



Dear NSTU siblings,

While we all hoped that 2021-2022 would see life settle into a post-pandemic normalcy that allowed our focus in the classroom to be wholly dedicated to teaching and learning, we once again begin a school year where COVID-19 has significant implications for students, staff and families.

Throughout the spring and summer, together we made it clear that preparing for a safe and sustainable year of in-person learning needed to happen with as much lead time as possible.

It's worth noting that this return to school season comes hot on the tail of a provincial election which resulted in a sea change in leadership and a new majority Progressive Conservative government.

After eight years of dealing with a government that dictated rather than collaborated as its go-to approach, incoming Premier Tim Houston and new Minister of Education Becky Druhan have already demonstrated that open communication and exchange will be key components of the relationship government fosters with teachers and their union.

Premier Houston, less than a week after his election victory, reached out to the NSTU to discuss the back-to-school plan prior

to its release. Further, the Premier, Minister Druhan and Deputy Minister requested a tour of the NSTU building as a first-step towards creating a positive, collaborative relationship.

Obviously, concerns about back to school and other standing priorities remain for us. While we would have preferred to see a return-to-school plan that includes mandatory masking, proper ventilation in every classroom, and class size that supports full physical distancing, we now have an ability to dialogue with government we have not had in years.

I want every member to understand we are working diligently to realize changes and improvements that address your pandemic concerns, as well as identify steps that meaningfully address the working conditions and workload issues you raised loudly with the previous government.

I know you all want changes and protections in your classrooms and worksites now. I know that there is significant residual frustration and anger because of the way the previous government treated

Continued on page 4

NSTU hoping to build collaborative relationship with new government



Premier Houston and Minister Druhan are shown with Paul Wozney during an NSTU visit.

the damage from recent years," says Wozney. "Nova Scotians expect the NSTU and

NSTU President Paul Wozney says he is looking forward to working with the new PC government and is hopeful a more positive public dialogue emerges on education issues.

"For the first time in a generation the NSTU has an opportunity to build a new and more collaborative relationship with government and hopefully repair some of

Continued on page 4

Back to school plan released following election

Newly elected Premier Tim Houston kept a commitment to make releasing the back-to-school plan his top priority following the election.

On August 23, Chief Public Health Officer Robert Strang, joined then Premier Designate Houston to announce details of the plan at a press briefing in Halifax. The plan calls for the removal of many restrictions put in place the previous school year and a return to a more typical experience for students.

Certain enhanced cleaning practices are recommended under the plan and all students will be required to wear masks in schools and on buses until Nova Scotia enters phase 5 of its reopening plan. Phase 5 is triggered once 75 per cent of all Nova Scotians are fully vaccinated against COVID-19 and as of press time is anticipated to begin on September 15, 2021.

Continued on page 4



people

New provincial executive members attend first in-person meeting

Annapolis Local marches in Pride Parade



Annapolis Royal Pride was held on August 7. This all-day event in the small town celebrated love, acceptance, and inclusion. Annapolis Local members and their families came from all over Annapolis County to march in the parade to show support for students, colleagues and loved ones.

Shown in the photo are some of the members of the Annapolis Local executive: Mark Bezanson, Vice-President, Professional Development, Middleton Regional High School; Anona Siwik, Annapolis West Education Centre; Karlee Perry, Vice-President, Communications, Annapolis West Education Centre; Vanessa Miller, Secretary, Annapolis West Education Centre; and Annapolis Local president Heather Hiscock, Annapolis West Education Centre.



NSTU's provincial executive held its first meeting of the school year on August 27, following a day-long strategic planning session on August 26. Above are NSTU members serving as provincial executive members for the first time with NSTU president Paul Wozney. From left to right: Myla Borden (Pictou), and Line Murphy and Georgette Samson (CSANE). Missing: Sharon Midwinter (Cumberland)

Halifax County Local Executive Planning

Many Locals hold planning sessions for their executives during the month of August in preparation for the coming school year. On August 23 and 24 NSTU staff officers provided workshops for the Halifax County Local at Oak Island Resort, where the Local executive planning took place. Executive staff officer Tim MacLeod presented, *Teachers and the Law*, which covers topics including legal reporting, protection and disclosure, legal liability and negligence, and off-duty conduct. He is shown with members of the Halifax County Local

Executive, clockwise from the top: Jodie MacIlreith, treasurer; Desiree Daniele, Member-at-Large, Reps and Equity; Shelley Luddington, Vice-President Professional Development; Crystal Isert, Vice-President Communications; provincial executive member Duncan Cameron; Local president Shawn Hanifen; first-vice president Turk MacDonald; Leah Gillis, Member-at-Large, Social/Wellness and Angela Ewing, secretary. Missing from the photo: provincial executive member Meg Ferguson, and Jason Jennings, Member-at-Large, Nominating.



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Nov/Dec	November 26
Jan/Feb	January 21
March	March 4
April	April 8
May	May 6
June	June 8

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We welcome your comments and suggestions:
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NSTU partners with Mi'kma'ki Strong

In late May, NSTU president Paul Wozney reached out to NSTU Mi'kmaq member Phillip Prosper, a Mi'kmaq Language teacher at Whycocomagh Education Centre and member of We'koqma'q (Waycobah) First Nation. Wozney was interested in partnering with 1752 Mi'kmaki Strong apparel to discuss the possibility of an orange shirt day t-shirt project for Nova Scotia teachers. "Phillip was very excited about the idea and helped us connect with Jonathan Beadle of Mi'kmaki Strong."

The NSTU is working with Mi'kma'ki Strong to co-develop an Orange Shirt campaign that elevates awareness of the impact of residential schools here in Nova Scotia. "It's important to move forward, and to do so we need to be strong and ensure that we protect the identity and culture of the Mi'kmaw," says Beadle, Pictou Landing First Nation member and founder of Mi'kmaki Strong Clothing and Apparel.

Beadle says he's thankful for the collaboration with the NSTU because there is no better place to move forward to learn about Mi'kmaw culture and heritage, and the impact of residential schools, than the classroom. "I want every child to matter every day," he adds. "And I am hopeful this project will lead to many important discussions and teaching in Nova Scotia schools."

NSTU president Paul Wozney adds that for most students, school is a positive experience, but systemic racism, including the after effects of residential schools, has affected individuals and families for generations. "We believe by partnering with Mi'kmaq leaders, including this project Mi'kma'ki Strong, we can play a part in Truth and Reconciliation and reverse the narrative and have teachers and students be a part of the healing process."

Beadle reiterates that this project ties into the philosophy of Mi'kma'ki Strong, "to create awareness for the

survivors and descendants affected by residential schools and continue to share a message where peace and friendship are honoured by the 1752 Treaty."

Beadle is creating the art/design of the shirt, and the production and sale of the shirt will happen through Mi'kma'ki Strong's online store. A portion of shirt sales will go to support programs benefitting Mi'kmaq survivors delivered by Mi'kmaq providers. "I hope to see tears of joy from my people that help us move on," adds Beadle.

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NSTU's Executive Staff Officer, Professional Learning Amanda O'Regan-Marchand (left) is shown with Jonathan and Amanda Beadle of Mi'kma'ki Strong.

What is your Financial Fitness plan?

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TEACHERS PLUS



Dear NSTU siblings,... continued from page 1
teachers, school counsellors and school-based specialists.

If we are going to realize improvements, it matters deeply how we interact with those who have just formed government.

It's for this reason I implore you to endeavour to build a lasting dialogue and relationship with your MLA. In the way that I and senior NSTU leadership have an opportunity to reset relationship with government, so do you.

Citizens whose conversations happen faithfully, whether things are good or in crisis, hold the greatest influence with their elected officials. Being able to relay concerns in respectful, clear terms while demonstrating esteem for the office an MLA holds is a key to unlocking influence and moving policy and legislation that works for Nova Scotians forward.

I know that in these early days of the school year you are dedicated to meeting and knowing your students and creating the togetherness and trust needed to navigate and overcome obstacles that inevitably arise throughout the school year. The foundations we build in these initial weeks serve to enhance or hinder the growth and success we can realize together.

We now have an opportunity to build relationship so our priorities for our working and learning conditions can be realized through dialogue and collaboration.

My promise to you is to build that relationship at the senior leadership level in a manner that maximizes our shared opportunity to realize positive change. My hope is that you will build a similar dynamic with your home and school MLA. Together, despite the challenges the pandemic continues to present, we have an ability to rebuild trust with government, heal recent harms and realize improvements we know benefit us, our students and communities.

I wish you all a wonderful beginning to this new school year, and to working in solidarity to change the channel and put quality public education front and centre in a truly just recovery.

All my best,



Paul

NSTU hoping to build...

Government to partner and identify and implement solutions in our schools that benefit students, families, school staff and communities. This Government has demonstrated an initial willingness to work differently with teachers in how it approached announcing the Return to School plan. This is an important step in building trust and fostering a shared ability to address issues collaboratively.”

Wozney is also extending congratulations to new the new Minister of Education and Early Childhood Development, Becky Druhan.

“I’m looking forward sitting down with Minister Druhan to discuss how we can implement positive reforms in our classrooms,” says Wozney. “Obviously, keeping schools safe from COVID-19 remains the top priority, but there are other areas within our public education system where progress is long overdue and I’m looking forward to exchanging ideas about how we can find solutions to these challenges.”

On September 2, Premier Houston, Minister Druhan, and Deputy Minister Cathy Montreuil visited the NSTU building and met with Wozney. “This is the first time in decades that a premier, minister and deputy have been in the building at the same time discussing public education.”

Back to school plan...

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“Our schools are as safe as our communities and thanks to safe and effective vaccines, and Nova Scotians rolling up their sleeves, our schools have an additional layer of protection this year that will allow students to have a much more normal year,” said Dr. Strang in a media release. “We continue to have core public health measures in place to protect everyone in our schools, including wearing masks, frequent hand washing, staying home if you’re sick and sanitizing high-touch surfaces.”

The NSTU would like masking to remain mandatory inside schools after the province fully reopens and is also urging government to ensure proper ventilation in all schools. The union is hoping to work collaboratively with government to strengthen the plan moving forward.

NSTU President Paul Wozney is particularly concerned about students under 12 who are not eligible to be vaccinated.

“The NSTU has always felt that until this pandemic is over, every student that can, should be required to wear a mask in school to prevent the spread of COVID-19. It’s an important policy we would like to see continue in the immediate future,” says NSTU President Paul Wozney. “Our priority right now is to listen to our members to learn if there are additional ways the back-to-school plan can be strengthened. We hope to continue a positive dialogue with the new government and Public Health about necessary steps we can take to ensure classrooms are safe as we head into another school year.”



CTV interviews Paul Wozney about the Back-to-School plan.



THE BIG PICTURE PROGRAM

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For Information or an expression of interest please email Michael@devourfest.com

Screenings will go on sale on the www.devourfest.com ecommerce site October 1.

Screening codes and materials will be emailed to you in about a week after you book

COST: \$100 per classroom, includes film screening and curriculum materials.

Nourish Nova Scotia, Devour! The Food Film Fest and CBC invite all school-aged children and youth to make a short film about food as part of the **2021 Nourish Food and Film Challenge**.



Film should follow the theme *Food for a Brighter Future* and be 3 minutes or under in length.

The winning film receives a \$500 camera package from CBC, \$500 to support a healthy food program in their school or community from Nourish Nova Scotia, and will be screened at Devour! The Food Film Fest and on CBC.

Deadline is October 12, 2021. For more information visit nourishns.ca/film-challenge



RR RÉFLÉCHIR
RR RELIER
R REJOINDRE

Journée de l'engagement
des membres du NSTU
mardi, 5 octobre, 2021





Hello Colleagues, Bonjour chers collègues,

by Amanda O'Regan-Marchand and Pamela Langille, Executive Staff Officers,
Professional Learning

Welcome to a new school year! We hope that you have been able to enjoy some quality time for yourselves during this summer making memories with your families and getting back to the activities you enjoy.

Your Professional Learning team is looking forward to connecting with you this year. Whether it is through workshops, rep retreats or conferences, we have some exciting offerings planned. But we need your help!

You may have noticed that there have been some minor changes to the Professional Learning section of the NSTU website. That is because we are currently reviewing our offerings to make sure that they are as current and relevant as possible. This is where YOU come in, members.

For this year, as we transition into this new team, we are looking to reflect to ensure that we are relating to the needs of our members and hoping to reach as many of you as possible. So, we are inviting feedback not only at the end of our sessions but also through an online survey opportunity in the new year (January-ish) to help guide our future direction, with hopes of launching our new (and living) list of PL offerings in August 2022. We have several exciting goals of how we will be restructuring our offerings and we want you to feel as much a part of the process as you are able to give. We are definitely not looking to reinvent the wheel and so we are keeping our long-standing workshops. With trauma-informed practice, culturally responsive pedagogy and wellness being much of the focus in our schools and workplaces recently, we want to make sure that we are providing quality information and tools for you to use to help support your professional practice while also (further) developing your own strategies for maintaining your personal health. So, you will see partnerships from your Executive Staff and member support programs as well so that you will be able to have first-hand experience with different members of your NSTU team and circle of support.

Our opportunities remain the same in terms of our grants, conferences and learning opportunities and we are very excited to invite you to participate in these offerings: The John Huntley Internship Program (deadlines November, February and April 1st of each year), Professional Development Grant applications, PDAF applications (various deadlines throughout the year-consult your handy Member Diary), serving on a provincial committee

Bienvenue à l'occasion de cette nouvelle année scolaire! Nous espérons que vous avez pu profiter de moments privilégiés pendant l'été pour créer de beaux souvenirs avec votre famille et vous consacrer à vos activités favorites.

Votre équipe de l'apprentissage professionnel se réjouit à la perspective de nouer des liens avec vous cette année. Que ce soit par le biais d'ateliers, de retraites ou de conférences, nous avons programmé des offres passionnantes. Mais nous avons besoin de votre aide!

Vous avez peut-être remarqué que quelques modifications mineures ont été apportées à la section Apprentissage professionnel du site Web du NSTU. En effet, nous sommes en train de réexaminer nos offres pour veiller à ce qu'elles soient aussi pertinentes et d'actualité que possible. C'est là que VOUS entrez en jeu, chers membres.

Pour cette année, alors que nous effectuons la transition avec notre nouvelle équipe, nous souhaitons réfléchir pour veiller à bien répondre aux besoins de nos membres et espérons rejoindre le plus grand nombre possible d'entre vous. Nous vous invitons donc à nous faire part de vos commentaires non seulement à l'issue de nos programmes, mais aussi par le biais d'un sondage en ligne au début de l'année (vers le mois de janvier) afin de nous aider à définir nos orientations futures, dans l'espoir de lancer notre nouvelle liste d'offres (vivantes) d'AP en août 2022. Nous avons plusieurs objectifs passionnants en vue de restructurer nos offres et nous voulons que vous vous sentiez partie prenante à ce processus dans la mesure de vos moyens. Nous ne cherchons absolument pas à réinventer la roue et nous conservons donc nos ateliers de longue date. Les pratiques tenant compte des traumatismes, la pédagogie sensible à la culture et le bien-être ayant été récemment au centre des préoccupations dans nos écoles et sur nos lieux de travail, nous voulons être certains de vous fournir des informations et des outils de qualité qui vous serviront à soutenir votre pratique professionnelle tout en vous permettant de développer (davantage) vos propres stratégies afin de préserver votre santé. Ainsi, vous verrez également des partenariats établis par vos cadres de direction et les programmes de soutien aux membres afin que vous puissiez faire des expériences de première main avec différents membres de votre équipe du NSTU et de votre cercle de soutien.

Nos perspectives restent les mêmes pour ce qui est des subventions, des conférences et des occasions d'apprentissage et nous sommes ravis de vous inviter à participer à ces activités : programme de stages John Huntley (dates limites : 1er novembre, 1er février et 1er avril de chaque année), demandes de subventions de perfectionnement professionnel, demandes au Fonds d'aide à l'élaboration des programmes (FAEP) (plusieurs dates limites au cours de l'année – consultez votre Agenda des Membres!), participation à un comité provincial ou à la conférence

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Email your name, home address, and the name of your school with **PL Giveaway** in the subject line to theteacher@nstu.ca by **October 11, 2021** to be eligible for the draw.

This month's Professional Learning giveaway features two books in French.

Le Garçon Invisible by Trudy Ludwig and Patrice Barton with translation by Christiane Duchesne and *Un Jour, Tu Découvriras...* by Jacqueline Woodson, with illustrations by Rafael López, both from Scholastic Canada.

Le Garçon Invisible (The Invisible Boy) is the story of Arthur, the invisible boy who no one notices, shares with him or invites him to birthday parties, until a new student comes to the class. It reminds us to remember how some children are invisible in a group, and are never seen, and deserve our attention.



Un Jour, Tu Découvriras... (The Day You Begin) reminds us that we all feel like outsiders and by being brave and reaching out and sharing our stories can help us feel less different and give us a sense of belonging.

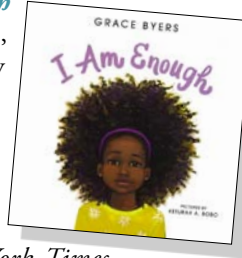


Email your name, home address, and the name of your school with **EQUITY** in the subject line to theteacher@nstu.ca by **October 11, 2021** to be eligible for the draw.

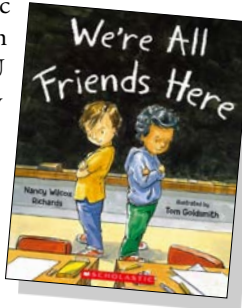
This month's Equity Committee giveaway features two books I Am Enough by Grace Byers, and We're All Friends Here by Nancy Wilcox Richards.

I Am Enough

by Grace Byers, pictures by Keturah A. Bobo and published by Balzer + Bray, an imprint of Harper Collins, is a #1 *New York Times* bestseller and Goodreads Choice Awards picture book winner. Written by *Empire* actor and activist Grace Byers, this book focuses on loving who you are, and respecting and being kind to one another.



We're All Friends Here is published by Scholastic Canada. Written by retired NSTU member Nancy Wilcox Richards, a former member of the Lunenburg County Local this book draws on her experiences as an elementary teacher, and focuses on building relationships as a way to alleviate bullying behaviour.

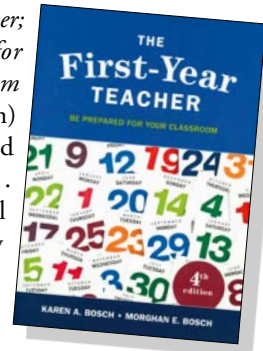


Putting new members in the **KNOW!**

Email your name, home address, and the name of your school with **FRESH** in the subject line to theteacher@nstu.ca by **October 11, 2021** to be eligible for the draw.

The First Year Teacher
by Karen A. Bosch
and Morghan E. Bosch

First-Year Teacher: Be Prepared for Your Classroom (fourth edition) is published by Corwin. This survival guide for new teachers helps in developing classroom



management and includes a 30-day learning plan addressing instruction, assessment, and classroom management. It focuses on providing a forum to build planning, time management and family relationship building skills.

CONGRATULATIONS TO OUR JUNE BOOK WINNERS!

EQUITY — Cheryl Leblanc — CBVRC
FRESH — Monette Boudreau — CSANE
PATHWAYS — Emily Davies — TRCE

CONGRATULATIONS TO OUR PROFESSIONAL LEARNING BOOK WINNERS!

PL #1 — Angela Amey — HRCE
PL #2 — Natalie Lord — HRCE
PL #3 — Kerry Doucette — CCRCE

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or attending the CONTACT conference in August 2022 in Antigonish (see your Local for details). There is also funding available for anti-violence programs through NSTU's Sheonorail Foundation (<http://sheonorail.nstu.ca/>). Our aim is to support you in furthering your professional goals while also keeping your own wellness at the forefront.

Our calendars are quickly filling up so we invite you to contact the Professional Learning department via phone, or email if you would like to arrange workshops for your area!

All the very best for a healthy, safe and successful September!

Your Professional Learning team

Amanda O'Regan-Marchand (amarchand@staff.nstu.ca)

Pam Langille (plangille@staff.nstu.ca)

Karen Staples (kstaples@staff.nstu.ca)

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CONTACT en août 2022 à Antigonish (demandez des détails à votre section locale!) Notre objectif est de vous soutenir dans la poursuite de vos objectifs professionnels, tout en veillant à ce que votre bien-être reste au premier plan.

Nos calendriers se remplissent rapidement, alors nous vous invitons à communiquer avec le Département de l'apprentissage professionnel par téléphone ou par courriel si vous souhaitez organiser des ateliers dans votre région!

Nous vous souhaitons un mois de septembre sain, sécuritaire et réussi!

Votre équipe de l'apprentissage professionnel

Amanda O'Regan-Marchand (amarchand@staff.nstu.ca)

Pam Langille (plangille@staff.nstu.ca)

Karen Staples (kstaples@staff.nstu.ca)

It's Going to be OK – Our Family's Journey with Alzheimer's

"Everyone hits bumps in life. That is a part of life. Wellness is tied in with being able to manage the bumps. That is how we build resilience," says school counsellor Marie Kennedy.

The Kennedy family of Lochaber, Nova Scotia hit a bump in early 2000 when their beloved mom/grandmother was diagnosed with Alzheimer's. Alzheimer's disease is a progressive neurologic disorder that causes the brain to shrink (atrophy) and brain cells to die. Alzheimer's disease is the most common cause of dementia — a continuous decline in thinking, behavioral and social skills that affects a person's ability to function independently.

On a drive home from a visit to Nanny Mac in the long-term care facility, Marie Kennedy and her sons Ben and Alex decided to draft a book for kids and families about their experience. Later that year, Marie's mom and the boy's grandmother died, and the draft was put away for 10 years. Occasionally they took the book out and worked on it but life continued for them all.

Marie and her son Ben attended a *Pitch the Publisher* event in Halifax in 2018 where they received a lot of encouragement from the publishers, but no publisher was willing to take the book on. The family decided to move ahead, and self publish the book. Meaghan Smith—a singer and songwriter from Halifax—agreed to do the illustrations and brought the words to life. She embedded forget-me-nots on every page in the book which is a symbol for the Alzheimer's society.

In early August, a book launch was held in the community of Country Harbour where the family has deep roots. Since then the book has reached all parts of Canada and the U.S. with many families sharing their stories.

"In many ways, the book fills a gap for kids and families who are struggling to understand the illness and explain it to their children," says Kennedy. "Many children

ask the same question: "Why did my nanny's brain have to get sick?" The book helps to explain the illness in a child-friendly way that is developmentally appropriate for children of all ages.

The family also wanted to include a page at the back of the book which includes strategies their family used to cope with the illness of a loved one. They felt some of these strategies might be beneficial for other families. Some of the strategies include: listening to the loved one without correcting; finding the humour; and understanding that the loved one's brain is sick.

"We know many of our students have grandparents who are living with this illness," continues Kennedy. "We also know that many teachers are also dealing with this illness with loved ones. It is our hope that this book will help. It is about grief—but really about hope and knowing that things will be ok."

For more information on how to purchase the book: <https://www.itsgoingtobeokbook.com/>

The Kennedy family is offering free shipping for NSTU members in Nova Scotia.

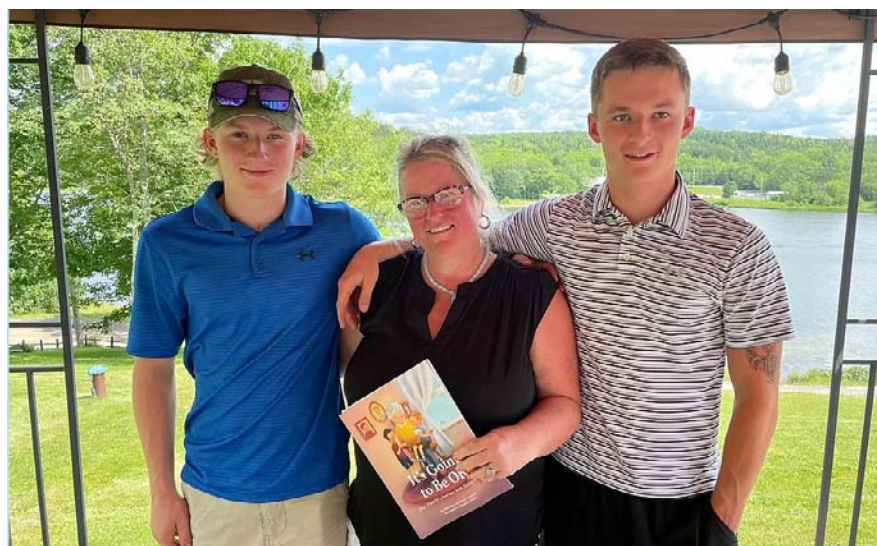
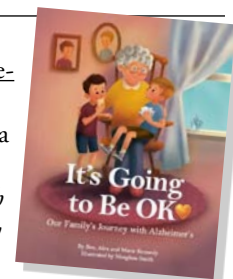
Marie Kennedy, a member of the Antigonish Local, has been an educator for 25 years. She started as a high school English teacher and then completed a M.Ed in counselling and has been a school counsellor for past 10 years. She has taught with Strait Regional Centre for Education her entire teaching career and is currently a school counsellor at St. Andrew Junior School in Antigonish.

For more information:

<https://www.cbc.ca/news/canada/nova-scotia/it-going-to-be-ok-1.6127051>

The Kennedy family has donated a book for *The Teacher* has a book for giveaway.

Email your name, home address, and the name of your school with *Well Teacher Giveaway* in the subject line to theteacher@nstu.ca by October 11, 2021 to be eligible for the draw.



Marie Kennedy is shown with her sons Ben and Alex.

Register for Student Vote Canada

Start the school year with a memorable and authentic learning experience: Student Vote.

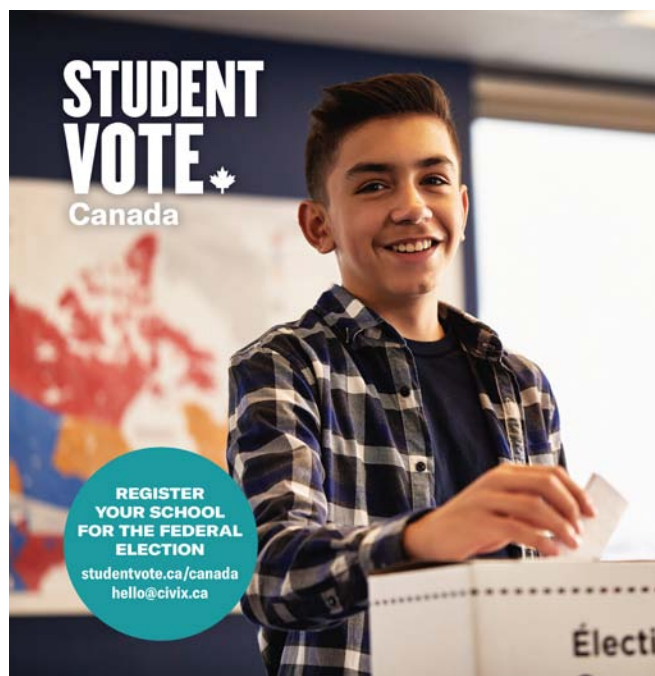
The program uses the federal election as a teachable moment and brings democracy alive in the classroom. After learning about the election, students cast ballots for the official candidates running in their riding.

CIVIX is proud to offer Student Vote Canada free to schools in collaboration with Elections Canada.

Participating schools receive ready-to-use learning materials to teach about government and democracy, and encourage research into the parties and candidates. Ballots and ballot boxes also provided for the coordination of Student Vote Day.

More than 7,000 elementary and high schools are expected to participate from across Canada.

Register your school at www.studentvote.ca/canada or by calling toll free: 1-866-488-8775.

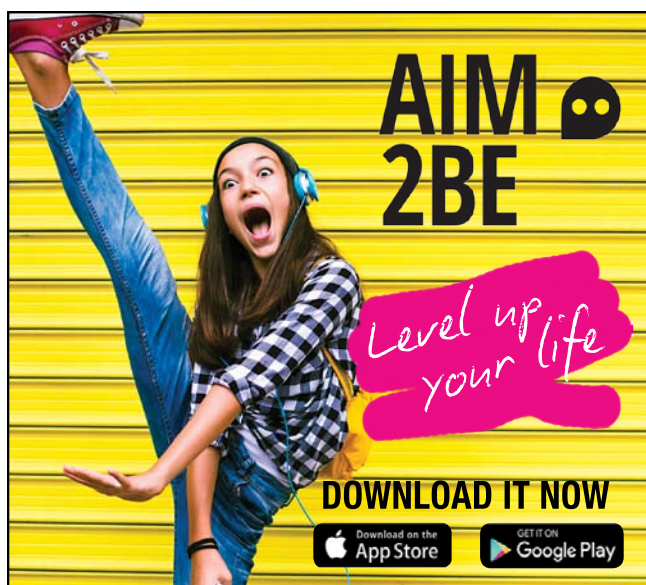


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The NSTU will be developing social media shareables for teachers and schools to use to promote Orange Shirt Day, and Orange Shirt Day Fridays.

Celebrated on September 30, Orange Shirt Day honours the Indigenous children who were sent away to residential schools in Canada and provides an opportunity to learn more about the history of those schools. The Canadian government passed legislation in July to make this day a federal statutory holiday, now known as the National Day for Truth and Reconciliation. “Even though this day marks a moment of reflection for all Canadians, we want to ensure that through this project we encourage teachers and students to reflect every day of the year,” concludes Wozney.

The NSTU will invest in an initial order of Mi’kma’ki Strong/NSTU orange shirts for distribution to NSTU Locals. Stay tuned for more information about the launch of this project.



A fun, free healthy living app

One small step at a time, students will level up and discover tiny habits that will make them happier and healthier.

Students will learn to:



Be healthy eaters



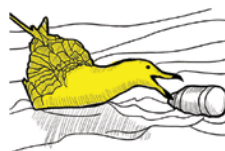
Be screen smart



Be body positive



Be well rested



Be green



Be active

Students can share the health goal they are working on with their teacher and their parents.

Aim2Be aligns with Canadian health & fitness recommendations.



For more information visit: aim2be.ca

notices



Share the magic of theatre with your students

For the 2021-22 school year we are pleased to be offering our annual school tour digitally. We have expanded our school tour offering to include the following shows:

Dickens' A Christmas Carol – available starting November 23

Dickens' A Christmas Carol chronicles that pivotal night when Ebenezer Scrooge is forced to face the Ghosts of Christmas Past, Present & Future and confront his mean-spirited ways.

Dickens' cast of characters – Bob Cratchit, Marley, and of course Tiny Tim – make this a holiday classic for the whole family, with a delicious comedic twist.

Beneath Springhill: The Maurice Ruddick Story – available February 2022

Beneath Springhill is the incredible story of Maurice Ruddick, “the singing miner,” an African-Nova Scotian who survived nine days underground during the historic Springhill mining disaster of 1958. This multi-award-winning chamber musical recalls the events during the disaster, the effect it had on Ruddick's family, and the racial tensions in the town of Springhill. The play is a celebration of hope, courage and community.

Seeds of Change – available Spring 2022

Inspired by myth, fairy tale and Shakespeare's *The Tempest*, *Seeds of Change* fosters environmental literacy through the story of an ornery young girl who leaves the isolated Isle of Oro where she grew up and embarks on a journey of discovery about the world and herself. With original songs and puppets, SEEDS OF CHANGE explores topics in environmental science, including climate change, deforestation, ocean plastic and habitat loss through a story of wonder and empowerment appropriate for K-6th grade students. The play's poetic language and references to the English literary canon promote literacy in a fun and delightful way.

Our School Tour productions bring theatre to your classroom with professional design, local artists, and expert direction accompanied by study guides and a Q&A with the cast makes this a unique opportunity to bring theatre to all ages all over the province.

All shows are available digitally. Can be purchased individually or save with a bundle. Contact Neptune Theatre School at school@neptunetheatre.com to get pricing and pre-book for the upcoming school year.

NSTU strategic planning process begins

The NSTU began a Strategic Planning process with NSTU's Provincial Executive on August 26, 2021. Set in motion through NSTU's provincial executive, this process of documenting and establishing a direction of the NSTU will involve a review of resources, strengths, and opportunities for improvement.

NSTU's executive director Steve Brooks, is leading the process. “A strategic plan can play a pivotal role in an organization's growth and success as it provides clear direction on the core purpose of the organization,” says Brooks.

NSTU's mission, beliefs, and priorities will be evaluated as a part of this process, and comprehensive input will be sought from all levels of the organization and also connect with stakeholders outside of the organization. “When this is all done, we will have no doubt about how we need to proceed so the NSTU will be a stronger, healthier, shining star in the universe of teacher organizations across Canada,” says NSTU president Paul Wozney.

Over the next ten months Local strategic planning meetings will be arranged throughout the province. “It will be important for all interested, active members to attend,” adds Brooks.

To assist in Local consultations, all NSTU members will be encouraged to complete a comprehensive questionnaire, which will be distributed over the coming weeks. This online survey will be confidential, only aggregate data will be shared, and no individual data will be reported. Check your NSTU email, NSTU's social media channels and/or Local president communications for the launch of the strategic planning survey.



As part of annual planning, NSTU's provincial executive attend a strategic planning session on August 26 at Hotel Halifax.

Deals & Discounts

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

2021 NSTU Professional Associations Virtual Conferences

FRIDAY, OCTOBER 22, 2021



Online Registration

Opens – Wednesday, Sept 8

Closes – Tuesday, October 5

(no refunds after October 8)

For registration and conference details go to **www.nstu.ca**

While we encourage members to have a NSTU web account, please be advised that one is **NOT** required to register for a conference. A member may register utilizing any non-employer email address.

Association des enseignantes et enseignants acadiens (AEA)

Theme ***Appuyons notre enseignement***

Platform Zoom

Keynote: Vous aurez le choix de 3 ateliers parmi notre programmation. Ces ateliers explorent les domaines du bien-être, des sciences et des sciences sociales.

Fees 90\$ pour les membres du NSTU, Probatoire
45\$ pour les étudiants, les suppléants et les enseignants à la retraite

Contacts Gabrielle Samson: sagabrielle@nstu.ca

Association of Science Teachers (AST)

Theme ***Time for Science***

Platform Virtual

Fees \$60 Members, Probationary
\$40 Substitutes, Retired Teachers and Pre-service Teachers

Contacts James Parsons: jeparsons@nstu.ca

Art Teachers Association (ATA)

Theme ***Art-Official Intelligence***

Platform Pheedloop with Zoom breakout sessions

Fees \$75 Teachers, Probationary
\$40 Pre-service Teachers, Substitutes and Retired Teachers

Contacts Alison West: alwest@nstu.ca

Association of Teachers of Exceptional Children (ATEC)

Theme ***Emerging From the Pandemic Fog: Reconnecting with Ourselves and Others***

Platform Zoom

Keynote: Dr. Jody Carrington

Fees \$100 Teachers, Probationary
\$60 Pre-service Teachers, Substitutes and Retired Teachers

Contacts Keli Crocker: kcrocker@nstu.ca

Association of Teachers of English of Nova Scotia (ATENS)

Theme ***The Student Centered ELA Classroom: What can that Mean?***

Platform Zoom

Keynote: Jason Flinn – Vault Life Coaching

Fees \$75 Members, Probationary
\$50 Pre-service Teachers, Substitutes and Retired Teachers

Contacts Alison Walker: Alison.walker@hrce.ca

Association of Teachers of Young Adolescents (ATYA)

Theme ***Are We There Yet?***

Platform Zoom

Keynote: Dashboard Living – Sara and Brent Mills
Fees \$60 Regular, Probationary
\$50 Pre-service Teachers, Substitutes, Retirees

Contacts Dawn Chapman: adchapman@nstu.ca

Business Education Teachers Association (BETA)

Theme ***Resilience and Adaptability: How Small Businesses in NS Navigated a Global Pandemic***

Platform VIRTUAL

Fees \$80 Regular, Probationary
\$50 Pre-service Teachers, Substitutes, Retirees

Contacts Danielle LeBlanc: danleblanc@nstu.ca

Education Drama Association of Nova Scotia (EDANS)

Theme ***Conference of Stuff: Tools for the Drama Classroom***

Platform Zoom

Keynote: The Art of Games, Bekah Schneider

Fees \$60 Teachers, Probationary
\$25 – Pre-service Teachers, Substitutes, Retired Teachers

Contacts Melanie Kennedy: mjkennedy@nstu.ca

Family Studies Teachers Association (FSTA)

Theme ***Mind, Body and Soul***

Platform Zoom

Fees \$85 Members, Probationary (Includes \$15 Membership Fee)
\$55 Pre-service Teachers, Substitutes, Retired Teachers

Contacts Tanya Mercer: tmmscheffery@nstu.ca

Mathematics Teachers Association (MTA)

Theme ***Mathematics***

Platform EVENTBRIGHT with ZOOM for Virtual Sessions

Fees \$40
\$35 Pre-service Teachers, Substitutes, Retired Teachers

Contacts Zeno MacDonald: zmacdonald@hrce.ca

Nova Scotia Association of Teachers for Equity in Education (NSATEE)

Theme ***Systemic Racism and White Privilege in Nova Scotia. Looking at these issues from a historical and current perspective, and how it affects students, staff and families in Nova Scotia's Public Schools.***

ALL CONFERENCES ARE VIRTUAL FOR 2021
Register Early!

2021 NSTU Professional Associations Virtual Conferences

FRIDAY, OCTOBER 22, 2021



Online Registration

Opens – Wednesday, Sept 8

Closes – Tuesday, October 5

(no refunds after October 8)

For registration and conference details go to www.nstu.ca

While we encourage members to have a NSTU web account, please be advised that one is **NOT** required to register for a conference. A member may register utilizing any non-employer email address.

Platform Zoom
Keynote: DeRico Symonds, Natteal Battiste & Megan Neaves
Fees \$80 Members, Probationary
\$40 Pre-service Teachers, Substitutes and Retired Teachers
Contacts Rachel Creasor: nsateepa@gmail.com

Nova Scotia Language Teachers Association (NSLTA)

Theme *Many Voices, One World*
Platform Zoom
Fees \$65 General, Probationary (included \$20 membership fee)
\$50 Pre-service Teachers, Substitutes, Retired Teachers
Contacts Sara Adams: smmacinnes@nstu.ca

Nova Scotia Music Educators Association (NSMEA)

Theme *Unmasking Music Education*
Platform Zoom
Fees \$100 Regular Members, Probationary
\$50 Retired /Substitute Teachers
\$30 Pre-service Teachers
Contacts Keshia Laffin: kalaffin@nstu.ca

Nova Scotia School Counsellors Association (NSSCA)

Theme *Helping Hearts Growing Minds*
Platform Zoom for the platform, Agenda Mangers for conference planning and support
Fees \$95 Members, Probationary
\$55 Pre-service Teachers, Substitutes, Retired Teachers
Contacts Andrew Gosney: wagosney@nstu.ca
Amy Barry: albarry@nstu.ca

Nova Scotia Teachers Association for Literacy and Language (NSTALL)

Theme *Connecting Through Literacy and Learning*
Platform Google
Keynote: Sheree Fitch
Fees \$75 NSTU Active Members, Probationary
\$50 Retired
\$40 Substitutes, Pre-service Teachers
Contacts Stephanie Deagle: sddeagle@nstu.ca

Nova Scotia Technology Education Association (NSTEA)

Theme *Returning to Hands-On Learning*
Platform Google Meet
Fees \$70 Permanent, Probationary, Term Teachers
\$20 Substitutes, Pre-service Teachers, Retirees
Contacts Andrew Seymour: agseymour@gnspses.ca

Primary Elementary Teachers Association (PETA)

Theme *Literacy, Laughs and Self Love with Jennifer Serravallo, Joe (Mr. D) Dombrowski and Asha Croggon*
Platform Zoom

Keynote: Jennifer Serravallo, Joe (Mr. D) Dombrowski and Asha Croggon
Fees \$90 Regular, Probationary
\$60 Pre-service Teachers, Substitutes, Retired Teachers
Contacts Jennifer Eisener: petaconference@nstu.ca

Psychologists in Schools Association (PISA)

Theme *Cognitive Profile Analysis in School*

Psychology: History, Challenges, Opportunities?

Platform Zoom
Keynote: Ryan J McGill, Ph.D., BCBA-D
Fees \$90 for Members, Probationary
\$80 for Pre-service Teachers, Substitutes, Retired Teachers
Contacts Natasha Yorke-Phillip: neyorke@nstu.ca

Speech -Language Pathologists and Audiologists Association (SPAA)

Theme *Strategies to Promote Higher-Level Language Skills and Reading Comprehension (Dr. Laura Justice, The Ohio State University)*
Platform Zoom
Fees \$75.00 Delegates, Probationary
\$50.00 Pre-service Teachers/Parent/ Substitute/Retired
Contacts Stephanie Brushett: sebrushett@nstu.ca

Social Studies Teachers Association (SSTA)

Theme *Social Studies: Now, More Than Ever!*
Platform PHEEDLOOP
Fees \$75.00 – Teachers, Probationary
\$40.00 – Substitute, Retired and Pre-Service Teachers
Contacts Wendy Driscoll: sstaconference@nstu.ca

Teachers Association for Physical and Health Education (TAPHE)

Theme *♪ This is How We Virtual ♪*
Platform Zoom
Fees \$75 Delegates, Probationary
\$30 Pre-service Teachers and Substitutes
Contacts Amanda Brewer: aebrewer@nstu.ca

ALL CONFERENCES ARE VIRTUAL FOR 2021
Register Early!



NOVA SCOTIA TEACHERS UNION

2021 – 2022 COMMITTEES



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

With the exception of the Resolutions Committee, the following list does not contain committees appointed at Annual Council or those members serving on external committees. **This list is current as of September 7, 2021.**

STANDING COMMITTEES

ADMINISTRATIVE

FINANCE & PROPERTY COMMITTEE

Peter Day, Chair, Secretary-Treasurer; **Nick Wilson**, Digby, 2022 (1 year term replacement); **Sunita Pinet**, Halifax City, 2022; **Wade Van Snick**, Cumberland, 2023; **Richard MacLean**, Executive Member; **Steve Brooks**, Executive Director, NSTU; **Janine Kerr**, Assistant Executive Director, NSTU; **Melanie Waye**, Financial Officer, NSTU

GOVERNANCE & POLICY COMMITTEE

Paul Wozney, NSTU President; **Jo-Leigh MacPhee**, Annapolis Region; **Yolanda Aubrecht**, Cape Breton Region; **Shannon Roy**, Chignecto Region; **Mike Jamieson**, Halifax Region; **Byron Butt**, South Shore Region; **Phil Samson**, Strait Region; **Colleen Scott**, Tri-County Region; **Line Murphy**, CSANE; **Mary Currie**, APSEA; **Steve Brooks**, Executive Director; **Louis Robitaille**, Executive Staff Liaison

NOMINATING COMMITTEE

Paul Wozney, NSTU President; **Russell Comeau**, **Duncan Cameron**; **Deena Jewers**; **Byron Butt**; **Colleen Scott**; **Steve Brooks**, Executive Director

PERSONNEL COMMITTEE

Paul Wozney, NSTU President; **Russell Comeau**, Chair, 2nd Vice-President; **Natalie MacIsaac**; **Jo-Leigh MacPhee**; **Meg Ferguson**; **Steve Brooks**, Executive Director

PROGRAM

COMITÉ DE PROGRAMMATION ACADIENNE

Phil Meuse, Chair, 2023; **Catherine Farrow**, 2022; **Collène Cyr**, 2022; **Marc-Andre Fournier**, 2023; **Gabrielle Samson**, 2024; **Georgette Samson**, Executive Member; **Amanda O'Regan-Marchand**, NSTU Staff Liaison

CURRICULUM COMMITTEE

Penny Auld, Chair, Halifax County, 2022; **Lindsay Crossman**, Cumberland, 2022; **Sarah Hillier**, Lunenburg County, 2022; **Sarah Nielsen**, Digby, 2023; **Angela Gillis**, Executive Member; **Pam Langille**, NSTU Staff Liaison

EQUITY COMMITTEE

Drew Fournier, Chair, Halifax County, 2022; **Kelly Cooper**, Kings, 2022; **Virginia King-Tower**, Cumberland, 2022; **Juanita Romard**, Northside-Victoria, 2022; **Taunya Pynn Crowe**, Colchester-East Hants, 2023; **Colin MacKenzie**, Hants West, 2023; **Myla Borden**, Executive Member; **Amanda O'Regan-Marchand**, NSTU Staff Liaison

HEALTH AND SAFETY COMMITTEE

Crystal Isert, Chair, Halifax County, 2023; **TBD**, 2022; **TBD**, 2022; **TBD**, 2023; **Simon Wilkin**, NSTU Staff Liaison

MEMBER SERVICES COMMITTEE

Thérèse Forsyth, Chair, 1st Vice President; **Melanie Kennedy**, Halifax County, 2022; **Vera Ryan**, Yarmouth, 2023; **Mike Carrigan**, Cape Breton District, 2023; **Tara Bates**, Pictou, 2023; **Mary Currie**, Executive Member; **Tim MacLeod**, NSTU Staff Liaison

PENSION COMMITTEE

Paul Murphy, Chair, Halifax City, 2022; **Mai-Ling Storm**, Lunenburg County, 2022; **Steph Nagy**, Kings, 2023; **Mary MacPherson**, Cape Breton District, 2024; **Eliza Abbass**, Pictou, 2024; **Danielle O'Brien**, Richmond, 2024; **Brian Noble**, RTO Representative; **Yolanda Aubrecht**, Executive Member; **Paul Boudreau**, NSTU Staff Liaison; **Kyle Marryatt**, NSTU Staff Liaison

POLITICAL ACTION COMMITTEE

Sarah Tutty, Queens, 2022; **Kate Sircom**, Hants West, 2022; **Sean McLennon**, Cape Breton District, 2022; **Lisa Brett**, APSEA, 2023; **Ian Comeau**, CSANE, 2023; **Deena Jewers**, Executive Member; **Myla Borden**, Executive Member; **Colleen Scott**, Executive Member; **Mark Laventure**, NSTU Staff Liaison

PROFESSIONAL DEVELOPMENT COMMITTEE

Trisha Munroe, Chair, Halifax County, 2022; **Bruce Abriel**, Dartmouth, 2022; **Drew Moore**, Colchester-East Hants, 2022; **Laura Lambie**, Halifax City, 2023; **Bernice Cameron**, Pictou, 2023; **Paul Syme**, Kings, 2023; **Shannon Roy**, Executive Member; **Amanda O'Regan-Marchand**, NSTU Staff Liaison

PUBLIC RELATIONS COMMITTEE

Stephanie Deagle, Chair, Pictou, 2022; **Jaylene Chase**, Lunenburg County, 2022; **Ryan Lutes**, Halifax City, 2022; **Tavis Bragg**, Kings, 2023; **Deena Jewers**, Executive Member; **Angela Murray**, NSTU Staff Liaison

STATUS OF WOMEN COMMITTEE

Stacey Barrie, Chair, Northside-Victoria, 2022; **Heather Hiscock**, Annapolis, 2022; **Allison Stewart**, Halifax City, 2022; **Angela Amey**, Dartmouth, 2023; **Melina McNeil**, Dartmouth, 2023; **Carmie Zahara**, Cape Breton District, 2023; **Kathy Evans**, Executive Member; **Pam Langille**, NSTU Staff Liaison

SUBSTITUTE TEACHERS COMMITTEE

Andrea Heans, Chair, Halifax City, 2022; **Matt Campbell**, Cape Breton District, 2022; **Leah Gillis**, Halifax County, 2022; **Kelsey Wiesendahl**, Hants West, 2023; **Robert White**, Cape Breton District, 2023; **Duncan Cameron**, Executive Member; **Paul Boudreau**, NSTU Staff Liaison

AD HOC COMMITTEE ON INCLUSION OF EQUITY SEEKING MEMBERS

Jorge Saldana, CSANE, Chair; **Nancie de la Chevotière**, Halifax City; **Adam Martin**, Cape Breton District; **Myla Borden**, Executive Member; **TBD**, Executive Member; **Amanda O'Regan-Marchand**, NSTU Staff Liaison

OTHER COMMITTEES

DISCIPLINE COMMITTEE

Terry Ryan, Halifax City, 2022; **Paulette O'Connor**, Halifax City, 2023; **Sheri Scott**, Halifax County, 2023; **TBD**, 2024; **TBD**, 2024; **Janine Kerr**, Assistant Executive Director

DISTRIBUTED LEARNING COMMITTEE

Vince Jessome, Inverness, 2022; **Andrea Small**, Cumberland, 2023; **Ian Kent**, Queens, 2024; **Simon Wilkin**, NSTU Staff Liaison

INSURANCE TRUSTEES

Jennifer Moriarty, Dartmouth, 2022; **Nancy Doyle**, Pictou, 2022; **Roland Hannem**, Yarmouth, 2022; **Karen Nottage**, Kings, 2024; **Joel Chaisson**, CSANE, 2025; **Janie Lumsden**, Antigonish, 2026; **Stacy Samson**, NSTU Staff Liaison; **Kyle Marryatt**, NSTU Staff Liaison

PD&F

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

PROFESSIONAL ASSOCIATIONS COORDINATING COMMITTEE

Ann Leith, EDANS, 2022; **Lynnette Babin**, NSLTA, 2022; **TBA**, 2023; **TBA**, 2023; **TBA**, 2023; **TBA**, 2023; **Phil Samson**, Executive Member; **Amanda O'Regan-Marchand**, NSTU Staff Liaison

PROFESSIONAL COMMITTEE

Gillian Costello, Dartmouth, 2022; **Paula Landry**, Richmond, 2022; **Kenna MacLean**, Cape Breton District, 2023; **Dawn Spracklin**, Cape Breton District, 2023; **TBD**, 2024; **TBD**, 2024; **Janine Kerr**, Assistant Executive Director

RESOLUTIONS COMMITTEE

Mike Jamieson, Chair, Executive Member; **Shelley Luddington**, Halifax County, 2022; **Laura McCulley**, Kings, 2022; **Keli Brewer**, Cape Breton District, 2023; **Ryan Lutes**, Halifax City, 2023; **Louis Robitaille**, NSTU Staff Liaison

SHEONORIL BOARD OF DIRECTORS

Steve Brooks, Chair, Executive Director; **Elizabeth Kyle**, Halifax City, 2022; **Kerry Doucette**, Colchester-East Hants, 2022; **Anna Muise**, Cape Breton District, 2022; **Shelley Morse**, Retired Member, 2024; **Scott Murchison**, Cape Breton District, 2024; **Jenn Barro Ralph**, Dartmouth, 2024; **Sharon Midwinter**, Executive Member; **Paul Wozney**, NSTU President; **Pam Langille**, NSTU Staff Liaison

Sauté Healthy Meal Service

Sauté is a healthy meal prep service based in Halifax. Our local team prepares and delivers restaurant quality meals to your door on a one-time or subscription basis.

We offer a variety of options, such as fresh meals, frozen meals, snacks, smoothies, family meals, and more!

All of our subscription plans and frozen meals are gluten and dairy free, and we offer a variety of vegetarian options as well.

Meal Plans: <https://shop.trysaute.com/pages/plans>

Two-Day Delivery: <https://shop.trysaute.com/collections/all-items>

We would love to offer all NSTU members a 25% discount on their first order with us, as well as a 10% ongoing discount on any subsequent orders.

In addition to the above discounts, we're also offering 20% off your first catering order.

We offer a variety of snacks, fresh bowls, sandwiches, hors d'oeuvres, and more.

Office Catering: https://cdn.shopify.com/s/files/1/1346/0029/files/Catering_Menu_1.pdf?v=1615299004

Hors d'Oeuvres: <https://shop.trysaute.com/collections/hors-doeuvres>

For questions or more information, you can reach us at hello@trysaute.com or by phone at 902-579-9670.



S A U T É
healthy meals delivered

**NSTU MEMBERS CAN RECEIVE
25% OFF THEIR FIRST ORDER
AND 10% OFF ANY
FOLLOWING ORDERS**

25% OFF
NSTU25

10% OFF
NSTU10



 **@TRYSAUTE**



COVID has changed the way we teach

Have a great idea for your classroom or school?

Need funding to make it happen?

Then apply for a PDAF grant!

Next deadlines: October 1, December 1, February 1, April 1, June 1 & August 1.
Receive up to \$5,000 for innovative and unique program development.

More details at <https://nstu.ca/nstu-members/professional-development/grants-opportunities/program-development-assistance-fund-pdaf>

pdaf  **Nova Scotia Teachers Union** **faep**

resources

media LIBRARY

@LRTS

Digital Resources for Teachers

DID YOU KNOW? We now have a YouTube channel! We are “EECD NS” and you’ll find lots of professional development videos by clicking here <https://goo.gl/cePvXV> or search for us under our channel name. Subscribe and don’t forget to hit the notification bell so you’ll be notified when we upload new videos!

Social Studies / Global Citizenship Videos

The video resources listed below are available from Learn360 and are accessible from the Google Apps for Education landing page under Learning Resources. Simply log into your GAFE account, click on the link for Learn360, and then use the links below to access these videos and many more.

UN Sustainable Development Goals for Elementary Students

Grades 3-5

<https://learn360.infobase.com/series/195374?aid=114538>

This is a 17-part series of short, animated videos that look at global topics like gender equality, sustainable cities, health and well being, peace and justice. Titles include: Responsible consumption; Clean water and sanitation; Zero hunger; and Climate action. (2018; ca. 2 min. each)

Our Dynamic World Series

Grades 6-8

<https://learn360.infobase.com/series/195322?aid=114538>

This is a 37-part series of short videos that explores the world we live in today. Titles include: Rights and responsibilities; Why is peace difficult?; and, How Has Globalization Affected Our Communities?. Each video runs approximately 2 minutes and gives students a bite-sized introduction to these topics. (2018 ; ca. 2 min. each)

My World Global Curriculum

Grades 6-12

<https://learn360.infobase.com/series/274290?aid=114538>

This 10-part series illuminates global challenges, encourages responsible global citizenship and engagement, and shares inspiring stories impacting today’s youth. Presented in a news program format, each program title looks at more than one topic that includes the effects of wildfires, an examination of deep fakes, a comparison of social media vs traditional journalism, and efforts to destigmatize mental health. (2020 ; ca. 23 min. each)

eLearning Resources for teachers:

The eLearning Support Site can be found on your GAFE landing page and has links to tutorials for Google, Moodle, Chromebooks and Virtual Meetings, tips for eLearning, links to eResources and curriculum supports, and links to student services resources.

Online learning resources and examples can be accessed from the Nova Scotia Virtual School launchpad page: <https://nsvs.ednet.ns.ca/> Click on the large icon for Provincial eLearning at the bottom. You may need to re-log into Google Apps for Education to access this page. Here you will find examples of lessons and excerpts from online courses offered through NSVS that you can use with your students.

notices

Loran Award

The Loran Award is the largest and most comprehensive merit-based award for young people in the country, valued at up to \$100,000 over four years of undergraduate study. Applications for the 2022 Loran Award are now open and we need the help of educators in Nova Scotia to identify students who demonstrate strength of character, dedication to serving others in the community, and the promise of leadership. For the most up-to-date information and application details, please visit our website www.loranscholar.ca. Registration to our webinars will open soon here: www.loranscholar.ca/webinar-information/.

executive highlights


August 27, 2021

- Approved a recommendation that the NSTU Provincial Executive approve the tentative agreement reached with the Professional Services Staff on August 17, 2021 pending ratification by that bargaining group

Halifax 2022 Outreach Program Ideas from Science Educators & Committee Opportunities

The 2022 Annual National meeting of Earth Science professionals will be held 15th to 18th May in the Halifax Convention Centre. We're excited to be offering an Outreach Program aimed at Earth Science educators and enthusiasts, with workshops, field trips and lectures facilitated by scientists and other experts. With so many diverse topics and resources, we are inviting educators of all grade levels to submit their ideas on what would help them teach earth sciences so we can incorporate these into our Outreach Program. We are also seeking interested educators to join our committee to assist with conference planning.

To submit your ideas or to inquire about joining our committee please contact Louise Leslie (Committee Chair) at 902-728-3602 or louise.leslie@hotmail.ca

GAC- MAC- IAH-CNC- CSPG	AGC- AMC- AIH-SNC- SCGP	
May 15-18	15-18 mai	

**HALIFAX
2022**



FALL 2021
Live Virtual Workshops

www.ctrinstitute.com

All workshops run from 9am-4pm Central Time.

Mental Health Concerns in Children and Youth	Sept 25
Resilience in Children <i>Creative Strategies for Helping</i>	Sept 28-29
Regulation Strategies for Children and Youth in Crisis	Oct 14
Attachment <i>Strategies for Fostering Connections</i>	Oct 19
Restorative Justice <i>Facilitating Dialogue</i>	Oct 26-28
Anxiety in Children and Youth <i>Practical Intervention Strategies</i>	Nov 6
Trauma-Informed Care <i>Building a Culture of Strength</i>	Nov 10
Play Therapy <i>Tools for Helping Children and Youth</i>	Nov 16-17
Violence Threat Assessment <i>Planning and Response</i>	Nov 19
Gender and Sexual Diversity in Youth	Nov 23-24
Self-Injury Behaviour in Youth <i>Issues and Strategies</i>	Nov 30-Dec 1
Social-Emotional Learning <i>A Whole-School Approach</i>	Dec 7
Addictions and Youth <i>Substances, Technology, Porn</i>	Dec 14



Find MORE WORKSHOPS on
our website www.ctrinstitute.com



NEW BOOK!

Counselling Activities Workbook

Handouts and Exercises
for Working With People

Inspiring Learning. Improving Lives.

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Making Self-Care a Priority

Welcome back everyone! We hope that you had a great summer and had a chance to spend some quality time with your friends and families!

As teachers and students return to the classroom amid the continued uncertainty related to the COVID-19 pandemic and the potential for a fourth wave of the virus, managing both your physical and mental health by continuing to practice self-care needs to be a priority. When it comes to self-care plans, there is no one-size-fits-all option. We each have different needs, strengths, and limitations.

Your NSTU Group Insurance Trustees want to ensure that you are aware of the tools that are available to you as part of your benefits program.

The Self-Care Starter Kit helps design a physical and mental health plan specifically for you by taking you through the following four steps:

1. **Evaluating Your Coping Skills;**
2. **Identifying Your Self-Care Needs;**
3. **Barriers and Areas for Improvement;**
4. **Creating Your Self-Care Plan.**

The above four-step process will help you to build a plan that's just right for you. The Self-Care Starter Kit does not just focus on mental health. Being physically active is extremely important to overall health and the Self-Care Starter Kit can help you find new and unique ways to ensure you are taking care of yourself and your family. A copy of the Self-Care Starter Kit can be found on the NSTU Group Insurance website at www.nstuinsurance.ca/members/active/manulife-efap/ under the "Resources" header.

With the 2021-2022 school year upon us, we would also like to take this opportunity to remind all new teachers that you need to apply for your Total Care Medical and Total Care Dental Benefits as they are not automatic.

Total Care Medical

The Total Care Medical plan is a comprehensive supplementary health care plan available to all active Public School Members, PSAANS and APSEA Members. This plan provides prescription drug coverage under age 65, a semi-private hospital room, vision care, paramedical services, including physiotherapy and massage therapy, and many other benefits as outlined in the Group Insurance Profile.

- **To enroll, you must complete the application form in your enrollment package.**
- **The premium is paid 100% by the employer.**
- **You may apply for this benefit plan at any time provided you are actively at work and it will become**

effective the first of the month following receipt of your application at Johnson.

Total Care Dental

The Total Care Dental plan provides comprehensive dental care coverage to all active Public School Members, PSAANS and APSEA Members. Total Care Dental includes basic preventative services, major restorative services, prosthodontic and orthodontic services.

- **To enroll, you must complete the application form in your enrollment package**
- The employer cost shares 65% of the basic and major restorative premiums of the Total Care Dental plan while the member pays 35% for basic preventative and major restorative premiums, plus 100% for prosthodontic and orthodontic premiums.
- As a new member, you have 31 days from the receipt of their "New Member Package" to enroll.
- **New members who commence work prior to October 1st must contact Johnson and enroll no later than October 15th.**
- **New members who commence work after October 1st must enroll within 31 days of commencing work.**
- Coverage to take effect the first of the month following receipt of application.
- If you do not enroll within 31 days of the receipt of your "New Member Package", coverage will not be processed until the following September.

TOTAL CARE DENTAL PREMIUM:

	MONTHLY PREMIUM	MEMBER MONTHLY COST*
Single	\$44.63	\$18.82
Family	\$94.41	\$39.84

If you have any questions regarding the above, please call the Administrator, Johnson Inc., at (902) 453-9543 or 1-800-453-9543 (toll-free). Don't forget that you can also access more information on these and all other benefits and programs available to you by visiting the NSTU Group Insurance website at www.nstuinsurance.ca.

Frequently Asked Questions:

NSED Travel Insurance FAQs



Travel remains a challenge as we continue to navigate through the COVID-19 pandemic. However, things are slowly improving as more and more people get vaccinated. This has allowed some travel restrictions to be lifted and for more people to begin travelling again.

To make sure plan members are up-to-date with the latest travel coverage information, the NSTU Group Insurance Trustees have prepared the following Frequently Asked Questions:

Q: *Why did I receive a new travel ID card in my renewal package?*

A: Your new ID card references important information (policy numbers and toll-free Assistance Helplines) for the NSED Travel Insurance Out of Province / Canada Emergency Medical Plan and Trip Cancellation / Trip Interruption Plan (if applicable). These plans replaced the MEDOC® Travel Plans effective September 1, 2020. **Please note, with your new travel ID card in hand, you can now dispose of your current card as it will no longer be valid.**

If you have any questions regarding your policy, would like to make changes to trip dates, increase or decrease coverage, please call the Administrator, Johnson Inc., at (902) 453-9543 or 1-800-453-9543 (toll-free).

To make a claim against your Out of Province/Canada Emergency Medical Plan or Trip Cancellation/Interruption Plan, you or your representative must call Medavie Blue Cross' appointed travel assistance provider as soon as possible at one of the following numbers:

- **From Canada or the United States – 1-800-563-4444**
- **From anywhere else – 1-506-854-2222 (collect)**
If calling collect is not possible, Medavie Blue Cross will reimburse the cost of the call.

Q: *When I decide to travel again, will I be covered for COVID-19 under the NSED Travel Out of Province / Canada Emergency Medical Plan?*

A: Yes, the NSED Medical Travel Plan will cover eligible emergency hospital and medical expenses related to COVID-19, subject to the existing provisions under the policy. Before departure, members must be symptom free, have not tested positive (or be awaiting

a test result) and have not been in contact with anyone who tested positive in the last 14 days. Coverage will also be extended to students studying abroad. **Please note, the NSED Medical Travel Plan does not cover the following:**

- **Any COVID-19 testing, including those required by governments to re-enter the country**
- **Any costs related to delays caused by testing requirements**
- **Any costs related to quarantines, including those mandated by governments**

Q: *Can I refuse a travel voucher or credit from an airline or travel provider and then claim under the NSED Trip Cancellation / Interruption plan?*

A: No, travel credits/ travel vouchers are not an insurable loss under the NSED Trip Cancellation / Interruption plans as they are considered a form of reimbursement.

Q: *Is a positive COVID diagnosis within 6 months of a scheduled trip considered a pre-existing condition under both the medical and trip cancellation plans?*

A: Yes, COVID-19 is an illness like any other and is considered as such when reviewing a case for stability or pre-existing conditions. This means that you may not be covered under the plan if you decide to travel within 6 months of being diagnosed with COVID-19.

Q: *Will there be a requirement to be vaccinated for COVID-19? Will I need to provide vaccine info, proof of vaccination before travelling to be covered under the plans?*

A: No, the COVID-19 vaccine is treated like all other vaccines that are required to travel to specific locations around the world: they are government requirements. Vaccines are not required for insurance under the NSED Travel Plans.

If you have any further questions regarding your travel coverage or 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.

Exclusive Rates for NSTU Members

Start with savings of up to \$800 when you bundle your home and car insurance.*



Educators have trusted Johnson for over 50 years. NSTU members get access to extra perks, like:

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Just by calling for a quote, you'll be entered for a chance to win one of three **Home Office Improvement Packages or \$5,000 cash!†**

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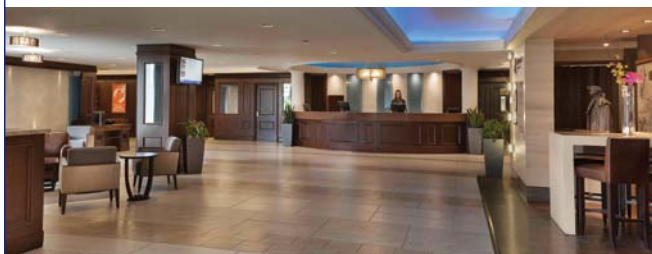
Mention group code **62** for your preferred rates.



Johnson Insurance is a tradename of Johnson Inc. ("JI"), a licensed insurance intermediary. Home and car policies primarily underwritten, and claims handled, by Unifund Assurance Company ("UAC"). Described coverage and benefits applicable only to policies underwritten by UAC in NL/NS/NB/PEI. JI and UAC share common ownership. Eligibility requirements, limitations, exclusions, additional costs and/or restrictions may apply. *As of March 1, 2021, \$800 combined savings available on home and car insurance if the following discounts are applicable: conviction free, multi-line (home and auto), multi-vehicle, long term, member (home and auto) select in NL, NS, PE, and winter tire in NB, NL, NS. Dollar savings may vary otherwise. †AIR MILES® Reward Miles awarded only on regular home and car insurance policies underwritten by UAC. At the time the premium is paid, one (1) Mile is awarded for each \$20 in premium (including taxes). Miles are not available in SK or MB. ‡Trademarks of AIR MILES Royalties Limited Partnership used under license by LoyaltyOne, Co. and JI (for UAC). †NO PURCHASE NECESSARY. Open May 1, 2021 to April 30, 2022 to legal residents of Canada (excluding Quebec and Nunavut) who at the time of entry: (1) have reached the age of majority in their jurisdiction of residence and (2) are a member of a group in the educator sector with whom Johnson Inc. has an insurance agreement. Three (3) prizes available consisting of \$5,000 CAD. Odds of winning depend on the number of eligible entries received. Math skill test required. Rules: <https://www.johnson.ca/homeoffice>

HOTEL HALIFAX

www.hotelhalifax.ca • 833.357.8155



THE BARRINGTON HOTEL

www.thebarringtonhotel.ca • 833.357.8155

NSTU LEISURE RATE

SPECIAL Month of September – Rate starting at \$99 + tax (Sunday to Wednesday) & \$149 + tax (Thursday to Saturday), including parking for leisure parking.

SPECIAL October 1st-December 30th – Rates starting at \$99 + tax, including parking for leisure parking.

This offer also comes with an additional 150 Aeroplan points per night.

*Please note rates quoted are net non-commissionable and don't include 2% HRM Marketing Levy nor 15% HST.

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

NSTU Halifax direct link: <https://reservations.travelclick.com/108084?RatePlanId=3532963> – no access code required

NSTU Barrington direct link: <https://reservations.travelclick.com/108025?RatePlanId=3546305> – no access code required

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30% OFF

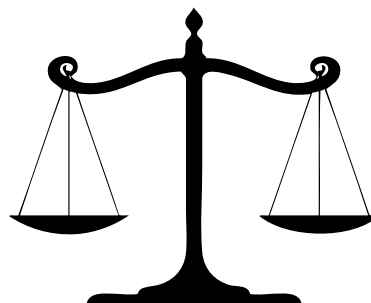
YOUR Will and
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Law Offices: 1-877-343-9894

Email: bbalcom@andsinc.com

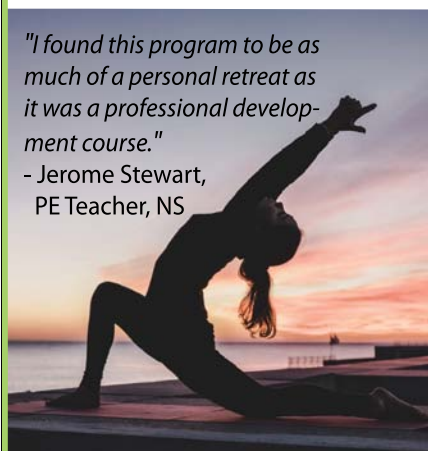


YOGA in schools

For more information or to register
for programs, call (902) 444-9642
or email: info@BreathingSpaceYogaStudio.ca
YogainSchools.ca

"I found this program to be as
much of a personal retreat as
it was a professional develop-
ment course."

- Jerome Stewart,
PE Teacher, NS



Yoga in Schools & Studio 200hr Yoga Teacher Training

online and in-person! September 18th (Alternative start date October 9th)

Bolster confidence, inspire active living and change lives with this yoga and mindfulness training. There has never been a more important time to learn and share these practices that regulate our emotions, calm our minds and awaken vibrant health. This double certification of Yoga in Schools and 200hr Yoga Teacher Training is suited to all levels of ability. Graduates will also receive training and manuals in Yoga 11, Yoga for Special Needs, Yoga for Autism.

Price: \$2950.00+HST (interest free payment plan available).

Location: Halifax and online. Visit YogainSchools.ca

to learn about all of our programs and 200hr. YTT certification

Mindfulness 100hr Certification Training for Schools

and Individual practice. Online and In-person!!

A Mindfulness training experience that will transform the way you face challenges, alter your relationship with worry, anxiety and depression and remind you of the vibrancy of life.

Now more than ever, we need daily practices that will keep us grounded amidst these tumultuous times. This program offers science-based, cross-curricular, cross-cultural lessons for all ages. The 220 page manual and the 100hr certification program includes Jenny and Blair's combined 50 years of expertise in mindfulness and body-based healing techniques.

The four-day program includes one self-paced online weekend, followed by an in-person or online LIVE weekend on November 13th-14th with renowned leaders Jenny Kierstead and Blair Abbass.

Location: Halifax and also Online.

Early bird price \$690.00 until October 25th

Regular price \$890.00 +HST


BreathingSpace
YOGA STUDIO

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 Grade 6 Teacher in CCRCE looking to do a permanent exchange with a teacher in the SRCE for 2020-2021. Please contact Angela: angela_macd3@hotmail.com OR 902.209.9807

Permanent HRCE Secondary Teacher looking to do a permanent exchange with a teacher in SSRCE.

Please contact: mackenziemichael@gmail.com.

Very interested in a 10 or 20% term. Preferably, in Dartmouth & Lower Elementary Grades. Would consider Upper Elementary, too. Very flexible in days & necessary changes to the schedule. Email marharris@ns.sympatico.ca for more information.



2021 – 2022 Pre-Retirement Seminars SCHEDULE



DATES:	LOCATION:
October 5 & 6 (Tuesday & Wednesday)	CBVRCE – Online
November 2 & 3 (Tuesday & Wednesday)	TCRCE – Online
9 & 10 (Tuesday & Wednesday)	HRCE – Online
16 & 17 (Tuesday & Wednesday)	CCRCE – Online
December 7 & 8 (Tuesday & Wednesday)	SRCE – Online
15 & 16 (Wednesday & Thursday)	AVRCE – Online
January 5 & 6 (Wednesday & Thursday)	HRCE – Online
12 & 13 (Wednesday & Thursday)	CCRCE – Online
18 & 19 (Tuesday & Wednesday)	SSRCE – Online
February 9 & 10 (Wednesday & Thursday)	HRCE – Online
15 & 16 (Tuesday & Wednesday)	HRCE – Online



Teaching and administrative opportunities in the Nova Scotia International Programs

Experience a new culture while teaching the Nova Scotia curriculum, or bring your school leadership expertise to an exciting new learning environment.

Nova Scotia international programs in the People's Republic of China (grades 10-12), the United Arab Emirates (grades P-12) and Bangladesh (grades 9-12) offer competitive pay, annual return flights, apartment or living allowance, and paid holidays.



For a list of opportunities see:
www.internationalprograms.ednet.ns.ca



RR REFLECT
RR RELATE
R REACH

**NSTU Member
Engagement Day**
Tuesday, October 5, 2021

