



# Recent government announcements receive solid grades

The NSTU is praising two recent announcements from the Province, albeit to varying degrees.

The new cell phone policy implemented this year by the Department of Education and Early Childhood Development has been well received so far by NSTU members.

The policy restricts students from using their cell phones during class time without prior permission from their teacher or administrator. The policy was first announced in the spring of 2024, but only took effect this September.

In a September 24th interview with CBC, NSTU President Peter Day said: “One teacher said to me, ‘It’s so neat to see my student’s eyes and that they’re not staring at their lap with a phone in their lap.

They (students) are actually turning and speaking to the student next to them—or they’re in small groups and they’re having discussions. I think students actually really wanted this.”

Day has also stated in media interviews that the absence of cell phones during instructional time is making the classroom setting less stressful, and he hopes this trend continues and, “isn’t just part of a honeymoon period.”

The NSTU President also offered muted praise to Government’s recent announcement that it was creating 47 new positions to help address school violence, including 12 new teachers.

The new positions are part of a pilot project that will be further evaluated to assess its effectiveness. While the announcement will not fully address school violence levels across the province, Day says it’s an incremental step in the right direction.

“It’s not going to solve all of the issues that we have as far as violence going on in our classrooms, but this shows that the government is taking this idea of violence in our schools seriously,” said Day in an October 17 interview with CTV.

Day says the biggest priority for making schools safer for students and teachers is reducing class sizes.

“We have overcrowded classrooms, and we have teachers struggling to meet the needs of their students and that is going to have an effect on the number of incidences of violence in our schools.”



*NSTU’s provincial executive donned this year’s Mi’kma’ki Strong’s #EveryChildMatters Orange Shirts in honour of the National Day for Truth and Reconciliation, at its September 13th meeting.*

# people

## McDonough Lecture Series focuses on unions' role for women's rights

The NSTU continued its support of the Douglas Coldwell Layton Foundation's Alexa McDonough Lecture Series. This year's event took place September 26 at Mount Saint Vincent University. It featured a *Women on the Frontlines: How unions improved women's working conditions* panel moderated by Claudia Chender, MLA Dartmouth South and Leader of the Nova Scotia NDP. The panellists were CTF/FCE president Heidi Yetman, Nova Scotia Nurses' Union president Janet Hazelton, and NSGEU president Sandra Mullen.

The Alexa McDonough Lecture is reserved exclusively for women lecturers and is produced in collaboration with the Alexa McDonough Institute for Women, Gender, and Social Justice at MSVU.



*NSTU first vice-president Jo-Leigh MacPhee attended the lecture with some of NSTU's women leaders. Shown (l-r): Jo-Leigh MacPhee, NSTU executive staff officer Wendie Wilson, Halifax County Local president Desiree Daniele, retired member Rima Majaess, NSTU's second vice-president Sarah Tutty, CTF/FCE president Heidi Yetman, provincial executive members Melissa Deveau and Myla Borden and Halifax City Local member Sunita Pinet, who sits on NSTU's Status of Women Committee.*



## APSEA members provide funding for student supports

APSEA Local members from Prince Edward Island, New Brunswick, and Nova Scotia are pictured with Patsy Newman (centre), retired APSEA teacher and current President of the APSEA Auxiliary. APSEA Local president Lisa Brett is shown front row far right. Since 2020, the APSEA Local has donated \$42,750 to the APSEA Auxiliary. Many members also contribute additional funds via payroll deductions to support the important work of the Auxiliary. The APSEA Auxiliary's mandate is to raise funds for children and youth who are deaf, hard of hearing, blind or visually impaired, including awarding six annual bursaries to APSEA students and providing financial assistance to mitigate expenses for specific student needs. This includes audiological

and vision devices, technology and adaptive equipment and related supports.



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April.....	April 11
May.....	May 9
June.....	June 13

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## Trenton Middle School learn about Truth and Reconciliation on Treaty Day

Students at Trenton Middle School marked National Truth & Reconciliation Day on October 1 with representatives from Mi'kma'ki Strong and the NSTU. October 1 is also Treaty Day in Nova Scotia marking the beginning of Mi'kmaq History Month. Through an NSTU/Mi'kma'ki Strong partnership students and staff at the school were given Orange Shirts. Students learned more about the history of residential schools in Canada, the importance of reconciliation as relationship and the practice of reconciliation in everyday lives including within schools. They heard firsthand from a family member of a Survivor when Jonathan Beadle from Pictou Landing First Nation and Mi'kma'ki Strong told his story.



*NSTU's Pictou Local president Doug Read (far right) is shown with Principal of Trenton Middle School Shane Pitts, and Mi'kma'ki Strong's Jonathan Beadle.*



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# From the NSTU President



## Voice of experts essential for meaningful change

As we are amid the second month of the school year, I hope all of you are settling into the fall with a sense of purpose and optimism. Transitions can be challenging, but I trust that you are finding ways to make this time as smooth as possible for you and your students.

A core priority for the NSTU is ensuring that your voices are heard. We know how essential it is for teachers and specialists to have opportunities to share the realities of their work and the experiences they face every day in our schools.

The NSTU has also been advocating directly on your behalf through the Safe and Inclusive Schools Leadership Table. This table gives us a platform to lobby for your voice to be heard while providing input and influence for policies that directly affect you, including the new Provincial School Code of Conduct. By participating in these discussions, we are ensuring that the voices of teachers and specialists are taken seriously.

Recently, thousands of NSTU members took the opportunity to have their voices heard. In a survey released by the province, you were invited to provide feedback on topics such as guiding principles, supports, and training—valuable input that will help shape the new Provincial School Code of Conduct Policy. This kind of engagement is crucial because it provides firsthand knowledge and bring concerns to the forefront. By making sure your voices are genuinely heard, we can advocate for meaningful, positive changes in our schools, and within our publicly funded education system.

It is vital that education experts are at the centre of these conversations, especially when it comes to important policies like the Provincial School Code of Conduct. You, the members of the NSTU are the educational experts. As the professionals who work with students every day, you understand better than anyone how our schools operate and how policies impact classrooms. Your expertise is invaluable, and to all of you who took the time to share your insights and ideas through the survey—thank you. Your contributions are making a difference.

Together, through ongoing dialogue and collaboration, we can continue to take positive steps forward. Improving the working conditions of our members directly improves the learning environment for our students. Thank you for your dedication, your expertise, and your commitment to creating the best possible conditions for both teaching and learning.

A handwritten signature in black ink, appearing to be 'A. B.', located at the end of the English text.

## La voix des experts, essentielle à un changement significatif

Alors que nous en sommes au deuxième mois de l'année scolaire, j'espère que vous vous adaptez à l'automne avec optimisme et détermination. Les transitions peuvent être difficiles, mais je suis convaincu que vous trouvez des moyens de rendre cette période aussi paisible que possible pour vous et vos élèves.

Une priorité centrale pour le NSTU est de veiller à ce que vos voix soient entendues. Nous savons à quel point il est essentiel que les enseignants et les spécialistes aient des occasions de parler des réalités de leur travail et des expériences qu'ils vivent chaque jour dans nos écoles.

Le NSTU fait aussi des revendications directement en votre nom à la Table de leadership sur la sécurité et l'inclusion dans les écoles. Cette table nous offre une plateforme pour faire pression afin que votre voix soit entendue ainsi que pour façonner les politiques qui vous touchent directement, y compris le nouveau Code de conduite des écoles de la province. En participant à ces discussions, nous nous assurons qu'on prend au sérieux les voix des enseignants et des spécialistes.

Récemment, des milliers de membres du NSTU ont saisi l'occasion de se faire entendre. Dans le cadre d'une enquête menée par la Province, on vous a invité à fournir des commentaires sur des sujets tels que les principes directeurs, le soutien et la formation. Ces précieuses contributions éclaireront la nouvelle Politique sur le Code de conduite des écoles de la province. Ce type d'engagement est crucial, car il apporte des connaissances de première main et met en lumière les préoccupations. En veillant à ce que vos voix soient réellement entendues, nous pouvons revendiquer des changements significatifs et positifs dans nos écoles et notre système d'éducation publique.

Il est crucial que les experts de l'éducation soient au centre de ces discussions, surtout lorsqu'il est question d'importantes politiques comme le Code de conduite des écoles de la province. Vous êtes les experts de l'éducation! En tant que professionnels qui travaillent avec les élèves chaque jour, vous comprenez mieux que quiconque comment fonctionnent nos écoles et quelle est l'incidence des politiques sur les classes. Votre expertise est inestimable, et nous remercions tous les membres du NSTU qui ont pris le temps de faire part de leurs idées et points de vue dans le cadre de l'enquête. Vos contributions font une différence.

Ensemble, grâce à un dialogue et à une collaboration continus, nous pouvons continuer à avancer positivement. Rehausser les conditions de travail de nos membres améliore directement le milieu d'apprentissage de nos élèves. Merci de votre dévouement, de votre expertise et de votre engagement à créer les meilleures conditions possible pour l'enseignement et l'apprentissage.






*Grade 10 science students at Saint Mary's Bay Academy.*



*Grade 7 science students at Kings County Academy.*

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# Honoring Mi'kmaw Heritage: A Pathway to Reconciliation, Renewal, and Respect

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

I would like to acknowledge that this article is being written on land that was stolen from the Mi'kmaq by my ancestors. Working on this unceded land is a privilege long denied by Settlers and in recognition of this privilege and its inherent sense of power, I am truly dedicated to learning and growing as a teacher, mother and woman. Some of the ways I will devote my time, and energy is to engage meaningfully in dialogue, conversation and action to help ensure the original peoples of this land and their traditions are honoured and shared with utmost reverence and respect they deserve—and ought to have lived over hundreds of years.

October has arrived and has once again brought us one of the most beautiful reminders of the process of renewal with beautiful colours.

As a brief update, your professional learning team is busy facilitating workshops, both virtually and in person; connecting with our pre-service teachers through their B.Ed. programs and partners with the EECD to provide input on behalf of our members moving forward.

This month, we are celebrating [Mi'kmaw History Month](#) with this year's theme of *Mijipjewey Na Mawa'luksi'k (Food Gathers Us Together)*. By clicking the link above, you will find a beautifully informative website that contains an enriched collection of resources that can help us to learn about the history and Mi'kmaw ways of being and knowing.

To help acknowledge and support our path towards reconciliation and building our knowledge, we are proud to share this month's Pathways to PL giveaway, *Waiting for the Long Night Moon*, a collection of stories by Amanda Peters, an author of Mi'kmaw and Settler ancestry, whose home community is Glooscap First Nation.

As described on the [publisher's website, in this collection](#), "*Peters melds traditional storytelling with beautiful, spare prose to describe the dignity of the traditional way of life, the humiliations of systemic racism and the resilient power to endure. A young man returns from residential school only to realize he can no longer communicate with his own parents. A young woman finds purpose and healing on the front lines as a water protector. An old man remembers his life as he patiently waits for death. And a young girl nervously dances in her first Mawi'omi. The collection also includes the story "The Berry Pickers," which inspired Peters' critically acclaimed novel of the same name, as well as the Indigenous Voices Award-nominated story "Pejipug (Winter Arrives)."*

*"At times sad, sometimes disturbing but always redemptive, the*

*stories in Waiting for the Long Night Moon will remind you that where there is grief there is also joy, where there is trauma there is resilience and, most importantly, there is power."*

As we close this month of learning and growing in our understanding and appreciation, let us aim to carry the honoring of Indigenous traditions recognized by interweaving them in our practice in ways that are respectful and honoring of their stories.

Consider the following ideas while adding your own inspiration in sharing and making connections to honoured traditions.

November: Remember and honour our histories by connecting with community elders and extending an invitation to share stories and traditions.

December: Recall the power of food to gather us together as we gather for our own celebrations at this time of year, focusing on our connections to one another.

January: Learning about Indigenous teachings that speak to new beginnings as we enter a new calendar year, acknowledging Western concepts of time with Indigenous ways of measuring and marking time based on the phases of the moon and signs from the land.

February: Continue to explore Indigenous traditions around caring for one another and kindness-connecting to the sacred teachings of respect and love.

March is nutrition month: This is an opportunity to revisit the theme of Mi'kmaq History month with making a traditional Mi'kmaq dish, with the guidance of an elder and a reflection piece of how food can nourish not just our bodies but also our mind and spirit through a sense of belonging, learning and carrying on traditions.

April: continuing to explore land-based traditions as spring arrives and brings new growth and restarting of the life cycle.

May: Explore the medicine wheel and Indigenous ways of healing during Mental Health month.

June: Indigenous learning about transitions and moving forward to our next chapter as you close out your school year. This is also an opportunity to learn about the importance of making time reflect from an Indigenous lens; sharing that opportunity with your students and yourself and sit with the challenges and triumphs.

Wela'lloq,

Amanda

Email your name, home address, and the name of your school with **PL** in the subject line to [theteacher@nstu.ca](mailto:theteacher@nstu.ca) by **November 29, 2024** to be eligible for the draw.

**Learning and Teaching Together**

by **Michele TD Tanka**  
Published by: **UBC Press**

An intimate and personal debut collection of short fiction from the bestselling author of *The Berry Pickers*, *Waiting for the Long Night Moon* explores the Indigenous experience from an extensive perspective, including contact with the first European settlers, the forced removal of Indigenous children, and today's struggle for clean water. Through her storytelling, Peters portrays the dignity of traditional Indigenous life, the degradation of systemic racism, and the resilient power to survive.



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## Finding the Happy In-Between: Building Healthy Habits for a Healthier You

by Amanda O'Regan-Marchand, Executive staff Officer,  
Professional Learning, [amarchand@staff.nstu.ca](mailto:amarchand@staff.nstu.ca)

One of my favourite audiobooks I've listened to during my drives around our beautiful province has been *Atomic Habits* by James Clear. Clear's writing offers a unique way to conceptualize building healthy habits for change from his own perspective in his own journey—the inspiration of this book.

I've bookmarked a few ideas that stood out in the hope they might resonate with you too.

"It is easy to get bogged down trying to find the optimal plan for change: the fastest way to lose weight, the best program to build muscle, the perfect idea for a side hustle. We are so focused on figuring out the best approach that we never get around to taking action. As Voltaire once wrote, 'The best is the enemy of the good.'" This quote inspired the title of this article. So often we consider happiness as a destination; something we aspire to and continue in our day-to-day in another state of mind. What if we find contentment/happiness/joy along the way?

"When you fall in love with the process rather than the product, you don't have to wait to give yourself permission to be happy. You can be satisfied anytime your system is running. And a system can be successful in many different forms, not just the one you first envision. The implicit assumption behind any goal is this: Once I reach my goal, then I'll be happy. The problem with a goals-first mentality is that you're continually putting happiness off until the next milestone."

What if you approached your goal setting in the following way "Every action you take is a vote for the type of person you wish to become. No single instance will transform your beliefs, but as the votes build up, so does the evidence of your new identity. This is one reason why meaningful change does not require radical change. Small habits can make a meaningful difference by providing evidence of a new identity. And if a change is meaningful, it is actually big. That's the paradox of making small improvements." The idea of progress is progress no matter how small; focus on the direction of your actions, not their completion.

Consider some ingredients of building healthier habits. One of them is novelty. You may have heard the term "dopamine menu" recently connected to folks who live with ADHD. Briefly, this concept refers to a series of activities in varying sizes that folks can access, depending on their state of mind. Something that is novel, or that can change your current mindset to something more positive.

"The greatest threat to success is not failure but boredom. We get bored with habits because they stop delighting us. The outcome becomes expected. And as our habits become ordinary, we start derailing our progress to seek **novelty**."

"The ultimate form of intrinsic motivation is when a habit

becomes part of your **identity**. It's one thing to say I'm the type of person who wants this. It's something very different to say I'm the type of person who is this."

When we think of our identity, it can seem either fixed or an ever-evolving concept. What if you explored the connection between your behaviour (habits) and your identity? What would you discover? What do you think about what the author suggests above about considering your identity in the process of changing your habits?

"It's hard to change your habits if you never change the underlying beliefs that led to your past behavior. You have a new goal and a new plan, but you haven't changed who you are."

Changing who we are might seem like a daunting and overwhelming task. Sometimes the word change is taken in a negative context. What if you flip that script and see it as an opportunity to reflect and redefine some aspect of your life experience? What opportunities for contentment/happiness/joy might that offer?

In the following quote, Clear offers a look into what that balance could look like, in terms of viewing your identity and the idea of changing it not because something is 'wrong' but instead keeping what works and building on what doesn't—yet.

"The more pride you have in a particular aspect of your identity, the more motivated you will be to maintain the habits associated with it. If you're proud of how your hair looks, you'll develop all sorts of habits to care for and maintain it. If you're proud of the size of your biceps, you'll make sure you never skip an upper-body workout. If you're proud of the scarves you knit, you'll be more likely to spend hours knitting each week. Once your pride gets involved, you'll fight tooth and nail to maintain your habits." Do you agree? Are you open to trying? Think of one habit that might have come to mind while reading this. Think about what could happen if you considered a possible change or shift following Clear's approach.

"Some people spend their entire lives waiting for the time to be right to make an improvement." Stop waiting. Explore doing.

There is no perfect time to start. Starting creates that perfect time. Starting is hard. However, if we redirected our "not yet" energy into starting energy, think about what could happen. "Be the designer of your world and not merely the consumer of it."

When I first read the title, *Atomic Habits*, I saw the word atomic as in "blowing up" my current mindset. I invite you to see Clear's concept of this term he shares in his book. Whether you are the recipient of this Well Teacher giveaway or decide to invest in this read yourself, reach out and let me know your thoughts and how you approached developing atomic habits.



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**The Medicine Wheel/La Roue Médicinale**  
by *Teddy Adneron*

illustrated by *Jessika Von Innerbner*  
Published by: *Medicine Wheel Publishing*

*The Medicine Wheel – Stories of a Hoop Dancer/ La Roue Médicinale – La Danse des Cerceaux Racontée*, written by *Teddy Anderson*, a professional hoop dancer of the First Nation's style, teaches the concept of inclusion using the First Nation's symbol of the Medicine Wheel.

Following a young boy listening to the stories of his Mooshum (Grandfather), this book encourages children to connect with the symbol and understand inclusion of all.

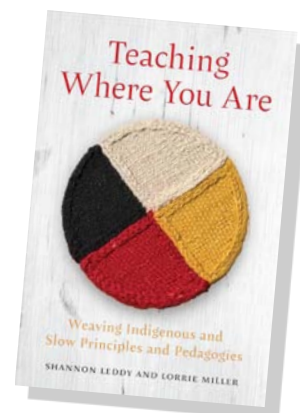


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**Teaching Where You Are**  
by *Shannon Leddy and Lorrie Miller*  
published by *University of Toronto Press*

*Teaching Where You Are: Weaving Indigenous and Slow Principles and Pedagogies* offers a guide for non-Indigenous educators to work well with Indigenous students. It provides cross-curricular resources to support all students. Written by an Indigenous person and a settler, this book brings their years of teaching experience in exploring ways in which Indigenous and Slow approaches to teaching and learning mirror and complement one another.

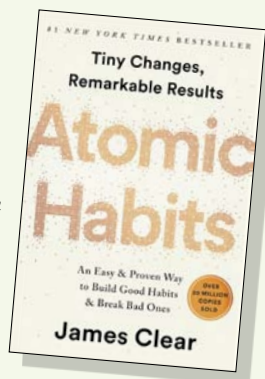


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**Atomic Habits**  
by *James Clear*  
Published by: *Penguin Random House*

*Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones* is a New York Times Bestseller that reveals strategies on forming good habits and breaking bad ones. Clear draws on the most proven ideas from biology, psychology, and neuroscience to create an easy-to-understand guide for making good habits inevitable and bad habits impossible.



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David Lyons — TCRCE

**PROFESSIONAL LEARNING**

Amber Corkum — AVRCE

## Stand Up Against Bullying Day

Shown are members of NSTU's Table Officers who wore pink to show their support for safe school communities on Stand Up Against Bullying Day in Nova Scotia on September 12. Students, families, staff, volunteers and community partners wear pink on the second Thursday of the school year to promote the importance of positive, safe, inclusive and healthy learning environments and relationships throughout the school year. Shown (l – r): NSTU past president Ryan Lutes, secretary-treasurer Taunya Pynn Crowe (Colchester-East Hants) NSTU president Peter Day (Cape Breton District), first vice-president Jo-Leigh MacPhee, and second vice-president Sarah Tutty (Lunenburg County-Queens)



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A promotional poster for a drag performance of the musical Grease. The background is yellow with a white, torn-paper-like border at the bottom. In the top left corner, there are portraits of a blonde woman and a man with dark hair. The word "GREASE" is written in large, white, bubbly letters with a red outline. Below it, "A DRAG-ALONG SPECTACULAR" is written in a smaller, black, slanted font with a rainbow shadow. Ticket information is listed on the left, and the date and venue are on the right. At the bottom, there are logos for BMO, a portrait of the director Rouge Fatale, and the HEAL NS logo with the text "2SLGBTQIA+ Health | HIV Support For All".

## 2024-25 Local Presidents and RRC Chairs



Above are NSTU's Local presidents and RRC Chairs for the 2024-25 school year, who met for their first conference of the school year on September 20. *Seated: Doug Read (Pictou Local president and Chignecto RRC Chair), Desiree Daniele (Halifax County), NSTU president Peter Day, Jeannie Montgomery (Annapolis), and Liette Doucet (Halifax City).*

*1st row standing: Rachel Smith 1<sup>st</sup> vice-president APSEA, Dave Currie (Northside-Victoria), Danielle Quinlan (Digby), Joanne Richardson-Landry (Kings), Isabelle Cotnoir (CSANE), Mai-Ling Storm (Lunenburg County, and South Shore RRC Chair), Sarah Acker (Shelburne County Local president and Tri-County RRC Chair), Laura Fryday (Queens), Lacey Phinney (Guysborough County), Lisa Brett (APSEA), and Sheila Hawley (Strait RRC Chair).*

*2nd Row standing: Shane Goucher (Hants West), Lee-Anne McKoy (Cumberland), Jonathan Murphy (Annapolis Valley RRC Chair), Tara McCormick (Première vice-présidence, CSANE), Michael Sidney (1<sup>st</sup> vice-president Cape Breton District Local), Nadine Arnold (Colchester-East Hants), Eliza Abbass (1<sup>st</sup> vice-president, Pictou), Chad Warren (Yarmouth), Tommy Samson (Richmond), and Chris Doiron (Dartmouth Local president and Halifax RRC Chair).*

*Missing: Nathan Cormier (Antigonish), Vince Jessome (Inverness), and Dawn Spracklin (Cape Breton District Local president and Cape Breton-Victoria RRC Chair).*



*During the Local Presidents conferences staff officers Wendie Wilson and Wally Fiander presented workshops on the Africentric Model in Leadership and Single-tier Bargaining respectively.*

# Status of Women Committee

NSTU's Status of Women committee held its first meeting of the school year on October 7. This committee advises the Provincial Executive on ways of enhancing the status of women in the teaching profession and in society by developing policy recommendations that support employer policies relevant to women's issues. Members of this committee provide advice on the content, delivery, and design of status of women programs, and make recommendations for possible actions. It looks to ways of including women members in all aspects of the NSTU organization and promotes opportunities for networking, leadership, and professional development for women members.



*Seated: NSTU staff liaison Pam Langille, Kaelin Tingley (Colchester-East Hants), Committee Chair Christine Emberley (Halifax County), and provincial executive liaison Rachelle MacIsaac. Standing: Sunita Pinet (Halifax City), and Bernice MacNeil and Leigh-Anne Rizzo-Baker (Cape Breton District). Missing: Danielle LeBlanc (Kings).*

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Equity and Social Justice

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beginning in Summer 2025.

Acadia University's focused **Master of Education in Inclusive Education: Equity and Social Justice program** provides experienced educators and leaders with the knowledge and skills necessary to continue to make progressive social change in their professional practice environments.

Acadia's School of Education began offering this two-year program starting in July 2022, with a maximum **annual** enrolment of 25 educators and diverse leaders.

Program content that is research-informed and transdisciplinary, taking up the lenses of systemic oppression and decolonization. Anti-racist pedagogies and intersectionality are foundational to all coursework.

Educators will be prepared to participate in the policymaking, curriculum-planning, instruction, and assessment vital for inclusive education.



- The cohort group will usually take ten courses over two years, with each course anchored by a flexible and accessible combination of in-person and active synchronous learning environments.
- Through a Capstone Project or Thesis option, educators will have the opportunity to explore, in depth, a research topic or passion project related to their professional goals.

**Call for Expressions of Interest: Letters accepted from  
October 1, 2024 to November 15, 2024.**

**Expression of Interest letters should state:**

- reasons for your interest in this program, including your personal and professional experiences that position you well to succeed
- your capacity to attend in-person and virtual classes on the weekends and evenings in Fall / Winter / Spring terms as well as block/compressed in-person courses in the summer (typically over a few weeks)

**Questions about the program?**

Please visit [med.acadiau.ca/equity](https://med.acadiau.ca/equity)  
or email: [graded@acadiau.ca](mailto:graded@acadiau.ca)



## Framing the Conversation focus of PA/PR Conference

The Political Action/Public Relations Conference, *Framing the Conversation*, provided participants with background on persuasive communication, identifying audiences and framing issues important to teachers, students and their families.

This biennial conference, which took place at Hotel Halifax on October 4 and 5 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 NSTU members, and externally to our many important stakeholders including establishing relationships with MLAs. The conference is dedicated to NSTU member awareness and involvement in political action and public relations.

“This conference is a chance for us to share our experiences and strengthen our collective voice. As teachers, and NSTU members, we hold the incredible responsibility of shaping the future of the next generation. But our impact extends beyond the classroom. It encompasses the very policies that affect our profession and, ultimately, our students’ success,” says first vice-president Jo Leigh MacPhee, who brought greetings on behalf of NSTU president Peter Day.

“I expect these sessions will provide some useful guidance about how we can collectively advocate for quality public education. With provincial election rumours swirling, it’s also a good time to discuss how we can best engage



*NSTU's First Vice-President Jo Leigh MacPhee*



*Joanne Deer from The NOW Group*

with elected officials and political candidates.”

The Friday night opening session featured Joanne Deer, Partner & Vice-president, Strategy and Creative with The NOW Group, the NSTU’s agency of record. In her *Framing the Conversation* keynote, Deer gave an overview of what The NOW Group has learned from two decades of research with teachers’ unions—and how to use it to help communicate persuasively with the public and politicians.

In the first Saturday morning workshop, *Getting to Know Your Audience*, Deer provided a follow-up to her opening session offering participants the opportunity to work in groups and create a persona and therefore diving into the lives of the people the NSTU will need to persuade to make positive change. “Consider what you want them to think about teachers and public education—what is the desired outcome,” she said.

In the closing session, NSTU communications and public relations staff Angela Murray and Mark Laventure provided participants an opportunity to focus on issues important to teachers, students and their families. This will provide NSTU Communications staff firsthand input to assist in the development of upcoming public relations campaigns.



## executive highlights

### September 13, 2024

- Filed the Table Officers Report;
- Selected a member to serve on the Comité de programmation acadienne;
- Selected a member to serve on the Professional Development Committee;
- Approved the granting of one Local Service Award;
- Crystal Sampson will replace Ben Sichel as the PE Liaison for the Substitute Committee.  
Crystal Sampson will replace Taunya Pynn Crowe on the Nominating Committee.
- Filed the NSTU Standing Committee Annual Reports;
- Approved the establishment of a Provincial single-tier committee as per Operational Procedure 22;
- Appointed Provincial Executive members as representatives on the Provincial Single-Tier Committee;
- Approved a motion that the Regional Representative Council (RRC) and the CSANE local shall each appoint one member from their RRC/CSANE local to sit on the Provincial Single-Tier Committee at their next meeting and advise the NSTU of their appointment prior to Monday, October 14, 2024;
- Approved the reappointment of Nancy-Beth Foran to the Board of Directors of NSTPPTI effective January 1, 2025 for a three year term expiring on December 31, 2027;
- Approved the recommendation that the NSTU investigate the development of a provincial induction ceremony to be delivered by Locals each school year;
- Approved the recommendation that the NSTU investigate the establishment of a standing committee on organizing and engaging members.

### October 18, 2024

- Filed the Table Officers Report;
- Selected members for the John Huntley Memorial Internship Program for a 2-day session;
- Approved a recommendation from the Finance & Property Committee that the lunch allowance be increased to \$18 from \$15, effective August 1, 2025;

- Approved that the NSTU discontinue participation in DSS;
- Ratified the 2024 Cumberland Local Constitution;
- Referred a motion to the Governance and Policy Committee to review Operational Procedure 11 – NSTU Locals, C – NSTU Representative, II;
- Referred a motion to the Governance and Policy Committee to review Operational Procedure 28 – Benevolent Fund;
- Approved a resolution be forwarded to Annual Council regarding NSTU By-Law Article II – The Council, 2 – Council Delegates and Observers;
- Approved amendments to Operational Procedure 7 – Confidentiality, D – Confidentiality as it Pertains to the Provincial Executive;
- Approved amendments to Operational Procedure 22 – Negotiations, B – Procedures for Provincial Negotiations;
- Approved a resolution be forwarded to Annual Council regarding NSTU Standing Order 18 – NSTU Province-Wide Voting.



**CTF/FCE**

Sondage du 21 oct. au 15 nov.

### Pour que le soutien en éducation cible les besoins les plus criants

Appel aux enseignantes et enseignants et aux membres du personnel des écoles publiques du Canada!

**Exprimez-vous!**  
Balayez le code QR pour répondre au sondage.



# Parachute.

Série de sondages menés auprès du personnel de l'éducation

## Deals & Discounts

for NSTU members  
(including retired members),  
please visit the website at [www.nstu.ca](http://www.nstu.ca)

# Members recognized at annual Local Service Awards event

At a special evening recognition event on September 20, 29 NSTU members were honoured with Local Service Awards. These Local leaders have a wealth of experience of service to education, their students and colleagues. Whether they have taken on the role as NSTU representatives at their worksites, served as a member of their Local Executives, or been on provincial and/or national committees, these members have left their mark on public education in Nova Scotia.

Historically this event took place during NSTU's Annual Council weekend. Now, these deserving members are recognized during an event early in the school year.

NSTU president Peter Day presented the awards along with NSTU's Executive Director Steve Brooks. The event included a dinner and social gathering following the presentation.



*Shown in the photo seated (l – r): NSTU president Peter Day, Darren Teasdale (Antigonish), Kelly Brogan (Queens), Bill Berryman (Hants West) and John MacInnis (Inverness).*

*Standing 1st row: Mary Currie (APSEA), Michelle Freeman (Annapolis), Louann Surette, (Shelburne County), Suzanne Rohland, and Angela Ewing (Halifax County), Dave Martell (Halifax City), Brenda Morrissey (Colchester-East Hants), Réjeanne Gaudet (CSANE), Kerry Doucette (Colchester-East Hants), and Deena Jewers (Guysborough County).*

*2nd Row: Diana Dibblee (Halifax City), John MacKinnon and Maureen Nickerson (Yarmouth), Shunda MacInnis (Pictou), Janique Barnard (Halifax City), Byron Butt (Lunenburg County), Rémi Maillet (CSANE), Dana Jewers (Guysborough County), Gisele Gartland (Cape Breton District), and Myla Borden (Pictou).*

*Missing: Lynnette Babin and Janie Lumsden (Antigonish), Véronique Tagliepietra (CSANE), Ambroise Bazot (Lunenburg County), and Phil Samson (Richmond).*

The deadline for the  
November/December issue  
of *The Teacher* is November 29

Contact Nancy at 902-477-5621 or [theteacher@nstu.ca](mailto:theteacher@nstu.ca)



Retired Teachers Organization

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

# International Collaboration for Education (ICE):

## Because we are, the nation is

by Megan Hoferichter

International Collaboration for Education is a program through the Canadian Teachers' Federation and has been in action since 1962. The goal is to improve the quality of education around the world and work with teachers' organizations to make high-quality, inclusive public education available for all children.

This past July, I had the privilege of journeying to the beautiful country of Uganda through the International Collaboration for Education Program (formally *Project Overseas*). Through NSTU, the Canadian Teachers' Federation (CTF/FCE), and Uganda National Teachers' Union, I was selected to join a team of four teachers from across Canada to collaborate with Ugandan co-tutors to create and teach professional development sessions to over 80 teachers at Loro Teachers' College, in Loro, Uganda. Our sessions included topics such as classroom management, learning styles and modalities, leadership, and instructional strategies. We focused on inclusion, creating positive and safe classroom environments, gender equality, and the importance of teacher unions.

During this time, I had the chance to grow both personally and professionally. The experience of working alongside Ugandan educators allowed me to expand my teaching skills, adapt to new environments, and embrace different perspectives on education. I was particularly inspired by the dedication and resourcefulness of the teachers I met there, and I learned a great deal about Ugandan culture and the unique challenges and opportunities in their educational system. The Ugandan teacher participants were kind, enthusiastic, and joyful. It was clear that everyone shared a passion for education and a desire to improve the public education system for both students and teachers.

There were many highlights during my time in Uganda including visiting some of the local schools where our participants teach. We could see some of the challenges they faced including teaching huge class sizes (some classes over 200 students with one teacher) with limited resources. We also had a Canadian and Ugandan cultural night where we shared with each other facts about our countries, songs, dances, and food.

International Collaboration for Education was an experience of a lifetime and one that I am grateful to have had the opportunity to do. My experience in Uganda was nothing short of transformative and I will cherish the memories and friendships I made there forever.

*Megan Hoferichter is a Grade 1 Teacher at Oxford Regional Education Centre in Cumberland County.*

The NSTU is proud to sponsor two members for International Collaboration for Education(ICE) 2025, formerly *Project Overseas*. The deadline for NSTU members to submit their application for ICE is Friday, November 29th, 2024. For more information see the following two pages or check the NSTU website at this link: <https://nstu.ca/nstu-members/professional-development/grants-opportunities/international-collaboration-for-education-ice>





# International Collaboration for Education 2025



**International Collaboration for Education (ICE)** (formerly known as Project Overseas [PO]) is a joint endeavour of the Canadian Teachers' Federation (CTF/FCE) and its Member and Associate Organizations to support partners in developing countries as they co-plan and co-deliver professional learning to local teachers. Since 1962, the project has assisted teacher organizations in over 50 countries in Africa, Asia and the Pacific, and the Caribbean. Every July, the project places over 50 volunteers in 10 to 15 countries. Financial support is provided by the CTF/FCE and its Member Organizations.

## MAIN OBJECTIVES OF THE PROJECT

**ICE** is a key part of the CTF/FCE's International and Social Justice Program. It focuses on teachers taking action for:

- **Teaching** — Canadian teachers work with overseas colleagues to co-plan and co-facilitate workshops for teachers and education workers.
- **Teacher Organizations** — The program assists Partner Organizations overseas as they strengthen their capacities to provide professional services to their members.
- **Gender Equality** — The program addresses gender equality for students and teachers, assists in the development of gender-responsive school environments, and works to build awareness around school-related gender-based violence.

**ICE** is often an integral part of long-term projects that strengthen and promote equitable, high quality, publicly funded education for all.

## TERMS OF THE ASSIGNMENT

**Participants:**

- will be assigned to a location where there is a CTF/FCE project but will not choose their location;
- must be available for an assignment during the month of July and for preparation leading up to the assignment;
- will be part of a team, which has a designated team leader;
- usually share living accommodations with other participants;
- do not receive payment for the assignment, however travel and basic living expenses are covered;
- cannot be accompanied by family members or friends.

## SELECTION OF PARTICIPANTS

Applications are received and reviewed by the CTF/FCE Member Organizations before the selected applications are forwarded to the CTF/FCE. Participants are chosen on the basis of advice from Member Organizations and the expressed needs of the Partner Organizations overseas. Successful applicants are notified of their assignments in February.

## CRITERIA FOR APPLICATION

Applications are welcome from any Canadian teacher who:

- is a Canadian citizen;
- holds a Canadian passport valid until at least July 2026, at the time of application (proof that a passport application has been made will be accepted);
- is a member of a provincial or territorial teacher organization that supports International Cooperation for Education (**ICE**);
- holds a valid teaching certificate;
- has completed at least five years of teaching in Canada by July 2025;
- is in excellent health and be able to work in developing country conditions;
- **has high standards of professionalism and personal conduct;**
- **shows evidence of flexibility and mature judgment;**
- **is willing to put the team and project needs above personal needs.**



## HOW TO APPLY

Teachers wishing to apply for International Collaboration for Education (**ICE**) can obtain application forms and additional information from their sponsoring provincial/territorial teacher organization.

### Sponsoring Member Organizations



Founded in 1920, the CTF/FCE is a federation of teacher organizations in every province and territory of Canada and is an active member of Education International. We promote and support quality inclusive publicly funded public education in all its forms. We uphold teaching as a profession and advocate for adequate resourcing, labour rights, and social justice across Canada and around the world.



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

# notices

## 2025 Prime Minister's Awards Nominate an educator today!

Consider nominating an educator for a 2025 Prime Minister's Award! Download your nomination package today by visiting the website.

Help celebrate those who go above and beyond to create safe spaces for their students, continue to work hard to make learning fun, and inspire the next generation to be bold innovators and creators.

Prime Minister's Awards recipients can receive:

- A certificate from the Prime Minister
- National recognition and promotion of their best teaching practices

Help spread the word about the Prime Minister's Awards. Download and use the Prime Minister's Awards digital promotional tools to put on your walls, in your publications, on your website or in your social media posts.



## Ripple Foundation's free, national writing challenge is now open

The Ripple Foundation, Canada's national youth education charity fostering the next generation's literacy through free programs, has launched its search for the next winner of Kids Write 4 Kids. This gives aspiring young writers in Grades 4 to 8 the opportunity to become a published author. Proceeds from book sales are donated to a charity of their choice. Last year's winners are donating to Childhood Cancer Canada, with one of the winners writing about her own experience with cancer.

To learn more about Kids Write 4 Kids, please visit: [ripplefoundation.ca/contest/](http://ripplefoundation.ca/contest/) More info contact: Shiryn Sayani at [shiryn@ripplefoundation.ca](mailto:shiryn@ripplefoundation.ca)

The Kids Write 4 Kids Creative Challenge is now open for entries, discovering young authors across Canada



# NSTU Webmail

## NSTU email addresses retiring July 18, 2025

After July 18, 2025, NSTU email addresses will no longer exist. At Annual Council 2024 delegates voted to remove the obligation of the NSTU to provide an **nstu.ca email address**. This came about in response to concerns raised through an independent IT review conducted during the 2023-2024 academic year.

The **nstu.ca** accounts will remain active until **July 18, 2025**. The service will be retired and no longer accessible. Please remove from the **nstu.ca account** any email content you would like to keep before July 18. After this, you will receive NSTU-related information to your preferred non-employer email address or via text message.

We are urging all members to visit [www.nstucentral.ca](http://www.nstucentral.ca) and update your membership registry profile with your preferred non-employer and non-nstu.ca email address. You may also want to update your cell phone number if you are interested in receiving text updates.

For additional guidance on how to update your profile here is a link to a very short video: <https://youtu.be/Q4DU58vhVig>

# resources



## Jays Care Foundation Affiliate School Program/T&R Resources

The Jays Care Foundation is looking for teachers across Canada to join its Affiliate School Program. Affiliate School Program. Team up with the charitable arm of the Toronto Blue Jays to launch award-winning extracurricular programs in your school! It's FREE, easy, and there is no previous baseball experience necessary!

Jays Care's signature programs include: Girls At Bat, Challenger Baseball, Indigenous Rookie League, or RBI (formerly known as Rookie League).

For more information: [Jays Care Affiliate School Program](#) or view <https://fb.watch/vfqITLROGJ/>

## Veterans Affairs Classroom Resources

Every year, Veterans' Week learning materials land in classrooms from coast to 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](#). Resources, lesson plans, and activities for the classroom are found here: <https://www.veterans.gc.ca/en/remembrance/classroom>

This year's theme — Canadian Armed Forces around the world — and the poster, reflect Canada's longstanding role in promoting and defending peace and security across the globe. The poster depicts crew members of a Canadian Cyclone helicopter looking down on HMCS Montreal, sailing in the Mediterranean Sea as part of operations supporting North Atlantic Treaty Organization allies. As part of the unveiling, current members of HMCS Montreal, shared their excitement about the ship being featured on the poster.

As the Royal Canadian Airforce celebrates its 100th anniversary, this Veterans' Week poster pays a special homage to CAF members who have contributed to domestic operations, international peace efforts and overseas military missions. At sea, on land and in the air, from the shores of Nova Scotia to Cyprus and East Timor, these courageous women and men have demonstrated resilience and pride and stood firm in defence of our values.

**SA**  
STARRYSKY  
AESTHETICS

Daydreaming about March Break already?

Have resort-ready skin by beginning your series of vacation-friendly treatments today. We use safe, effective technology to deliver:

- Hair removal
- Tattoo removal
- Skin rejuvenation
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NSTU Discount  
**15%**

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starryskyaesthetics@gmail.com

**CTF/FCE**

Survey runs Oct.21—Nov.15

**Ensure education support lands where it's needed most.**

Calling all Canadian public school teachers and education workers!

**Have your say!**  
Scan QR code to fill out the survey.

**Parachute.**  
Pan-Canadian Educator **Survey Series**

# coming events

## OCTOBER

### Mi'kmaw History month

**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'kmaw History Month committee encourages educational and cultural activities. This year's theme celebrates Mijijewey Na Mawa'luksi'k (Food Gathers Us Together).

This year's theme focuses on the significance of food in Mi'kmaw culture. According to the Mi'kmaw History month website: "Food gathers us together for celebration, nourishment

and comfort. It is central to our ceremonies, considered part of our medicines, and key to our resiliency. Sharing freely honours each other and blesses our families and communities so no one is harmed or struggles. The long-ago treaties with the first plants and animals of Mi'kma'ki require us to love and to protect msit no'kmaq (all our relations). Living through the values and ways of netukulimk over thousands of years has carried our communities through times of abundance and scarcity.

Water is life! Our cultural practices protect the shorelines, estuaries, and aquatic habitats, where so much of our food is harvested. This protection is extraordinarily important to the ongoing treaty relationships among all living beings in Mi'kma'ki."

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>.

**MI'KMAW**  
 HISTORY MONTH  
 OCTOBER 2024

**Mijijewey Na Mawa'luksi'k**  
 Food Gathers us Together

**Tpitnewey**  
 Tpitnewey is when people generously give away what they have hunted, gathered or made, honouring the intention of doing good things for others. Giving in this way is expected within our worldview and values. Together with netukulimk, Tpitnewey ensures food security and nutrition for all. It is an expression of love for those around us and for the lands and waters of Mi'kma'ki.

**Netukulimk**  
 The Mi'kmaw concept of netukulimk governs how people interact with the land, water, plants, animals, and each other. For thousands of years, netukulimkewel (the practices of netukulimk) have protected our habitats and the plants and animals that live within them. When we live through netukulimk, we are ensuring community nutrition and economic well-being without damaging the integrity, diversity, or productivity of our environment.

**Msit No'kmaq**  
 Msit no'kmaq is said with the understanding and acknowledgement that you are deeply rooted and connected to everyone and everything that is, and has been created, not only in this world, but in the seven sacred directions. Mi'kmaq use this phrase to honour the original treaties with all beings. These treaties guide us to take only what we need and not to hinder the lives and abilities of others. If we harm other beings unnecessarily, they will leave our territories. When we live in balance, we thrive.

**Wikipalimik**  
 Food gathers us in celebration and ceremony, allowing us to nourish ourselves while honouring our relationships and responsibilities. Feasting is a big part of Mi'kmaw ceremonies, where sharing food strengthens our bonds to each other and to our ancestors. Whether offered via sacred fire, through spirit plates, or pipe ceremony, we share food and medicines as acts of gratitude and blessings.

Food gathers us together for celebration, nourishment and comfort. It is central to our ceremonies, considered part of our medicines, and key to our resiliency. Sharing freely honours each other and blesses our families and communities so no one is harmed or struggles. The long-ago treaties with the first plants and animals of Mi'kma'ki require us to love and to protect msit no'kmaq (all our relations). Living through the values and ways of netukulimk over thousands of years has carried our communities through times of abundance and scarcity.

Water is life! Our cultural practices protect the shorelines, estuaries, and aquatic habitats, where so much of our food is harvested. This protection is extraordinarily important to the ongoing treaty relationships among all living beings in Mi'kma'ki.

Indigenous Services Canada | Services aux Autochtones Canada | @Mi'kmaw\_HM | @Mi'kmaw\_HM | MI'KMAW | NOVA SCOTIA | The Confederacy of Mainland Mi'kmaq | Native Council of Nova Scotia | Union of Nova Scotia Mi'kmaq



The NSTU Group Insurance Trustees want to make sure plan members are aware of the travel benefits available to them and are armed with the latest travel coverage information. The NSTU Group Insurance Plans offer to both active and retired members the NSED Group Travel Plan and the NSTU Trip Cancellation / Trip Interruption Plan insured by Medavie Blue Cross that provides year-round coverage.

## NSED Out-of-Province/Canada Emergency Medical Insurance

A 35-day annual Base Plan can be purchased and provides coverage for an unlimited number of trips up to 35 consecutive days per trip during the policy year.

For longer periods of travel, you can purchase a Supplemental Plan for additional protection to cover the period of time that you will be away. The Supplemental Plan provides coverage for one single trip longer than 35 days and includes the annual Base Plan coverage. The Supplemental Plan also includes a 40-day plan to provide more travel options for members.

Premium payments are made through monthly payroll or pension deduction to the policy renewal, which is September 1<sup>st</sup>.

## NSED Trip Cancellation / Trip Interruption Plan

This plan helps protect travelers against unforeseen circumstances that may prevent or interrupt a trip. This annual plan provides the following:

- Trip Cancellation – up to a maximum of \$5,000 per insured person per annual coverage period.
- Trip Interruption – up to a maximum of \$5,000 per insured person for each covered trip.
  - Up to a maximum of \$3,500 for lodging, meals, car rental, telephone calls and taxi costs (\$350 per day).
  - Up to a maximum of \$1,000 for loss of, or damage to, baggage and personal effects during a covered trip.
    - Personal effects – actual cash value or \$500, whichever is less.
    - Document replacement – up to a maximum of \$200.
    - Baggage Delay – up to \$400.

### What if I have a medical emergency while outside of Canada?

If you or an eligible family member have an unexpected illness or injury (including COVID-19) and you are insured under the NSED Travel Out-of-Province / Canada Emergency Medical Insurance Plan, it is extremely important to call or, if you cannot, have someone call for you the Medavie Blue Cross travel assistance provider at **1-800-563-4444 in Canada and USA or collect at 1-506-854-2222 elsewhere in the world**. These numbers are on your ID card(s); therefore, it is important that you bring this card with you when you travel and share the numbers with a family member or travel companion. You should also have access to your family's provincial health cards when you travel. If you choose not to call the travel assistance provider, eligible expenses will be reimbursed at 80%, except in extreme circumstances when you are unable to call.

For a trip cancellation or interruption claim, you must use the same contact numbers as indicated above for the medical coverage. The NSED Trip Cancellation / Trip Interruption plan does not cover any claims related to COVID-19.

Please note, Medavie Blue Cross as the underwriter of these plans will not cover, provide services, or pay claims, for expenses resulting if you have any pre-existing conditions unless the condition is stable prior to travel, and when medical attention is not anticipated during the travel period.

To be considered medically stable you must not have, in the six months before the departure date:

- i) been treated or evaluated for new symptoms or new diagnosis; – had symptoms that increased in frequency or severity, or examination findings indicating the condition has worsened; – been prescribed a new treatment or change in treatment for the condition; – been admitted to or treated in a Hospital or referred to a specialist for the condition; – been awaiting new treatment, tests, consultations or referrals regarding the medical condition (does not include routine testing provided the results are within normal limits and no change in treatment is recommended).
- ii) This also does not include coverage for expenses incurred as a result of a condition caused by a change in medication within 90 days prior to departure (generally does not include routine changes in medication as part of an established treatment plan, for example daily/weekly adjustments of blood thinners or insulin based on blood test results or a change to a generic product, unless the dosage is modified).

Preparation is the key to a smooth claims experience if you and/or an eligible family member have a medical emergency or have your trip cancelled or interrupted. Preparation should include the following:

1. Have all travel documents accessible.
2. Have your travel insurance ID card available and share its location with your family or travel companions.
3. Always call the travel assistance provider in the event of a claim.
4. Bring along your benefit booklet(s) for reference should you need them.

If you have any further questions regarding the information outlined above, please contact the Administrator, Johnson Inc., at (902) 453-9543 or 1-800-453-9543 (toll-free). You can also find more information regarding your **NSED Travel Insurance** plan and all of your other NSTU Group Insurance benefits by visiting [www.nstuinsurance.ca](http://www.nstuinsurance.ca).

Hello Fellow Plan Members,

Before we get too far into the new school year, your NSTU Group Insurance Trustees want to take this opportunity to provide you with some important information related to your accounts with Medavie Blue Cross and Johnson Insurance.



As you may be aware, the **@nstu.ca** email address will be phased out and go offline effective July 14, 2025. This will require you to provide a new email address to Medavie Blue Cross as the insurer for your Total Care Medical and Total Care Dental benefit plans and Johnson Insurance as your group benefit plan administrator. The process to update your email address is as follows:

#### **Medavie Blue Cross**

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

#### **Johnson Insurance**

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

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

We trust the information outlined above is helpful. Please don't forget to visit our website at [www.nstuinsurance.ca](http://www.nstuinsurance.ca), to review the many benefits and programs available to you through the NSTU Group Insurance Plan.

Take care!

Your NSTU Group Insurance Trustees

### **NSTU Webmail**

The NSTU Webmail system is being retired on July 18, 2025. To stay up-to-date please visit <http://www.nstucentral.ca> and update your member registry profile.

# It pays to be a member!

**NSTU members can receive exclusive home and car insurance savings and enhanced coverages.**



**belairdirect.**  
car and home insurance

Certain conditions, eligibility requirements, limitations and exclusions apply to all offers. Visit [belairdirect.com](https://belairdirect.com) for more details. Offers may change without notice. We offer car insurance and home insurance in Alberta, Ontario, Quebec, New Brunswick, Nova Scotia, Newfoundland and Labrador and Prince Edward Island and home insurance only in British Columbia. © 2024, Belair Insurance Company Inc. All rights reserved.



# Important Update from Managed Health Care Services Inc. (MHCSI)

Managed Health Care Services Inc. (MHCSI) has rebranded to Vivanta and over the coming weeks will be updating their materials from MHCSI to Vivanta.

You will recall that this program provides an additional coverage of up to \$2.00 per prescription towards your out-of-pocket expenses when filling a prescription at a Lawtons or Sobeys Pharmacy. There is also the Lawtons Drug Partner Discount

program and access to membership with Scene+.

**Please note, all current MHCSI cards and documents will continue to be honored throughout this transition and members will still be able to enjoy the benefits the way they always have.**

For more information, please see the enclosed communication.

## Vivanta Member Updates!

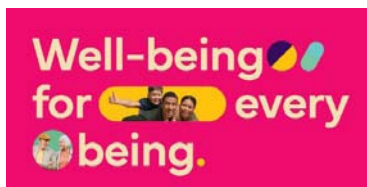


MHCSI is excited to introduce you to our new Vivanta Branding!

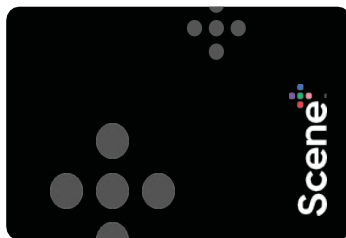
Over the coming weeks, we will be updating our materials from MHCSI to Vivanta. All current MHCSI cards and documents will continue to be honored throughout this transition. This rebranding will not affect how your plan is currently administered. Members will still be able to enjoy the benefits the way they always have!

You loved us as MHCSI you will LOVE us as **Vivanta!**

**Subscribe Now to the member newsletter exclusive offers!**



The Vivanta Member Communication is a monthly healthy living resource. The informative newsletter includes health awareness, services available at our preferred pharmacy network stores. For more information about your Vivanta membership, and our Scene+ exclusive offers - visit <https://vivantahealth.ca/en/wellness-plus/register-for-newsletter/> to sign up and receive our newsletter.



### Scene+ Membership

Earn 2 Scene+ points for every \$1 spent on the full cost of prescriptions. \*

\*Scene+ points may be earned at participating Empire Location pharmacy banners in Manitoba, Nova Scotia, and Saskatchewan

Not a Scene+ member? Register at <https://www.sceneplus.ca/register>



### Lawtons Drugs Partner Discount Card

Enjoy great savings\* on most of your purchases at Lawtons Drugs with your partner discount card\*\*

\*Some exclusions apply

\*\*available to members in Atlantic Canada only

If you have any questions, contact us at <mailto:admin@vivantahealth.ca>

Services administered and delivered by Vivanta/MHCSI. For more information visit <https://vivantahealth.ca/en/>

Vivanta Preferred Provider Network (PPN) Pharmacies include:



# 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](mailto:theteacher@nstu.ca)

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

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

Inexpensive Uncontested Divorce

## DIVORCE SOLUTION MEDIATION SERVICE

Helping families since 1995  
[info@divorcesolution.ca](mailto:info@divorcesolution.ca)  
 902-510-0460

[divorcesolution.ca](http://divorcesolution.ca)

Divorce Solution Mediation Service is offering a 20% discount to NSTU members.

## 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](http://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**

## 2024-2025 NSTU RETIREMENT SEMINARS SCHEDULE

DATE	REGION	LOCATION
October 2-3, 2024	CCRCE	Super 8 Hotel – Amherst
October 9-10, 2024	TCRCE	Rodd Grand – Yarmouth
October 16-17, 2024	CBVRCE	Holiday Inn Waterfront – Sydney
October 22-23, 2024	HRCE	Halifax Tower Hotel – Halifax
October 29-30, 2024	AVRCE	Old Orchard Inn – Greenwich
November 5-6, 2024	CCRCE	Pictou County Wellness Centre – Stellarton
November 13-14, 2024	HRCE	Halifax Tower Hotel – Halifax
November 19-20, 2024	SSRCE	Best Western Plus – Bridgewater
December 3-4, 2024	CCRCE	Best Western Glengarry – Truro
December 11-12, 2024	SRCE	Port Hawkesbury Civic Centre – Port Hawkesbury
January 14-15, 2024	HRCE	Sandman Signature Hotel – Dartmouth Crossing
February 25-26, 2025	HRCE	Sandman Signature Hotel – Dartmouth Crossing

Information from the  Nova Scotia Teachers Union

**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.

Check out the Sheonorail web page [sheonorail.nstu.ca](http://sheonorail.nstu.ca)

### PROJECT APPLICATION MAILING ADDRESS

Sheonorail Foundation Project Review Committee  
 3106 Joseph Howe Drive, Halifax, NS B3L 4L7

### DEADLINES

November 8, 2024  
 April 11, 2025

**SHEONORAIL FOUNDATION**