

Teachers urge Ottawa to deliver on loan forgiveness promise

The federal government's 2024 budget pledged to expand the *National Student Loan Forgiveness Program* to include teachers, specialists and early childhood educators working in rural and remote communities.

The initiative, which currently helps doctors and nurses who serve in hard-to-staff regions, offers up to \$30,000 in loan forgiveness over five years. The expansion was designed to encourage more educators to take positions in communities where retention and recruitment have been persistent challenges. Unfortunately, more than a year later, there's been no clear timeline or implementation plan.

Across Canada, teachers' unions say the delay is unacceptable. They argue that expanding loan forgiveness is an investment in rural education and a way to make the profession more accessible to young graduates burdened by student debt. Without this support, many teachers say they simply can't afford to move to or stay in smaller communities.

"I'm from Cape Breton and I see it all the time. Our rural communities are really in desperate need," NSTU President Peter Day told CBC on September 28th. "I know for a fact people were talking to us and saying, 'I'm going to wait and see when that loan forgiveness lands and then I might go take one of those rural positions.'"

The Canadian Teachers' Federation (CTF/FCE) has launched a national campaign urging the federal government



to act. The campaign explains how the program could make a real difference for educators and provides an easy way for Canadians to contact their MPs and demand Ottawa follow through on its commitment to teachers and early childhood educators.

The NSTU is also calling on teachers, parents, and community members to take part. Visit www.actforeducation.ca/action to send a message to your Member of Parliament and help ensure this long-overdue program becomes a reality for teachers across the country.



Stand Up Against Bullying Day

On September 11, NSTU staff and Table Officers proudly wore various shades of pink to show their support for safe and caring school communities during *Stand Up Against Bullying Day* in Nova Scotia. Each year, on the second Thursday of the school year, students, families, staff, volunteers, and community partners wear pink to promote positive, inclusive, healthy, and respectful learning environments and relationships throughout the year.

people

Local Service Award recipients honoured at annual recognition event

On the evening of September 19, 26 NSTU members were celebrated for their outstanding contributions at the annual Local Service Awards event. These dedicated individuals were recognized for their longstanding commitment to education, their students, and fellow educators.

Whether serving as NSTU representatives at their schools, participating in Local Executive roles, or contributing to provincial and national committees, each of these members has made a

lasting impact on public education in Nova Scotia. Traditionally held during NSTU's Annual Council weekend, the event now takes place earlier in the school year coinciding with the Local Presidents and RRC Chairs' first conference of the school year.

NSTU President Peter Day, alongside Executive Director Bethany MacLeod, presented the awards during the ceremony. The evening included a dinner and social gathering, offering attendees an opportunity to celebrate together.



Shown in the photo seated (l – r): Aage Gallagher who accepted the award along with his mother Dani Gallagher on behalf of his late father Benton Gallagher (Yarmouth); Jo-Leigh MacPhee (Kings), Karlee Perry (Annapolis) and Natalie MacIsaac (Kings). Standing 1st row: Lisa MacQuarrie (Colchester-East Hants), Linda MacPhee & Deanna Harlow (Lunenburg County), Danielle Theriault & Georgette Samson (CSANE), Liette Doucet (Halifax City), Amber Hiltz (Shelburne County), and Angela Gillis (Halifax City). 2nd Row: Lauchie MacKinnon (Colchester-East Hants), Sheri McGill & Ambroise Bazot (Lunenburg County), Peter Myatt (Halifax County), Jessica Schuringa & Judith MacDonald (Colchester-East Hants), Dean Marchand (Antigonish), Scott Hudson (Guysborough County), Vince Jessome (Inverness) and NSTU president Peter Day. Missing: Shari MacGillivray (Antigonish), Byron Penman (Cape Breton District), Jean-François Valade (CSANE), Shawn Hanifen (Halifax County), and Phil Samson (Richmond).

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

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We welcome your comments and suggestions:
[1-800-565-6788](tel:1-800-565-6788) or email theteacher@nstu.ca.

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2025-26 Local Presidents and RRC Chairs fall Conference

At their September 19 meeting, NSTU Local Presidents and RRC Chairs wore this year's Mi'kma'ki Strong #EveryChildMatters orange shirts to honour the National Day for Truth and Reconciliation.

During the conference executive staff officers Pamela Langille, Louis Robitaille, and Simon Wilkin provided updates on teacher certification, NSTU structure, roles & responsibilities and NSTU email & member registry respectively. Amanda O'Regan-Marchand led a networking session and Wendie Wilson presented the workshop *Intersectionality: Everyone has a Story*.



Seated: Dave Currie (Northside-Victoria), Jonathan Murphy (Annapolis Valley RRC Chair), Shane Goucher (Hants West), Jeannie Montgomery (Annapolis), Jerry Delorey (Antigonish), and Nadine Arnold (Colchester-East Hants and Chignecto RRC Chair). First row standing: Jill Vallis (1st vice-president Cape Breton District Local), Sheila Hawley (Inverness Local president and Strait RRC Chair) Mai-Ling Storm (Lunenburg County Local president and South Shore RRC Chair), Lacey Phinney (Guysborough County), Sarah Acker (Shelburne County Local president and Tri-County RRC Chair), Rachel Smith (APSEA), and Stacia Findlay (Cumberland). Second row standing: Tommy Samson (Richmond), Chris Runyon (Yarmouth), Jennifer Bradley (Digby), Laura Fryday (Queens), Desiree Daniele (Halifax County), Isabelle Cotnoir (CSANE), Nancie de la Cheviotière (Halifax City Local president and Halifax RRC Chair) Laura McCulley (Kings), Eliza Abbass (Pictou Local), Chris Doiron (Dartmouth), and NSTU president Peter Day. Missing: Dawn Spracklin (Cape Breton District Local president and Cape Breton-Victoria RRC Chair).



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From the NSTU President



Recognizing educators' impact

As we move further into fall, we're reminded of the beauty of change; the turning leaves, the crisp mornings, and the shorter days that signal another busy stretch of the school year. It's also a time to pause and celebrate the incredible work being done by teachers and teacher specialists in our public schools across the province.

October 5th marks World Teachers' Day, a time to recognize the profound impact educators have on the lives of their students and within their communities. Many NSTU Locals celebrated through Member Engagement Day activities, whether through gatherings, shared meals, or local appreciation events. Others have planned events throughout the month to give members an opportunity to connect and celebrate their profession.

No matter how you choose to take part, I encourage you to take the time to celebrate yourselves and your colleagues. Every day, you make a difference in the lives of students by fostering curiosity, empathy, and resilience. You create safe spaces where children can learn and grow, and you help shape a better future for our province.

October is also Mi'kmaq History Month in Nova Scotia, a time to honour the rich culture, knowledge, and traditions of the Mi'kmaq, the original people of this land. It is both a celebration and an invitation: a celebration of vibrant Mi'kmaw heritage, and an invitation to all Nova Scotians to reflect, learn, and recommit to the ongoing work of reconciliation.

Recently, I had the privilege of attending *The Gifts We Carry* Youth Empowerment Gathering, hosted by the National Centre for Truth and Reconciliation. This annual event, held as a kick-off for Truth and Reconciliation Week (September 22-26), brings together students from across the country to learn about Canada's history through the voices of Survivors, Elders, and Indigenous changemakers. In honouring Residential School Survivors, the day was filled with culture,

song, dance, and storytelling; reminders of both the resilience of Indigenous communities and the responsibility we all share to continue learning the truths of our shared history.

As educators, we know that learning never stops. It is vital that we take the time to listen, to learn, and to deepen our understanding of the experiences of others. Through open dialogue, respect, and collaboration, we can continue to take meaningful steps forward, building stronger relationships today and creating a more compassionate, inclusive tomorrow for future generations.

To all NSTU members: thank you for your dedication, your professionalism, and your unwavering commitment to students and public education. This October, let's celebrate the power of teaching, the strength of our community, and the ongoing journey of learning that connects us all.



Peter



NSTU president Peter Day and executive staff officer Wendie Wilson attended the Gifts We Carry with Mi'kma'ki Strong's Amanda Lorette and Jonathan Beadle. (See story page 11)



Are you ready for something more in your personal 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?

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Volunteer for Teaching Together 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 Africa and the Caribbean. Each year, over 50 Canadian teachers are chosen to volunteer in the program which take place in July.

All candidates must:

- hold a Canadian passport valid until at least 6 months following the volunteer program. (Proof that a passport application has been made will be accepted);
- be a member of a provincial or territorial teacher organization that supports Teaching Together;
- hold a valid teaching certificate;
- have completed at least five years of teaching in Canada by the time of departure for the program;
- be in excellent health and be able to work in potentially challenging conditions;
- **have high standards of professionalism and personal conduct;**
- **show evidence of flexibility and mature judgment;**
- **be willing to put the team and program needs above personal needs.**

Please note:

Teaching Together 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 volunteer participants. No family or friends are permitted to accompany 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

[To apply and for more information click here](#)

Deadline is` November 28.

We are all Treaty People

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

I acknowledge that this article is being written on the unceded land of the Mi'kmaw people. Living and working on this land is a privilege that carries a responsibility to learn, act meaningfully, and honor the enduring stories and traditions of the Mi'kmaw community.

This month, we are celebrating [Mi'kmaw History Month](#) with this year's theme of *A'tukwemk aq A'tukowinu'k – Storytelling and Storytellers*. 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 of the Mi'kmaq people.

To help acknowledge and support our path towards reconciliation and building our knowledge, we are proud to share this month's Pathways for Professional Learning giveaway, "Stories from the Six Worlds Mi'kmaw Legends" penned by author, Ruth Holmes Whitehead. Holmes Whitehead is a renowned Mi'kmaw historian and lives in Halifax.

Continuing with the idea from previous October Pathways articles, look for opportunities to weave Mi'kmaw ways of knowing and being year-round in your learning spaces. One of the resources that can help you is the brochure published by Treaty Education Nova Scotia, [We Are All Treaty People](#). On the back cover of this beautiful resource, which is available in English, French and Gaelic, there is an invitation to us—Nitap, the Mi'kmaq word meaning "friend" introduces this resource as starting point for deeper learning and understanding together as Treaty people.

This October, focus on gratitude for the First Peoples of this land and their enduring care of the earth through appreciation and reciprocity. Explore this resource to discover ways to say Wela'lin/Wela'liq, Tapadh Leat/Tapadh Leibh, Merci, Thank you, craft sincere land acknowledgements, and learn about Mi'kmaq districts in the Atlantic Provinces through an illustrated map that supports informed and meaningful recognition.

During the month of November, when we often look to the past to show appreciation for sacrifice and courage, this valued resource offers readers information both about the content of the

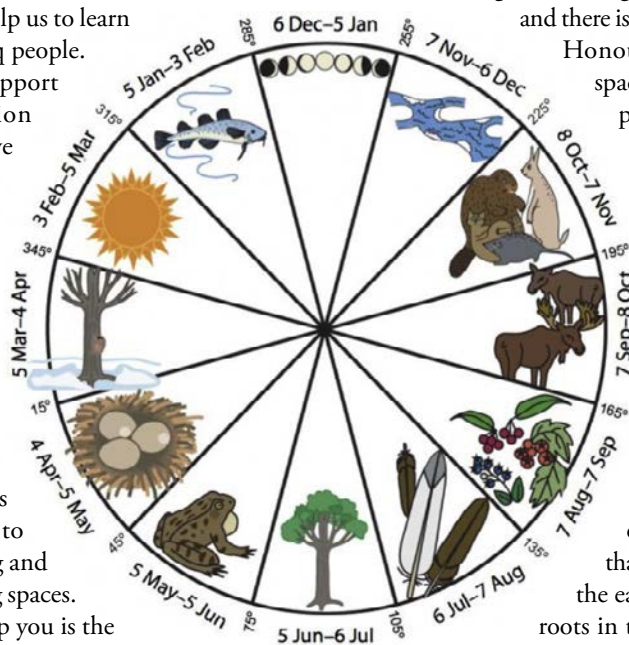
treaties but also offers the opportunity to reflect on why these treaties are important. Delving deeper into the *why* can allow to a more holistic understanding of these agreements and their place in our efforts as settlers to demonstrate our commitment authentically and with greater understanding.

During the month of December, when we are often focused on traditions, the *We are all Treaty People* resource extends a hand and welcomes us into the stories that underlie symbols, language and song. There is a glossary of commonly used greetings and there is also a page dedicated to the Mi'kmaq

Honour Song. If you have ever shared space while the Honour Song has been performed, it can be a very moving experience. The beating of the drum, symbolizing the heartbeat of Mother Earth and the sound of voices sharing the sacred lyrics, offers listeners the opportunity to be present and reflect on the incredible history of the Mi'kmaq people. As you enter January, the birth of a New Year, there is the recognition that the Mi'kmaq year is unique from the calendars we have on our walls and our devices. Based on the knowledge that so many generations gathered from the earth, the Mi'kmaq calendar finds its

roots in the phases of the moon that appear in the night sky and how they relate to the cycle of life on earth. The Mi'kmaq Moons Project was developed through a collaboration among Mi'kmaq Elders and the CBU Canada Research Chair in Integrative Science. (Source: <https://definingmomentscanada.ca/education/etuaptmumk/mikmaw-moons/>)

The month of February, often a month where there is focus on expressing admiration and affection towards one another, try and make time to extend a genuine hand towards our Mi'kmaq neighbours and communities. We could seek to better understand the origin of the word Nitap and the significance of its usage on the resource as part of the invitation to bridge understanding towards reconciliation. Although traditionally celebrated during the month of September, the Mi'kmaq Kina'matnewey Schools describe it as a day to encourage friendship and working together. Much like

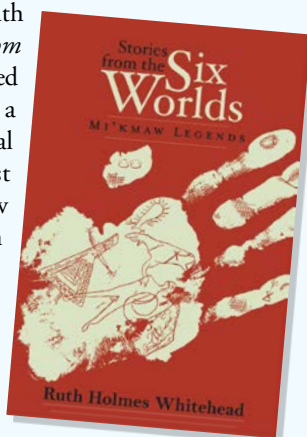


Continued on page 7

Email your name, home address, and the name of your school with **PATHWAYS** in the subject line to theteacher@nstu.ca by **December 5, 2025**, to be eligible for the draw.

Stories from the Six Worlds by Ruth Holmes Whitehead Nimbus Publishing

Drawing on various sources, Ruth Holmes Whitehead's *Stories from the Six Worlds* retells the tales passed down by word of mouth, in a voice close to that of the original Mi'kmaw storytellers that best preserve and present Mi'kmaw culture. The tales contain universal themes including Order and Chaos, Courage and Fear, Change, Revenge and Mercy, Death, Rebirth, and Power powerfully rooted in Mi'kmaw tradition and land. *Stories from the Six Worlds* offers Mi'kmaw legends to all whose search for meaning draws them to ancient cultures.



continued from page 6

this article focuses on the recognition, celebration and genuine action towards growing in our knowledge of Mi'kmaw history all year round, making opportunity to continue extending friendship and working together during every month is a meaningful way to show our dedication as Treaty People.

March is nutrition month. *We are all Treaty People* shares the history of traditional Mi'kmaw medicines and ceremony. I have participated in a "smudge" and am grateful to understand more about this sacred tradition. I have also learned more about medicine bundles, sweat lodges, sacred fire and drums because of this resource. The design of this pamphlet inspires further learning. During the month of May, in which we often focus on our mental well-being gives us another opportunity to explore these sacred traditions.

As spring arrives in April, this resource shares information and history of the Mawio'mi, which is the Mi'kmaw word for pow wow. During a Mawio'mi, Mi'kmaw communities welcome anyone who wants to learn about Mi'kmaw history and culture through sharing food, artisans' creations and dance. The resource shares that, "*Traditional Mi'kmaw dancing is a celebration of life, and each dance tells a story.*" As spring celebrates new life, the opportunity to attend a Mawio'mi is a truly special and sacred experience.

During the month of June we often focus on PRIDE through recognition and allyship with our 2SGLBTQAI+ community. The 2S at the beginning of this acronym refers to two-spirited, which some Indigenous communities recognizes as both the feminine and masculine spirit being present in individuals. Within the resource, allyship is discussed in the context of our role as Treaty people and how we can demonstrate meaningful action towards truth and reconciliation. These actions include, "*actively supporting the struggle, transferring the benefits of your privilege to those who have less, speak up, even if you are scared and acknowledge that the conversation is not about you.*" As a Treaty ally, how might you show your allyship in these ways? Explore ways that you can be a Treaty ally.

Thank you for taking the time to read this article. I hope you found it as engaging to explore as it was inspiring for me to write.

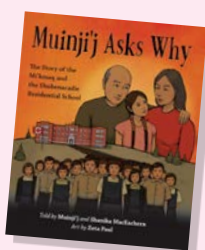
Wela'liog

EQUITY COMMITTEE

Email your name, home address, and the name of your school with **EQUITY** in the subject line to theteacher@nstu.ca by **December 5, 2025**, to be eligible for the draw.

Muinji'j Asks Why by Shanika MacEachern and Breighlynn MacEachern (Muinji'j) illustrated by Zeta Paul Nimbus Publishing

Muinji'j Asks Why: The Story of the Mi'kmaq and the Shubenacadie Residential School is an educational and heartfelt retelling of the story of the Mi'kmaq and their traditional lands, focused on the generational traumas of the Indian Residential School System. This touching book featuring brilliant artwork from Mi'kmaw artist Zeta Paul and words inspired by Muinji'j MacEachern's true story, *Muinji'j Asks Why* will inspire conversation, understanding, and allyship for readers of all ages.



September Book Winners!



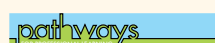
Lyndsey Mitchell — AVRCE



Pascale Landry — CSAP



Tara Sears — SSRCE



Jacquelyn Landry-Cummingner
— HRCE

Rise: Wellness for Every Educator

Five Foundations to Nurture Health, Balance, and Resilience

by Betty-Jean Aucoin, NSTU Executive Staff Officer (Ret.)

“Am I going to die?” This was the first question I asked when I was diagnosed with breast cancer. Years later, when my cancer returned as stage IV, I asked it again. Both times, my physicians reminded me that research, new medications, and lifestyle choices would allow me to continue living an abundant life.

As educators, we know that challenges will come. Some are unexpected and heartbreaking. Others are part of the natural journey of teaching and living. What I have learned through my own health journey is that we can rise to meet them. I share this message not only through my book *RISE: Living Life Over Cancer*, but also through presentations and conversations across our province and beyond. My goal is simple: to offer hope, tools, and inspiration so we can all live well, no matter the challenges before us.



Aucoin is shown with retired teacher and former Colchester-East Hants Local president Robert George who is battling pancreatic cancer.

The Five Foundations

Integrative Care

Healing takes more than one approach. I focus on healthy nutrition by following the Mediterranean diet, daily movement through walking, yoga, and weight training, and complementary therapies such as massage, acupuncture, and naturopathic oncology. I am grateful for my NSTU health insurance, which has supported me in accessing many of these services.

Self-Care

During my time with the NSTU, I led many workshops on self-care. In retirement and through my cancer journey, I have taken my own advice to heart. Self-care is not selfish. It is health care. Creating space for rest, reflection, and activities that nurture our spirit is essential to sustaining wellness.

A Supportive Network

You cannot heal in a toxic environment. It is vital to surround yourself with those who uplift and encourage you. I am blessed with a supportive family, friends, and colleagues who have walked beside me. In our profession, we know the power of community. Healing and growth are not solitary pursuits.

Mindset

Our bodies listen to the words we speak to ourselves. I remind myself daily to speak as kindly to myself as I would to a good friend. I picture a hula hoop around me, keeping out negativity and unnecessary drama, while inviting in healthy interactions and positivity. For educators, mindset is a tool as powerful as any lesson plan.

Advocate for Yourself

For 13 years as an Executive Staff Officer with NSTU, I advocated for teachers and

public education. Before that, I advocated for students and school communities. Today, I advocate for myself within a health care system that is under stress, but filled with dedicated professionals. I remind myself and others: you are worthy of the best care available. Advocate, advocate, and advocate again.

A New Classroom

In writing *RISE: Living Life Over Cancer*, I expanded my classroom. For many years, my focus was on teaching teachers, supporting their professional growth, resilience, and well-being. Now I share these same lessons more broadly with communities, families, and individuals who are navigating life's challenges.

My book is not solely about cancer. It is about rising above the challenges we each



Cape Breton District Local teacher Donalda Westcott is shown with Aucoin at a recent book signing event in Cape Breton.

face in life, whatever they may be. My wish is to inspire hope in every reader and to give them confidence to defy limits. Just as we do in education, we can create environments where people feel safe, supported, and empowered to grow. Together, we can rise.

“Self-care is not selfish. It is the new health care. You are worthy of the best care available.”

Resources & More

- livinglifeovercancer.com
- YouTube: Living Life Over Cancer with Betty Jean Aucoin
- RISE: Living Life Over Cancer — Available on Amazon (Canada, US, UK, Australia), FriesenPress, and Indigo

About the Author

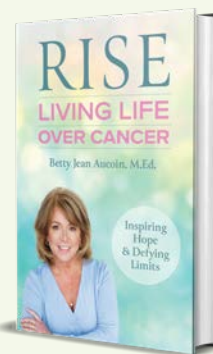
Betty Jean Aucoin is an educator, wellness coach, and author of RISE: Living Life Over Cancer. A retired Executive Staff Officer with the Nova Scotia Teachers Union, she now shares lessons in resilience, self-care, and healthy living through her writing, presentations, and Living Life Over Cancer Wellness & Coaching.



the well teacher

Email your name, home address, and the name of your school with **WELL TEACHER** in the subject line to theteacher@nstu.ca by **December 5, 2025**, to be eligible for the draw.

Rise: Living Life over Cancer by Betty-Jean Aucoin Humanworks Press



Rise: Living Life over Cancer is a powerful and deeply personal account of Betty Jean Aucoin's journey through recurrent stage IV breast cancer. Aucoin, a retired teacher, administrator, system supervisor and NSTU executive staff officer, share the emotional truths, holistic practices, and inner strength that helped her reclaim life on her own terms. *Rise* is a guide for anyone navigating cancer—patients, survivors, and caregivers alike. Through vulnerability, insight, and hope, she offers tools and encouragement to help others rise above fear and live with purpose.

Topics, including healthy eating, exercise, self-care, and family support are delivered in practical and personal terms—grounded in the author's study of healing practices.

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NSTU supports youth empowerment honouring Residential School survivors

The Nova Scotia Teachers Union proudly sponsored *The Gifts We Carry: Youth Empowerment Event Honouring Residential School Survivors* held on September 18 at the Scotiabank Centre in Halifax.

This 90-minute live educational event brought together nearly 5,000 students in Grades 7–12 from across the province for an inspiring experience that celebrated Indigenous culture, music, dance, and history while honouring Residential School Survivors. The gathering aims to foster open dialogue among young people about the truths of Canada's Residential School System.

“Through culture, song, dance, and storytelling, this event reminded us of both the resilience of Indigenous communities and the responsibility we all share to continue learning the truths of our shared history,” says NSTU president Peter Day.

Organized by the National Centre for Truth & Reconciliation this event took place leading into Truth and Reconciliation Week 2025, a five-day national initiative inviting students, educators, and communities to engage with the history and enduring spirit of First Nations, Inuit, and Métis peoples.

Students, teachers, and honoured guests heard powerful messages from Residential School Survivors, Elders, change-makers, and knowledge-holders, alongside moving

performances by Indigenous dancers and singer-songwriters sharing the stories and culture of Mi'kma'ki.

“One of the most moving parts of the day was the carrying of the Memorial Cloth, bearing the names of thousands of Indigenous children who did not return from residential schools,” continues Day.

The 60-metre Memorial Cloth—a sacred piece blessed and smudged by Elders—holds the names of children listed in the National Student Memorial Register. As it was carried through the Scotiabank Centre by students and honoured guests, 19-year-old Indigenous singer-songwriter DeeDee Austin, from Fall River and a member of Abegweit First Nation (PEI), performed *Buried Truth*, a song inspired by her great-grandmother's experiences at the Shubenacadie Indian Residential School.

The event also featured an opening prayer from Mi'kmaq Elder and Survivor Roseann Martin, who spent 14 years in the Residential School System, and a bilingual recitation of Rita Joe's iconic poem *I Lost My Talk*—in both English and Mi'kmaq—by her daughter Frances Sylliboy and niece Ainsley Denny.

Additional performances included Emma Stevens from Eskasoni; Drives the Common Man, a Mi'kmaq singer-songwriter from London, Ontario; and African Canadian–Mohawk artist Julian

Taylor, who performed *Seeds*, a tribute to the 215 children whose remains were found at a former residential school in Kamloops, B.C. Nova Scotia's own Neon Dreams closed the event with a powerful final performance.

Now in its fourth year, the youth empowerment event has previously taken place in Mississauga, Ottawa, and Winnipeg, with Halifax serving as an important stop on the national tour.

To view or share the full event with students, visit: [The Gifts We Carry on YouTube](#)



Mi'kmaq Elder Roseann Martin



Ainsley Denny and Frances Sylliboy, the niece and daughter Rita Joe, recite I Lost My Talk.



Emma Stevens

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Alexa McDonough Lecture Series focuses on women and politics

The NSTU continued its sponsorship of the Douglas Coldwell Layton Foundation's Alexa McDonough Lecture Series. This year's lecture, *Bold Leadership* took place September 25 at Mount Saint Vincent University. Moderated by Dr. Maya Eichler, former Canada Research Chair in Social Innovation and Community Engagement and professor at MSVU, the panel featured: Kelly Bennett, VP at Abacus Data; Claudia Chender, MLA for Dartmouth South, and leader of the Nova Scotia NDP; and Dr. Mary Rita Holland, the MSVU's 18th Nancy Rowell Jackman Chair in Women's Studies. Bennett shared new national research on women's participation in politics—covering leadership, candidacy,

electoral success, and voter engagement. Following that the panellists discussed the insights on the participation of women in politics from their perspective and experience.

NSTU president Peter Day attended the lecture with NSTU's second vice-president Sarah Tutty (Lunenburg County-Queens), shown centre, and Viviane Abdallah (Dartmouth), a member of NSTU's Status of Women Committee.

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.



Raymond Sewell, l'nu poet, singer-songwriter, and English professor from Pabineau, First Nation, New-Brunswick opened the lecture series with the Mi'kmaq Honour Song.



St. Louis: Ship of Fate

Chase Gallery, Nova Scotia Archives, 6016 University Ave., Halifax, NS.

This exhibit was developed as a partnership project of the Atlantic Jewish Council and the Maritime Museum of the Atlantic.

This exhibit features large bilingual panels and artifacts appropriate for students in Grades 6 to 12. Educator resources are provided, and schools can book student visits to the exhibit from November 6 to 26.

About the St. Louis fateful voyage:

On May 13, 1939, over 900 German Jews fled the rising violence of Nazi Germany aboard St. Louis ship. Bound for Havana, they had Cuban tourism visas, but just as the liner left, Cuban officials changed the rules.

The plight of the St. Louis passengers made headlines around the world. After the United States and Canada refused entry to the ship carrying the Jewish passengers, it was forced to return to Europe. Shortly afterwards the Nazis began their program of genocide, rounding up and murdering the Jews of Europe.



Atlantic Jewish Council

To pre-book, or for additional information, please contact: Edna LeVine, Director of Community Engagement, Atlantic Jewish Council, engagement@theajc.ca

The LEGACY Collexion

Welcome back to School! Let's Inject equity into the curriculum gradually with Afrotastic NEXT!

Please support us in making a difference in the minds of students BY ORDERING BULK AMOUNTS (50, 100, etc) for your class, school or school board.

Our **Afrotastic activity books** are designed for Grades 4–8, offering engaging, curriculum-linked activities that bring Black history to life **all year long**—not just in February.

- Celebrates Black Canadian history
- Explores global Black achievements

Each 20-page, full-colour book is print-on-demand, allowing schools to order in bulk so every student can participate. Prepaid orders ensure timely delivery straight to your classroom.

Join us in advancing equity in education—equip your students with the tools to learn, reflect, and lead. Purchase a book for your students!

Buy yours today!!



coming events

OCTOBER

Mi'kmaw History month

Each October, Mi'kmaw History Month invites all Nova Scotians to deepen their understanding of Mi'kmaw culture, history, and heritage through educational and cultural activities.

This year's theme, *A'tukwemk aq A'tukowinu'k: Storytelling and Storytellers*, celebrates the enduring power of stories in Mi'kma'kik. These stories, shaped by the land and waters, passed down through generations, and rich with laughter, lessons, and truth, serve as a living record of Mi'kmaw science, history, and values. They continue to connect people to one another and to the ancestors who came before.

The 2025 Mi'kmaw History Month poster, created by the team at the Mi'kmawey Debert Cultural Centre, features text in Mi'kmaw, English, and French—affirming storytelling as a vital way Mi'kmaw people teach, learn, and live in Mi'kma'kik. Since the first poster was released in 1998, it has been generously supported by Indigenous Services Canada and various departments of the Province of Nova Scotia.

Across the province, teachers, students, and schools take this time to explore the history, culture, and achievements of the Mi'kmaq community—and to reflect on our shared understanding of their enduring contributions and traditions.

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



Canada



MI'KMAW
www.mikmaqhistorymonth.ca

NOVA SCOTIA



The Confederacy of Mainland Mi'kmaw



Native Council of Nova Scotia



Union of Nova Scotia Mi'kmac

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NSTU LEISURE RATE

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

Choose from a room with 2 Queen Beds or 1 King Bed and enjoy:

- Complimentary Breakfast
- Free Onsite Parking
- High-Speed Wi-Fi

Rate: **\$119.00 per night**

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CONTACT US

902.406.3000

35 Shubie Drive, Dartmouth
NS, B3B 0N4

www.marriott.com/yhzc

coming events

OCTOBER

Breast Cancer Awareness Month

October is Breast Cancer Awareness Month. This month nearly 2,600 people in Canada will hear the words, “You have breast cancer.” Breast cancer is the most commonly diagnosed cancer among women in Canada. More info: <https://cancer.ca/en/ways-to-give/breast-cancer-awareness-month>

OCTOBER

Women's History Month

October is [Women's History Month](#) in Canada, a time to highlight the achievements of women and girls, past and present, who have shaped Canada in fields like politics, science, arts, business, and the economy.

Discover the stories of remarkable Canadian women on the [Women of Impact in Canada](#) gallery.

Women's History Month also shines a light on the inequalities women still face, such as wage gaps, underrepresentation in leadership, and barriers to entering and advancing in the workforce, and the need to work together toward lasting change.

[Take action to advance gender equality](#) in your community.

OCTOBER

Canada's Healthy Workplace Month

Every October, [Canada's Healthy Workplace](#) Month (CHWM) highlights the importance of practicing habits that promote a healthy mind, body, and organizational culture.

Check out the [events calendar](#) to help you keep track of the activities and events happening across Defence during Canada's Healthy Workplace Month.

CHWM is a great time to explore the [Defence Team health and wellness resources](#) that are available to you.

OCTOBER 27-31

Media Literacy Week 2025: Learn, Engage, Connect

Has anything online ever made you think, “Wait... what?” Canada's 20th annual [Media Literacy Week](#), is here to answer your questions about being online in changing times. This year's 20th anniversary edition takes place from October 27 to 31.

Hosted nationwide by [MediaSmarts](#), the week features free resources, accessible webinars and engaging [events](#) for all ages. It also includes [Digital Citizen Day](#) on October 29, which encourages Canadians to use online tools responsibly.

Educators can now sign up to become Media Literacy Week Collaborators. Please [fill out the form](#) and indicate that you're a P-12 teacher. For more on getting your classroom involved, visit the [Teacher's hub](#). The NSTU has been a proud sponsor of MLW since it began 20 years ago.



Governance & Policy Committee

Pictured are members of the NSTU's Governance and Policy Committee during their meeting at the NSTU building on September 26. This committee, made up of members of the Provincial Executive, is dedicated to fostering a strong culture of good governance within both the Provincial Executive and the Nova Scotia Teachers Union as a whole. The committee is responsible for developing and reviewing policy, as well as regularly examining the governance relationships among NSTU members, Annual Council, the Provincial Executive, Locals, Regional Representative Councils, standing committees, Professional Associations, and NSTU staff.



*Seated: Sue Larivière-Jenkins (CSANE), Doug Read (Pictou), staff liaison Louis Robitaille, admin assistant Krystina Bowdery and NSTU president Peter Day
Standing: Rachelle MacIsaac (Cape Breton District), Jemita Buchanan (Annapolis-Hants West-Kings), Janet O' Brien (Antigonish-Guysborough), Andrew McCara (APSEA), Second Vice-President Sarah Tutty (Lunenburg County), Ben Sichel (Halifax City), and Vera Ryan (Digby-Shelburne-Yarmouth).*



Parachute Pan-Canadian Survey Series – Class Size and complexity

The Canadian Teachers' Federation (CTF/FCE) invites you to participate in the fall edition of **Parachute: pan-Canadian educator survey series**.

This fall 2025 edition focusses on **class size and complexity**.



Participate for a chance to win!

Fill out the survey for your chance to win:

- **\$500 EQ3 gift card**
- **\$100 bookstore gift cards** (1 of 10) from McNally Robinson or Librairie du Soleil

Only completed responses from respondents who are active members of their professional organization are eligible for survey prizes. A separate section at the end of the survey will ask for contact details for the sole purposes of entering the draw and confirming professional organization membership for prize eligibility. Winners will be drawn after the survey closes (after November 12, 2025). Confirmation of current active status with the professional organization indicated in the identifying question at the beginning of the survey is required for each winner. All personal information will be discarded after prizes are awarded.

Begin the survey

Participation

Time: 10-12 minutes

Survey closes Wednesday, November 12, 2025.

Annapolis Local hosts professional development for new members

On October 2, the Annapolis Local hosted a professional development session for new members at Junction Sixteen restaurant in Bridgetown. NSTU Professional Learning Staff Officer Amanda O'Regan-Marchand delivered the *Benefits of NSTU Membership* workshop, which provides new teachers, specialists, and educators new to Nova Scotia with an overview of the programs and services available through the NSTU.

Participants learned about negotiated benefits outlined in the Teachers' Provincial Agreement, regional agreements, and NSTU Group Insurance, as well as a range of non-negotiated benefits such as legal protection and services, full-time study grants, travel fellowships, and the John Huntley Memorial Internship Program.



Pictured in the photo seated are: Valentine Mejolagbe, Annapolis West Education Centre teacher; Emma Whaley, high school teacher at Bridgetown Regional Community School; Annapolis Local treasurer Amber Corkum; Vic Beaumont, Career Access/Math 9/Science 9 at AWEC; and Hannah Cress, elementary teacher at BRCS.

Standing: NSTU executive staff officer Amanda O'Regan-Marchand; Serenity Mollins, Grade 4/5 teacher at Clark Rutherford Memorial School; Julie Napier, Grade 1/2 teacher at Clark Rutherford; Emma Rowsell 4/5 Math/academic support/SEL at Clarke Ruthford; Annapolis VP of Professional Development Jen Handspiker; and Russell Pierce, term substitute at BRCS.



Deals & Discounts

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

notices

2026 Prime Minister's Awards

Consider nominating an educator and/or colleague for a 2026 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, and social media posts.

The Nomination deadline is January 14, 2026 — 3:59 p.m. Atlantic Time.

executive highlights

September 12, 2025

- Filed the Table Officers Report;
- Selected members to serve on the Comité de programmation acadienne;
- Selected a member to serve on the Professional Associations Coordination Committee (PACC);
- Marilyn Skinner will replace Ben Sichel as the PE Liaison for the Equity Committee;
- Selected members as delegates to the NSFL Biennial Convention;
- Filed the 2024-2025 NSTU Standing Committee Annual Reports.

Join Forum for Young Canadians in Ottawa!

FORUM
FOR YOUNG
CANADIANS



FORUM
POUR JEUNES
CANADIENS

The Forum for Young Canadians National Summit is your opportunity to step into the heart of Canada's democracy and see how national decisions are made – up close.

Forum activities include:

- **Meeting Senators, Members of Parliament,** and other influential leaders;
- **Real-world simulations** to understand how policies are shaped;
- **Skills-building workshops** on topics like media literacy, Indigenous governance, and ethical leadership;
- **Cultural and social activities:** form lifelong friendships and network with peers who share your passion for change.

Forum is open to Canadian youth aged 15 to 18. You don't need prior experience in politics—just an open mind, a willingness to learn, and a drive to contribute to your community.

SESSION 1:	SESSION 2:	SESSION 3:
February 8-13,	February 22-27,	March 22-27,
2026	2026	2026

*Dates are subject to change

Deadline to apply: **October 26, 2025.**

Visit **forum.ca** to apply!



Fondation
Rideau Hall
Foundation

resources

Veterans Affairs Classroom Resources

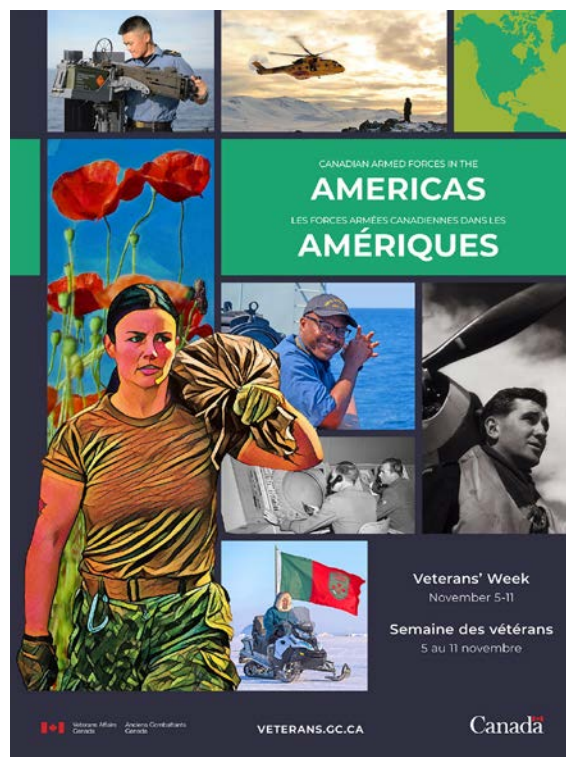
Every year, Veterans' Week learning materials land in classrooms from coast to coast to coast to help students learn about the importance of remembrance. A number of materials are available, from the Take Time to Remember activity booklet, to the Tales of Animals in War which tells educational stories 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://veterans.gc.ca/en/remembrance/classroom-materials>.

This year's theme—*Canadian Armed Forces in the Americas* recognizes and remembers our military achievements and sacrifices within Canada and throughout the Americas. This commemorative poster features images of Canadian service members in action at home and elsewhere in the Western Hemisphere.

Veterans' Week and Remembrance Day are special times to honour those who have served across our country's long military history.



Media Literacy Week Resources

Media Literacy Week 2025 takes place October 27 to 31 and [Digital Citizen Day](#) (October 29). This annual national event hosted by MediaSmarts promotes digital media literacy, with activities and events taking place in classrooms, libraries, museums and community groups from coast to coast to coast.

The [Teacher's Hub](#) is home to five days of free, curated lesson plans recommended for P-12 classrooms during MLW, including a selection of plug-and-play video lessons. Additionally, MediaSmarts' website offers [hundreds of free resources](#) for teachers to use at any time.

Here is a sample:

October 27

Algorithms and AI Literacy

NEW Plug-and-play video lesson: [Grades 9-12: Unpacking the Black Box: Explaining Algorithms and AI](#)

October 28

Break the Fake: Verifying online information

Plug-and-play video lesson: [Break the Fake: What's real online? \(Grades 3-5\)](#)

October 29

Digital Citizen Day: Teaching digital citizenship

Plug-and-play video lesson: [Grades 7-9: Impact! How to Make a Difference When You Witness Bullying Online](#)



NSTU Webmail has ended... but let's stay in touch



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

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



• Teach Nutrition •
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Ready-to-use food and nutrition resources for teachers.

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By Dairy Farmers of Canada's Registered Dietitians



First-Ever Province-Wide Day for Nova Scotia Educators: Best Practices in Holocaust Education

The Atlantic Jewish Council, in partnership
with the Azrieli Foundation's
Holocaust Survivor Memoirs Program,
presents a province-wide professional
development day.

Open to Nova Scotia educators of Grades 6–12, the day of learning
includes workshops on practical, age-appropriate resources for
students and modelling of classroom activities.

Monday, November 3, 2025
10am – 3pm

Nova Scotia Archives (meeting room)
6016 University Avenue
Halifax, NS, B3H 1W4

50% of the cost of release time will be covered.
Lunch will be provided.

Please email Edna LeVine, Director of Community Engagement,
Atlantic Jewish Council, at engagement@theajc.ca to register.



Holocaust Survivor Memoirs Program
Programme des mémoires de
survivants de l'Holocauste



Atlantic Jewish Council

TEACHERS' PENSION PLAN INC.

BOARD OF DIRECTORS

Call for applications

The NSTU Provincial Executive is inviting applications from **Active** NSTU members for one (1) Director's position on the Teachers' Pension Plan Inc. Board. Operating under a Trust Agreement, this nine-member corporation oversees the administration of the Plan and the investment of the Plan's assets.

The NSTU is currently seeking:

- **One (1) Active Member** — For a three-year term, renewable for a second three-year term. If you are interested in this appointment, please complete this application form and indicate your knowledge or experience with the criteria below and other related information.

Criteria for selecting persons for the above positions include:

- (a) Has considerable knowledge about the Teachers' Pension Plan;
- (b) Has experience in and/or knowledge about investments particularly the investments of pension funds; and
- (c) Has experience as a Trustee or has a working knowledge of trusts.

Name: _____ Prof. Number: _____

Mailing Address: _____

Postal Code

Phone: _____ (Email) _____

Have you previously applied for an NSTU standing or *ad hoc* committee? Yes ☐

If so, when? _____ No ☐

OTHER PERTINENT INFORMATION (e.g., skills, interests, relevant courses, professional development, or experiences that relate to this Board. You may attach additional information to this application.)

Submit to: executivedirector@nstu.ca

**Applications must be received in Central Office
by 12:00 Noon, November 28, 2025**

NSTU Equity and Affirmative Action: The NSTU is committed to the promotion of equity and affirmative action. The NSTU welcomes applications from Indigenous People, African Nova Scotians and Other Racially Visible Persons, Persons with Disabilities and Women in occupations or positions where they are under-represented. If you are a member of one of these equity groups, you are encouraged to self-identify on your application.

This form is also found on the NSTU website. www.nstu.ca



As educators, we pour our energy into supporting students, it's important to remember that our own mental health matters too. One challenge that often arises during the fall and winter months is Seasonal Affective Disorder (SAD) – a form of depression that follows a seasonal pattern, most commonly appearing as the days get shorter and darker.

SAD is more than just the “winter blues”. While many people notice a dip in energy during the colder months, SAD can significantly impact mood, sleep, and motivation.

Those who experience Seasonal Affective Disorder often deal with the following symptoms:

- Appetite changes, including increased cravings for sugary or starchy foods
- Avoidance of people or activities previously enjoyed
- Difficulty in concentrating
- Daytime fatigue
- Feeling tense or stressed
- Irritability
- Sense of hopelessness
- Weight gain

These symptoms can affect not only personal well-being, but also how we show up in the classroom.

Teaching is an emotionally demanding profession, and shorter daylight hours can compound feelings of exhaustion. Add in the busy rhythm of the school year – grading, parent meetings, extracurriculars – and it's easy to see how educators may be at higher risk of feeling overwhelmed during this season.

While everyone experiences SAD differently, research and practical experience point to a few approaches that can help

Meet with a Healthcare Practitioner – SAD is a treatable disorder, so discussing medical treatment or support from a qualified healthcare practitioner can be a useful first step in identifying the ideal treatment option(s).

Light Therapy – Using light therapy has provided relief for 60% to 80% of people who suffer from SAD. Sitting for 30 minutes in front of a special fluorescent light that simulates natural outdoor light can help improve mood and energy levels.

Cognitive Behavioral Therapy – This therapy works to replace negative thoughts with positive thoughts. It can be used in conjunction with light therapy.

Self-help – Some self-help strategies include regular exercise, good sleeping habits, and healthy diet. It is also important to stay connected with family and friends to improve mood.

Some other everyday tips to ease winter SAD symptoms include:

- avoiding alcohol and being aware of your caffeine intake
- finding some time to get outside during the day
- keeping a journal to help you deal with any negative feelings
- resisting the urge to eat unhealthy, sugary or high carbohydrate foods
- taking vitamin D supplements or eating foods high in vitamin D.

Seasonal Affective Disorder is common, and it's nothing to be ashamed of. By recognizing the signs and taking proactive steps, teachers can care for themselves while continuing to nurture the students who depend on them.

For additional help and support, the following programs and services offered through the NSTU Group Insurance and Member Assistance Program (MAP) are available:

NSTU Member Assistance Program	Contact Information
NSTU Counselling Services	(902) 477-5621 1-800-565-6788
Employee and Family Assistance Program	1-877-955-6788 www.homeweb.ca

Total Care Medical Plan – Psychologist Services - 80% of the usual and customary charges to a maximum of 20 visits per year.

belairdirect
(902) 453-9543 or 1-800-453-9543 (toll-free)
Email: GroupBenefitsNS@belairdirect.com

We trust the information outlined above is helpful. Please don't forget to visit our website at www.nstuinsurance.ca or scan the QR code below to review the many benefits and programs available to you through the NSTU Group Insurance Plan.



The NSTU Group Insurance Trustees want to remind you to mark your calendars for the following upcoming initiative:

EDUWellness Grants – For Members by Members

What is the purpose of the EDUWellness Grants?

The For Members by Members EDUWellness Grants have been established to support initiatives that promote the well-being of our plan members in an effort to recognize the tremendous work and efforts put in by you every day. For more information, visit the NSTU Group Insurance Trust website at <https://nstuinsurance.ca/grants/the-eduwellness-grant/>.

Who is eligible for the grants?

To be eligible, the individual must have a permanent, probationary, or term contract and be a member of the NSTU, PSAANS, or RTO at the time of application. Please be advised that applicants that have received a grant within the last 2 years will not be eligible.

What is the selection process for the EDUWellness Grants?

The NSTU Group Insurance Trustees will award 10 grants valued at up to \$1,500 each. Grants will be scored following the rubric that can be found at <https://nstuinsurance.ca/grants/the-eduwellness-grant> and awarded to the applicants with the highest overall scores. Please be advised that not all applications will be awarded grants.

What is the deadline to submit applications for the EDUWellness Grants?

Applications must be submitted on/or before 11:59pm on January 15, 2026. Completed projects are due no later than May 31, 2026.

For Members by Members

EDUWellness

Purpose

The NSTU Group Insurance Trustees will fund original ideas that support the mental health and well-being of plan members across Nova Scotia.

Deadline

January 15th.

Grant Amount

Up to \$1,500 each.

For more information:

<https://nstuinsurance.ca/grants/the-eduwellness-grant/>



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GROUP
INSURANCE
TRUST**



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belairdirect.





Executive Staff Officer— Member Services

DESIGNATED

This opportunity is designated to applicants that identify as a woman and BIPOC (Black, Indigenous, or Person of Colour)

Duties:

Primarily in the area of Member Services including contract interpretation, answering member enquiries, negotiations, grievances, working with Locals, Regional Representative Councils and Committees, and additional duties that may be assigned by the Executive Director.

Applicants:

1. Should include academic and professional qualifications, a summary of experience in areas noted above and references. References cannot be employees of the NSTU or elected officials of the Provincial Executive.
2. Applicants must be eligible to hold a valid Nova Scotia teacher's professional number.
3. Should have a good working knowledge of the Nova Scotia educational system and the Nova Scotia Teachers Union.
4. Should have experience and knowledge in the administration of collective agreements, including employee benefits.
5. Should have experience in the interpretation and application of relevant provincial legislation and regulations.
6. Possess strong communication skills
7. Must have willingness to participate in necessary and ongoing professional development as required.
8. Able to develop strong, constructive working relationships.
9. Frequent evenings and weekend work is a requirement and must be willing to travel.
10. Fluency in both official languages is considered an asset.

Note:

Applications should include a cover letter and up to date resume. **Candidates are required to self identify as a woman and BIPOC (Black, Indigenous, or Person of Colour).** This position will be located at the NSTU Central Office, 3106 Joseph Howe Drive, Halifax, Nova Scotia.

Benefits:

As provided in the NSTU Executive Staff Agreement.

Deadline for receipt of applications is: 12:00pm AST on Friday, November 14, 2025

Applications should be forwarded to: Human Resources

Nova Scotia Teachers Union
3106 Joseph Howe Drive
Halifax, Nova Scotia B3L 4L7
hr@nstu.ca

There will be an information session by Zoom on Thursday, October 30, 2025 at 4:00pm AST. Please join us to learn more about the position and ask any questions you may have. Please email hr@nstu.ca to receive the Zoom link.

classifieds

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

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

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

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

Beginnings

Putting new members in the KNOW!

Email your name, home address, and the name of your school with **BEGINNINGS** in the subject line to theteacher@nstu.ca by December 5, 2025, to be eligible for the draw.

Medicine Wheel Workbook: Finding Your Healthy Balance

by Carrie, Kelly and River Armstrong
Illustrations: Eden Sunflower
Medicine Wheel Publishing

Through a careful selection of teachings, followed by interactive activities, the *Medicine Wheel Workbook: Finding Your Healthy Balance* will encourage children to live well and find their healthy balance. By understanding the teachings of the Medicine Wheel, we can gain a deeper understanding of our holistic health.



The deadline for the December issue of The Teacher is December 5

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

2025-2026 NSTU RETIREMENT SEMINARS SCHEDULE

DATE	REGION	LOCATION
October 7-8, 2025	HRCE	Nova Scotia Teachers Union – Halifax
October 15-16, 2025	TCRCE	Tru by Hilton – Yarmouth
October 21-22, 2025	CCRCE	Wandlyn Convention Centre (Travelodge) – Amherst
October 28-29, 2025	AVRCE	Old Orchard Inn – Greenwich
November 4-5, 2025	SRCE	Port Hawkesbury Civic Centre – Port Hawkesbury
November 18-19, 2025	CBVRCE	Holiday Inn Harbourfront – Sydney
December 2-3, 2025	SSRCE	Best Western Plus – Bridgewater
December 9-10, 2025	HRCE	Nova Scotia Teachers Union – Halifax
January 6-7, 2026	CCRCE	Pictou County Wellness Centre – Stellarton
February 11-12, 2026	HRCE	Nova Scotia Teachers Union – Halifax
February 18-19, 2026	HRCE	Nova Scotia Teachers Union – Halifax
February 24-25, 2026	CCRCE	Inn on Prince – Truro

Information from the



Nova Scotia Teachers Union

FEEL LIKE A CHANGE?



Secondments at the Nova Scotia Teachers Union

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

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

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

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

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

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

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