



NSTU calls for stronger classroom supports

As students return to school, teachers and specialists are focused on safety and a lack of resources.

“Teachers are excited to reconnect with students and begin a new school year,” says NSTU President Peter Day. “They want every child to feel supported, safe and ready to learn.”

However, the NSTU remains concerned about the loss of more than 80 specialist teaching positions across the province. These teachers provided literacy, mathematics, mentoring and intervention support, including direct assistance for vulnerable and struggling students.

With public school enrolment increasing by more than 12,000 students over the past five years, the NSTU believes the province should be strengthening frontline supports, not reducing them.

“Government is asking schools to improve student success and safety while removing specialized supports that help address both,” says Day. “The elimination of these valuable positions can only serve to further erode learning conditions in our schools.”

School violence also remains a serious concern for Nova Scotia’s more than 10,000 teachers. While the updated provincial Code of Conduct was a positive step, additional staffing and resources are needed to make it effective.

“Teachers and specialists need consistent expectations, timely access to student supports and adequate staffing to respond to increasingly complex classroom needs,” says Day. “Without those resources, meaningful progress will be difficult to achieve.”

Dear Colleagues,

Welcome back to another school year!

I extend a warm welcome to teachers, specialists, students, and families across Nova Scotia. The start of a new school year is a time of fresh beginnings, new possibilities, and renewed energy as we reconnect with friends and colleagues and prepare for the year ahead.

Every day, you bring dedication, care, and professionalism to your work. You give so much of yourselves to support students as they learn, grow, and succeed. Your work matters, and the difference you make in the lives of students and in our communities is something to be proud of. I hope you take time to recognize your accomplishments, celebrate all the successes and find joy in the year ahead.

As your President, I will continue to advocate for the resources, services, and supports that teachers, specialists, and students need to thrive. Our schools are facing increasing student enrolment and increasingly complex needs while frontline supports continue to diminish. We cannot accept a system where the needs of students continue to grow while the resources available to support them do not keep pace.

We must also remain focused on creating safe and welcoming schools. Addressing the growing concern around school violence and ensuring safe learning and working environments requires meaningful action and a shared commitment from Government, school communities, families, and the broader community.

Your Union is Here for You

The NSTU is committed to supporting, representing, and advocating for you. Our dedicated leaders and staff are here to provide guidance, answer questions, and help you navigate the challenges you may encounter throughout the school year. If you have a concern or need assistance, please reach out.

Visit www.nstu.ca to learn more about the services and resources available to you as an NSTU member.

If you still haven’t yet registered a preferred non-employer contact email with the NSTU, please visit [NSTU Central](#) and update your information today. This ensures you receive important NSTU news, updates and information directly. And, of course, stay connected with us through our social media channels.

Your NSTU school representative, Local President, and Provincial Executive member are also valuable resources. They are here to support you and help connect you with the information, advocacy, and services available through the NSTU.

As we begin this school year, let’s continue to stand together for public education, for one another, and for the students we serve. Together, we can build a stronger, safer, and more supportive public education system that values the expertise and commitment of teachers and specialists and ensures every student can succeed.

On behalf of the NSTU, I wish you a safe, successful, and rewarding school year. Thank you for all that you do for students, your colleagues, and public education in Nova Scotia.



people

Education Research Award presented to Halifax County members

NSTU President Peter Day and Halifax County Local president Desiree Daniele presented Erin Roach and Carly Sutherland and with their NSTU Education Research Award certificates on June 22. The Education Research Award recognizes their outstanding contributions to education through research and professional learning.

Roach received her award for her research: *Normalization of Assistive Technology in the Classroom*. A resource teacher at Charles P. Allen High School, her research project was for her studies at Cape Breton University. It explored whether normalizing the use of assistive technology specifically speech-to-text, and text-to-speech would improve both student attitudes and academic achievement in a high school English classroom.

Sutherland received the award for her research, *When Mothers*

Disengage: Stories From Women Who Have Gone From Participants To Observers in Their Autistic Child's Education. A Grade 4/5 teacher at Sunnyside Elementary School, her research was for her Master of Education in Educational Leadership at Memorial University of Newfoundland. Her qualitative research focused on reasons mothers of children with ASD disengage from their children's school teams and looked at ways of supporting re-engagement including through a culturally responsive, trauma-informed lens.

Since 2003, the NSTU has recognized teachers for completed education research through an annual fund that encourages and supports this work, with individual awards of up to \$500. The deadline for next year's applications is December 2, 2026, at 4:00 p.m. [More information is found here.](#)



Erin Roach is shown with Peter Day and Desiree Daniele.



Carly Sutherland is shown with the NSTU president and the Halifax County Local president.

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Submission deadlines for 2026-2027:

ISSUE	DEADLINE
September	September 4
October	October 9
December	December 4
Jan/Feb	January 15
March	March 5
April	April 2
May	April 30
June	June 11

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

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Member services term extension



The NSTU is pleased to announce that Tim MacLeod has been renewed for another one-year term position in member services effective August 1, 2026. MacLeod was initially appointed to an Executive Staff Officer term position in Member Services on November 5, 2018 and that term was extended until July 31, 2022. He began in another term position on August 1, 2023.

MacLeod was a 25+ year secondary teacher with HRCE, prior to joining the NSTU staff. He taught at Cunard Junior High, Rockingstone Heights School, Elizabeth Sutherland School, Lockview High, Millwood High, Oyster Pond Academy, Leslie Thomas Junior High, Cavalier Drive School and Sir Robert Borden Junior High, among others. An active member of the Halifax County Local, he served as its president (2008 to 2012) and also served as a Halifax County Local representative on NSTU's provincial executive from 2013 to 2017. This school year, he will be supporting the Halifax Regional Representative Council, serving members of the Halifax County Local, and taking on the new role of NSTU Occupational Health & Safety Team Lead.



NSTU's & Mi'kma'ki Strong

Shown with this year's #EveryChildMatters NSTU/Mi'kma'ki Orange Shirt is professional services staff officer Angela Murray with Mi'kma'ki Strong's founder Jonathan Beadle. This collab, in recognition of National Truth and Reconciliation Day on September 30, is in its sixth year. This initiative raises awareness of the legacy and impact of residential schools in Nova Scotia. NSTU Locals across the province receive shirts, and in turn distribute to NSTU reps and executive members. This year is the first year that the NSTU has produced a French shirt. This enables CSANE members to wear these shirts at their school sites. More information is found on page 8.

BANKING THAT KEEPS UP WITH STUDENT LIFE.

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ELIGIBLE MEMBERS CAN EARN A \$100 CASH BONUS, UP TO \$400 IN CREDIT FOR THEIR COLLEGE OR UNIVERSITY AND UP TO 5,000 BONUS POINTS WHEN COMPLETING "STUDENT PACE BUNDLE" QUALIFYING ACTIONS. TERMS & CONDITIONS APPLY.



Teachers Plus
CREDIT UNION

September 2026 Professional Learning Update

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

Welcome to the new school year. We hope you were able to rest and rejuvenate and that the start of this school year is a positive and successful one.

Your Professional Learning team, consisting of Wendie, Amanda, and Pamela, is ready for another year of supporting members in achieving their professional learning goals.

Professional Association Conference Registration

NSTU Members ONLY will be able to register for **PA Conferences** beginning on **Thursday, September 17th at 7am**. This date was selected to align with members' payday and to provide PA Conference volunteers with an opportunity to respond to inquiries outside of their regular workday.

The **NSTU Members-Only Registration Period** will run from **September 17 at 7:00 a.m. to September 28 at 6:59 a.m.** During this period, members must enter their NSTU username (the beginning of their former NSTU email address) and password

to register for their selected conference. This process has been implemented to ensure conference spaces remain available to NSTU members. If you require assistance with your credentials, please contact webaccounts@nstu.ca as soon as possible.

New Member Supports

This month, our **New Member Lanyards** will be distributed to Locals. As in previous years, each keychain includes a QR code linking to the **Early Career Handbook**, which contains resources and live links to support early career teachers and educators who are new to Nova Scotia.

PL Learning Opportunities for 2026-27

As we welcome a new school and NSTU year, we are excited to invite members to apply for a variety of Professional Learning [opportunities](#):

Self-Care September 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 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	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'	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	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	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	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	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	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	29 Write down three things you appreciate about yourself	30 Remind yourself that you are enough, just as you are				

ACTION FOR HAPPINESS

Happier · Kinder · Together

- **Conference Grants** (now open to Reserve Members/ Substitutes) with applications due on the first Wednesday in October.
- **John Huntley Internship Program** with application deadlines of October 1, February 1, and April 1 each year.
- **PDAF Applications**, accepted on the first day of October, December, February, April, and June. Please consult your [Member Diary](#) for details.
- Opportunities to **serve on a provincial committee**.
- Participation in the **CONTACT Conference**, taking place in **August 2027 in Prince Edward Island**.

We are committed to supporting your professional growth and encourage you to take advantage of these opportunities.

Attention Vice-Presidents of Professional Development: Your shared Google folder has been updated with new deadline graphics and the latest brochure outlining NSTU Professional Learning opportunities. Please contact Executive Staff Officer [Amanda O'Regan-Marchand](#) for the link to this resource.

Our calendars are filling quickly, and we encourage you to contact the Professional Learning Department by phone or email if you would like to arrange workshops for your school, Local, or region.

For additional well-being resources and ideas to support a healthy, safe, and successful September, visit: <https://actionforhappiness.org/calendar>.

Your Professional Learning Team

Wendie Wilson (wwilson@staff.nstu.ca), Amanda O'Regan-Marchand (amarchand@staff.nstu.ca), Pamela Langille (plangille@staff.nstu.ca), Janice MacKenzie (appl@nstu.ca).

Teachers' Pension Act Regulations

In 2019, the Regulations under the *Teachers' Pension Act* were amended to increase the number of days that a person in receipt of a Teachers' Pension could work as a substitute teacher to 99.5 days without affecting their pension. For the 2024-2025 and 2025-2026 school years, the number of days was increased to 119.5 days.

The sponsors of the Teachers' Pension Plan have recently agreed to the following amendment for the 2026-2027 school year which **reduces** the number of days that a person in receipt of a Teachers' Pension could work as a substitute teacher to 99.5 days.

For the 2026-2027 school year, persons in receipt of a Teachers' Pension can:

1. Work for less than 70 days (up to 69.5 days) in a term position;
2. Work for less than **100** days (up to **99.5**) days as a substitute teacher; and
3. Days in item 1 count towards the days in item 2.

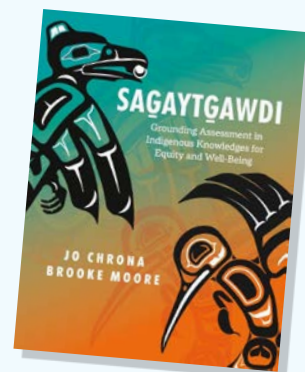
If you have any questions regarding this amendment, please feel free to contact us at pension@nstu.ca.

pathways

FOR PROFESSIONAL LEARNING

Email your name, home address, and the name of your school with **PATHWAYS** in the subject line to theteacher@nstu.ca by **October 16, 2026**, to be eligible for the draw.

Sagaytgawdi
by Jo Chrona and
Brooke Moore
Portage & Main Press



Sagaytgawdi: Grounding Assessment in Indigenous Knowledges for Equity and Well-Being (a Sm'algyax word meaning "gathering together") helps educators support equity and well-being in their classroom through practical strategies that ground assessment practices in Indigenous knowledges. Written by acclaimed Canadian educators Jo Chrona and Brooke Moore, the resource is designed to help teachers transform their classroom assessment practices into more inclusive, student-responsive environments. *Sagaytgawdi* is designed to be a practical, engaging resource for teachers of all grade levels.

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



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

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



You don't have to start at 100%

by Hilary Brousseau, OT Reg. (NS), Occupational Therapist/
Case Coordinator, NSTU Early Intervention Program

After a restful summer, many educators come into September ready to hit the ground running. From developing elaborate lesson plans to volunteering for extracurriculars and committees to setting up a picture-perfect classroom, the school year often starts with lots of enthusiasm and long hours spent trying to meet every need. And while it is easy to get caught up in the excitement of a new school year, it also may not be realistic to maintain this energy for the next 10 months. The school year is a marathon, not a sprint, so below are some tips for starting the year in a way that feels manageable beyond September.

Check your "default setting"

In the excitement of September, we often return to our default settings. It is easy to fall into old routines without thinking much about them. While some of these routines are helpful and necessary, others are driven by expectations we have placed on ourselves over time. This year, try noticing the expectations you place on yourself. When you catch yourself thinking, *"I should answer that email tonight"*, *"I should make this better"*, *"I should take this on"*, ask yourself:

- Does this really need to be done?
- Does it need to be done now?
- Does it need to be done by me?
- Does it need to be done to this standard?

The purpose here is to be more intentional with the limited time and energy you have. Recognizing what is required, what can wait, and what doesn't need to be done at all will help ensure your energy is spent where it is most needed.

Set a sustainable pace

The patterns and boundaries you establish in September can shape the rest of the school year. That makes this the perfect time to set a sustainable pace before an unsustainable one becomes the expectation. With the excitement of the new school year, you may find yourself willing to stay late, bring work home with you, take on another committee, or revamp all your lesson plans. While these things may seem feasible now, will they still feel that way in November?

Instead, protect some of that energy for activities that help you recharge and feel like yourself outside of work—whether that is exercise, a hobby, time to catch up with friends, or an evening with nothing on the agenda. Establishing these things as part of your routine now can make them easier to maintain once the demands of the school year increase and the September energy begins to fade.



Leave some gas in the tank

Despite our best efforts, things won't always go according to plan this school year. Illness, report cards, a student who needs some extra support, or a difficult situation in your personal life can add another layer of demand on top of your normal routine.

It can be helpful to think of your energy as something to be budgeted, rather than spent completely. If you've already used all your energy on maintaining your usual routine, you'll have less capacity to respond when something extra or unexpected comes along. Budgeting your energy also means recognizing that your energy may be needed in places beyond work. Protecting your capacity to attend to situations in your personal life doesn't make you a less dedicated educator. It is part of making sure you can continue showing up for your students with care, patience, and attention.

September is an exciting time to set goals, try new things, and bring fresh energy to your work. The goal is not to hold yourself back or care less about your work. It is to be intentional about where you spend your energy, so you have something left to give when you need it most. Give yourself permission to question your self-expectations, set boundaries before they become difficult to change, and leave room for the unexpected. Although your September self may be ready to give 100%, your November self will be grateful you didn't.

The NSTU's Early Intervention Program is available to members who are working or on paid sick leave and are experiencing an illness or injury. For more information on the Early Intervention Program, visit nstuinsurance.ca. To self-refer to the program, please email nurse@nstu.ca or call 1-800-565-6788.



Email your name, home address, and the name of your school with **WELL TEACHER** in the subject line to theteacher@nstu.ca by **October 16, 2026**, to be eligible for the draw.

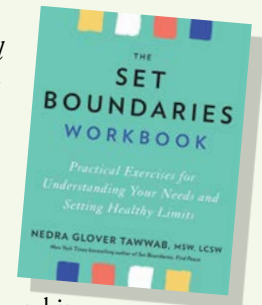
The Set Boundaries Workbook

by Nedra Glover Tawwab

Tarcher Books, an imprint of Penguin Random House

The Set Boundaries Workbook: Practical Exercises for Understanding Your Needs and Setting Healthy Limits offers a practical, easy-to-follow approach to recognizing personal needs and setting healthy limits in daily life, relationships, and work. Written by therapist and relationship expert

Nedra Glover Tawwab, the workbook combines clear guidance with checklists, reflective questions, writing prompts, and hands-on exercises to help readers communicate their needs and build healthier boundaries.



June Book Winners!



Colin E. MacKenzie — AVRCE



Putting new members in the KNOW!

Christine Bigelow-Popowich — AVRCE



Andrea Grant — SRCE



Jennifer Barro Ralph — HRCE



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MI'KMA'KI STRONG & NSTU

Mi'kma'ki Strong and NSTU: This is the sixth year that the Nova Scotia Teachers Union has proudly partnered with Mi'kma'ki Strong on a meaningful Orange Shirt Day campaign that raises awareness of the lasting impact of residential schools in Nova Scotia. Through this collaboration, the NSTU supports the ongoing work of Truth and Reconciliation while helping teachers and students engage in meaningful learning, reflection, and healing. The initiative reflects Mi'kma'ki Strong's commitment to honouring survivors and their descendants through education, awareness, peace, and friendship, while fostering a deeper understanding of the journey toward reconciliation.



Shirt Design: The Orange Shirts are designed by Jonathan Beadle from Pictou Landing First Nation and founder of Mi'kma'ki Strong. The shirts are printed locally at Pro Design Cresting in Truro.

Jonathan Beadle shares his inspiration for the 2026 shirt design: "Being a descendant of a Residential School Survivor has lasting impacts; I know intergenerational trauma is real. As a survivor, I ask when healing becomes the true outcome of reconciliation. When asked about Truth and Reconciliation, I often feel we have exhausted the act of reconciling trauma. Now, we must focus on healing through forgiveness, education, and remembrance. Honouring survivors and their descendants begins with education, including what is taught in our curriculum. At Orange Shirt Day events, I am often reminded that many people still do not know what happened at Indian Residential Schools. Sharing this history educates people at every level. At Mi'kma'ki Strong, we value healing and forgiveness while standing firm in remembrance: we will never forget."



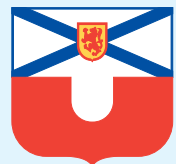
Where to order:

(This year's shirt is also available in French)

MIKMAKISTRONG.COM

A portion of shirt sales goes to support Sipekne'katik School survivors.

Pewatm'g wantaqo'ti



**Nova Scotia
Teachers Union**

Being intentional educators through CONTACT 2026

Teacher wellness, belonging, mentorship, neurodiversity, artificial intelligence, and reconciliation were explored as connected priorities for sustainable professional practice when some 70 teachers from across Atlantic Canada gathered at the Old Orchard Inn in Greenwich for the annual CONTACT (Conference on New Techniques and Classroom Teaching), August 4 to 7.

“CONTACT brings teachers from across Atlantic Canada together to connect, exchange ideas and best practices, and reflect on their classroom experiences,” says NSTU President Peter Day. “Teacher-driven, ongoing professional learning strengthens effective teaching and gives educators the opportunity to take part in PD that best meets the needs of their classrooms and schools.”

The Nova Scotia Teachers Union hosted this year’s conference under the theme *The Intentional Educator Conference: Cultivating Wellness, Balance, and Purpose in Our Practice*. NSTU Professional Learning staff officer Amanda O’Regan-Marchand organized the conference with a committee of teachers, marking the first time CONTACT was held in the Valley and in a hotel rather than its usual setting at St. FX. University in Antigonish.

The opening session featured a presentation from Mi’kmaq author, educator, and cultural knowledge

way or another,” she said.

Using animal and medicine wheel teachings, she showed how cultural knowledge can help people understand themselves and their relationships. A central focus of her keynote was a “wholistic” approach, intentionally spelled with a W to stress wholeness and completeness across spiritual, physical, mental, and environmental well-being.

Concurrent sessions were presented by teachers and staff from each partner organization. Jennifer Moriarity (Halifax County Local), a classroom teacher at Astral Drive Elementary School and former chair of NSTU’s Insurance Trustees, presented *Carrying it All: Teacher Wellness and Resilience*.

“This workshop is about sustaining ourselves as educators so that we can remain grounded, well, and connected throughout our careers,” she said.

Through a lived experience that necessitated a full examination of where she stood in every aspect of her professional and personal life, she began a journey of reflection and discovery. She candidly shared that journey, offering others the tools, insights, and guidance that helped her continue to thrive in the classroom and beyond. “I am not here because I have everything figured out. I am here because I am still learning how to stay in this profession without losing myself.”



Theresa Meuse



This year’s opening plenary included a Mi’kmaq sing along. In the foreground is NSTU staff officer Amanda O’Regan-Marchand.



Jennifer Moriarity

sharer Theresa Meuse from Bear River. Her work fosters understanding and reconciliation bringing Mi’kmaq traditions and teachings to audiences of all ages.

Meuse introduced a Mi’kmaq-informed approach to well-being rooted in welcome, connection, respect, and balance. She explained Pjila’si as an active form of welcome and hospitality and Msit No’kmaq as a reminder that people are connected to one another, animals, medicines, land, water, and Mother Earth. “Msit No’kmaq means we’re all connected, in one

Moriarity reminded the audience that teaching has changed. Expectations have grown, systems have shifted, and the culture around schools continues to evolve. “As educators, we have the privilege and responsibility to foster learning that reflects, honours truths, and builds resilience.”

Moriarity emphasized that boundaries, practical supports, and small rituals of joy are essential to sustaining educators over time. “Moving toward the good is the goal, not perfect,” she said, adding that teachers should remember, “We are in this work together.”

In Krista Bryson’s *Beautiful Minds, Messy Desks* workshop, educators explored how neurodivergence can shape teachers’ and colleagues’ experiences. A 15-year teaching veteran from PEI, Bryson used her late ADHD diagnosis



Krista Bryson

to examine how gendered expectations, masking, compliance, and outdated diagnostic frameworks can make ADHD harder to identify, particularly in people who appear successful or “put together.” “The diagnostic lens was built for boys,” she said.

Bryson encouraged practical accommodations and awareness around executive function, sensory needs, routines, masking, and workplace expectations. “Masking is not about being fake. It’s a survival strategy in an unaccommodating world,” she said.

Dawn Beckingham’s workshop, *Beyond Orientation: Real Mentorship for Real Classrooms*, focused on mentorship in education. A 27-year teaching veteran, Beckingham currently serves as the Director of Early Career and School Leader Support for the New Brunswick Teachers’ Association.



Dawn Beckingham

She discussed New Brunswick’s provincial mentorship program launched in September 2025, that includes the use of retired teachers as induction coaches. Beckingham emphasized that effective mentoring is not about one person having all the answers. Instead, mentorship works best as a “web” of relationships where different

people provide different forms of support, expertise, encouragement, and perspective. “I don’t know everything, but I can certainly spin my web to connect people to other people who do know the answers.”

The session also introduced three mentoring stances: consultant, collaborator, and coach. Beckingham stressed the importance of coaching as it builds



Above are the NSTU delegates who attended CONTACT, with executive director Bethany MacLeod (far left) and President Peter Day (far right).



Michael Walters presents his AI workshop.

independence. “When you are coaching someone, you talk less, and listen more,” she says. “As a coach, you are not giving advice, but you are asking thought-provoking questions.”

AI Time-savers for Teachers for Assessment and Instruction, presented by Michael Walters, focused on how AI can support daily workflow and introduced foundational skills educators can use in any



Wendie Wilson

generative AI platform. A former teacher librarian, Walters now serves as Program Specialist for Artificial Intelligence and Innovation with Newfoundland and Labrador Schools.

Walters discussed the rapid rise of AI agents and classroom tools, noting both the risks for academic integrity, privacy, and safety and the potential for teachers to build customized resources. “It’s a super powerful technology, but also very, very messy,” he said.

He did emphasize that AI should not only be seen as a threat and highlighted practical classroom interactive learning tools, showing how teachers can create resources without subscriptions or advanced coding skills. “The whole point is that we can make these applications ourselves.”

The closing plenary session, *Lived Experiences*

Shared Conversations, was presented by NSTU executive staff officer Wendie Wilson and centred on community, relationship, land, and collective responsibility. She framed her Mi'kma'ki land acknowledgement as an invitation to understand place, responsibility, and the knowledge carried by the land. "Knowledge does not simply come from books or institutions or policies; knowledge also comes from the land."

She connected Indigenous teachings, Africentric principles, and African Nova Scotian community values, to emphasize that people, schools, and communities thrive through interdependence rather than isolation. "Relationship is not a strategy. Relationship is foundational."

A recurring metaphor of puzzle pieces and tower building illustrated how every person contributes to the larger whole. "If we want to see the whole picture, we need to gather every piece of the puzzle, and every single piece of the puzzle matters."

Wilson invited participants to identify their gifts, strengths, and commitments, then to place those contributions intentionally into a shared structure. This activity reinforced that belonging is not simply being invited into a space; it is being seen, heard, respected, and able to shape what happens there. "An invitation to come in is not always an invitation to belong," she says.

Wilson argues that educators must care for mind, body, and spirit; recognize knowledge rooted in land and community; and take daily responsibility for reconciliation. She calls educators to build communities where every person belongs, every voice

matters, and collective healing and growth remain possible. "The strongest communities are not the communities with all the answers. The strongest communities are the communities that know where to find them."

The organizing committee members were Nadia Darwish, VP of PD for Kings Local; Jenn Handspiker, VP PD for Annapolis Local, who created specially decorated cookies for the conference welcome bags; Sacha Miller, VP of PD for Digby Local; Michael Picard, VP of PD for Hants West Local; and Danielle Thibeault, VP of PD for CSANE, marking the first time in many years that CSANE was part of the planning team.

Participants at this year's conference had the opportunity to explore the valley, including trips to the Botanical Gardens, Grand Pré National Historic Site, and Blomidon Provincial Park. Other activities included a Barn Banquet and Social featuring music from Annapolis Local's Mark Bezanson.

Across the four days, CONTACT 2026 underscored that intentional teaching depends not only on professional skill, but also on the relationships, supports, cultural knowledge, and reflective practices that help educators sustain their work.

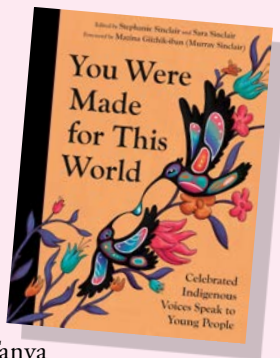
CONTACT is a regional conference organized by the Nova Scotia Teachers Union, the New Brunswick Teachers' Association, Prince Edward Island Teachers' Federation, and the Newfoundland and Labrador Teachers' Association. It provides teachers with the opportunity to remain current in their profession and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



Email your name, home address, and the name of your school with **EQUITY** in the subject line to theteacher@nstu.ca by **October 16, 2026**, to be eligible for the draw.

You Were Made for This World
 Edited by Stephanie Sinclair and Sara Sinclair
 Foreword by Murray Sinclair
 Tundra Books

You Were Made for This World: Celebrated Indigenous Voices Speak to Young People brings together 40 Indigenous writers, artists, activists, athletes, scholars and thinkers to celebrate young people's potential, pride in language, stories, teachings and shared experiences. Featuring voices such as Autumn Peltier, Tanya Tagaq, Ethan Bear, David A. Robertson, Chief Lady Bird, Christi Belcourt, Mangeshig Pawis-Steckley and many others, this collaborative collection encourages readers to reflect on who they are, where they come from and where they are going.



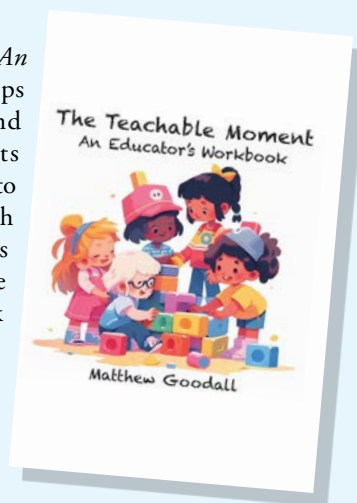
Beginnings

Putting new members in the KNOW!

Email your name, home address, and the name of your school with **BEGINNINGS** in the subject line to theteacher@nstu.ca by **October 16, 2026**, to be eligible for the draw.

The Teachable Moment: An Educator's Workbook
 by Matthew Dion Goodall
 Self-published

The Teachable Moment: An Educator's Workbook helps educators recognize and use everyday moments when children are ready to listen, learn and grow. With practical guidance and sets of 10 reproducible resource pages, this workbook supports meaningful teaching opportunities in learning environments.





Youth Food & Film Challenge

Show us what you've got in a short video that shares your food story!

The winning film will be screened at Devour! The Food Film Fest

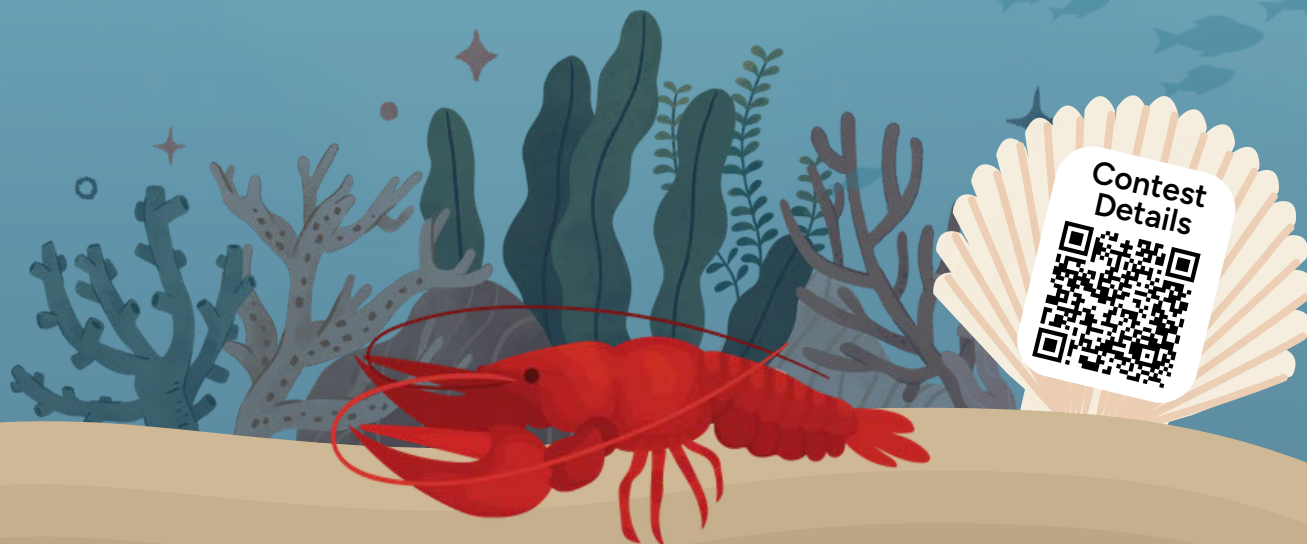
PRIZE
valued at **\$500**

Films must be:

- Made by children and youth
- Filmed horizontally
- 1-3 minutes in length
- On theme "Devour! The Sea"
- Submitted by October 5th, 2026

2026 Theme

Devour! The Sea



For more information, including resources and workshop dates, visit nourishns.ca/food-and-film-challenge



notices

Nourish Youth Food and Film Challenge

This year's [Nourish Nova Scotia Youth Food and Film Challenge](#) invites young filmmakers in Nova Scotia aged 18 and under to explore and share their unique stories about food. This year's Devour! Food Film Fest theme is *Devour the Sea*. This year's Challenge encourages participants to create a short film about ocean-related food connections in Nova Scotia. This could include foods that come from bodies of water, foods grown in or around water that connect to family or cultural traditions, the environmental impact of eating from the ocean, the role of ocean-based foods in human health, or the experience of growing or catching your own food.

The winning filmmaker will receive a film package prize and have their work screened at the opening night of the Devour! The Food Film Fest in October 2026.

The deadline for entries is **October 5, 2026**.

Canada Student Loan Forgiveness Program

Do you plan on applying for the Canada Student Loan Forgiveness Program? Time is ticking to get your application in!

Who is eligible?

This program is available to eligible teachers and early childhood educators who **worked in a rural or remote community during the 2025-2026 school year**.

What is the deadline to apply?

The Government of Canada requires eligible educators to apply for this benefit **within 90 days of their work period ending**. For example, educators whose last day of work was June 26, 2026 must apply before September 24, 2026.

What is the application process?

Eligible educators can [apply online](#) through their National Student Loans Service Centre accounts or by mail.

Visit the CTF/FCE's webpage for more details about eligibility requirements and the application process: [Frequently Asked Questions](#).

executive highlights

August 12, 2026

- Approved the recommendations from the Teachers' Pension Board.

2026 Holocaust Education Week Student Program

Wednesday, October 28 | 10:30 a.m. | Paul O'Regan Hall, Halifax Central Library

5440 Spring Garden Road, Halifax, B3J 1E9

Preregistration required: Edna LeVine, AJC Director of Community Engagement: engagement@theajc.ca

FREE to attend | Schools hiring busses – financial assistance is available, please enquire | Livestream link available and books delivered to your school.



We Sang in Hushed Voices

The life and legacy of Holocaust survivor **Helena Jockel** (1919 – 2016), author of ***We Sang in Hush Voices***.

A special conversation featuring her granddaughter, **Yolana Wassersug**, in conversation with retired CBC Radio broadcaster **Olga Milosevich**. Together, they will reflect on Helena's enduring legacy and the responsibility of carrying memory forward to future generations.

The program, approximately 1 hour, will include the Azrieli Foundation's 10 minute film featuring the story and testimony of Helena Jockel.

Copies of Helena's memoirs ***We Sang in Hushed Voices***, published by and courtesy of The Azrieli Foundation will be available for all students.

Presented by the Atlantic Jewish Council with support from the Halifax Central Library and the Azrieli Foundation.



Leadership 2026 builds capacity

After a two-year hiatus, the 2026 NSTU Leadership Skills Development Institute returned August 12 to 14 at St. FX. University in Antigonish, giving NSTU leaders practical tools to support members, advocate for the profession, and strengthen public education in Nova Scotia.

NSTU president Peter Day addressed delegates during the opening session on August 12. “Thank you all for choosing to be here for the next few days. Because it is a choice to be here. You are choosing to give up part of your very valuable vacation to be



here because of your role as a volunteer. One of the things that makes leadership such a wonderful professional learning experience is the connections made.”

A highlight of this year’s Leadership Institute was the Opening Plenary session from stand-up comedian, best known as a frequent guest on the CBC Radio comedy series *The Debaters*, Patrick Ledwell.



NSTU president Peter Day shares a laugh with Patrick Ledwell

An instructional designer at Holland College, Ledwell used Atlantic Canadian humour to encourage NSTU leaders to look beyond surface-level resilience and recognize the unseen pressures carried by colleagues, students, and communities.

With a playful nod to his Prince Edward Island identity, regional rivalry, and the small indignities



Staff Officers Roxanna John, Jeff Morse and Paul Boudreau are shown during their Meet by Role session for aspiring leaders.

of being left off classroom maps, Ledwell’s humour set a warm tone while introducing a larger theme: place matters, identity matters, and people carry more history into a room than others may realize. “I am from Prince Edward Island. I will disclose that openly,” he says.

With stories about Prince Edward Island, regional identity, ferry travel, family, teaching, technology, and motivation, Ledwell showed that leadership depends on curiosity, acknowledgement, and human connection. “Be curious, not judgemental.” He encouraged educators to build strong professional “root systems” so no one has to stand alone. The root systems of a tree became a powerful metaphor for leadership. “For every tree that you see standing, there’s two to four times the size of the root system beneath.”

The same is true, he suggests, for educators and leaders. A person may appear steady, capable, and resilient at work, while carrying a much larger set of responsibilities, worries, and pressures beneath the surface. Effective leadership



Ruthann Organ (Inverness), Inverness Local president and Strait RRC Chair Sheila Hawley, Antigonish Local president Jerry Delorey, Virginia Reid (Antigonish), Joy Ashford (Inverness), Meghan MacNeil (Antigonish), and in the foreground, Tim Cress (Antigonish).

means staying curious about that unseen reality.

He also emphasized that recognition sustains meaningful work. Drawing on research by Dan Ariely, Ledwell noted that people whose work is ignored often disengage, adding, “If you ignore what they do or actively shred what they do, they will stop.”

His takeaway was simple: leaders can help sustain others by noticing their work and saying, “I see what you did there. I appreciate your work. Thank you.”

This year’s Leadership Institute welcomed 153 attendees, including more than 40+ new delegates, provincial executive members, Local presidents, RRC chairs, Local executive members, and Professional Associations’ presidents.

The curriculum-based program, established in 2001, supports members in their NSTU volunteer roles through role-specific sessions on responsibilities, best practices, and practical leadership activities facilitated by NSTU staff.

Organized by professional learning staff officer Pamela Langille, the training included 14 concurrent workshops and eight role sessions on topics such as occupational health and safety, inclusive spaces, job action readiness, public engagement, member discipline, and the negotiation process.



Gisèle Schaus (Yarmouth Local), Digby-Shelburne-Yarmouth provincial executive member Vera Ryan, and Tarah Thompson-Schwan (Yarmouth Local).



NSTU’s General Counsel Leah Kutcher and Executive Staff Officer Tim MacLeod presented a workshop on OH&S.



Halifax County Local president Desiree Daniele (second from left) is shown with Dartmouth Local delegates Jason Ralph, Jenn Barro Ralph, and Gus Webb.



NSTU’s conference and event coordinator Nicole Wells, Peter Day, NSTU Executive director Bethany MacLeod, and Executive Staff Officer Pamela Langille.



Shelburne County Local delegates Amanda Rankin, Nicole Deon and provincial executive member Sarah Acker (Digby-Shelburne County-Yarmouth).



Tamara Borden (Guysborough County), Executive Staff Officer Wendie Wilson and provincial executive member Malik Adams (Halifax City).



A Sustainable ~~WORLD~~

An Interactive Learning Platform

A Sustainable World is a digital experience that helps students ages 12–18 explore global challenges and the United Nations Sustainable Development Goals through interactive maps, real-world data, and powerful stories. With integrated lesson plans on climate change, education, health, gender equality, and more, students discover how local and global issues are deeply connected — and how communities around the world are responding with creativity and resilience.

Explore *A Sustainable World* and inspire your students to shape a more sustainable, inclusive future at sustainableworld.akfc.ca.



EXPLORE

A Sustainable World and inspire your students to shape a more sustainable and inclusive future.



AGA KHAN FOUNDATION
CANADA



Help shape tomorrow's accessibility leaders

The Rick Hansen Foundation School Program offers free ready-to-use lessons, activities, and classroom resources designed to build empathy, challenge assumptions, and encourage students to recognize and remove barriers to inclusion.

Inspire the next generation to make a difference.

Find everything you need at
RickHansen.com/resource-library
or scan the QR code.



coming events

SEPTEMBER 30

National Day for Truth & Reconciliation

Orange Shirt Day is an annual event held each September 30th in remembrance of the Canadian Residential School system and the impact of this government policy on First Nations. It was officially established in 2021 as a response to one of the [Truth and Reconciliation Commission's](#) 94 Calls to Action. As we mark this day, we reflect on the genocide of Indigenous children through the residential school system in Canada and remember and honour those who survived and those who did not. Some resources are found here: www.orangeshirtday.org

OCTOBER 1

Treaty Day

Treaty Day, held every year on October 1, marks the beginning of Mi'kmaq History Month in Nova Scotia. Proclaimed in 1993 by Premier John Savage and Mi'kmaq Grand Chief Ben Sylliboy, the day recognizes the rich history, culture, and contributions of the Mi'kmaq people.

The date stems from the Treaty of 1752, which promised annual gifts from the Crown to the Mi'kmaq to renew peace and friendship.

Each year, people gather in Halifax to celebrate through cultural events, ceremonies, and exchanges between Mi'kmaq leaders and government officials. It's both a homecoming for many Mi'kmaq and a learning opportunity for all Nova Scotians.

Learn more: <https://www.unsm.org/about-us/treaty-day>

OCTOBER 11

National Coming Out Day

National Coming Out Day observed annually on October 11 in Canada, celebrates the 2SLGBTQI+ community and support individuals living openly and authentically. This day recognizes the courage of Two-Spirit, lesbian, gay, bisexual, transgender, queer, and intersex (2SLGBTQI+) individuals and promotes creating safer, inclusive environments. It also highlights that coming out, the act of publicly or privately sharing one's sexual orientation and/or gender identity, is a personal, ongoing journey unique to everyone. [Egale Canada](#) and [It Gets Better Canada](#) provide toolkits, resources, and support networks for youth, adults, and allies.

OCTOBER 19 TO 25

Devour! The Food Film Fest

Devour! The Food Film Fest, the world's largest food film festival, invites guests to plunge into a bold new culinary adventure as it celebrates its 16th anniversary with *Devour! The Sea* on October 19 -25 in Wolfville.

This year's theme will chart a delicious course through Canada's coastal waters, showcasing Atlantic, Pacific and Arctic traditions, innovations, and global influences through food, film, and culture. New events this year include a Seafood Night Market, Seafood Culinary Workshops, Seaside Foraging Tours, and thought-provoking discussions on the future of our oceans.

The NSTU is a proud sponsor of *Devour's Big Picture Program*. Find out more about getting your students involved this year's program on pages 24 & 25.

OCTOBER 26 TO 30

Media Literacy Week 2026: Learn, Engage, Connect

[Media Literacy Week](#) 2026 takes place from October 26 to 30. Hosted nationwide by [MediaSmarts](#), the week brings together schools, libraries, community organizations and individuals through free resources, activities and [events](#) promoting digital media literacy.

From misinformation and artificial intelligence to online trust and digital citizenship, Media Literacy Week helps people build the skills to think critically and make informed choices online.

This week also includes [Digital Citizen Day](#) on Wednesday, October 28, which encourages Canadians to reflect on how we participate, share and support one another in digital spaces.

Visit MediaLiteracyWeek.ca to discover how you and your community can take part.



For a better together.
Pour mieux vivre ensemble.





TEACHING TOGETHER

 CTF/FCE

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

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

Are you ready for a
professional and
personal
adventure?

If yes, Teaching Together might be for you!

Volunteer for Teaching Together with the Canadian Teachers' Federation (CTF/FCE)

The CTF/FCE is seeking English- and French-speaking Canadian teachers at the elementary and secondary levels who are interested in volunteering their time, knowledge, and skills to co-facilitate professional development in-service programs in partnership with teaching organizations in Africa and the Caribbean. Each year, over 50 Canadian teachers are chosen to volunteer in the program, which takes place in July.

All candidates must:

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

Please note:

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

Please contact Amanda O'Regan-Marchand atamarchand@staff.nstu.ca

resources

Media Literacy Week Resources

Media Literacy Week 2026 takes place October 26 to 30 and Digital Citizen Day (October 28). MediaSmarts' [Teachers' Hub](#) is home to five days of free, curated lesson plans recommended for P-12 classrooms during MLW Media Literacy Week, including a selection of plug-and-play video lessons. Additionally, MediaSmarts' website offers [hundreds of free resources](#) for teachers to use at any time.

Here is a sample:

October 26

Algorithms and AI Literacy

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

Printable activity: [#ForYou: A Game About Algorithms](#)

[Grades K-3: Introducing AI](#) (NEW!)

October 27

Break the Fake: Verifying online information

[Grades K-3: Break the Fake: What's in the frame?](#)

[Grades 4-8: Is that a fact?](#)

[Grades 10-12: Break the Fake: Becoming a fact-checker](#)

October 28

Digital Citizen Day: Teaching digital citizenship

Printable activity: [Just a Joke? \(Grades 3-7\)](#)

[Grades 4-6: Behaving Ethically Online: Ethics and Empathy](#)

[Grades 9-12: Introduction to Online Community Engagement](#)

October 29

Media-making and creating

Plug-and-play video lesson: [Put Your Best Face Forward \(Grades 7-9\)](#)

[Grades 5 to 9: Editing Emotions](#)

[Grades 9-12: Digital Storytelling for Community Engagement](#)

October 30

Representation in media + Halloween!

[Grades K-3: What do Halloween costumes say?](#)

[Grades 5-7: Comic Books Characters](#)

[Grades 8-9: Exposing Gender Stereotypes](#)



Media Literacy Week

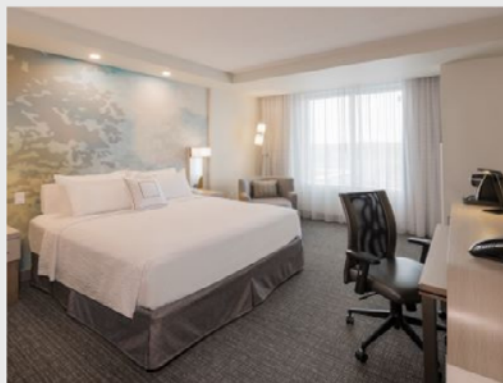
October 26 - 30


MEDIA LITERACY WEEK
EST. 2005 BY MEDIASMARTS



COURTYARD[®]

BY MARRIOTT



NSTU LEISURE RATE

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

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

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

Rates:

- \$119.00 per night (standard rate)
- \$159.00 per night during July & August (summer rates)

Rates are net, non-commissionable, and do not include the 3% Marketing Levy or 14% HST.

How to Book:

Visit [Marriott.com](https://www.marriott.com) and enter **YTY** under the Corp/Promo Code



Standard King or
Double Queen



Complimentary
Breakfast



Complimentary
Onsite Parking

CONTACT US

902.406.3000
35 Shubie Drive, Dartmouth
NS, B3B 0N4
www.marriott.com/yhzc

Join **Forum for Young Canadians** in Ottawa!

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



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

FORUM ACTIVITIES INCLUDE:

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

SESSION 1:
February 7–12,
2027

SESSION 2:
February 28 – March 5,
2027

SESSION 3:
April 18–23,
2027

*Dates are subject to change

Applications open from **September 8 to October 25, 2026**. Visit **forum.ca** to apply!



FORUM
FOR YOUNG
CANADIANS



Neptune THEATRE SCHOOL TOURCo



*Bring live theatre
to your students!*

TOURING IN SPRING 2027, NEPTUNE THEATRE'S TOURCo
BRINGS PROFESSIONAL THEATRE TO SCHOOLS ACROSS ATLANTIC CANADA.
OUR SHOWS ARE FUN, EDUCATIONAL AND FEATURE LOCAL TALENT.

TAKE ADVANTAGE OF EARLY BIRD PRICING UNTIL SEPTEMBER 24TH!
[NEPTUNETHEATRE.COM/TOURCO](https://neptunetheatre.com/tourco)



*the
space
between*

BY TANIA BREEN

TOURING: MARCH 16 – MAY 26, 2027

RECOMMENDED FOR: GRADES P – 12

THEMES: INTERGENERATIONAL RELATIONSHIPS,
IMAGINATION, STORYTELLING, COMMUNICATION,
CONNECTION & UNDERSTANDING, MENTAL HEALTH.



Standing together for Pride and inclusion

This summer, NSTU members, staff and their families proudly participated in Pride parades and celebrations across the province, demonstrating solidarity with 2SLGBTQIA+ communities and reaffirming our commitment to creating safer, more inclusive schools.

Since 2004, NSTU policy has supported an education system that is safe, welcoming and affirming for people of all sexual orientations and gender identities.

NSTU Locals and NSTU President Peter Day joined Pride events in Halifax, Sydney, Truro, Annapolis, Cumberland and along the South Shore. With banners, lanyards, T-shirts and buses, NSTU members made their presence visible and their support unmistakable.

By showing up together, NSTU members continue to demonstrate that inclusion, belonging and respect are values we proudly uphold in our schools and communities.



NSTU president Peter Day is shown with Halifax City Local president Nancie de la Chèvotiere and Halifax County Local president Desiree Daniele at the Halifax Pride Parade on July 18.



NSTU members are shown at the Cape Breton Pride parade on August 8.



Halifax Pride



Halifax Pride



Cape Breton Pride

DEVOUR!®

THE FOOD FILM FEST

Food. Film. Big Ideas. Hands-On Learning.

The BIG PICTURE PROGRAM AT DEVOUR! THE FOOD FILM FEST

Monday, October 19 & Tuesday, October 20, 2026

Devour! Studios | 360 Main Street, Wolfville

9:30–11:30 a.m. or 12:00–2:00 p.m. on each day

Just \$5 per student | Recommended ages 8–16

Take your students out of the classroom and into a powerful two-hour experience where film, food, and hands-on learning come together.

For more than a decade, Devour! The Food Film Fest and Nourish Nova Scotia have introduced young people to some of the biggest issues shaping our food and our world, from farming and food waste to climate change, health, and sustainability. More than 5,000 Nova Scotia students have taken part in this unique program. This year's Big Picture Program combines an inspiring international film, meaningful classroom connections, and a hands-on culinary experience—all for \$5 per student.





WATCH: *With Grace*

Meet Grace, a spirited 13-year-old growing up on a family farm in Kenya. Through humour, honesty, and optimism, Grace shares a story of family, resilience, and hope while giving students a window into a life and food system very different from their own. The film opens the door to conversations about food and farming, family and community, global citizenship, resilience and empathy—and the universal experiences that connect young people across cultures.

Kenya/Norway | 2024 | 30 minutes

Directors: Dina Mwendu & Julia Dahr

With subtitles

Recommended for Grades 3+

TALK: Explore the Big Ideas

Following the film, the team from Nourish Nova Scotia will lead students through an engaging age-appropriate discussion, encouraging them to make connections between Grace's story and their own relationships with food, family, community, and the world around them.

COOK: Get Into the Kitchen

Then it's aprons on. Chef Paul Thimot, Acadian chef, will lead students through a hands-on culinary workshop designed to build practical skills, kitchen confidence, and curiosity about where our food comes from. Students won't just hear about food—they'll make it, taste it, and learn together.

Recipe: Coming soon

A Field Trip with Something to Chew On

In just two hours, students will experience film + facilitated discussion + hands-on cooking, connecting learning across food literacy, culture, geography, sustainability, health, and community. And at only \$5 per student, The Big Picture Program is designed to make an unforgettable Devour! experience accessible to classrooms across Nova Scotia.

Choose Your Session:

Monday, October 19

9:30–11:30 a.m.

12:00–2:00 p.m.

Tuesday, October 20

9:30–11:30 a.m. (Facilitated film session & cooking class in French)

12:00–2:00 p.m.

Book Your Class

Space is limited to 80 students per session, and school groups are encouraged to reserve early.

\$5 per student — Film + Discussion + Culinary Workshop

Email Cat Frawley at our Box Office TICKETS@DEVOURFEST.COM to book your class.

*Presented with the support of the Nova Scotia Teachers' Union, Nourish Nova Scotia,
and the Office of Acadian Affairs and Francophonie:*



2026 NSTU Professional Associations Conferences

FRIDAY, OCTOBER 23



Online Registration
Opens – Thursday, Sept 17 (members)
Monday, Sept 28 (education partners)
Closes – Friday, October 9
(no refunds after October 9)

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

NSTU members are required to use their NSTU username and password to register. Please contact webaccounts@nstu.ca. to receive/reset your credentials ahead of the opening of registration.

Association des enseignantes et enseignants acadiens (AEA)

Theme: *Réimaginer la roue*

Location(s) École secondaire de Par-en-Bas, Tuskent; Centre provincial de ressources pédagogiques (CPRP), Pointe-de-l'Église

Fees NSTU Members: \$100
 Substitutes: \$50
 Pre-Service Teachers: \$50
 Retirees: \$50
 Affiliate/Other: \$50

Contact Noé Bourque
 conferenceaea@nstu.ca

Substitutes: \$80
 Pre-Service Teachers: \$60
 Retirees: \$80
 Affiliate/Other: \$100
Contact Evan Critchley
 atecconference@nstu.ca

Association of Teachers of English of Nova Scotia (ATENS)

Theme: *Literacy in Modern World*

Location(s) Lighthouse Arts Center 1800 Argyle Street, Halifax & Virtual (TBD)

Fees NSTU Members: \$100
 Substitutes: \$90
 Pre-Service Teachers: \$90
 Retirees: \$90
 Affiliate/Other: \$100
Contact Liam Timmons
 atensconference@nstu.ca

Association of Science Teachers (AST)

Theme: *Time for Science*

Location(s) Halifax West High School, 283 Thomas Raddall Drive; Shubenacadie Wildlife Park & Dal AC Truro

Keynote "Silver Lining Prospecting" Creating an Intentional Mindset Infrastructure

Fees NSTU Members: \$100
 Substitutes: \$50
 Pre-Service Teachers: \$50
 Retirees: \$50
 Affiliate/Other: \$50

Contact Jessica Goora
 astconference@nstu.ca

Association of Teachers of Young Adolescents (ATYA)

Theme: *Building the Bridge Between Bravery and Self-Compassion*

Location(s) Riverside Education Centre – 6 Riverside Drive, Milford

Keynote Sandra Murray, Counsellor – NSTU
Fees NSTU Members: \$100
 Substitutes: \$90
 Pre-Service Teachers: \$90
 Retirees: \$100
 Affiliate/Other: \$100
Contact Mary Barrington George
 atyaconference@nstu.ca

Art Teachers Association (ATA)

Theme: *Valuing Visual Art: The Heartbeat of Our Province*

Location(s) Sackville High School and Cape Breton Centre for Craft

Fees NSTU Members: \$100
 Substitutes: \$60
 Pre-Service Teachers: \$60
 Retirees: \$60
 Affiliate/Other: \$60

Contact Jeff Wilson
 ataconference@nstu.ca

Business Education Teachers Association (BETA)

Theme: *BETA The Future-Proof Approach "Beyond the Textbook: Equipping the Class of 2030"*

Location(s) Dalhousie, Rowe School of Business
Keynote Greg Hadley Associate Professor with the Faculty of Education ST FX

Fees NSTU Members: \$120
 Substitutes: \$100
 Pre-Service Teachers: \$100
 Retirees: \$100
 Affiliate/Other: \$100
Contact Brad Boudreau

Association of Teachers of Every Child (ATEC)

Theme: *Supporting Minds: Teaching in Today's Classrooms*

Location(s) Scotiabank Theatre Halifax, 190 Chain Lake Drive & Virtual

Fees NSTU Members: \$100

betaconference@nstu.ca

Career & Technology Educators Association of NS (CTEANS)

Theme: *What's Old is New*

Location(s) West Bedford High School

Fees NSTU Members: \$110
 Substitutes: \$25
 Pre-Service Teachers: \$25
 Retirees: \$25
 Affiliate/Other: \$25

Contact Kyla Hogan/Erin Mullen
 cteansconference@gmail.com

Education Drama Association of Nova Scotia (EDANS)

Theme: *Acting up in Class: Drama in every classroom*

Location(s) Woodlawn Highschool, 31 Woodlawn Rd Dartmouth & Virtual

Keynote Noella Murphy, Rachel Lloyd and Laura Stinson

Fees NSTU Members: \$115
 Substitutes: \$60
 Pre-Service Teachers: \$60
 Retirees: \$60
 Affiliate/Other: \$115

Contact James Thompson
 edansconference@nstu.ca

Family Studies Teachers Association (FSTA)

Theme: *Skills for a Changing World*

Location(s) Dr. J H Gillis regional Hlgh; Antigonish

Fees NSTU Members: \$100
 Substitutes: \$60
 Pre-Service Teachers: \$60
 Retirees: \$60
 Affiliate/Other: \$60

Contact Suzi Synishin
 fstaconference@nstu.ca

Mathematics Teachers Association (MTA)

Theme: *Charting the Course: Empowering Journeys in Mathematics*

Location(s) Charles P. Allen High School

Keynote Graham Fletcher and Vanessa Vakharia

Fees NSTU Members: \$90
 Substitutes: \$45
 Pre-Service Teachers: \$45

NO ONSITE REGISTRATION
Register Early!

2026 NSTU Professional Associations Conferences

FRIDAY, OCTOBER 23



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Please bookmark this page for reference



Retirees: \$45
 Affiliate/Other: \$90
 Contact Erick Lee
 mtaconference@nstu.ca

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

Theme: *Building Community to Combat Gender-Based Violence*

Location(s) King's County Academy, Virtual
 Keynote Anchor Youth and Maggie's Place
 Fees NSTU Members: \$90
 Substitutes: \$50
 Pre-Service Teachers: \$15
 Retirees: \$50
 Affiliate/Other: \$90

Contact Jeff Purchase
 nsateeconference@nstu.ca

Nova Scotia Language Teachers Association (NSLTA)

Theme: *The Heart of the Matter: Sustaining Language & Culture in the Age of AI*

Location(s) Dartmouth South Academy, 111 Prince Arthur Ave, Dartmouth
 Keynote Dr. Chris Cocok Technology Integration Lead Team
 Fees NSTU Members: \$90
 Substitutes: \$50
 Pre-Service Teachers: \$70
 Retirees: \$50
 Affiliate/Other: \$90

Contact Caroline Higgins/Leijsa Squires
 NSLTAConference@nstu.ca

Nova Scotia Music Educators Association (NSMEA)

Theme: *Collective Voices: Stronger Together*

Location(s) Rocky Lake Junior High, Bedford
 Keynote Scott Leithead, Founder and Artistic Director of Korora Choir Association
 Fees NSTU Members: \$100
 Substitutes: \$60
 Pre-Service Teachers: \$15
 Retirees: \$60
 Affiliate/Other: \$40
 Contact Noelle Wadden
 nsmeaconference@nstu.ca

Nova Scotia School Counsellors Association (NSSCA)

Theme: *Renewing the Work: Motivation, Resilience & Counselling Practice*

Location(s) Citadel High School
 Keynote Tia Upshaw & Dr. Shelley McMain
 Fees NSTU Members: \$110
 Substitutes: \$80
 Pre-Service Teachers: \$80
 Retirees: \$80
 Affiliate/Other: \$80
 Contact Amy Barry
 nsscconference@nstu.ca

Nova Scotia Teachers Association for Literacy and Language (NSTALL)

Theme: *Theme Beyond the Book: Every Age, Every Stage, Every Subject*

Location(s) Cobequid Educational Centre, 34 Lorne Street, Truro
 Fees NSTU Members: \$100
 Substitutes: \$80
 Pre-Service Teachers: \$60
 Retirees: \$80
 Affiliate/Other: \$100
 Contact Tami Cox Jardine
 nstallconference@nstu.ca

Primary Elementary Teachers Association (PETA)

Theme: *Strengthening Literacy for Today's classrooms*

Location(s) 145 Shubie Drive Dartmouth (Cineplex)
 Fees NSTU Members: \$120
 Substitutes: \$80
 Pre-Service Teachers: \$80
 Retirees: \$80
 Affiliate/Other: \$80
 Contact Beth Lamb-Hamilton
 petaconference@nstu.ca

Psychologists in Schools Association (PISA)

Theme: *Radical Belonging, Strategies for Student Engagement and Attendance*

Location(s) Mount Saint Vincent University (MSVU)
 Keynote Dr. Jess Whitley and Dr. Tracy Vallaincourt
 Fees NSTU Members: \$100
 Substitutes: \$80
 Pre-Service Teachers: \$80
 Retirees: \$80

Affiliate/Other: \$100
 Contact Chantal Leblanc/ Stephanié Deveau
 pisaconference@nstu.ca

Speech-Language Pathologists and Audiologists Association (SPAA)

Theme: *Neurodiversity Affirming Practices in Education*

Location(s) Best Western Plus Dartmouth Hotel & Suites
 Keynote Cari Ebert, MS, CCC-SLP
 Fees NSTU Members: \$125
 Substitutes: \$100
 Pre-Service Teachers: \$100
 Retirees: \$100
 Affiliate/Other: \$100
 Contact Meghan MacNeil
 spaaconference@nstu.ca

Social Studies Teachers Association (SSTA)

Theme: *Level UP Learning!*

Location(s) Saint Mary's University; The Fortress of Louisbourg & Millbrook Heritage Centre & Virtual
 Keynote Michael Matera (EMC2Learning)
 Fees NSTU Members: \$125
 Substitutes: \$125
 Pre-Service Teachers: \$75
 Retirees: \$75
 Affiliate/Other: \$125
 Contact Holly Schaller (Chair) / Michael Wilson (Registrar)
 sstaconference@nstu.ca

Teachers Association for Physical and Health Education (TAPHE)

Theme: *Waves of Wellness*

Location(s) Maple Grove Education Centre 52 Grove Memorial Drive, Yarmouth
 Fees NSTU Members: \$110
 Substitutes: \$35
 Pre-Service Teachers: \$35
 Retirees: \$35
 Affiliate/Other: \$35
 Contact Laura Wilson (Registrar) Dave MacNutt (Chair)
 tapheconference@nstu.ca

NO ONSITE REGISTRATION
Register Early!



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 the 2026–2027 school year begins, the NSTU Group Insurance Trustees would like to remind all new teachers that enrollment in the Total Care Medical and Total Care Dental Plans is not automatic. You must apply for these benefits to receive coverage. Below, you'll find important information about the plans, along with key deadlines to keep in mind.

Total Care Medical

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

- To enroll, you must complete the application form that is provided on the belairdirect "My Insurance" website or you can contact belairdirect at (902) 453-9543 or 1-800-453-9543 (toll-free).
- The premium is paid 100% by the employer.
- You may apply for this benefit plan at any time provided you are under contract, actively at work, and it will become effective the first of the month following receipt of your application at belairdirect.

Total Care Dental

The Total Care Dental plan provides comprehensive dental care coverage to all active contract 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 that is provided on the belairdirect "My Insurance" website or you can contact belairdirect at (902) 453-9543 or 1-800-453-9543 (toll-free).
- 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.

Total Care Dental – Important Deadlines and Premiums

- New members who commence work prior to October 1st must contact belairdirect 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 before the above noted deadline, coverage will not be processed until the following September.

	MONTHLY DENTAL PREMIUM	MEMBER MONTHLY DENTAL COST
Single	\$56.39	\$24.20
Family	\$119.27	\$51.24

For more information on the above, or for any questions with respect to your NSTU Group Insurance coverage, please do not hesitate to contact the Administrator, belairdirect at (902) 453-9543 or 1-800-453-9543 (toll-free).

Student Mental Health and Wellness Grants

Deadline – October 15, 2026

Frequently Asked Questions



The NSTU Group Insurance Trustees, with support from belairdirect, 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/student-mental-health-and-wellness-grant/> and clicking the application link. The NSTU Group Insurance Trustees will be awarding up to six (6) grants valued at up to \$600 once per year. The criteria will include the purpose addressed, project description, number of students benefiting, and evaluation of impact on students. **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 15th**. Completed projects are due no later than May 31st.*

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/>.

Student Mental Health & Wellness

Purpose
The NSTU Group Insurance Trustees, with support from belairdirect, will fund innovative projects that support the mental health and well-being of students in the schools across Nova Scotia.

Deadline
October 15

Grant Amount
Up to \$600 each.

Eligibility
Open to term, probationary and permanent members of the NSTU or PSAANS.

For more information:
<https://nstuinsurance.ca/grants/student-mental-health-and-wellness-grant/>

NSTU GROUP INSURANCE TRUST

Grant

Introducing Wellnify: Your New NSTU Wellness Program

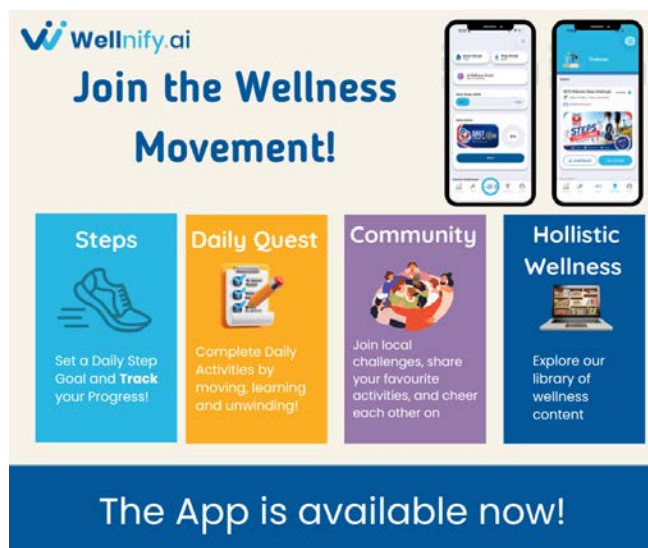
Move, connect and build healthier habits—starting September 1, 2026

The NSTU Group Insurance Trustees are pleased to introduce a new wellness experience, now available to active NSTU members!

Wellnify is an engaging wellness platform designed to support everyday health and well-being. Whether you want to become more active, develop healthy habits, connect with colleagues or find new ways to care for yourself, Wellnify offers tools and activities to help you stay motivated.

Through the platform, members can:

- Track their steps and set daily activity goals.
- Complete daily quests focused on movement, learning and unwinding.
- Participate in community challenges with fellow NSTU members.
- Explore a library of holistic wellness content.
- Use the in-app AI Wellness Coach for support and ideas.
- Track progress and celebrate achievements.
- Watch for opportunities to win prizes throughout the year.



Supporting women's health through midlife and menopause

Wellnify will also include women's health resources designed to support women navigating midlife and menopause. This program is developed in partnership with Three Wise Women, an organization focused on educating, empowering and connecting women through midlife and beyond.

The women's health experience will include:

- Trusted educational content and programming led by a certified menopause practitioner.
- A menopause symptom tracker to help monitor and better understand changes over time.
- Practical resources addressing the mind, body, spirit and community.
- Supportive opportunities to connect with others experiencing similar changes.

Ready to get Started?

Your Wellnify wellness journey begins here! Members are encouraged to enrol in Wellnify and begin exploring everything the platform has to offer. To help get the wellness journey started, new enrollees will be eligible for random-draw prizes during the first half of the school year.

And that's not all—watch for details about a new wellness challenge launching this winter, with additional opportunities to participate, stay motivated and win prizes.

Join Wellnify

Use the information below to join Wellnify. Scan the QR code to enrol and start exploring the platform today.

Together, we can build a healthier, more connected NSTU community!

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



Holocaust Education Professional Development Day for Educators

Inspire. Educate. Remember.

Wednesday, October 21 | Kings County Museum, Kentville, NS | 10 a.m. – 3 p.m. | lunch included

No cost to attend. Financial assistance to hire substitute teachers.

Pre-registration and Questions: Edna LeVine, AJC Director of Community Engagement:
engagement@theajc.ca

Join us for an engaging and meaningful PD Day focused on Holocaust education and effective teaching approaches. **Every teacher will receive classroom resources to support learning.**

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

Presented by the Atlantic Jewish Council, in partnership with the Azrieli Foundation's Holocaust Survivor Memoirs Program.



NSTU Research Repository

The NSTU is in the process of establishing a repository of academic research in education, comprising the accomplished thesis work of our members.

Have you completed a thesis in educational research? Willing to share your results to inform members' practice and understanding of public education in Nova Scotia? We would like to celebrate and promote your good work through our repository of academic research in education by NSTU members.



Members should contact
our Professional Learning
department via

appl@nstu.ca



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NOVA SCOTIA TEACHERS UNION

2026 – 2027 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 1, 2026.**

STANDING COMMITTEES

ADMINISTRATIVE

FINANCE & PROPERTY COMMITTEE

Lindsay Crossman Wheaton, Chair, Secretary-Treasurer; **Sharon Midwinter**, Cumberland, 2027; **Taunya Pynn Crowe**, Colchester-East Hants, 2028; **Delynn Reid**, Cape Breton District, 2028; **Mark Savoury**, Executive Member; **Bethany MacLeod**, Executive Director; **Melanie Waye**, Financial Officer; **Peter Day**, President

GOVERNANCE & POLICY COMMITTEE

Peter Day, President; **Malik Adams**, African Nova Scotian; **Francine Fleming**, Indigenous; **Melissa Deveau**, Annapolis Valley; **Andrew McCara**, APSEA; **Peter Murphy**, Cape Breton-Victoria; **Doug Read**, Chignecto-Central; **Ian LeBlanc**, CSANE; **Angela Ewing**, Halifax; **Mai-Ling Storm**, South Shore; **Janet O'Brien**, Strait; **Vera Ryan**, Tri-County; **Bethany MacLeod**, Executive Director; **Louis Robitaille**, NSTU Staff Liaison

NOMINATING COMMITTEE

Sarah Acker, Digby-Shelburne Co.-Yarmouth; **Melissa Deveau**, Annapolis-Hants West-Kings; **Kim Dunning**, Northside-Victoria; **Jacinda Hatton**, Annapolis-Hants West-Kings; **Sunita Pinet**, Halifax City; **Bethany MacLeod**, Executive Director; **Peter Day**, President

PERSONNEL COMMITTEE

Janet O'Brien, Chair, 2nd Vice-President; **Kim Dunning**, Northside-Victoria; **Andrew McCara**, APSEA; **Peter Murphy**, Cape Breton District; **Bethany MacLeod**, Executive Director; **Peter Day**, President

PROGRAM

BLACK, INDIGENOUS & PEOPLE OF COLOUR (BIPOC)

Rénelle John, Chair, Colchester-East Hants, 2028; **Christine Emberley**, Halifax Co., 2028; **Aaron Jackson**, Dartmouth, 2028; **Malik Adams**, Executive Member – African Nova Scotia; **Francine Fleming**, Executive Member - Indigenous; **Wendie Wilson**, NSTU Staff Liaison

COMITÉ DE PROGRAMMATION ACADIENNE

Janika Moser, Chair, Central, 2027; **Lise Boisvert**, Northeast, 2028; **Fernand d'Entremont**, Southwest, 2028; **Lise Laviolette**, Central, 2029; **Ian LeBlanc**, Executive Member; **Amanda O'Regan-Marchand**, NSTU Staff Liaison

CURRICULUM COMMITTEE

Kenna MacLean, Chair, Cape Breton District, 2027; **Darlene Bereta**, Northside-Victoria, 2027; **Erin Linderman**, Colchester-East Hants, 2028; **Colleen Morgan**, Inverness, 2028; **Jason Petrie**, Halifax City, 2028; **Sarah Acker**, Executive Member; **Pam Langille**, NSTU Staff Liaison

EQUITY COMMITTEE

Suzanne Handley, Chair, Annapolis, 2027; **Carol Ann MacMaster**, Cape Breton District, 2027; **Linda MacPhee**, Lunenburg Co., 2027; **Lara Fawthrop**, Lunenburg Co., 2028; **Stephany Nagy**, Kings, 2028; **Darren Stoddard**, Shelburne Co., 2028; **Marilyn Skinner**, Executive Member; **Wendie Wilson**, NSTU Staff Liaison

MEMBER ECONOMIC WELFARE, HEALTH & SAFETY & WORKING CONDITIONS COMMITTEE

Jo-Leigh MacPhee, Chair, First Vice-President; **Mike Jamieson**, Halifax County, 2027; **Denise Stone**, Yarmouth, 2027; **Marilyn MacDougall**, Northside-Victoria, 2028; **Sacha Millar**, Digby, 2028; **Sarah Tutty**, Queens, 2028; **Rachelle MacIsaac**, Executive Member; **Elizabeth Thomas**, NSTU Staff Liaison

POLITICAL ACTION & PUBLIC RELATIONS COMMITTEE

Meg Ferguson, Chair, Halifax County, 2027; **Chad Hanrahan**, Northside-Victoria, 2027; **Katrina Murphy**, Colchester-East Hants, 2027; **Megan Coles**, Kings, 2028; **Dean Marchand**, Antigonish, 2028; **Shelby Nickerson**, Shelburne Co., 2028; **Francine Fleming**, Executive Member; **Sue Larivière-Jenkins**, Executive Member; **Angela Murphy**, NSTU Staff Liaison; **Mark Laventure**, NSTU Staff Liaison

PROFESSIONAL DEVELOPMENT COMMITTEE

Jason Jennings, Chair, Halifax Co., 2027; **Pauline Seymour**, Richmond, 2027; **Sarah Slaunwhite**, Digby, 2027; **Christina Cameron**, Pictou, 2028; **Dawn MacDonald-Gillis**, Northside-Victoria, 2028; **Margaret Casey**, Dartmouth, 2028; **Melanie Kennedy-Conrad**, Executive Member; **Amanda O'Regan-Marchand**, NSTU Staff Liaison

STATUS OF WOMEN COMMITTEE

Jen Bradley, Chair, Digby, 2027; **Vivian Abdallah**, Dartmouth, 2027; **Cindy Ng-Ivanoff**, Halifax County, 2027; **Jennifer Handspiker**, Annapolis, 2028; **Shannon Parsons**, Northside-Victoria, 2028; **Angela Hauser**, Halifax City, 2028; **Jacinda Hatton**, Executive Member; **Wendie Wilson**, NSTU Staff Liaison

SUBSTITUTE COMMITTEE

Liam Timmons, Chair, Colchester-East Hants, 2027; **Jess Wells**, Halifax County, 2027; **Leah Gillis**, Halifax Co., 2028; **Philip Meuse**, CSANE, 2028; **Adam Martin**, Cape Breton District, 2028; **Doug Read**, Executive Member; **Roxanna John**, NSTU Staff Liaison

OTHER COMMITTEES

DISCIPLINE COMMITTEE

Sheila Hawley, Inverness, 2027; **Yvonne Lapierre**, Halifax County, 2027; **Daniel Doroshenko**, Colchester-East Hants, 2028; **Gale Doyle**, Halifax Co., 2029; **Tarah Thompson-Schwan**, Yarmouth, 2029; **Janine Kerr**, NSTU Staff Liaison

DISTRIBUTED LEARNING COMMITTEE

Eliza Abbass, Chair, Pictou, 2027; **Laura Fryday**, Queens, 2028; **Brian Snyder**, Pictou, 2029; **Simon Wilkin**, NSTU Staff Liaison

NOVA SCOTIA GROUP INSURANCE TRUSTEES

Joel Chaisson, Chair, CSANE (Cape Breton-Victoria), 2027; **Wade VanSnick**, Chignecto-Central, 2029; **Krissy Brewer**, Halifax, 2030; **Joanne Richardson-Landry**, Annapolis, 2032; **Whitney Doucet**, CSANE, Tri-County, 2033; **Paula Landry**, Executive Member; **Bruce Spires**, NSCC; **Sherman England**, EEC; **Andrew Coates**, EEC; **Kyle Marryatt**, NSTU Staff Liaison; **Paul Boudreau**, NSTU Staff Liaison

PROFESSIONAL ASSOCIATIONS COORDINATING COMMITTEE (PACC)

Meghan MacNeil, Chair, SPAA, 2027; **Steven Corbett**, SSTA, 2027; **Theresa Jennings**, ATEC, 2028; **Kasi Humber**, Executive Member; **Amanda O'Regan-Marchand**, NSTU Staff Liaison

PROFESSIONAL COMMITTEE

Tim Cress, Antigonish, 2027; **Max Taylor**, Yarmouth, 2027; **Laura Fryday**, Queens, 2028; **Jill Vallis**, Cape Breton District, 2028; **Catherine Farrow**, CSANE, 2029; **Lauren Slaunwhite**, Kings, 2029; **Janine Kerr**, NSTU Staff Liaison

PDAP

Laura Lambie, Halifax City, 2027; **Jennifer Barro Ralph**, Dartmouth, 2029; **Lael Radkey**, Dept. of Education; **Cody LeBlanc**, CSAP; **Amanda O'Regan-Marchand**, NSTU Staff Liaison

PROVINCIAL ECONOMIC WELFARE COMMITTEE

Jo-Leigh MacPhee, Chair, 1st Vice-President; **Nadine Arnold**, Chignecto-Central; **Duncan Cameron**, Halifax County; **Heather Campbell**, Strait; **Sarah Hillier**, South Shore; **Carol Ann MacMaster**, Cape Breton-Victoria; **Krista Moore**, Tri-County; **Joanne Richardson-Landry**, Annapolis Valley; **Georgette Samson**, CSANE; **Line Murphy**, Executive Member; **Mark Savoury**, Executive Member; **Peter Day**, NSTU President; **Wally Fiander**, NSTU Staff Liaison; **Simon Wilkin**, NSTU Staff Liaison

PROVINCIAL NEGOTIATING TEAM

Peter Day, Chair, NSTU President; **Nadine Arnold**, Chignecto-Central; **Duncan Cameron**, Halifax Co.; **Jo-Leigh MacPhee**, 1st Vice-President; **Simon Wilkin**, NSTU Staff Liaison; **Wally Fiander**, NSTU Staff Liaison; **Bethany MacLeod**, NSTU Executive Director

RESOLUTIONS COMMITTEE

Melanie Kennedy-Conrad, Chair, Halifax Co.; **Tamara Borden**, Guysborough Co., 2027; **Shelley Luddington**, Halifax Co., 2028; **Julia MacPherson**, Cape Breton District, 2027; **Colleen Scott**, Colchester-East Hants, 2028; **Louis Robitaille**, NSTU Staff Liaison

classifieds

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

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

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

Permanent HRCE Elementary School Counsellor looking for one year job exchange (potentially longer) with school counsellor in CBVRCE. Please call or text (902)220-6698 or email healingbarnes@gmail.com

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

FEEL LIKE A CHANGE?



Secondments at the Nova Scotia Teachers Union

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

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

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

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

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

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

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

2026-2027 NSTU RETIREMENT SEMINARS SCHEDULE

DATE	REGION	LOCATION
October 7-8, 2026	CCRCE	Amherst Travelodge (Wandlyn) – Amherst
October 14-15, 2026	TCRCE	Tru by Hilton – Yarmouth
October 28-29, 2026	CBVRCE	Holiday Inn – Sydney
November 3-4, 2026	SRCE	Port Hawkesbury Civic Centre – Port Hawkesbury
November 18-19, 2026	HRCE	NSTU Building – Halifax
November 24-25, 2026	AVRCE	Maritime Express – Kentville
December 1-2, 2026	SSRCE	Best Western Plus – Bridgewater
December 8-9, 2026	HRCE	NSTU Building – Halifax
January 6-7, 2027	HRCE	NSTU Building – Halifax
January 12-13, 2027	CCRCE	Pictou County Wellness Center – Stellarton
January 20-21, 2027	CCRCE	Inn on Prince – Truro
February 10-11, 2027	HRCE	NSTU Building – Halifax

Information from the



Nova Scotia Teachers Union

The John Huntley Memorial Internship Program

The deadlines for application for the John Huntley Memorial Internship Program are

**October 1, February 1
& April 1.**

Applications for active NSTU members are available through your NSTU rep, on the NSTU website at www.nstu.ca or at Central Office 477-5621 or 1-800-565-6788. The internship provides members with an opportunity to learn more about the NSTU.



Nova Scotia Teachers Union