs benefitting residential school survivors delivered by Mi’kmaq providers.

On September 20, NSTU president Ryan Lutes met with Mi’kma’ki Strong’s founder and designer Jonathan Beadle to continue discussions on further collaboration in the name of reconciliation.

# people

## NSTU supports 2SLGBTQIA+ organizations

For this year's Pride activities, Southland Transportation waived its bus rental fee, and in exchange for that generosity, the NSTU provided a \$250 donation to the Rainbow Refugee Association of Nova Scotia and Gender-Affirming Care Nova Scotia. RRANS makes possible LGBTQIA+ refugee resettlement and supports safer communities of belonging through advocacy, education, and sponsorship. Nova Scotia's Gender Affirming Care Policy Team is a not-for-profit organization that works in the area of transgender rights.



*Photo (left to right): NSTU president Ryan Lutes is shown with Rhiannon Makohoniuk, Executive Director of Rainbow Refugee Association of Nova Scotia; Riley Nielson-Baker, Executive Director of Gender-Affirming Care Nova Scotia; and NSTU executive staff officer Amanda O'Regan-Marchand. Missing from the photo: Larry Amirault, Southland.*

## World Teachers' Day Seedling Planting

On World Teachers' Day on October 5, NSTU president Ryan Lutes planted a tree on NSTU's Central Office property. Seedlings were distributed to NSTU Locals around the province just before and after Tropical Storm Fiona hit the province. The NSTU is hopeful that the seedlings will help to mitigate the repercussions of the storm, if only in a small way. They were part of this year's Member Engagement Day Theme, *Growing With the NSTU/Grandir avec le NSTU*, in which Locals celebrate members on Member Engagement Day, which also falls on October 5.



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ISSUE	DEADLINE
Nov/Dec.....	November 25
Jan/Feb.....	January 20
March.....	March 3
April.....	April 6
May.....	May 5
June.....	June 9

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# Teachers' Organizations concerned about challenges facing teachers

The Council of Atlantic Provinces and Territory Teachers' Organizations (CAPTTO) issued the following joint statement on World Teachers' Day, October 5. CAPTTO is comprised of the provincial teacher organizations for New Brunswick (NBTA, AEFNB, NBTF), Newfoundland and Labrador (NLTA), Nova Scotia (NSTU), Nunavut (NTA) and Prince Edward Island (PEITF).

On World Teachers' Day, the Canadian Teachers' Federation (CTF/FCE) and other organizations representing teachers across our country are celebrating the work our members do to ensure our children have a brighter future through the theme: *The Answer Begins with Teachers.*

From coast to coast to coast, students take their curiosity and questions to school. From kindergarten to the final days of Grade 12, Canada's youth seek direction in an increasingly complex world. And who do they turn to for answers? Their teachers, of course. Those answers jumpstart lives of further curiosity and discovery as our children and youth move out into the world

to become the leaders of tomorrow. On this World Teachers' Day, we celebrate the guidance, dedication, and necessity of teachers because the answer begins with them.

If there is one thing we have all learned throughout the pandemic, it is how central teachers are to lives of Canada's children and youth. Through lockdowns, remote learning, and smiles hidden behind masks, teachers were there each step of the way. And now, as the world re-opens, teachers are working to restore the learning and connections that students lost. Today, and every day, we say thank you because *The Answer Begins With Teachers.*

But teachers are also facing unprecedented challenges that have been building for several years and have only been exacerbated by the pandemic. A teaching shortage and a lack of support staff have placed many schools near the brink. Without comprehensive and meaningful measures to retain and recruit and additional resources, many students won't have access to the rich educational

experience they so justly deserve.

Similarly, the current situation is placing a tremendous strain on the emotional well-being of educators across our region and country and more and more talented teachers are reevaluating their future in the profession based on the toll it is taking on their lives. It's imperative that provinces across Canada make investments to ensure teachers have access to mental health supports in a timely manner. There are too many people inside our schools at their emotional breaking point, we need to take steps to relieve the tremendous strain our teachers are currently under.

Teachers are the answer, but right now they need to know their voices are being heard and their questions about conditions inside their schools are being addressed. On this World Teachers' Day while we celebrate the work teachers do, let's also call on governments to ensure that the needs of educators are being met. They are a resource worth protecting, both today and into the future.

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# from the nstu president



## Poverty is a Political Choice

It is of no surprise to teachers, especially as inflation has sky rocketed over the past year, that poverty is an issue that affects every classroom, school and community across our province. Teachers have a unique perspective and viewpoint – there are few places in society as accessible, inclusive, and representative as our classrooms. If something is happening in this province, it is seen, heard, and felt by our teachers and our schools.

Teachers are by no means the only folks who understand how pervasive poverty is in Nova Scotia, but we certainly have a perspective that not everyone has. Not all Nova Scotians see how poverty impacts learning each and every day. Not all Nova Scotians have unique names and faces of children that they see in their mind when they think of poverty. Not every Nova Scotian can see tangible evidence of the lost opportunities due to poverty. To many Nova Scotians, poverty is a nameless, faceless abstraction that, quite fortunately, does not affect them directly.

However, to the almost one in four children that poverty touches there is no greater cause of despair and destruction. Poverty erodes the sense of communities that our schools provide. Poverty decreases the effectiveness of the education that our students are receiving. Poverty has a deep and substantial impact on every aspect of our society.

Every day, our teachers and schools do our best to limit how poverty affects our students. We buy lunches, we provide school supplies, we run breakfast programs, we run school food banks, we fundraise...and the list goes on.

So the question is, where do we go from here? What can we do to help provide a fundamental shift? Teachers already do so much to lessen the impacts of poverty on our students. However, for a truly transformative change, Government must act. Nova Scotians must push Government to act.

*The NOVA SCOTIA ACTION COALITION FOR COMMUNITY WELL-BEING* has recently launched an anti-poverty campaign aimed to pressure our elected representatives to make legislative changes to eliminate poverty. You can see the campaign by visiting [www.povertyisapoliticalchoice.ca](http://www.povertyisapoliticalchoice.ca). One of the best ways teachers can help is to provide the campaign some first-voice perspective of the devastating effects that poverty has on your students. The goal of this project is to raise the level of public and political discourse on poverty and to connect that behind the poverty numbers are real people: parents choosing between paying rent, buying groceries, and heating homes; precarious employment that puts stress on families; the inability to engage in community life through opportunities that make life worthwhile. I urge you to lend your voice to the campaign.

The NSTU's political action committee has been tasked

## La pauvreté est un choix politique

Le fait que la pauvreté soit un problème qui touche toutes les classes, les écoles et les collectivités de notre province n'est pas une surprise pour les enseignants, particulièrement en raison de la hausse astronomique de l'inflation au cours de la dernière année. Les enseignants ont une perspective unique; peu d'endroits dans la société sont aussi accessibles, inclusifs et représentatifs que nos salles de classe. Si quelque chose se passe dans cette province, nos enseignants et écoles le voient, l'entendent et le ressentent.

Les enseignants ne sont en aucun cas les seules personnes à comprendre à quel point la pauvreté est omniprésente en Nouvelle-Écosse, mais nous avons assurément une perspective que tout le monde n'a pas. Ce ne sont pas tous les Néo-Écossais qui voient la mesure dans laquelle la pauvreté affecte l'apprentissage chaque jour et qui ont des noms et des visages uniques d'enfants qui leur viennent à l'esprit lorsqu'ils pensent à la pauvreté. Ce ne sont pas tous les Néo-Écossais qui peuvent observer les effets concrets de la perte de possibilité en raison de la pauvreté. Pour de nombreux Néo-Écossais, la pauvreté est une abstraction à laquelle aucun visage ni nom n'est associé et qui, fort heureusement, ne les touche pas directement.

Cependant, pour près d'un enfant sur quatre touché par la pauvreté, il n'y a pas plus grandes détresse et désolation. La pauvreté ronge le sentiment de communauté que nos écoles offrent. Elle diminue l'efficacité de l'éducation que nos élèves reçoivent. La pauvreté a une incidence profonde et importante sur tous les aspects de notre société.

Chaque jour, nos enseignants et écoles font de leur mieux pour limiter la mesure dans laquelle la pauvreté affecte nos élèves. Nous achetons des diners, offrons des fournitures scolaires, gérons des programmes de déjeuner et des banques alimentaires scolaires, effectuons des collectes de fonds, etc.

La question est donc : que pouvons-nous faire maintenant? Que pouvons-nous faire pour aider à créer un changement fondamental? Les enseignants font déjà tellement de choses pour amoindrir les effets de la pauvreté sur nos élèves. Cependant, pour un changement véritablement transformateur, le gouvernement doit agir. Les Néo-Écossais doivent pousser le gouvernement à agir.

*La NOVA SCOTIA ACTION COALITION FOR COMMUNITY WELL-BEING* a récemment lancé une campagne anti-pauvreté visant à faire pression sur nos représentants élus afin qu'ils apportent des changements législatifs pour éliminer la pauvreté. Vous pouvez voir la campagne en consultant le site [www.povertyisapoliticalchoice.ca](http://www.povertyisapoliticalchoice.ca). L'une des meilleures façons dont les

*Continued on page 5*

*Suite à la page 5*



with creating a campaign to eliminate child poverty. At a recent Political Action/Public Relations Conference, executive staff officer Wendie Wilson shared her perspective in the area of food insecurity and food sovereignty and their links to alleviating poverty. Our vice-presidents of public affairs, public relations and communications attending the conference were then given a chance to provide input around the development of our campaign. Stay tuned over the next few months on how you can get involved and lend your voice to this pressing issue.

Imagine your classroom, and our schools without the impacts of poverty. How would our job change for the better? How would our students' lives change from one of survival, to thriving? How would the quality of life be improved for our students?

A classroom and school without poverty seems like a fairytale, however, with sustained Government action I know better is possible.

enseignants peuvent aider consiste à fournir à la campagne une perspective de première ligne des effets dévastateurs de la pauvreté sur leurs élèves. Ce projet vise à rehausser le discours politique et public sur la pauvreté et à faire comprendre que les données sur la pauvreté touchent de vraies personnes : des parents qui choisissent entre payer leur loyer, faire l'épicerie et chauffer leur demeure; des familles qui vivent du stress au quotidien en raison d'emplois précaires; des personnes incapables de participer à la vie communautaire, grâce à des possibilités faisant en sorte que la vie vaut la peine d'être vécue. Je vous exhorte à prêter votre voix à la campagne.

On a demandé au Comité d'actions politiques du NSTU de créer une campagne pour éliminer la pauvreté chez les enfants. Lors d'une récente action politique ou conférence de relations publiques, la membre du Comité exécutif Wendie Wilson a fait part de sa perspective dans le domaine de l'insécurité alimentaire et de la souveraineté alimentaire et de leurs liens avec la pauvreté. Nos vice-présidents des affaires publiques, des relations publiques et des communications assistant à la conférence ont ensuite eu l'occasion de parler de l'élaboration de notre campagne. Restez à l'affût au cours des prochains mois pour apprendre comment vous pouvez participer et prêter votre voix à cet enjeu pressant.

Imaginez votre classe et nos écoles sans l'incidence de la pauvreté. Dans quelle mesure votre travail s'améliorerait-il? Comment la vie de nos élèves passerait-elle de la survie à l'épanouissement? Comment la qualité de vie de nos élèves serait-elle améliorée?

Une classe et une école sans pauvreté semblent sorties d'un conte de fées, mais avec des actions soutenues du gouvernement, je sais qu'il est possible de faire mieux.

### 2022 Presidential Campaign Expenses

#### Peter Day

Travel .....	\$3,905.88
Meals .....	\$918.00
Other Promotional Costs.....	\$142.35
<b>TOTAL .....</b>	<b>\$4,966.23</b>

### 2022 Presidential Campaign Expenses

#### Shawn Hanifen

Travel .....	\$1,602.48
Meals .....	\$343.00
Accommodation .....	\$158.36
Other Promotional Costs.....	\$1,884.14
<b>TOTAL .....</b>	<b>\$3,987.98</b>

### 2022 Presidential Campaign Expenses

#### Mike Jamieson

Travel .....	\$1,598.52
Meals .....	\$171.00
Accommodation .....	\$300.13
Printing.....	\$910.31
Other Promotional Costs.....	\$68.94
<b>TOTAL .....</b>	<b>\$3,048.90</b>

### 2022 Presidential Campaign Expenses

#### Ryan Lutes

Travel .....	\$2,110.24
Meals .....	\$433.00
Accommodation .....	\$336.61
Printing.....	\$815.85
Other Promotional Costs.....	\$742.77
<b>TOTAL .....</b>	<b>\$4,438.47</b>

### 2022 Presidential Campaign Expenses

#### Natalie MacIsaac

Travel .....	\$1,788.16
Meals .....	\$195.00
Accommodation .....	\$685.75
Printing.....	\$63.99
Other Promotional Costs.....	\$729.25
<b>TOTAL .....</b>	<b>\$3,462.15</b>

# A NEW Study: Experiences of Queer Educators in Nova Scotia

by Kate Cole (they/she), Educator

Hello NSTU Siblings!

Many of the thousands of you do not know me, as we are such a large family here in Nova Scotia. I am from a rural town in Amherst and have just completed my Master's in Education (Counselling) at Acadia University having taken their thesis route for program completion. I conducted a qualitative-based narrative study with four 2SLGBTQIA+ (queer\*) educators in Nova Scotia. The guiding question for this study was: What are the experiences of queer educators in Nova Scotia? The study had four participants, as it was only a thesis and not a dissertation, who shared what their experiences have been over their shared decades of experiences.

I really was curious about the tokenized experience of rural queer educators, but after diving into the literature that exists, a very large gap in academia was found. Queer educators outside of the study may already know what the themes are that emerged based on their own lived experiences in the systems. After conducting a lengthy thematic analysis, three themes emerged in the transcripts from the interviews: **The Work, The Supports, and The Microaggressions of Hegemonic Influence.**

The study highlights the importance of decolonizing the education system and the need for more studies that represent an intersectional representation of our NSTU family. The study highlighted that queer educators have a tokenized workload on top of the regular full workload as an educator. They shared that the supports are minimal for their existence in the system and that they are often advocating for queer youth and by proxy, themselves. The supports that they are receiving are superficial and lack depth outside of window dressings of completion of workshops. The hard work of unlearning and learning bias and privilege is not being done with how the supports are currently situated.

Finally, the microaggressions that are happening to queer educators are impacting how they show up and complete their 195 days each year if they choose to stay in the education system. They are doing the work, with minimal support, and are being impacted by the microaggressions of hegemonic influence; that of heterosexism, gendered expectations within a binary subset, and interlocking forms of oppression that are upheld. Some are choosing not to continue to be advocates, as they are burning out from the workload, the lack of proactive support, and microaggressions of the system. Some are making choices for their future outside of the education system.

The study is one of the very many pieces of scholarship that is needed to highlight the need for social justice within our education system. The study is in the QR code below, should you wish to read it, and highlights more specifically what is needed in the last chapter: the conclusion. It is written in a way that represents my personality; there are jokes. The goal was for the scholarship to be accessible to people who do not, yet, have the language that goes along with learning all that we do not know, while maintaining that there is no way to have concrete knowledge as our construction of this world is collective subjectivity.

So, if you're curious as to where to get started, and want to read more, my suggestions are: *Undoing Privilege* by Bob Pease, and *Seeing Gender: An Illustrated Guide to Identity and Expression* by Iris Gottlieb (see next page for book giveaway). Use social media to follow queer creators that use their platform to inform. Some Canadian-based examples hyperlinked are "[Queeriosities](#)" podcast, [@myqueerbookshelves](#) TikTok, [@oncanadaproject](#) on Instagram, and [@decolonizemyself](#) on Instagram

*Kate Cole has been an educator for nine years, currently teaching at E. B. Chandler Jr. High School. They are also a member-at-large on the Cumberland Local executive*

\* should you be interested in the word choice of "queer" please read page 8-9 of the study through the QR code



## EQUITY COMMITTEE BOOK REVIEW

Email your name, home address, and the name of your school with **EQUITY ENGLISH** or **EQUITY FRENCH** in the subject line to [theteacher@nstu.ca](mailto:theteacher@nstu.ca) by November 26, 2022 to be eligible for the draw.

### *With Our Orange Hearts / Avec nos coeurs orange*

Written by: Phyllis Webstad

Illustrated by: Emily Kewageshig

Published by Medicine Wheel publishing, *With Our Orange Hearts/Avec nos coeurs orange* was created on the traditional territories of the Coast Salish people including the Sc'ianew, the Lekwungen, and the T'Sou-ke and the traditional territories of the Interior Salish people, the Secwépemc (Shuswap) including the T'exelcenc First Nation (Williams Lake Indian Band) and the Xatsull first Nation (Soda Creek Indian Band). In this book, the founder of Orange Shirt Day, Phyllis Webstad, shows that sharing her story with the world helped her process her feelings. "My true orange shirt story encourages young children to open their hearts and listen as others share their feelings, and to be more comfortable sharing their own feelings too. Listening is a first step towards reconciliation. It's never too early to start."



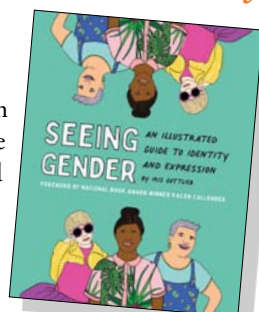
## pathways

FOR PROFESSIONAL LEARNING

Email your name, home address, and the name of your school with **PATHWAYS 4 PL** in the subject line to [theteacher@nstu.ca](mailto:theteacher@nstu.ca) by November 26, 2022 to be eligible for the draw.

### *Seeing Gender: An Illustrated Guide to Identity and Expression* by Iris Gottlieb

Published by Chronicle Books, San Francisco, this book provides a space for self-exploration and advice and reassurance navigating identity. As an ally it provides a tool for participation and understanding the cultural conversation around gender.



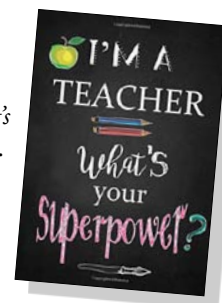
# fresh

Putting new members in the KNOW!

Email your name, home address, and the name of your school with **FRESH** in the subject line to [theteacher@nstu.ca](mailto:theteacher@nstu.ca) by November 26, 2022 to be eligible for the draw.

### *I'm a Teacher What's Your Superpower?*

The Teacher has two *I'm a Teacher What's Your Superpower?* notebooks for giveaway.



## 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](mailto:theteacher@nstu.ca) by November 26, 2022 to be eligible for the draw.

### *The Magical Yet*

Words by Angela DiTerlizzi

Art by Lorena Alvarez

Published by Little, Brown and Company Hachette Book Group, this inspirational picture book is the perfect tool for parents and educators to turn a negative into a positive when helping children cope with the inevitable difficult learning moments we all face.



## CONGRATULATIONS TO OUR SEPTEMBER BOOK WINNERS!

**EQUITY French**  
Roula Tawil — HRCE

**EQUITY English**  
Nikki MacInnis  
— CCRCE

**FRESH**  
Ronda Hunter-Martin  
— AVRCE

**PATHWAYS – KIDS  
THESE DAYS**  
Marian Mikkelsen — SRCE

**PATHWAYS – TEACHERS  
THESE DAYS**  
Michelle Steele MacDonald  
— CBVRCE

**THE WELL TEACHER**  
Sarah Acker — SSRCE



## Gratitude

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

As we celebrate Thanksgiving in our own ways this month, we make time to practice gratitude. Gratitude can be a very effective way to take pause and refocus when life gets overwhelming, as it often does. It's important to make time to bring these thoughts and feelings to the surface at all times in our lives.

As you read this, I invite you to take that moment to pause. Bring to mind a moment, a person, a special token; something that has made you smile and feel thankful. Sit with that feeling and count to 10, 20 or even 30. Have you been able to reset, and refocus? Consider sharing your gratitude with someone close to you.

Gratitude can also be inspired by special people in our lives who have shared their experience, their learning and knowing. This year's visual for Mi'kmaq History Month focuses on the art of Mi'kmaw beading and shares the story of this important tradition. *"Beading represents life and creativity. Generations of hands, eyes, backs and fingers have worked for balance in intricate designs and colour palettes...."*

*beauty emerges from skill and love... Ceremonies have a special place to focus to carry the intentions of artists' hearts and minds and to carry these teachings in our hearts as we celebrate the art of beading."*

We can also be grateful for a skill and passion for art. Whether it is beading, sewing, painting or drawing; turning your hand towards a visual representation from your mind's eye can also fill us in challenging times. We can also express appreciation for the efforts of others' talents and time in creating works that fill our living spaces with beauty that allows us to call all of this to mind.

As you move through this month, try to practice gratitude as often as you can; make time to notice the world around you that passes in a blur far too often. Know that you have also been a source of gratitude and appreciation for your students, their families, colleagues and your own friends and family, by just being you.

Take care of yourselves and one another.



*NSTU executive staff officer Amanda O'Regan-Marchand (first row, second from left) is shown with April Prosper, First Nations Support Worker at East Antigonish Education Centre and member of the Paqtnekek community (seated), and teachers from around the Atlantic Provinces. Prosper held a workshop on Ochre Painting and History during the CONTACT 2022 in Antigonish in August.*

# resources

## Toronto Blue Jays Affiliate School Program/T&R Resources

The application process for your school to join us as a Jays Care Affiliate School is now open at [mlb.com](http://mlb.com). All returning educators are encouraged to share this opportunity with any schools or fellow educators whose students would benefit from one of Jays Care's signature programs: Girls At Bat, Challenger Baseball, Indigenous Play Ball, or Rookie League (new this year).

In recognition of National Day for Truth and Reconciliation, as part of Jays Care Foundation's ongoing efforts to amplify awareness of the ongoing legacy of Residential Schools, this information from the National Centre for Truth and Reconciliation that may benefit you in your classrooms to encourage ongoing conversation with students. We know that speaking about the horrors of Residential Schools can be challenging, but we believe that education on the true history of this Country now known as Canada, is one way that we can move the needle closer toward Reconciliation. The NCTR has developed age appropriate teaching tools for Grades 1 through 12 that you can find [here](http://nctr.ca) and we invite you to consider including their resources in your lesson plans.

## Veterans Affairs Classroom Resources

Every year, Veterans' Week learning materials land in classrooms from coast to coast to help students learn about the importance of remembrance.

A number of materials are available, from the *Take Time to Remember* activity booklet, to the *Tales of Animals in War* which tells educational stories through the eyes of six Remembrance Clubhouse animal characters. Along with *Canada Remembers Times* and the Postcards for Peace, these materials help students of all ages learn about the bravery and sacrifice of countless Canadians.

Order your Veterans' Week learning materials and access learning resources [here](http://veterans.gc.ca).

This year is the 80th anniversary of the Dieppe Raid. We will commemorate this solemn anniversary with events in Canada and in France. On August 19, 1942, almost 5,000 Canadians came ashore on the heavily defended French coast, alongside British and American allies. Operation Jubilee – [the Raid on Dieppe](http://dieppe.ca) – led to tremendous sacrifice, however the mission was not in vain. The operation provided invaluable lessons that led to the planning of D-Day and the Allied victory on the beaches of Normandy two years later.



The poster for the Hackmatack Children's Choice Book Award 2022-23 features a central illustration of a person in a blue shirt and orange pants holding a book. They are surrounded by various children's books and a large tree. Text on the poster includes "PRIX LITTÉRAIRE - LE CHOIX DES JEUNES", "HACKMATACK", "CHILDREN'S CHOICE BOOK AWARD 2022-23", "Kwe'winen!", "Inscriis-toi!", "Lis!", "Vote!", "Register!", "Read!", and "Vote!". At the bottom, it says "Thank you NSTU for supporting Hackmatack's 2022/23 year!".

## Get ready for another great year of reading!

Register today for Atlantic Canada's only bilingual children's choice literary program. Introduce your students to the best new Canadian titles for readers in grades 4 to 6!

### Hackmatack clubs receive:

- exclusive access to reading guides, author bios, and program materials
- the opportunity for readers to cast their vote for their favourite book
- free virtual author visits

Visit [hackmatack.ca](http://hackmatack.ca) to register and explore this year's selection of amazing French and English titles!



# Equity-Deserving Members of the NSTU

Contact your Local President to express interest. They will then forward you a link. Or if you are a successful candidate.

[Link to Local Presidents list](#)

We want to encourage equity-deserving members from underrepresented groups to apply for the **Encourage Engage Evolve Summit 2022**. This is an opportunity to engage with your Union and to have your voice heard and amplified in order to continue building equity, diversity, and inclusion within the NSTU.



ENCOURAGE ENGAGE EVOLVE  
Summit 2022

Friday, December 16th, 2022 6pm-11pm;  
Saturday, December 17th from 9am-noon

Hotel Halifax, 1990 Barrington St, Halifax,  
Baronet Room, 8th Floor

## executive highlights

**September 16, 2022**

- Filed the Table Officers Report;
- Approved members for the John Huntley Memorial Internship Program for a 2-day session;
- Approved a recommendation that the NSTU President replace the 1st Vice-President on the NSFL Board of Directors;
- Approved a recommendation that the NSTU nominate the NSTU president for the office Vice-President NSFL;
- Approved an appointment to the Teachers' Pension Plan Trustee Inc.;
- Selected members to serve on the Comité de programmation acadienne;
- Selected a member to serve on the NSTU Group Insurance Trustees;
- Selection a member to serve on the Program Development Assistance Fund;
- Selected a member to serve on the Provincial Economic Welfare Committee;
- Selected a member to serve on the Sheenorail Board of Directors;
- Approved a recommendation that the Strategic Planning Report be postponed until the October 2022 Provincial Executive meeting;
- Filed the NSTU Standing Committee Annual Reports.

## The John Huntley Memorial Internship Program

*The deadlines for application for 2022-23  
John Huntley Memorial Internship Program are*

**February 1 and April 1.**

**Nova Scotia Teachers Union**

*Applications for active NSTU members are available  
through your NSTU rep, on the NSTU website  
or through Central Office 477-5621 or 1-800-565-6788.*

*The internship provides members with an opportunity  
to learn more about the NSTU.*



# Is There a Silver Lining of COVID?

## Youth with Down syndrome in Nova Scotia: The ZoomTimers Project

by Lynn LeVatte

Teaching and learning were very different for many of us during the COVID lockdown periods from 2020-2022. As we all know, we transitioned or catapulted directly to online learning in a very few short weeks. These changes were not seamless, but we did try to manage. We did persevere and found many creative ways to exchange information, teach students and build meaningful discussions into our classes. As some may have felt overwhelmed trying to comprehend the impact of a serious virus, many educators, and parents—myself included actively tried to reassure students and our own children that things would be eventually be ok.

For six teens with Down syndrome (DS), COVID-19 gave them the opportunity to learn a new skill, meet new friends around the province, across the country and in the US. They also travelled to another country and documented these new learning pieces through creative and visual arts.

The *ZoomTimers* Crew was started as a short-term project to actively engage six youth with DS who were members of the Cape Breton Down Syndrome Society. Cape Breton University's School of Education and Health partnered with the society to bring technology into the homes of the youth and introduce the Zoom online learning platform. Three CBU pre-service teachers also served as research assistants for this project.

Some of our interviewed guests included: Shelley Moore, British Columbia – Inclusion Specialist; Dr. Tim Shriver, Washington, DC, United Nations and Co-Founder Special Olympics; former Premier Stephen McNeil and Education Minister(s) Zach Churchill and Derek Mombourquette; MLA Suzy Hansen; CBRM Mayor Amanda McDougall; former Deputy Minister of Education Cathy Montreuil; Dr. Robert Strang, Chief MO; and host of CBC Radio Cape Breton's Information Morning Steve Sutherland.

During the initial planning session with participants, an inquiry-based theme developed with communication, physical fitness and music proving to be the key topic areas of interest. This became our means to mitigate teenage social isolation through a pandemic. From a slow and sleepy start from our dining room tables in March of 2020, fast forward two years, and this group has mastered a new technology, interviewed over 30 guests, traveled across Nova Scotia, visited the US and presented to the Music City Social Emotional Learning Conference in Nashville, Tennessee.

The group presented to Vanderbilt University's Kennedy Center for Excellence in Developmental Disabilities and also had a private tour at Brett's Barn, a rescue farm owned and operated by country music star Luke Bryan.

Embedding segments of curriculum throughout the sessions the project helped develop:

- interpersonal communication skills and interview skills
- inquiry-based learning
- citizenship
- relationship building skills
- addressed social inclusion barriers and offered suggestions for community improvements
- self-actualization
- self-awareness

Without the support of our classroom teachers, Learning Center teachers and school staff, this project would look different. The support this *ZoomTimers* received from classmates and teachers was outstanding. A true vision of inclusivity prevailed, and we learned how important it was to collaborate and share our ideas. Creating opportunities to communicate experiences in many modalities with their school, to their teachers, with their classmates and communities were essential components of their success. We could not do this without our teachers.

To provide context for this support, our classroom teachers and school administrators nominated the project for the Lieutenant Governor Respectful Citizen Award to recognize inclusivity in Nova Scotia and the *ZoomTimers* did win.

Our teachers worked with *ZoomTimers* members to plan community dissemination activities, arrange transportation for media activities and promoted the project within schools. Our partnerships with our schools and our teachers were paramount for optimal learning.

Additionally, this community partnership allowed teens with DS from Nova Scotia to experience friendships, build relationships, and receive post-secondary orientation—something that may have been limited for students with intellectual disabilities pre-COVID. Learning together during COVID reaped many benefits. Self-actualization and self-advocacy were critical aspects of our personal reflections that these six high school students could share with their peers, families, and communities.

Moving forward, our aim is to continue with our digital learning, improve upon accessibility for social inclusion initiatives, and build educational opportunities for all abilities.

Collaborating and building capacity through our local CBVRCE high schools as well as with CBU's School of Education and Health broadened our horizons for what the future can hold for every learner in Nova Scotia!

If you would like additional information to start your own *ZoomTimers* group or would like to support your high school students with Down syndrome through digital technologies and social inclusive opportunities, our members are happy to share their experiences with you. For more information: email [Lynn\\_Levatte@cbu.ca](mailto:Lynn_Levatte@cbu.ca).

Dr. Lynn Levatte is an Assistant Professor in Cape Breton University's Education Department



Master of Education  
in Curriculum Studies:  
**Outdoor Learning  
Across the Curriculum**



Join our two-year,  
part-time program  
that starts in  
Summer 2023.



**In our new program**, you will develop skills in curriculum redesign, instruction, assessment, and policymaking necessary to use outdoor environments as powerful sites for teaching and learning. These environments can include both everyday landscapes (like school grounds and urban settings) as well as more remote, wilderness places.

Teaching and learning in this graduate degree will happen as often as possible in outdoor places, and you will also have an opportunity to participate in an extended practicum at an outdoor site in Nova Scotia. Through a final Capstone Project, you can explore a focus area or passion project related to your professional goals.

**The program begins July 2023.** There will be two summer sessions at Acadia, with the remainder of the program format (in-person, synchronous or asynchronous online) to be determined based on feedback from interested students.

**We invite expressions of interest by October 1, 2022.**

If the letters of interest establish program viability, potential students will be invited to submit a formal application between October 15 and December 1.

Questions about the program?  
Please visit [med.acadiau.ca/outdoors](https://med.acadiau.ca/outdoors)  
or email: [graded@acadiau.ca](mailto:graded@acadiau.ca)



## Fall 2022 John Huntley Internship

The first installment of the John Huntley Memorial Internship program for the 2022-23 school year took place October 13 and 14. NSTU members spend two days at Nova Scotia Teachers Union's Central office learning more about the programs and services offered to NSTU members. Selected participating members engage in sessions with NSTU staff, including the executive director, and the NSTU president. Staff from member services, professional learning, public relations, the Member Assistance program, and NSTU administration including the financial officer participate in the program.

Facilitated by the Professional Learning department this program continues to receive positive feedback from participating members.

The next session, previously scheduled during the 2021-22 school year will take place on November 23 & 24. It is for NSTU members who identify as Black, Indigenous or racialized people. For more information on the program: <https://nstu.ca/nstu-members/professional-development/grants-opportunities/john-huntley-internships>



*Shown left to right: Nicholas Wilson (Digby Local), a math and science teacher at Digby Regional High School; Margaret Casey (Dartmouth Local), a Canadian History and Geography teacher at Woodlawn High School; Melanie Kennedy (Halifax County), an HRCE Fine Arts Specialist with the Island View Family of Schools; President of the Business Education Teachers Association Danielle LeBlanc (Kings), a Grade 7/8 French Immersion Science and Math teacher at Kings County Academy; Dina Bell (Antigonish), a Physical and Outdoor Education teacher at St. Andrew Junior School; and Guysborough County Local president Janet O'Brien, who is a P-9 Art, social studies, English and music teacher at St. Mary's Education Centre.*



## Annapolis hold Member Engagement Day Meet & Greet

On October 6 members of the Annapolis Local gathered to socialize and celebrate the beginning of a new school year. Many NSTU Locals around the province hold events in early October to celebrate NSTU's Member Engagement Day and World Teachers' Day on October 5.

*Shown in the photo: Front row: Carrie Murray (Clark Rutherford Memorial School); and Annapolis Local Treasurer Jeannie Montgomery (Bridgetown Regional Community School); Middle row: NSTU president Ryan Lutes; Annapolis Local president*

*Heather Hiscock (Annapolis West Education Centre); Wendy Chapman (Champlain Elementary); Sandy Vienot (Annapolis Attendance Support Worker); and Annapolis Local 1st Vice-President Jonathan Murphy (Middleton Regional High School). Back row: Annapolis-Kings-Hants West provincial executive member Jo-Leigh MacPhee; Tristan Clark (Annapolis West Education Centre); and Annapolis Local Vice-President Professional Development Mark Bezanson (Middleton Regional High School).*



# HOTEL HALIFAX

[www.hotelhalifax.ca](http://www.hotelhalifax.ca) • 833.357.8155



## THE BARRINGTON HOTEL

[www.thebarringtonhotel.ca](http://www.thebarringtonhotel.ca) • 833.357.8155

**NSTU LEISURE RATE**

\$104.00 Leisure rate to include a \$12.00 discounted self-parking rate (when forecasting less than 95% occupancy) Between November- April.

\$129.00 Leisure rate to include a \$12.00 discounted self-parking rate (when forecasting less than 95% occupancy) Between May- October.

\$144.00 Leisure rate to include a \$12.00 discounted self-parking rate (when forecasting over 95% occupancy) Between November- April.

\$169.00 Leisure rate to include a \$12.00 discounted self-parking rate (when forecasting over 95% occupancy) Between May-October.

\*Please note that the rates quoted above are net non-commissionable and do not include the current 2% Halifax Regional Municipality Marketing Levy nor 15% HST.

To book this leisure rate call 902-425-6700 (Hotel Halifax), 902-429-7410 (The Barrington Hotel) or 1 833-357-8155 and quote "NSTU Leisure Rate" rate.

You may also visit [www.hotelhalifax.ca](http://www.hotelhalifax.ca) or [www.thebarringtonhotel.ca](http://www.thebarringtonhotel.ca).

Use the 'Special Rates' drop-down menu to select 'Corporate/Promo', and enter code YTY.

## HAVE A GOOD IDEA FOR SUPPORTING PEACEFUL SCHOOLS AND COMMUNITIES?

**We can help you turn your idea into a useful practical program!**

If you, your class, or your colleagues have ideas to share with other teachers and classrooms in Nova Scotia, get a Sheonorail Project Application Form from [sheonorail.nstu.ca](http://sheonorail.nstu.ca).

**Our Mandate**  
is simple. The Sheonorail Foundation will extend 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(s).

**Our purpose**  
is to support research, inquiry, reflection, writing, distribution of information and interventions which focus on all forms of peaceful schools initiatives.

**Our Pledge**  
is to award funding grants for peaceful school programs that have a direct and immediate impact on public school classrooms, students, administration and community.



**PROJECT APPLICATION MAILING ADDRESS**  
Sheonorail Foundation Project Review Committee  
3106 Joseph Howe Drive, Halifax, NS B3L 4L7

**DEADLINE**  
November 12, 2022

**SHEONORAIL FOUNDATION**



## PROJECT OVERSEAS 2023



Are you ready for something more in your professional life?

Are you looking for a larger, more global view of education?

As a teacher, do you feel you have more to offer and more to learn?

Are you ready for a personal and professional adventure?

**If yes, Project Overseas (PO) might be for you!**

### **Volunteer for PO with the Canadian Teachers' Federation (CTF/FCE)**

The CTF/FCE is seeking English and French-speaking Canadian teachers at the elementary and secondary levels who are interested in volunteering their time and talents to offer professional development in-service programs in partnership with teacher organizations in developing countries. Each year, over 50 Canadian teachers are chosen to volunteer on CTF/FCE's PO in countries throughout Africa and the Caribbean. The PO in-service projects take place in July.

#### **All candidates must:**

- be a Canadian citizen;
- hold a Canadian passport valid until at least July 2024 at the time of application (proof that a passport application has been made will be accepted);
- be a member of a provincial or territorial teacher organization that supports PO;
- hold a valid teaching certificate;
- have completed at least five years of teaching in Canada by July 2023;
- be in excellent health and be able to work in developing country conditions;
- have high standards of professionalism and personal conduct;
- show evidence of flexibility and mature judgment;
- be willing to put the team and project needs above personal needs.

#### **Please note:**

PO is a volunteer experience. Administrative, travel, and living expenses are covered by the CTF/FCE and its Member Organizations. No salaries or honoraria are paid to PO participants. No family or friends are permitted to accompany the PO participants during pre-departure orientation or overseas programs.

**Please contact your provincial or territorial teacher organization for additional information and an application form.**



[www.ctf-fce.ca](http://www.ctf-fce.ca)

## PROJET OUTRE-MER DE 2023



Voulez-vous ajouter un peu de piment à votre vie professionnelle?

Désirez-vous acquérir une perspective mondiale de l'éducation?

Pensez-vous que vous avez plus à offrir et plus à apprendre?

Souhaitez-vous vivre une nouvelle aventure professionnelle et personnelle?

**Si oui, le Projet outre-mer est peut-être fait pour vous!**

**Portez-vous volontaire pour le Projet outre-mer de la Fédération canadienne des enseignantes et des enseignants (CTF/FCE)!**

La CTF/FCE est à la recherche d'enseignantes et enseignants francophones et anglophones des paliers élémentaire et secondaire qui souhaitent faire don de leur temps et de leurs talents afin d'offrir des programmes de perfectionnement professionnel en partenariat avec des organisations de l'enseignement dans des pays en développement. Chaque année, plus d'une cinquantaine de membres de la profession enseignante du Canada sont choisis pour participer bénévolement au Projet outre-mer de la CTF/FCE dans des pays d'Afrique et des Caraïbes. La formation en poste à l'étranger se déroule au mois de juillet.

**Chaque candidat et candidate doit répondre aux exigences suivantes :**

- être de citoyenneté canadienne;
- avoir, au moment de la présentation de la demande, un passeport canadien valide au moins jusqu'en juillet 2024 (une preuve qu'une demande de passeport a été faite est acceptée);
- adhérer à une organisation provinciale ou territoriale de la profession enseignante qui appuie le PO;
- être titulaire d'un certificat d'aptitude pédagogique reconnu;
- au mois de juillet 2023, cumuler au moins cinq années d'expérience de l'enseignement au Canada;
- jouir d'une excellente santé et pouvoir travailler dans des conditions comme celles qu'on retrouve dans les pays en développement;
- faire preuve d'un grand professionnalisme et avoir une conduite personnelle exemplaire;
- faire preuve de souplesse et de jugement;
- être prêt à faire passer les besoins de l'équipe et du programme avant ses besoins personnels.

### Remarque

La participation au Projet outre-mer est bénévole. Les dépenses administratives et les frais de voyage et de séjour sont assumés par la CTF/FCE et ses organisations membres. Les personnes participantes ne touchent pas de salaire ou d'honoraires. Les membres de la famille et les amis et amis ne peuvent accompagner les participantes et participants ni pendant le stage d'orientation pré-départ ni pendant l'affectation à l'étranger.

**Veuillez communiquer avec votre organisation de l'enseignement provinciale ou territoriale pour obtenir plus d'information et un formulaire de demande de participation.**



[www.ctf-fce.ca](http://www.ctf-fce.ca)



# Nudging Norms: Rethinking masculinity to promote mental wellness

## Event Details



**NOVEMBER 2**  
**10AM-12PM**



**VIRTUAL** ([Click here to register](#))

Join MHA Health Promotion for an important sharing that has the mental wellness of guys in focus.

STFX Professor Dr. C. Gilham will engage you on the potential harms of traditional masculinity constructs.

Also, you will learn about an innovative program that promotes mental wellness for guys.

For this sharing, a 'guy' is a youth who identifies as male.





# First Political Action/Public Relations Conference since 2018

The Political Action/Public Relations Conference took place at Hotel Halifax on September 14 and 15 and was the first opportunity since the fall of 2018 that NSTU members dedicated to PA/PR met in person.

This conference brings together NSTU leaders who volunteer in their Locals as vice-presidents of public affairs, public relations and communications. The VPs of PA/PR and Communications promote programs and services internally to our members and public education externally to our many important stakeholders, and establish relationships with MLAs. The conference is dedicated to NSTU member awareness and involvement in political action and public relations.

"Today, the public's attention span is being pulled in a thousand different directions. We need to be more creative, more organized and more disciplined than ever before if we want to frame the narrative around the issues facing our classrooms," says NSTU president Ryan Lutes.



*Above are delegates who are either vice-presidents of public affairs, public relations and/or communications who attended NSTU's Political Action/Public Relations Conference. Left to right: Wendy Gould (Colchester-East Hants Local), Angela Wyllie (Annapolis), Sarah Nettleton (Richmond Local), Vera Ryan (Yarmouth Local), Nikki MacInnis (Pictou Local), and Jem Buchanan and Melissa Deveau (Kings Local).*

outlined how a National School Food program will help to alleviate child poverty. "Canada is the only G7 country that doesn't have a National school food program," she says. "Food is my first fight. It's hard to fight the good fight when you're hungry and unhealthy."

Wilson says that the impending implementation of a National School Food program is, "an opportunity to tackle child poverty." She reminds the audience that it just isn't about handing out free meals. "It has to be more impactful, build capacity, be dignified, and emphasize social enterprise." A quote from elder Brian Beardy of Wasagamack First



*Kasi Humber (Colchester-East Hants Local), a member of NSTU's Political Action Committee was a delegate at the PA/PR conference.*

"There are a lot of issues that need attention: from a chronic and ongoing shortage of teachers, to the lack of proper resources to ensure that the needs of every student are being met, to the plague of child poverty that sadly infiltrates almost every single classroom in every single school in our province, and it's growing worse by the day."

The Friday night opening session was held virtually and featured Joanne Deer, Partner & Vice-president, Strategy and Creative with The NOW Communications Group, the NSTU's agency of record. She led a session on persuasive communication and political activism. Joanne walked through the basics of building relationships, persuasive communications and shaping campaigns to put the pressure on. In speaking about messaging she says this is the approach the NSTU should focus on: "It's hard to be a kid today and teachers do not have enough support to give our students our best. We need to work together to build the future of Nova Scotia. Our children deserve the best."

The Saturday morning session focused on NSTU's political action campaign for the elimination of child poverty in Nova Scotia. Wendie Wilson, NSTU's Executive Staff Officer, BIPOC Engagement and Advocacy shared her work in the area of food insecurity and food sovereignty and their links to poverty. She

outlined how a National School Food program will help to alleviate child poverty. "Canada is the only G7 country that doesn't have a National school food program," she says. "Food is my first fight. It's hard to fight the good fight when you're hungry and unhealthy."

Wilson says that the impending implementation of a National School Food program is, "an opportunity to tackle child poverty." She reminds the audience that it just isn't about handing out free meals. "It has to be more impactful, build capacity, be dignified, and emphasize social enterprise." A quote from elder Brian Beardy of Wasagamack First

Nation in Manitoba really resonated with conference delegates: "When you're born, food is included."

Participants were also given the opportunity to focus group the issue and provide input to NSTU Communications staff to assist in the development of the campaign. Evaluations of the content of the conference were positive. Comments include: "This was a very informative conference that gave real world 'let's go' ideas to go to work improving our school communities," and "It was great to have an in-person event to meet with other PA/PR people and hear what they are doing in their areas of the province."



*NSTU president Ryan Lutes brings greetings at the PA/PR conference.*



*NSTU executive staff officer Wendie Wilson provided a session on food security and food sovereignty at the PA/PR conference.*



# OCTOBER

Wi'kipatmu'k Mi'kmawey – Honouring of the Mi'kmaw Way – Each October, in an effort to assist all Nova Scotians in increasing their knowledge and awareness of Mi'kmaw culture, history and heritage, the Mi'kmaq History Month committee encourages educational and cultural activities. To that end, teachers, students and schools across the province focus on the history, culture and achievements of the Mi'kmaq community. It also provides a time to reflect on our own understanding of the contributions and traditions of the Mi'kmaq community.

For further info information visit: <http://mikmaqhistorymonth.ca>

Page 18, *The Teacher*, October 2022



## OCTOBER 24 TO 25

### *Devour! 2022 Big Picture Program*

The NSTU is a proud sponsor of the Devour! Big Picture Program. For the past seven years, Devour! The Food Film Fest and Nourish Nova Scotia have brought you the Devour! This engaging series of films, programmed with schools in mind, has brought enlightenment about sugar, food waste, climate change and many other subjects to Nova Scotia students of all ages.

This year, Devour! will again bring the program to your school in person and virtually.

If you and your schools are able to travel and circumstances allow, these films will be screened live at the Al Whittle Theatre in Wolfville at 10am and 1:30 pm each day on Monday, October 24 and Tuesday October 25. This year there is an opportunity to bundle an in-person hands-on cooking demonstration with Chef Peter Dewar from 12-1pm between screenings on a first-come first-served basis. Admission is \$5 per student for films, \$5 for culinary workshops and \$10 bundled together (a 10 am film and 12 pm workshop OR 12 pm workshop and 1:30 pm film). Chef Dewar will present a hands-on workshop on making vegetable dumplings.

For information please email [Michael@devourfest.com](mailto:Michael@devourfest.com)

Screening codes and materials will be emailed to you.

## OCTOBER 24 TO 28

### *Media Literacy Week*

The NSTU is proud to sponsor Canada's 17th annual [Media Literacy Week](#), which runs from October 24-28. It's an opportunity to put the spotlight on digital media literacy and how essential it is that we all know how to use, understand and engage with the digital media we use every day.

MLW 2022 celebrates each of the first five days by highlighting one of five media literacy themes – use, understand, engage, access and verify.

Teachers can incorporate digital media literacy into their classrooms during Media Literacy Week and beyond! Check out the [online learning resource hub](#) for teachers. It's filled with suggested activities for your classroom, including pre-recorded lessons led by MediaSmarts experts.

This annual national event hosted by MediaSmarts and supported by the Canadian Teachers' Federation (CTF/FCE) promotes digital and media literacy. Activities and events take place in classrooms, libraries, museums and community groups across the country.

This year a brand new **Digital Citizen Day** will launch during Media Literacy Week, on Wednesday October 26th. The day is an opportunity for all of us to reflect on how we can be responsible digital citizens in our online world.



## 2022 HOLOCAUST EDUCATION WEEK

### STUDENT PROGRAM: Junior High and High School

Monday, November 7 | 10:30AM | in-person + livestream in Nova Scotia | Rowe Hall, Canadian Museum of Immigration at Pier 21 | 1055 Marginal Road, Halifax.

REGISTRATION REQUIRED (Edna LeVine, Director of Community Engagement, Atlantic Jewish Council: [engagement@theajc.ca](mailto:engagement@theajc.ca))

Holocaust survivor, Fishel Philip Goldig.

Goldig's memoirs "The Survival Story of a Six-Year-Old Boy," is published in the Azrieli Foundation's anthology *At Great Risk: Memoirs of Rescue during the Holocaust*.

Fishel Philip Goldig was born in Mielnica, Poland (now Melnytsia-Podilska, Ukraine), in 1933. He immigrated to Montreal in 1948, where he established various businesses while also becoming a professional singer, cantor and theatre performer. Fishel lives in Montreal and is dedicated to Holocaust education.



All HEW programs are listed at:

[www.HolocaustEducation.ca](http://www.HolocaustEducation.ca)







## Convenient and Easy Reimbursement of Total Care Medical and Dental Claims!

The NSTU Group Insurance Trustees want to ensure that members are aware of the methods by which claims are paid and the most convenient ways to be reimbursed for out-of-pocket expenses related to Total Care Medical and Total Care Dental claims.

### **Claims Payment**

Medavie Blue Cross (MBC) is billed directly by your pharmacy for eligible prescription drugs. You are required to pay the \$5.00 co-pay for each prescription. If you have a hospital stay, hospitals will bill MBC directly so members are not required to be out-of-pocket for semi-private hospital accommodation charges. There are some items insured under Hospital Benefits and Extended Health Benefits such as ambulance service, medical supplies, paramedical services, and medical equipment that may have to be paid up front. When this occurs, many members ask the question:

**What is the best method to be reimbursed as quickly as possible for expenses to ensure I am out-of-pocket the least amount of time?**

This is an excellent question. MBC has established electronic adjudication for many of its service providers. Providers such as massage therapists, physiotherapists and chiropractors can have your claim adjudicated online requiring you to pay only the applicable co-insurance. As an example, many physiotherapists can bill MBC directly at the time of service and only charge you the 20% co-insurance before you leave their office. Members also need to keep in mind that there are usual and customary maximums that apply to these types of benefits and outlined maximum reimbursement levels. Members should always check with their provider that they are billing within Medavie Blue Cross' usual and customary maximums. Many dental offices can also bill MBC directly to minimize your out-of-pocket expenses. Ask your dentist if they have the ability to bill Medavie Blue Cross directly.

### **Claims Submission by eClaim**

If you do have to pay the provider and submit a claim for reimbursement, Medavie Blue Cross has made it convenient to submit claims electronically. It is important to note that you must be set up for Direct Deposit to take advantage of this feature.

To Submit an eClaim:

1. Go to [www.medaviebc.ca/en/members/submit-a-claim](http://www.medaviebc.ca/en/members/submit-a-claim).
2. Under [Submitting a Claim using the Member Services Site](#), you will click on Submit a Claim.
3. On the next page, choose "Submit a Claim".

You must login to your account to submit an Online Claim.

If you are a first-time user, click on **Log in**, then click on **Plan Members**, then **Register Here** and follow the instructions.

### **Medavie Blue Cross Mobile App**

You can also submit claims through the Medavie Blue Cross Mobile App. There are many convenient features to this app including reviewing benefit utilization history, view/sort past claims, access a mobile ID card, and find various health professionals. You can download the app ( [www.medaviebc.ca/app](http://www.medaviebc.ca/app)) free at the App Store for Apple devices and Google Play for android devices. Once you have downloaded the app, follow the instructions under **Submit a Claim** to submit a claim for reimbursement.

### **Direct Deposit**

As mentioned above, you must be registered for Direct Deposit to take advantage of eClaims and Mobile App claims submission. It is important to remember that all paid-in-full receipts must be submitted to MBC for reimbursement within one year from the date the expense was incurred. Direct Deposit with MBC will allow claims reimbursement to be transferred electronically to your chosen bank account which will eliminate waits for cheques through the mail, cut back on trips to the bank and will reduce the risk of theft or loss of your reimbursement cheque. MBC will send you an email notice each time they make a deposit into your bank account.

Registering for Direct Deposit is easy!

To sign-up online:

1. Go to [www.medaviebc.ca/directdeposit](http://www.medaviebc.ca/directdeposit)
2. Log into the Member Services Site (if you have never used it before, you will be prompted to register), click "Member" in the menu.
3. Select the "Banking" tab, then enter and submit your banking information.

To sign-up using the mobile app:

1. Go to [www.medaviebc.ca/directdeposit](http://www.medaviebc.ca/directdeposit)
2. Log into the Medavie Mobile App (if you have never used it before, you will be prompted to register), select "My Account" from the upper right menu.
3. Then select "Direct Deposit Banking Information" and save your information.

If you have any questions regarding the above, please contact Johnson Inc. at 1-800-453-9543 (toll-free) or (902) 453-9543 (local).

# NSTU Group Insurance Program

## The Importance of Designating a Beneficiary



The **importance** of designating a beneficiary can be overlooked. In the midst of our busy lives, we forget to take care of this very important item when it comes to our insurance coverage. This simple task is so important to ensure that if anything unthinkable happens to you, your wishes with respect to life insurance or accident benefits proceeds are carried out.

The NSTU Group Insurance Trustees hope the information below will encourage members to take care of this important detail when it comes time to designate your beneficiary(ies) for the first time or review past beneficiary designations.

You should review and/or designate a beneficiary for any of your life and/or accidental death & dismemberment insurance policies you may have through the NSTU Group Insurance Program. One of the main advantages of designating a beneficiary for these policies is that the proceeds of the policy are excluded from your Estate upon your death. Through this exclusion, the proceeds are free from claim by any creditor of your Estate. The proceeds are excluded because legal title irrevocably transfers upon your death and the proceeds become payable (tax-free) to your beneficiary(ies) at that time. Another good reason to designate a beneficiary is to ensure that life insurance proceeds are distributed as per your wishes. A signed and up-to-date beneficiary designation form will make certain that this occurs.

Remember, you can designate more than one primary beneficiary. For instance, you can designate your children as primary beneficiaries. When you have more than one primary beneficiary it is important to allocate percentages of the proceeds each beneficiary is to receive or inherit. This is an important

step to remove all doubt of your intent and wishes at the time of your death.

It is also important to designate a contingent beneficiary. A contingent beneficiary is a person that receives the proceeds from your life insurance policy if the primary beneficiary cannot. Think of a contingent beneficiary as a back-up plan. Contingent beneficiaries come into play should the primary not be alive to collect the proceeds.

Just like primary beneficiaries, you can name multiple contingent beneficiaries. You also need to allocate percentages to contingent beneficiary designations to ensure your intent and wishes are clear.

Please take a moment to think about your primary and contingent beneficiary designations and if they are up-to-date. If your life has changed recently, i.e. married, divorce, birth of a child, etc., you may need to revisit your beneficiary designation(s). If you are not sure of your beneficiary nominations, due to privacy, you, the member, may contact Johnson Inc. or check the Johnson Inc. My Insurance Website. For access or to register for the Johnson Inc. My Insurance website, go to [insurance.johnson.ca](https://insurance.johnson.ca)

We hope the above explanation provides some assistance to you in understanding the importance of designating beneficiaries for your life and accidental death & dismemberment insurance policies. If you have any questions with regard to the above, please do not hesitate to contact Johnson Inc. at 902-453-9543 (local) or 1-800-453-9543 (toll-free).



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# NOVA SCOTIA TEACHERS UNION

## 2022 – 2023 COMMITTEES



The NSTU Nominating Committee would like to thank the members who applied for NSTU Provincial Committees. The positions were filled based on a number of criteria including: regional representation; experience in Union activities; curriculum/grade level representation; and gender representation. The Committee encourages members to continue to apply for NSTU committees.

With the exception of the Resolutions Committee, the following list does not contain committees appointed at Annual Council or those members serving on external committees. **This list is current as of October 31, 2022.**

## STANDING COMMITTEES

### ADMINISTRATIVE

#### FINANCE & PROPERTY COMMITTEE

**Peter Day**, Chair, Secretary-Treasurer; **Curt Crane**, Colchester-East Hants 2023; **Nick Wilson**, Digby, 2024; **Jodie MacLreith**, Halifax County, 2024; **Sharon Midwinter**, Executive Member; **Steve Brooks**, Executive Director, NSTU; **Janine Kerr**, Assistant Executive Director, NSTU; **Melanie Waye**, Financial Officer, NSTU;

#### GOVERNANCE & POLICY COMMITTEE

**Ryan Lutes**, NSTU President; **Jo-Leigh MacPhee**, Annapolis Region; **Kathy Evans**, Cape Breton Region; **Taunya Pynn Crowe**, Chignecto Region; **Meg Ferguson**, Halifax Region; **Sarah Tutty**, South Shore Region; **Phil Samson**, Strait Region; **John MacKinnon**, Tri-County Region; **Line Murphy**, CSANE; **Andrew McCara**, APSEA; **Steve Brooks**, Executive Director; **Louis Robitaille**, Executive Staff Liaison;

#### NOMINATING COMMITTEE

**Ryan Lutes**, NSTU President; **Russell Comeau**; **Duncan Cameron**; **Deena Jewers**; **Kathy Evans**; **Taunya Pynn Crowe**; **Steve Brooks**, Executive Director

#### PERSONNEL COMMITTEE

**Ryan Lutes**, NSTU President; **Russell Comeau**, Chair, 2<sup>nd</sup> Vice-President; **Natalie MacIsaac**; **Peter Day**; **Duncan Cameron**; **Steve Brooks**, Executive Director;

### PROGRAM

#### COMITÉ DE PROGRAMMATION ACADIENNE

**Phil Meuse**, 2023; **Marc-Andre Fournier**, 2023; **Anne d'Entremont**, 2024; **Ian LeBlanc**, 2025; **Mindy Boudreau**, 2025; **Georgette Samson**, Executive Member; **Amanda O'Regan-Marchand**, NSTU Staff Liaison

#### CURRICULUM COMMITTEE

**Willie Guy**, Chair, CSANE, 2023; **Sarah Nielsen**, Digby, 2023; **Jason Petrie**, Halifax, City, 2024; **Darlene Bereta**, Northside-Victoria, 2024; **Steve Bradford**, Cumberland, 2024; **Myla Borden**, Executive Member; **Pam Langille**, NSTU Staff Liaison;

#### EQUITY COMMITTEE

**Colin MacKenzie**, Chair, Hants West, 2023; **Jessica Morse**, Annapolis, 2023 – 1-year term replacement; **Kassie Rose**, Halifax County, 2024; **Denise Stone**, Yarmouth, 2024; **Laura Fryday**, Queens, 2024; **Myla Borden**, Executive Member; **Wendie Wilson**, NSTU Staff Liaison;

#### HEALTH AND SAFETY COMMITTEE

**Crystal Isert**, Chair, Halifax County, 2023; **Wanda Rodgeron-Fuller**, Yarmouth, 2023; **Chris Cadegean**, Cape Breton District, 2023; **Randy Lucas**, Northside-Victoria, 2024; **Angela Gillis**, Executive Member; **Simon Wilkin**, NSTU Staff Liaison

#### MEMBER SERVICES COMMITTEE

**Thérèse Forsythe**, Chair, 1<sup>st</sup> Vice President; **Vera Ryan**, Yarmouth, 2023; **Mike Carrigan**, Cape Breton District, 2023; **Tara Bates**, Pictou, 2023; **Terry Ryan**, Halifax County 2024; **Andrew McCara**, Executive Member; **Jack MacLeod**, NSTU Staff Liaison;

#### PENSION COMMITTEE

**Mai-Ling Storm**, Chair, Lunenburg County, 2023; **Steph Nagy**, Kings, 2023; **Mary MacPherson**, Cape Breton District, 2024; **Eliza Abbass**, Pictou, 2024; **Danielle O'Brien**, Richmond, 2024; **Joey MacIsaac**, Halifax County, 2025; **Brian Noble**, RTO Representative; **Angela Gillis**, Executive Member; **Jack MacLeod**, NSTU Staff Liaison; **Kyle Marryatt**, NSTU Staff Liaison;

#### POLITICAL ACTION COMMITTEE

**Ian Comeau**, Chair, CSANE, 2023; **Yolanda Aubrecht**, Cape Breton District, 2023 – 1-year term replacement; **Kasi Humber**, Colchester-East Hants, 2024; **John MacKenzie**, Digby, 2024; **Tim MacLeod**, Halifax City, 2024; **Sarah Tutty**, Executive Member; **Natalie MacIsaac**, Executive Member; **Deena Jewers**, Executive Member; **Mark Laventure**, NSTU Staff Liaison;

#### PROFESSIONAL DEVELOPMENT COMMITTEE

**Bernice Cameron**, Chair, Pictou, 2023; **Laura Lambie**, Halifax City, 2023; **Paul Syme**, Kings, 2023; **Liam Timmons**, Colchester-East Hants, 2024; **Dawn Spracklin**, Cape Breton District, 2024; **Debbie Walker**, Digby, 2024; **Meg Ferguson**, Executive Member; **Amanda O'Regan-Marchand**, NSTU Staff Liaison;

#### PUBLIC RELATIONS COMMITTEE

**Tavis Bragg**, Chair, Kings, 2023; **Julie McVicar**, Antigonish, 2024; **Suzanne Rohland**, Halifax County, 2024; **Adam Martin**, Cape Breton District, 2024; **Deena Jewers**, Executive Member; **Angela Murray**, NSTU Staff Liaison

### STATUS OF WOMEN COMMITTEE

**Carmie Zahara**, Chair, Cape Breton District, 2023; **Angela Amey**, Dartmouth, 2023; **Melina McNeil**, Dartmouth, 2023; **Karlee Perry**, Annapolis, 2024; **Danielle Quinlan**, Digby, 2024; **Michelle Pinaud**, Northside-Victoria, 2024; **Natalie MacIsaac**, Executive Member; **Pam Langille**, NSTU Staff Liaison;

### SUBSTITUTE TEACHERS COMMITTEE

**Kelsey Wiesendahl**, Chair, Hants West, 2023; **Robert White**, Cape Breton District, 2023; **Cindy Ng-Ivanoff**, Halifax County, 2024; **Pal Lenarczyk**, Dartmouth, 2024; **Lloyd Francis**, Cape Breton District, 2024; **Meg Ferguson**, Executive Member; **Paul Boudreau**, NSTU Staff Liaison

### AD HOC COMMITTEE ON INCLUSION OF EQUITY SEEKING MEMBERS

**Jorge Saldana**, CSANE, Chair; **Cynthia Thibodeau**, Halifax City; **Adam Martin**, Cape Breton District; **Myla Borden**, Executive Member; **Jo-Leigh MacPhee**, Executive Member; **Amanda O'Regan-Marchand**, NSTU Staff Liaison; **Wendie Wilson**, NSTU Staff Liaison; **Louis Robitaille**, NSTU Staff Liaison;

### OTHER COMMITTEES

#### DISCIPLINE COMMITTEE

**Paulette O'Connor**, Halifax City, 2023; **Sheri Scott**, Halifax County, 2023; **Michelle Goreham**, Shelburne County, 2024; **Janet O'Brien**, Guysborough, 2024; **Vivianne Abdallah**, Dartmouth, 2025; **Janine Kerr**, Assistant Executive Director;

#### DISTRIBUTED LEARNING COMMITTEE

**Andrea Small**, Cumberland, 2023; **Ian Kent**, Queens, 2024; **Colleen Scott**, Shelburne County, 2025; **Simon Wilkin**, NSTU Staff Liaison;

#### INSURANCE TRUSTEES

**Jennifer Moriarty**, Dartmouth, 2023; **Karen Nottage**, Kings, 2024; **Joel Chaisson**, CSANE, 2025; **Janie Lumsden**, Antigonish, 2026; **Byron Butt**, Lunenburg County, 2027; **Wade Van Snick**, Cumberland, 2027; **Stacy Samson**, NSTU Staff Liaison; **Kyle Marryatt**, NSTU Staff Liaison;

#### PDAF

**Theresa Jennings**, Dartmouth, 2023; **Kerry Lawrence**, Digby, 2024; **Lael Radkey**, Dept. of Education; **Roy Bourgeois**, Dept. of Education; **Amanda O'Regan-Marchand**, NSTU Staff Liaison;

#### PROFESSIONAL ASSOCIATIONS COORDINATING COMMITTEE

**Ann Leith**, EDANS, 2022; **Lynnette Babin**, NSLTA, 2022; **Jillian MacNutt**, NSMEA, 2023; **Denise Boulton**, SPAA, 2023; **Dean Marchand**, SSTA, 2023; **Stephanie Deagle**, NSTALL, 2023; **Crystal Sampson**, Executive Member; **Amanda O'Regan-Marchand**, NSTU Staff Liaison;

#### PROFESSIONAL COMMITTEE

**Isabelle Cotnoir**, CSANE, 2023; **Benton Gallagher**, Yarmouth, 2023; **Elizabeth Thomas**, Digby, 2024; **Allie Coulter**, Cumberland, 2024; **Heather Coulter**, Pictou, 2025; **Paula Landry**, Richmond, 2025; **Janine Kerr**, Assistant Executive Director

#### RESOLUTIONS COMMITTEE

**Jeff Morse**, Chair, Executive Member; **Keli Brewer**, Cape Breton District, 2023; **Matt Moriarty**, Dartmouth, 2023; **Lynnette Babin**, Antigonish, 2024; **Drew Moore**, Colchester-East Hants, 2024; **Louis Robitaille**, NSTU Staff Liaison;

#### SHEONORAIL BOARD OF DIRECTORS

**Steve Brooks**, Chair, Executive Director; **Shelley Morse**, Retired Member, 2024; **Scott Murchison**, Cape Breton District, 2024; **Jenn Barro Ralph**, Dartmouth, 2024; **Nicole d'Eon**, Yarmouth, 2025; **Kenna MacLean**, Cape Breton District, 2025; **Shelly Luddington**, Halifax County, 2025; **Sharon Midwinter**, Executive Member; **Ryan Lutes**, NSTU President; **Pam Langille**, NSTU Staff Liaison;

### BARGAINING COMMITTEES

#### PROVINCIAL ECONOMIC WELFARE COMMITTEE

**Lynette Babin**, Antigonish; **Sara Hillier**, Lunenburg County; **Mike Jamieson**, Dartmouth; **Doug Read**, Pictou; **Joanne Richardson-Landry**, Kings; **Stacy Barrie**, Northside-Victoria; **Lori MacKinnon**, Yarmouth; **Nadine Arnold**, Colchester-East Hants; **Jo-Leigh MacPhee**, Executive Member; **Paul Wozney**, Executive Member; **Thérèse Forsythe**, 1st Vice-President; **Ryan Lutes**, NSTU President; **Wally Fiander**, NSTU Staff Liaison;

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## 2022 – 2023 Pre-Retirement Seminars SCHEDULE



DATES:		LOCATION:
October	25 & 26 (Tuesday & Wednesday)	SRCE – Port Hawkesbury
November	1 & 2 (Tuesday & Wednesday)	CCRCE – Stellarton
	9 & 10 (Wednesday & Thursday)	TCRCE – Yarmouth
	16 & 17 (Wednesday & Thursday)	CBVRCE – Sydney
	28 & 29 (Monday & Tuesday)	HRCE – Halifax
	30 & Dec 1 (Wednesday & Thursday)	AVRCE – Greenwich
January	11 & 12 (Wednesday & Thursday)	SSRCE – Bridgewater
	17 & 18 (Tuesday & Wednesday)	HRCE – Halifax
February	14 & 15 (Tuesday & Wednesday)	HRCE – Halifax
	28 & Mar 1 (Tuesday & Wednesday)	HRCE – Halifax
March	8 & 9 (Wednesday & Thursday)	CCRCE – Amherst



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