

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](#):

- **Conference Grants** (now open to Reserve Members/

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

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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

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