



# NSTU hopeful students and teachers have a positive school year

New NSTU president Ryan Lutes is hopeful that the 2022-23 school year is a positive one for students and their teachers. He's committed to working collaboratively with government to promote and protect the public education system.

"Teachers, guidance counsellors and specialists are looking forward to reconnecting with their students once again and are cautiously optimistic that this upcoming year will bring with it more consistency and stability than we've experienced recently," says NSTU President Ryan Lutes.

"That said, there are still areas of uncertainty as we head back to school and the NSTU is committed to working through any issues that arise in partnership with Government and the education entities."

Lutes says the most pressing issue facing the system remains the ongoing teacher shortage, which was significantly heightened last winter and spring due to the presence of COVID-19 in schools.

Over the summer the NSTU reached out to government with concerns about school ventilation, but more action is still required. The NSTU President says that additional funding and resources are needed to ensure that all students receive the support and attention they deserve.

Another problem the NSTU will be paying close attention to this upcoming year is the impact of child poverty on students, which could be heightened due to inflation.

"As we welcome students back, we can't lose sight of the fact that many families are struggling to make ends meet and that living in poverty has a demonstrable and negative impact on children's ability to learn. This is not a new problem, but it's a problem that as a society we can't allow to deepen. We owe it to all children to ensure that they have access to good nutrition, proper housing and a safe place to go at the end of each school day," says Lutes.

*Dear Colleagues and Friends,  
Welcome back!*

*I hope you were able to enjoy a well-deserved summer—a summer filled with rest, activities, family and friends, and connections that have filled your cup, and recharged you for the upcoming school year.*

*I am exceedingly proud of the work you have done, and continue to do so our students can learn and grow. With all that is going on in the world, sometimes the power of what we do can get lost—but to our students you are a light and continue to be a critical person in their lives.*

*I know that many of you have concerns related to COVID-19 and our schools. While Government has addressed some of our concerns, we continue to advocate on your behalf to make our schools as safe as possible. The COVID-19 pandemic has highlighted the importance of health and safety, and has reinforced our schools' Joint-Occupational Health and Safety Committees as critically important. I encourage you to familiarize yourself with those committees, and please reach out if there is anything we can do to support you.*

*Despite the concerns, I know how exciting back-to-school is. As an educator, it's a time for a fresh start—a time to reconnect with colleagues, and turn our focus to how we can be best for our students. As a parent and student, it's a time of excitement filled with opportunity and the promise of what is undoubtedly going to be a fantastic year. As I send my own children off to Grade 2 and to Primary, the importance of what we do as educators has started to strike a different note. The impact that you make on our students and families cannot be overstated.*

*I know that you will do your best for our students, but I also encourage you to right by yourself, and your friends and family. We've all heard the saying—You can't pour from*



*Continued on page 4*



# people

## PD officers



Above are professional development/professional learning staff officers from around the Atlantic Provinces who attended CONTACT 22. Left to right: Amanda O'Regan-Marchand, NSTU Executive Staff Officer, Professional Learning; Chad Gallant, PEITF Staff Officer, Staff Development Services; Bob Johnston, NLTA Administrative Officer, Programs and Services; Gabe Ryan, NLTA Administrative Officer, Programs and Services; and Dawn Beckingham, NBTA Staff Officer, Professional Learning.

## CONTACT 2022



NSTU president Ryan Lutes joined members of CAPTTO at the NSTU organized CONTACT August 2 to 5 at St. FX University. He is shown with Maureen Doyle-Gillingham (left), Vice President of the Newfoundland and Labrador Teachers' Federation and Connie Keating (right), President of the New Brunswick Teachers' Association. For more info about this year's CONTACT conference see page 12.



## Labour Day Parade

Shown are members of the NSTU and their families with NSTU president Ryan Lutes at this year's Labour Day parade and celebration, which took place on September 5.

The March to the Peace and Friendship Park was organized by the Halifax-Dartmouth and District Labour Council. NSTU members were encouraged to participate in Labour Day activities around the province, in the Annapolis Valley, on the South Shore, and in Cape Breton.



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Advertising & Circulation: **Nancy Day**



Canadian  
Educational  
Press  
Association  
Association  
canadienne  
de la presse  
éducative

Published eight times a year  
(September-June)  
by the **Nova Scotia Teachers Union**  
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Submission deadlines for 2022-2023:

ISSUE	DEADLINE
October 12	October 7
Nov/Dec	November 25
Jan/Feb	January 20
March	March 3
April	April 6
May	May 5
June	June 9

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

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## Bill 75 Update

On June 13, the Supreme Court of Nova Scotia vindicated our province's teachers by confirming that the *Teacher Professional Agreement and Classroom Improvement Act (2017)* better known as Bill 75 was indeed unconstitutional as was challenged by your union. Unfortunately, while Justice Keith found that Bill 75, a product of the former McNeil government, was both "vengeful" and a "terrible wrong", no remedies, other than awarding legal costs, were mandated.

"There have been further actions taken following this decision," says NSTU president Ryan Lutes. "On July 12, past-president Paul Wozney and senior staff met with Allan MacMaster, Minister of Finance and Treasury Board, and senior Department officials to discuss possible remedies to this wrong committed against teachers. While no resolutions were arrived at during that meeting, we continue to be prepared to work with government to reach an equitable solution."

On August 10, NSTU's Provincial Executive was provided a full briefing on the Bill 75 file during a closed session meeting. "Following this discussion, it was decided to instruct legal counsel to file a notice to appeal the June 13 decision. Obviously the NSTU continues to be in agreement with the unconstitutional finding on Bill 75 and is seeking to appeal the lack of an adequate remedy only," continues Lutes.

## Pension Panel submits report

The independent panel commissioned by the NSTU and Government to examine the Teachers' Pension Plan (TPP) has submitted its report to the sponsors. The panel's recommendations are non-binding and are currently being evaluated by the NSTU.

The plan sponsors have agreed not to release details of the recommendations until they have had an opportunity to both review and discuss. Plan members will receive updates as more information becomes available.

"Please be reassured that we are taking a cautious and methodical approach to this process, which is in very preliminary stages," says NSTU president Ryan Lutes. "The NSTU understands its fiduciary responsibilities to all Plan members and will be engaging an independent actuarial firm to review the report."

**The deadline for the  
October issue  
of The Teacher is October 7**

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



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*an empty cup. Another way of expressing the same sentiment that really hit home for me lately is—You are not required to set yourself on fire to keep other people warm. The educational system, and our kids need you—but not at the expense of your physical and mental health. Our kids are best served by loving, creative, passionate teachers who have a work-life balance.*

*Please know that your union is here to provide advice and assistance. We have countless NSTU leaders and staff that are here to support you. Please don't hesitate to reach out for help and advice.*

*As your NSTU President I am extremely proud to be part of this organization and look forward to continuing to serve you. Again, welcome back and have a great year!*

*Ryan Lutes*

Ryan

## Teachers' Mental Health Matters!

Wellness4Teachers is a free, daily supportive text message intervention based on Cognitive Behavioural Therapy (CBT), designed to address stress, burnout, anxiety, and depression, as well as build resilience and improve professional satisfaction among teachers.



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UNIVERSITY OF ALBERTA  
FACULTY OF MEDICINE & DENTISTRY  
Department of Psychiatry



Nova Scotia  
Teachers Union

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# NSTU Member Engagement Day

Wednesday, October 5, 2022



Chers collègues et amis,

Bon retour!

J'espère que vous avez pu profiter d'un été bien mérité – un été rempli de repos et d'activités, avec votre famille et vos amis, ainsi que d'interactions qui vous ont permis de faire le plein d'énergie pour la prochaine année scolaire.

Je suis extrêmement fier du travail que vous avez accompli et que vous continuez d'accomplir afin que nos élèves puissent apprendre et s'épanouir. Avec tout ce qui se passe dans le monde, il arrive parfois que l'on perde de vue l'importance de notre profession. Vous êtes toutefois un phare dans la nuit pour nos élèves et vous jouez toujours un rôle crucial dans leur vie.

Je sais que beaucoup d'entre vous ont des préoccupations concernant la COVID-19 et nos écoles. Bien que le gouvernement ait répondu à certaines de nos préoccupations, nous continuons de militer en votre nom pour rendre nos écoles aussi sûres que possible. La pandémie de COVID-19 a mis en évidence l'importance de la santé et de la sécurité, et a fait ressortir le rôle essentiel joué par les comités mixtes de santé et de sécurité au travail dans nos écoles. Je vous invite à vous familiariser avec ces comités et à communiquer avec nous si nous pouvons faire quoi que ce soit pour vous apporter notre soutien.

Malgré ces inquiétudes, je sais à quel point la rentrée des classes est un moment palpitant. En tant qu'éducateur, c'est le moment de prendre un nouveau départ, c'est-à-dire de renouer les liens avec les collègues et de se concentrer sur la façon dont nous pouvons faire encore mieux pour nos élèves. En tant que parent et élève, c'est une période d'effervescence riche en possibilités et un avant-goût d'une année fantastique.

Comme mes propres enfants ont fait leur entrée au primaire et en 2e année, j'ai commencé à percevoir d'un autre point de vue l'importance de notre rôle en tant qu'éducateurs. On ne saurait surestimer l'incidence que vous exercez sur nos élèves et familles.

Je sais que vous donnerez le meilleur de vous-même à nos élèves, mais je vous encourage aussi à le faire en pensant à vous, à vos amis et à votre famille. Tout le monde sait qu'il est impossible de redonner aux autres si notre propre réservoir est à sec. Une autre façon, plus brutale, d'exprimer la même pensée est la suivante : « Vous n'êtes pas obligé de vous immoler par le feu pour réchauffer les autres. » Le système d'éducation et nos enfants ont besoin de vous, mais pas au détriment de votre santé physique et mentale. Nos enfants sont mieux servis par des enseignants aimants, créatifs et passionnés qui savent concilier leur travail et leur vie personnelle.

Sachez que votre syndicat est là pour vous conseiller et vous aider. Vous pouvez compter sur le soutien de nombreux dirigeants et membres du personnel du NSTU. N'hésitez pas à communiquer avec nous pour obtenir de l'aide et des conseils.

À titre de président du NSTU, je suis extrêmement fier de faire partie de cette organisation et je suis impatient de continuer à vous servir. Encore une fois, bon retour en classe et passez une bonne année!



Ryan

### 2022 President Election Results by Local (May 25 & June 2)

	Annapolis		Antigonish		APSEA		Cape Breton		Colchester-East Hants		CSANE		Cumberland		Dartmouth		Digby		Guysborough		Halifax City		Halifax County		Hants West	
	1st Ballot May 25	Run-off June 2	1st Ballot May 25	Run-off June 2	1st Ballot May 25	Run-off June 2	1st Ballot May 25	Run-off June 2	1st Ballot May 25	Run-off June 2	1st Ballot May 25	Run-off June 2	1st Ballot May 25	Run-off June 2	1st Ballot May 25	Run-off June 2	1st Ballot May 25	Run-off June 2	1st Ballot May 25	Run-off June 2	1st Ballot May 25	Run-off June 2	1st Ballot May 25	Run-off June 2	1st Ballot May 25	Run-off June 2
Michael Cosgrove	2		7		1		5		9		53		14		63		5		0		46		111		2	
Peter Day	12	43	37	45	13	24	544	587	173	274	39	104	37	73	39	114	10	24	3	27	39	110	96	370	18	54
Shawn Hanifen	2		15		0		26		52		76		18		38		2		20		111		371		7	
Mike Jamieson	1		0		1		2		10		11		2		67		10		0		18		66		1	
Ryan Lutes	8	30	23	92	1	8	10	29	91	169	57	262	54	96	105	230	13	35	1	10	415	541	416	775	6	43
Natalie MacIsaac	63		11		4		5		83		20		26		14		13		19		15		53		54	
Colleen Scott	5		27		1		8		40		104		23		19		13		7		19		62		10	

### 2022 President Election Results by Local (May 25 & June 2)

	Inverness		Kings		Lunenburg County		Northside-Victoria		Pictou		Queens		Richmond		Shelburne		Yarmouth		Active Reserve		Total Votes Cast		Percentage Turnout	
	1st Ballot May 25	Run-off June 2	1st Ballot May 25	Run-off June 2	1st Ballot May 25	Run-off June 2	1st Ballot May 25	Run-off June 2	1st Ballot May 25	Run-off June 2	1st Ballot May 25	Run-off June 2	1st Ballot May 25	Run-off June 2	1st Ballot May 25	Run-off June 2	1st Ballot May 25	Run-off June 2	1st Ballot May 25	Run-off June 2	1st Ballot May 25	Runoff June 2	1st Ballot May 25	Runoff June 2
Michael Cosgrove	7		7		10		3		5		3		0		3		35		5		5777	5737	59.87	59.45
Peter Day	55	99	17	157	64	140	173	198	108	186	16	25	19	35	6	19	10	46	13	33				
Shawn Hanifen	18		13		30		17		20		4		2		10		27		8					
Mike Jamieson	2		5		7		2		2		0		0		23		21		2					
Ryan Lutes	9	23	16	176	37	105	8	30	24	55	23	41	6	13	11	60	12	110	10	17				
Natalie MacIsaac	14		297		27		6		60		12		1		7		11		5					
Colleen Scott	16		14		19		9		26		4		13		33		49		3					



## Welcome Back

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

Welcome to another 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 of Wendie, Amanda and Pamela are looking forward to (re)connecting with you this year. Whether it is through workshops, rep retreats or conferences, we have some returning and some new offerings planned and we can't wait to share the news!

One of the first new items that you may notice this year is the information booklet for registering for Professional Associations' conferences. This resource outlines the roles of the Professional Associations, processes for online registration, and for refunds and reimbursements. As we transition to in-person professional learning again, we want to ensure that members are feeling informed about the processes.

Our ad-hoc committee for Equity Deserving members will be releasing an online survey to gather information from our members who come from equity-deserving groups to add their voice to our goals and mission moving forward. This is more than just an information gathering tool as the committee will also be hosting the first ever *Encourage, Engage and Evolve Summit* in Halifax on December 9<sup>th</sup> and 10<sup>th</sup>. This summit will involve members from across the province, sponsored by their Local or region to participate in Professional Learning designed for their needs and to support their own professional path. The information collected from the survey will help to inform all future events of the NSTU so all levels of our organization can be as accessible and inclusive as possible. Keep your eyes open for how to register for this opportunity in the next edition of *The Teacher*!

Some of 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 October 1, February 1 and April 1 of each year), Professional Development Grant applications, PDAF applications (various deadlines throughout the year-consult your handy Member Diary), serving on a provincial committee or attending CONTACT in August 2023 in Charlottetown, PEI (contact your local President/VP of PD for details). Our aim is to support you in furthering your professional goals while also keeping your own wellness at the forefront.

**ATTENTION VPs of PD!!!** There is a conference JUST FOR YOU on November 4 and 5, 2022 at the Hotel Halifax. During our Friday evening and Saturday morning, your Provincial PD committee and I will be offering workshops and opportunities to support you in your roles in your regions. Registration for this will open in October.

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,

Wendie Wilson ([wwilson@staff.nstu.ca](mailto:wwilson@staff.nstu.ca))

Amanda O'Regan-Marchand ([amarchand@staff.nstu.ca](mailto:amarchand@staff.nstu.ca))

Pamela Langille ([plangille@staff.nstu.ca](mailto:plangille@staff.nstu.ca))

Karen Staples ([kstaples@staff.nstu.ca](mailto:kstaples@staff.nstu.ca))



Email your name, home address, and the name of your school with **PATHWAYS 4 PL** in the subject line to [theteacher@nstu.ca](mailto:theteacher@nstu.ca) by **October 7, 2022** to be eligible for the draw.

**Kids these days: A Game Plan for (Re) Connecting with Those We Teach, Lead & Love**  
by Dr. Jody Carrington

Child psychologist Jody Carrington believes that most great educators want to make a difference. Many are finding it more and more difficult "these days" to love what they do. Published by IMPress, This book is for those who work in educational settings—especially teachers. It's also for anyone who has a kid, works with a kid, or loves a kid.





## EQUITY COMMITTEE BOOK REVIEW

Email your name, home address, and the name of your school with **EQUITY** in the subject line to [theteacher@nstu.ca](mailto:theteacher@nstu.ca) by October 7, 2022 to be eligible for the draw.

### *Drum from the Heart/Jour de tambour avec Coeur*

Written by: Ren Wikinash Louie

Illustrated by: Karlene Harvey

Published by Medicine Wheel publishing, *Drum from the Heart* is written by Ren Wikinash Louie, a member of the Ahousaht First Nation on Flores Island, B.C. and illustrated by Karlene Harvey who is Tsilhqot'in and Syilx and grew up on territories of the Semiahmoo and Kwantlen Nations. When gifted with a handmade drum by his mother, Ren learns about the passed down teachings of the drum. Through this special drum, he is able to connect to his culture and share in singing the traditional songs of his Nuuchahnulth Nation.



## CONGRATULATIONS TO OUR JUNE BOOK WINNERS!

### **EQUITY**

Delta Samson — CSAP

### **FRESH**

Andrea Grant — SRCE

### **PL**

Sarah Dalton — HRCE

### **WELL TEACHER**

Dawn Spracklin — CBVRCE

### **PRIDE MAMA**

Sarah Dalton — HRCE

### **PRIDE DADDY**

Maureen Finch Purcell — HRCE

### **PRIDE EVERYBODY**

Jill McCoul — AVRCE

### **PRIDE FAMILY**

Maureen Finch Purcell — HRCE

# fresh

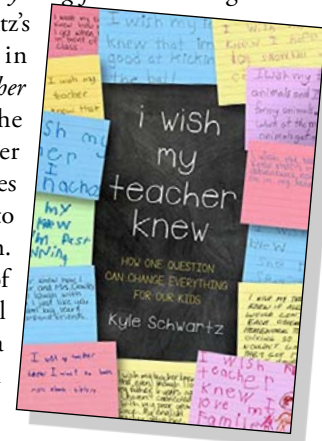
## Putting new members in the KNOW!

Email your name, home address, and the name of your school with **FRESH** in the subject line to [theteacher@nstu.ca](mailto:theteacher@nstu.ca) by October 7, 2022 to be eligible for the draw.

### *I wish my teacher knew*

by Kyle Schwartz

Published by De Capo Lifelong *I wish my teacher knew: How One Question Can Change Everything for Our Kids* grew out of Grade 3 teacher Kyle Schwartz's exercise with her students in which she asked: *I wish my teacher knew...* The results of what she heard from students helped her understand the unique realities students and what is necessary to create an open and safe classroom. Schwartz's book tells the story of students' emotional and insightful responses, and while providing a guide for teachers, parents, and communities.



# the well teacher

Email your name, home address, and the name of your school with **WELL TEACHER** in the subject line to [theteacher@nstu.ca](mailto:theteacher@nstu.ca) by October 7, 2022 to be eligible for the draw.

### *Today is a New Beginning*

This undated Daily Planner 2023 includes an Hourly Planner with Schedule, to Do List, etc., to help you organize your schedules, chores, appointments, assignments, responsibilities, fitness and health. Appointments are shown from 6:00 AM to 9:00 PM in 60-minute intervals.



# Practicing Making Time for Wellness

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

As you start this new school year, your team at the NSTU wanted to share a few ideas with you to help start this year practicing making time for your wellness—after all, practice makes possible.

The first resource we would like to share is this calendar used with permission from [www.actionforhappiness.org](http://www.actionforhappiness.org). These are available in several different languages and have a different theme each month. Whether you use them as a personal wellness reminder, in your learning/helping spaces with your students and/or with your colleagues as part of a wellness challenge, these calendars can be a great way to incorporate a wellness priority into your day!

A second idea to try is to make time to unpack your day; Whether it's by singing in the car, going for a walk with a friend, or another activity that brings you peace,

try to make time to unpack but also give that a time limit. This idea comes from an amazing colleague I met recently. Whatever the activity, divide your time in half—the first half of your time is for unpacking, whatever that may look or sound like. The second half of your activity should focus on the positive part(s) of your day. Remember—what we notice is what we get!

Finally, what would happen if you visualized your to-do list by focusing on three things at a time? Whether you divide it by the time of day (morning/afternoon), the class or the activity, try to only take on three tasks at a time. That way, your lists may not seem so daunting.

Take care of yourselves and one another,  
Your Professional Learning team.

**Self-Care September 2022**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 5 Forgive yourself when things go wrong. Everyone makes mistakes	 6 Focus on the basics: eat well, exercise and go to bed on time	 7 Give yourself permission to say 'no'	1 Find time for self-care. It's not selfish, it's essential	2 Notice the things you do well, however small	3 Let go of self-criticism and speak to yourself kindly	4 Plan a fun or relaxing activity and make time for it 
12 Get active outside and give your mind and body a natural boost	13 Be as kind to yourself as you would to a loved one	14 If you're busy, allow yourself to pause and take a break	8 Be willing to share how you feel and ask for help when needed	9 Aim to be good enough, rather than perfect	10 When you find things hard, remember it's ok not to be ok	11 Make time to do something you really enjoy
19 Notice what you are feeling, without any judgement	20 Enjoy photos from a time with happy memories	21 Don't compare how you feel inside to how others appear outside	15 Find a caring, calming phrase to use when you feel low	16 Leave positive messages for yourself to see regularly	17 No plans day. Make time to slow down and be kind to yourself	18 Ask a trusted friend to tell you what strengths they see in you
 26 Find a new way to use one of your strengths or talents	27 Free up time by cancelling any unnecessary plans	28 Choose to see your mistakes as steps to help you learn	22 Take your time. Make space to just breathe and be still	23 Let go of other people's expectations of you	24 Accept yourself and remember that you are worthy of love	25 Avoid saying 'I should' and make time to do nothing
ACTION FOR HAPPINESS			Happier · Kinder · Together			





# resources

## Media School webinar on September 12

This fall, the National Film Board of Canada has a new online filmmaking program for students between the ages of 13 and 18 to tell their story with Media School. Led by their teachers through the NFB Education portal, CAMPUS, students now have a whole new way to share their experiences—and learn about media production. The program is directed and edited by filmmaker and education enthusiast Paul Tom, who is the on-screen mentor and has been involved in the project since its early stages.

Media School gives voice to the next generation, helping them to tell their own stories as well as those that are important to their communities. The hands-on program offers total freedom for kids to create and immerse themselves in every aspect of their digital story, including photography, editing, research, writing, online ethics, copyright, image rights and distribution.

In partnership with the National Centre for Truth and Reconciliation, NFB Education will be doing a Media School webinar on September 12, 2022. Educators can see if they already have access to Media School by visiting [nfb.ca/campus-canada](http://nfb.ca/campus-canada).

## The John Huntley Memorial Internship Program

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

**October 1, February 1 and April 1.**

**NEW:** The October 1 deadline will be for the November 3 to 4, 2022 session. This session is reserved for BIPOC members. Please identify yourselves as such on the application form.

### Nova Scotia Teachers Union

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

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



Thank you NSTU for supporting Hackmatack's 2022/23 year!

## Get ready for another great year of reading!

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

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- the opportunity for readers to cast their vote for their favourite book
- free virtual author visits

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





## NSTU continues its support of Pride

NSTU members gathered to march in Pride Parades throughout the province this summer in Annapolis, Halifax, Sydney and Truro to raise awareness of sexual minority issues in education.

NSTU members, staff and their families celebrated and showed solidarity for the sexual minority community at Truro Pride on June 25, Annapolis Pride on July 9, Halifax Pride on July 16 and Cape Breton Pride in Sydney on August 6. Banners, and rainbow pencils, lanyards, and t-shirts ensured that the NSTU presence was recognized at Pride Celebrations throughout the province.

Southland Transportation generously donated a yellow school bus for the Halifax Pride parade. In lieu of the bus rental fee, the NSTU is providing a donation to Nova Scotia's Gender Affirming Care Policy Team, a not-for-profit organization that works in the area of transgender rights.



*Members of the Annapolis Local and their families are shown celebrating PRIDE on July 9.*



*NSTU staff and members are shown at the Halifax PRIDE parade on July 16.*



*NSTU president Ryan Lutes joined members of the Cape Breton District and Northside Victoria Locals and their families to celebrate PRIDE Cape Breton on August 6.*





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Art Gallery of Ontario

## Teachers “Take 2” and gather for CONTACT 2022

Almost 80 teachers from across Atlantic Canada gathered at St. FX. University in Antigonish for the annual CONTACT (Conference on New Techniques and Classroom Teaching) August 2 to 5.

“This conference brings teachers together from around the Atlantic Provinces to network, share best practices, and reflect on their teaching experiences,” says new NSTU president Ryan Lutes. “Teacher driven on-going professional learning drives effective teaching, and allows teachers to participate in PD that best suits their classrooms and schools’ needs. This is the first time since 2019 that teachers have been able to get together in person for this opportunity and I applaud their commitment in leaving their families and feeling tired from pandemic teaching to be here.”

The Nova Scotia Teachers Union (NSTU) hosted this year’s conference presenting the theme *Take 2 – Teachers Reflecting for Learning and Growth*. Professional Learning staff officer Amanda O’Regan-Marchand, along with a committee of teachers organized the conference.

The opening session featured a blessing from April Prosper, First Nations Support Worker at East Antigonish Education Centre and member of the Paqtnkek community. “You are amazing, and we need to work together with open hearts and minds when working with our children (in schools),” she said. “I hope that everyone here gets the healing they need, take what they need from each session and each other in a good way.”

Mary Desmond shared a libation with delegates. Desmond is a

*Municipal Councillor (District 2) Lincolnville, Sunnyville, Upper Big Tracadie and recipient of a Queen Elizabeth II Diamond Jubilee and Duke of Edinburgh Awards, and named one of 50 notable African Nova Scotians.* “Through this libation we can clear our minds of negativity,” she said. “I hope that you can help children

(who have experienced racism) to move forward and enable them to learn and prosper.”

Another highlight of the opening session was the keynote by NSTU member Dr. Steven Van Zoost, a teacher at Avon View High School in Windsor. His session focused on ways to move forward in teaching post COVID. Using his experiences with his own students Van Zoost shared

his hopes through a post-pandemic vision check for educators. He encouraged teachers to focus on the perspective of Gen Z students. “It’s important to know where they are,” he says.

Other key areas he discussed were inquiry-based education, and place-based opportunities. “In learning about George Elliot Clark, we went to meet him in his community, Three Mile Plains,” he continues. Following that visit his students wrote a Wikipedia entry for Three Mile Plains because none existed before. “It’s so important as we emerge from COVID that we all feel connected and grounded in place.”

Other key areas Van Zoost discussed included creative teaching, global citizenry, and a focus on everyone. “We have a diversity of students in our care, and are largely unaware of our impact, but we need to acknowledge it.”

The closing keynote session was *Empowered Voices of People*



April Prosper



Mary Desmond



Dr. Steven Van Zoost





*NSTU member Wendy Driscoll and Ottawa-Carleton District School Board colleague presented a workshop on Using thinking tools to explore sensitive subjects.*

During the Thursday night dinner entertainment was provided by *Hers and His*, featuring NSTU member Jenn Priddle, a teacher at Dr. John Hugh Gillis High School in Antigonish.

CONTACT is a regional conference organized by the Nova Scotia Teachers Union, the New Brunswick Teachers' Association, Prince Edward Island Teachers' Federation, and the Newfoundland and Labrador Teachers' Association. It provides teachers with the opportunity to remain current in their profession and make contact with colleagues from the Atlantic region.



*Betty-Jean Aucoin provided a self-care workshop at CONTACT 2022.*

*of African Descent* presented by NSTU executive staff officer Wendie Wilson. One conference delegate had this to say about Wilson's keynote. "This was amazing ... I have not stopped thinking/talking/raving about this presentation."

In addition to the plenary sessions, concurrent workshops focused on providing practical, effective techniques to address classroom environment issues. Workshops included: *Inclusion, Inquiry and Interesting Questions: Using thinking tools to explore sensitive topics, Understanding ethic of care and its role in the classroom, Breaking Down Barriers with Technology, and Outdoor Education*. Other workshops presented were *Ochre Painting and History* with April Prosper and *Self-care and Leadership (yoga)* with retired NSTU staff officer Betty-Jean Aucoin. A virtual panel discussion that focused on experiences teaching in Nunavut was also included in the conference. An administrator who attended CONTACT had this to say. "I wasn't sure how I was going to start the year with my new staff but now I feel very prepared and excited."



*Members of CONTACT 2022 organizing committee (left to right); Lynnette Babin, Past President, Antigonish Local; Jiselle LeBlanc, VP of PD, Antigonish Local; Amanda O'Regan-Marchand, Executive Staff Officer, Professional Learning responsible for CONTACT; Sarah Grant, VP of PD Pictou Local; and Janet O'Brien, President, Guysborough Local*



# 2022 NSTU Professional Associations Virtual Conferences

## FRIDAY, OCTOBER 28



### Online Registration

*Opens – Thursday, Sept 8*

*Closes – Friday, October 14*

*(no refunds after October 14)*

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 email address.

#### Association des enseignantes et enseignants acadiens (AEA)

**Theme** *Notre bien-être compte aussi*  
**Location** École acadienne de Pomquet et École secondaire Mosaïque (Dartmouth)  
**Fees** NSTU Members: \$100.00  
 Substitutes: \$50.00  
 Pre -Service Teachers: \$50.00  
 Retired Members: \$50.00  
 Other Affiliates: \$50.00  
**Contact** Gabrielle Samson: sagabrielle@nstu.ca

#### Art Teachers Association (ATA)

**Theme** *Better Together*  
**Location** Halifax – Sackville High School  
 Sydney – Cape Breton Centre for Craft and Design  
 Truro – TBA  
**Keynote:** Karyn Harrison  
**Fees** NSTU Members: \$95.00  
 Substitutes: \$50.00  
 Pre -Service Teachers: \$50.00  
 Retired Members: \$50.00  
 Other Affiliates: \$95.00  
**Contact** Jonathan Church: jchurchnstu@nstu.ca

#### Association of Science Teachers (AST)

**Theme** *A Time for Science*  
**Location** Halifax West  
**Fees** NSTU Members: \$100.00  
 Substitutes: \$40.00  
 Retired Members: \$40.00  
 Pre -Service Teachers: \$20.00  
**Contacts** Andrew Clarey: anclarey@nstu.ca

#### Association of Teachers of English of Nova Scotia (ATENS)

**Theme** *Intersectionality and Inquiry in English Language Arts*  
**Location** Dr. Tom Parker Building/Virtual (Hybrid)  
**Keynote:** Trevor MacKenzie  
**Fees** NSTU Members: \$75.00

Substitutes: \$50.00  
 Pre -Service Teachers: \$50.00  
 Retired Members: \$50.00  
**Contacts** Amanda O'Regan-Marchand: atensconference@nstu.ca

#### Association of Teachers of Exceptional Children (ATEC)

**Theme** *Coming Back Together – Celebrating Diverse Voices*  
**Location** Cineplex – Dartmouth Crossing  
**Fees** NSTU Members: \$100.00  
 Substitutes: \$80.00  
 Pre -Service Teachers: \$65.00  
 Retired Members: \$80.00  
**Contact** Amy Barron: atecconference@nstu.ca

#### Association of Teachers of Young Adolescents (ATYA)

**Theme** *Back "At Ya!"*  
**Location** Riverside Education Centre, Milford, NS  
**Fees** NSTU Members: \$90.00  
 Substitutes: \$80.00  
 Pre -Service Teachers: \$80.00  
 Retired Members: \$80.00  
 Other Affiliates: \$80.00  
**Contacts** Dawn Chapman: adchapman@nstu.ca

#### Business Education Teachers Association (BETA)

**Theme** *Business of Health and Wellness*  
**Location** Double Tree by Hilton, Dartmouth, NS  
**Fees** NSTU Members: \$100.00  
 Substitutes: \$75.00  
 Pre -Service Teachers: \$75.00  
 Retired Members: \$75.00  
 Other Affiliates: \$75.00  
**Contact** Danielle LeBlanc: danleblanc@nstu.ca

#### Education Drama Association of Nova Scotia (EDANS)

**Theme** *Teaching in the Moment*  
**Location** Prince Andrew High School

**Fees** NSTU Members: \$90.00  
 Substitutes: \$45.00  
 Pre -Service Teachers: \$45.00  
 Retired Members: \$45.00  
 Other Affiliates: \$60.00  
**Contact** David Zinck: dnzinck@nstu.ca

#### Family Studies Teachers Association (FSTA)

**Theme** *Mind, Body and Soul*  
**Location** Dr John Hugh Gillis High School in Antigonish (Registration)  
**Fees** NSTU Members: \$85.00  
 Substitutes: \$55.00  
 Pre -Service Teachers: \$55.00  
 Retired Members: \$55.00  
 Other Affiliates: \$55.00  
**Contacts** Stacey Purdy: slgbain@nstu.ca  
 fstaconference@nstu.ca

#### Mathematics Teachers Association (MTA)

**Theme** *Mathematics in 2022*  
**Location** Charles P Allen High School, Bedford  
**Keynote:** Peter Liljedahl  
**Fees** NSTU Members: \$90.00  
 Substitutes: \$50.00  
 Pre -Service Teachers: \$50.00  
 Retired Members: \$50.00  
 Other Affiliates: \$90.00  
**Contacts** Erick Lee: eplee@nstu.ca  
 mtaconference@nstu.ca

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

**Theme** *Building Equity in NS Schools: Addressing Child Poverty in the Nova Scotia Classroom*  
**Location** Amherst Regional High School  
**Fees** NSTU Members: \$85.00  
 Substitutes: \$45.00  
 Pre -Service Teachers: \$45.00  
 Retired Members: \$45.00  
 Other Affiliates: \$45.00

**NO ONSITE REGISTRATION**  
*Register Early!*



# 2022 NSTU Professional Associations Virtual Conferences

## FRIDAY, OCTOBER 28



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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 email address.

Contact Rachel Creasor: [rcreasor@nstu.ca](mailto:rcreasor@nstu.ca)  
registrationNSATEE@nstu.ca

#### Nova Scotia Language Teachers Association (NSLTA)

Theme **Renew. Connect. Evolve**  
Location Antigonish Education Centre – Antigonish NS and Virtual Hybrid  
Fees NSTU Members: \$70.00  
Substitutes: \$50.00  
Pre -Service Teachers: \$50.00  
Retired Members: \$50.00  
Other Affiliates: \$70.00  
Contact Anita Opalka: [aaopalka@gmail.com](mailto:aaopalka@gmail.com)

#### Nova Scotia Music Educators Association (NSMEA)

Theme **Back to Basics**  
Location Avon View High School, Windsor NS  
Fees NSTU Members: \$100.00  
Substitutes: \$60.00  
Pre -Service Teachers: \$45.00  
Retired Members: \$60.00  
Contact Donalda Westcott: [djwestcott@nstu.ca](mailto:djwestcott@nstu.ca)

#### Nova Scotia School Counsellors Association (NSSCA)

Theme **Filling the Counsellor's Toolbox: Counselling Strategies for Monday**  
Location Citadel High, Halifax  
Keynote: Dr. Jill Chomey  
Fees NSTU Members: \$95.00  
Substitutes: \$55.00  
Pre -Service Teachers: \$55.00  
Retired Members: \$55.00  
Other Affiliates: \$95.00  
Contact Andrew Gosney: [wagosney@nstu.ca](mailto:wagosney@nstu.ca)

#### Nova Scotia Teachers Association for Literacy and Language (NSTALL)

Theme **Celebrating Love of Literacy**  
Location Cobequid Educational Centre (CEC) Truro  
Fees NSTU Members: \$85.00

Substitutes: \$65.00  
Pre -Service Teachers: \$45.00  
Retired Members: \$45.00  
Other Affiliates: \$45.00  
Contacts Stephanie Deagle: [sdeagle@nstu.ca](mailto:sdeagle@nstu.ca)  
Mikel Legere: [legeremd@gnsps.ca](mailto:legeremd@gnsps.ca)  
[nstall@nstu.ca](mailto:nstall@nstu.ca)

#### Nova Scotia Technology Education Association (NSTEA)

Theme **ReBuilding '22**  
Location Inn on Prince – Truro NS  
Fees NSTU Members: \$75.00  
Substitutes: \$50.00  
Pre -Service Teachers: \$25.00  
Retired Members: \$25.00  
Contacts Sam Evanson: [sevanson@nstu.ca](mailto:sevanson@nstu.ca)  
Andrew Seymour: [agseymour@nstu.ca](mailto:agseymour@nstu.ca)

#### Primary Elementary Teachers Association (PETA)

Theme **P-3 Word Study with Jan Richardson & Student Engagement with Trevor Muir**  
Location Canadian Museum of Immigration – Pier 21 Halifax  
Keynote: Jan Richardson & Trevor Muir  
Fees NSTU Members: \$95.00  
Substitutes: \$65.00  
Pre -Service Teachers: \$65.00  
Retired Members: \$65.00  
Other Affiliates: \$65.00  
Contact Katrina Murphy: [petaconference@nstu.ca](mailto:petaconference@nstu.ca)

#### Psychologists in Schools Association (PISA)

Theme **Why the Time is NOW to Shift Towards a Strength-Based Approach**  
Location Mount Saint Vincent University  
Keynote: Dr. Byron McClure, D. Ed  
Fees NSTU Members: \$100.00  
Substitutes: \$80.00  
Pre -Service Teachers: \$80.00  
Retired Members: \$80.00

Other Affiliates: \$100.00  
Contacts Chantal LeBlanc: [lebchantal@nstu.ca](mailto:lebchantal@nstu.ca)

#### Social Studies Teachers Association (SSTA)

Theme **Social Studies: Think About It!**  
Location Saint Mary's University  
Keynote: Dr. Carla Peck  
Fees NSTU Members: \$100.00  
Substitutes: \$50.00  
Pre -Service Teachers: \$50.00  
Retired Members: \$50.00  
Contact Wendy Driscoll: [wadriscoll@nstu.ca](mailto:wadriscoll@nstu.ca)

#### Speech-Language Pathologists and Audiologists Association (SPAA)

Theme **The Importance of Phonology & Phonetics for Reading, Spelling & Speech Sound Production**  
Location Halifax Tower Hotel & Conference Centre  
Keynote: Kelly Farquharson  
Fees NSTU Members: \$125.00  
Substitutes: \$100.00  
Pre -Service Teachers: \$100.00  
Retired Members: \$100.00  
Other Affiliates: \$100.00  
Contacts Sheri McGill: [smcgill@nstu.ca](mailto:smcgill@nstu.ca)  
Jenny Slauenwhite: [jennyslauenwhite@gmail.com](mailto:jennyslauenwhite@gmail.com)

#### Teachers Association for Physical and Health Education (TAPHE)

Theme **Golden Years – 50<sup>th</sup> Anniversary**  
Location Dartmouth High School  
Keynote: Joey Feith  
Fees NSTU Members: \$110.00  
Substitutes: \$75.00  
Pre -Service Teachers: \$30.00  
Retired Members: \$50.00  
Other Affiliates: FREE – CoPT Presenters & HoH Members  
Contacts David MacNutt: [da.macnutt@gmail.com](mailto:da.macnutt@gmail.com)

**NO ONSITE REGISTRATION**  
**Register Early!**



## NSTU leaders develop skills through leadership conference

The NSTU Leadership Skills Development Institute, took place August 17 to 19 back at St. FX. University in Antigonish, for the first time in six years. COVID-19 prevented the conference in 2020 and 2021 and budget cuts prevented the institute in 2019. In 2016 and 2017 different versions took place in Halifax.

The Leadership Institute involved 150 attendees including 50+ new delegates. The Institute helps NSTU volunteers, including provincial executive members, Local presidents, Regional Representative Council chairs, Professional Association presidents and NSTU Local executive members expand and improve their leadership skills through presentations, workshops and networking.

“You are the folks that support our Locals and teachers on the front line, and as current and future NSTU leaders you are making a difference,” said NSTU president Ryan Lutes. “Getting together for these kinds of opportunities and improving our leadership skills will continue to build our solidarity and help us move our Union forward. This Institute helps to foster relationships, educate active members, and build capacity from within.”

The opening night session featured comedian, corporate emcee



*NSTU president Ryan Lutes is shown with members of the Halifax City Local executive (left to right): Ryan Lutes, Paul Murphy, Sunita Pinet, provincial executive member Angela Gillis, Paulette O'Connor, and Cole Wild.*

and entertainer James Cunningham who was also the host and associate producer of the TV series *Eat St.* which aired on the Food Network. He's been featured on many national and international network television shows including *Last Comic Standing*, *Just for Laughs*, and *Comedy Now*. He also keeps himself busy performing at high schools, colleges, and universities helping students increase their financial literacy skills. His opening plenary address, *Laugh & No Learn*, was the perfect lighthearted beginning to the conference.

The closing plenary featured motivational speaker and comedienne Kate Davis, and her session, *Stress, Connectivity and Resilience Expertise*. Her ability to find humour in any situation and offer creative solutions to defuse frustrations in workplace helped to empower NSTU leaders in managing stress in the year ahead.

This is the 13<sup>th</sup> summer that the two-day conference was held at St FX. The conference enables NSTU members to participate in sessions relative to their individual leadership requirements. The PD for NSTU leaders is a curriculum-based program that focuses on providing training that enhances members' volunteer roles within the NSTU.

This year's Institute featured 24 concurrent workshops. These included: *Mobilizing Members*, *Public Relations trends, techniques and tactics*, *Occupational Health and Safety*, *Financial Reporting*, *Why Teachers Access Counselling*, *We are all teachers: The Culture of the Collective*, and *Inclusive Language & Intersectionality*.



*Shown are Angela Murray and Mark Laventure presenting a workshop on Public Relations' trends, techniques and tactics.*





## NSTU Leadership Skills 2022

Provincial executive members Natalie MacIsaac (Annapolis-Hants West-Kings), Sarah Tutty (Lunenburg County-Queens) and Myla Borden (Pictou) attended the NSTU Leadership Institute.



Motivational speaker and comedienne Kate Davis was the closing speaker at Leadership 2022.



Shown are Local presidents who serve members working for the Chignecto-Central Regional Centre of Education (left to right): Pictou Local president Doug Read, Colchester-East Hants Local president Lori MacIntosh, and Cumberland Local president Lindsay Crossman Wheaton.



Comedian James Cunningham is shown with NSTU's special event coordinator Lisa Farmer (right) and professional learning executive staff officer Pamela Langille, responsible for organizing Leadership.





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!

With the 2022-2023 school year upon us, your NSTU Group Insurance Trustees would 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 your New Member Package to enroll.
- **New members who commence work prior to October 1<sup>st</sup> must contact Johnson and enroll no later than October 15<sup>th</sup>.**

- **New members who commence work after October 1<sup>st</sup> 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	\$46.42	<b>\$19.86</b>
Family	\$98.21	<b>\$42.06</b>

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](http://www.nstuinsurance.ca).

<div>  <div> <b>2022 – 2023</b>  <b>Pre-Retirement Seminars</b>  <b>SCHEDULE</b> </div>  </div>		
DATES:	LOCATION:	
October	17 & 18 (Monday & Tuesday) 25 & 26 (Tuesday & Wednesday)	CCRCE – Truro SRCE – Port Hawkesbury
November	1 & 2 (Tuesday & Wednesday) 9 & 10 (Wednesday & Thursday) 16 & 17 (Wednesday & Thursday) 28 & 29 (Monday & Tuesday) 30 & Dec 1 (Wednesday & Thursday)	CCRCE – Stellarton TCRCE – Yarmouth CBVRCE – Sydney HRCE – Halifax AVRCE – Greenwich
January	11 & 12 (Wednesday & Thursday) 17 & 18 (Tuesday & Wednesday)	SSRCE – Bridgewater HRCE – Halifax
February	14 & 15 (Tuesday & Wednesday) 28 & Mar 1 (Tuesday & Wednesday)	HRCE – Halifax HRCE – Halifax
March	8 & 9 (Wednesday & Thursday)	CCRCE – Amherst

## Frequently Asked Questions

### Student Mental Health and Wellness Grant



The NSTU Group Insurance Trustees, with support from Johnson, have established a grant for members to support innovative initiatives that promote the mental health and well-being of students in the schools across Nova Scotia.

**Q: What is the purpose of the Student Mental Health and Wellness Grant?**

A: The NSTU Group Insurance Trustees will fund projects that support and promote the mental health and well-being of children and youth in the schools across the province. This could consist of programs in classrooms, schools, or communities. The ultimate goal is to help our students in coping with the pressures of growing up in today's world.

**Q: Who is eligible to apply for the Student Mental Health and Wellness Grant?**

A: To be eligible, the individual must have a permanent, probationary, or term contract and be a member of the NSTU or PSAANS at the time of application.

**Q: How do I apply for the grant?**

A: You can apply for the grant by going to the NSTU Group Insurance Trust website at <https://nstuinsurance.ca/grants/the-mental-health-and-wellness-grant/> and clicking the application link. The NSTU Group Insurance Trustees will be awarding grants valued at up to \$600 once per year. The criteria will include the project description, innovation and creativity, impacts on students, materials and budget, and overall impression. **Please be advised that not all applications will be awarded grants and incomplete applications will not be considered.**

**Q: What is the deadline to apply for the Student Mental Health and Wellness Grant?**

A: Applications must be submitted on/or before **11:59pm on October 15<sup>th</sup>**. Completed projects are due no later than May 31<sup>st</sup>.

For more information on the Student Mental Health and Wellness Grant or any of the benefits and programs available under the NSTU Group Insurance Program, please visit the NSTU Group Insurance Trust website at <https://nstuinsurance.ca/grants/student-mental-health-and-wellness-grant/>.



**Journée de l'engagement  
des membres du NSTU**  
mercredi, 5 octobre, 2022





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# milk SPORT FAIR

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## executive highlights

### August 10, 2022

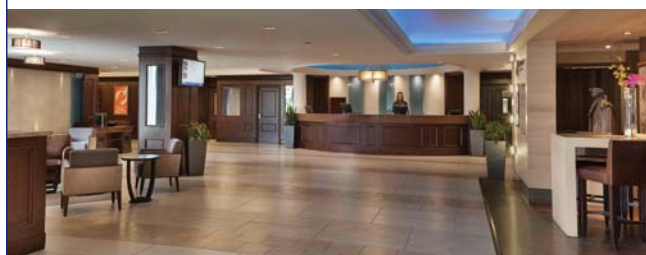
1. That the NSTU file the notice to appeal the June 13 Bill 75 decision on the grounds that it lacks a proper remedy for the unconstitutional act of government.

### August 17, 2022

1. Approved a recommendation that further to Standing Order 12. Awards (d), the Provincial Executive approve the granting of one (1) Local Service award;
2. Approved a recommendation that the Provincial Executive receive the Strategic Planning Report and postpone consideration of the Report until their September 2022 regular meeting;
3. Approved a recommendation that a Provincial Executive by-election for the vacant seat in the APSEA Region be set with the following timeline:
  - Nominations to open Thursday, August 18, 2022 at 8:00 a.m.
  - Nominations to close Tuesday, September 20, 2022 at 4:00 p.m.
  - By-Election date to be Tuesday, October 18, 2022 from 6:00 a.m. to 8:00 p.m.

## HOTEL HALIFAX

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



## THE BARRINGTON HOTEL

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### NSTU LEISURE RATE

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

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

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

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

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

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

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

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





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

To book, call Nancy Day at 1-800-565-6788 or email [theteacher@nstu.ca](mailto:theteacher@nstu.ca)

**Permanent CBVRCE Elementary Teacher** looking to do one year job exchange (potentially for longer, if agreeable for both teachers) with a teacher in SRCE or CCCE. Contact: [nkkolanko@gmail.com](mailto:nkkolanko@gmail.com)

## SAVE THE DATE

# Engage, Encourage & Evolve Summit

December 9th and 10th at the Hotel Halifax

See the October issue of *The Teacher* for more information



## 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](http://www.internationalprograms.ednet.ns.ca)

# NSTU PARLIAMENTARY PROCEDURES TRAINING SESSIONS

The NSTU plans to hold training sessions in parliamentary procedures intended to create a pool of parliamentarians for Union purposes. One individual from each Region plus one Member from each of the CSANE and APSEA Locals will be selected to participate. Training will take place over three sessions, full-day Fridays and half-day Saturdays (November 25/26, January 27/28, and March 24/25).

Attendance at all three sessions is required in order to successfully complete the training. Applicants will be vetted by the Nominating Committee and approved by the Provincial Executive at their October 21st meeting; previous experience will be considered an asset. Deadline for submitting an application is Friday, October 14th, at 4:00 p.m.

Applications can be filled out online at (<https://conf.nstu.ca/ConferenceRegistrations/Index/165>).



**NSTU**  
PARLIAMENTARY  
PROCEDURE COURSE