



The

CHECK

IN

Feb 23, 2026

Issue 25



PRESIDENT'S MESSAGE:



Like many Canadians, I too was hoping for gold yesterday. They came up just short – but let's be clear: a silver medal at the Olympics is not a loss, it's an achievement on the world stage. Success isn't always gold; sometimes it's resilience, effort, and competing at the highest level. That same determination is what drives our work every day.

I hope everyone has a great week ahead.

Halifax County Regional Provincial Executive Member Election

As of the close of nominations for Regional Provincial Executive elections there were five names submitted for the Halifax County Region. The question that will appear on the ballot on Wednesday, April 15, 2026, will be:

Please pick your choice for Provincial Executive Member for the Halifax County Regional election (term starting August 1, 2026):

- o Melanie Kennedy-Conrad
- o Shelley Luddington
- o Jennifer Moriarty



Polls will be open from 6:00 a.m. to 8:00 p.m. on election day - **Wednesday, April 15, 2025**. More information will be provided as available.

IMPORTANT DATES

- Feb 25 Teacher or School Initiated Inservice Promotion Grant application deadline
- Article 60 Conference Grant application due
- Feb 27 Cash for Class Expense Forms Due
- Halifax County Local Conference Fund and Local Reserve Conference Fund application deadline
- Mar 4 Local General Meeting
- Mar 6 Hfx Co Local Student Bursary Applications Open

“
We have to organize, educate, and agitate
~ Rocky Jones
”

NSTU Benefits at a glance...

Sobeys / Lawtons Discount Card Program

The Sobeys / Lawtons Discount Card Program will be discontinued effective April 30, 2026. As a result, no new cards are being issued, but all Sobeys / Lawtons Discount Cards currently in circulation (including those with an expiry date of December 31, 2023, and December 31, 2025) will continue to be honored until April 30, 2026.

Vivanta (formerly Managed Health Care Services Inc., MHCSI) will launch a new enhanced benefits program in August 2026. More details and registration information will be shared once it has been confirmed.

In the meantime, should you have any questions or require additional information, please don't hesitate to contact Vivanta at admin@vivantahealth.ca. The NSTU Group Insurance Trustees will continue to provide updates on the new program from Vivanta as they become available.

-  Halifax County Local NSTU
-  @HalifaxCounty
-  @HalifaxCounty.bsky.social
-  HalifaxCountyLocal.com

<https://halifaxcountylocal.com>

HFX COUNTY SOCIAL WELLNESS COMMITTEE PRESENTS



HOPPERS



Disney · PIXAR
HOPPERS

Free Admission

MAXIMUM 4 TICKETS PER MEMBER

DISCOUNTED SNACK AVAILABLE - CHILD'S PACK \$8.25 (PLUS TAXES)

MARCH 7TH, 2026 | 10:00 AM-12:30 PM

CINEPLEX THEATRE, SACKVILLE

ACCEPTING DONATIONS TO SOCKS FOR SHELTERS

SIGN UP HERE

<https://docs.google.com/forms/d/e/1FAIpQLScDyT-IWJaeO-mSgsQqMF4vfYd9BKHswdaSz3PwMPICusBMw/viewform>

Message from NSTU Insurance Trustees



“The NSTU Insurance Trustees are aware of some prescription medications dispensed at Shoppers / Loblaws / Superstore pharmacies in the province may have been charged above the \$5.00 prescription drug co-pay. While this may have occurred, there have not been any changes to the prescription drug co-pay under the NSTU Total Care Medical plan. This issue has occurred due to a pharmacy system error and Medavie Blue Cross is working diligently with these pharmacies to resolve the issue. Rest assured, members who have been charged above the \$5.00 co-pay will be reimbursed by Medavie Blue Cross as soon as possible.”

Local PD Opportunities for February

Halifax County Local Conference Fund

Amount: Up to \$800 CDN

Members can use to attend a conference, workshop, seminar, clinic, symposium, institute or other approved PD opportunity. Can receive once every 2 years.

Eligibility: Must be a permanent, probationary or term teacher of the Halifax County Local only.

Please note: NSTU Professional Development Day (October Conference) and credit courses are not funded by this grant. For such funding, go to HRCE Internal Sharepoint for more information.

Deadline: Last Friday of each month – August to June

Article 60 Upcoming Deadlines

The 2026-27 Article 60 Guidelines are now available via Sharepoint. Members are responsible to read and follow guidelines.

Article 60 Education Leave - Less Than One Year

May 1, 2026 4pm for leaves beginning in September through December 2026

Course Reimbursement Deadlines:

Course Completed During the Following Dates	Deadline Date via SharePoint. No Later than 4pm
January 1, 2026 – March 31, 2026	April 30, 2026
April 1, 2026 – June 30, 2026	July 31, 2026

HRCE has asked that when submitting documents for course reimbursements and use “snipping tool” from university websites, to please ensure members include their name in the snip to prove the receipt/course grade, etc belongs to the applicant.

Upcoming Provincial NSTU Deadline Dates 2025-26 (nstu.ca)**

All applications must be received at the NSTU Central Office by 4pm on the date specified. If the deadline falls on a holiday, applications will be accepted until 4pm the next business day.

<https://nstu.ca/nstu-members/professional-development/grants-opportunities/study-and-research-grants>

NSTU Full Time Study Grants:	Second Wednesday in April
Conference Grants:	First Wednesday in May
Travel Fellowship:	First Wednesday in May
Program Development Assistance Fund:	April 1, June 1, August 1
John Huntley:	April 1
Sheonoroil Foundation:	Second Friday in April

**These dates are a guide only. Members are responsible to reconfirm deadlines on the various websites. Halifax County Local is not responsible for incorrect/missed deadlines.

Supporting Teacher **HEALTH** and **SAFETY** in Response to **SCHOOL- BASED VIOLENCE**

Safe schools are essential for students to grow and learn in a positive way. This session will focus on the tools and supports available to teachers who are experiencing school violence, with the goal of ensuring a safe and healthy workplace for everyone.

Sessions open to members of:

Dartmouth • Halifax City • Halifax County

To register, e-mail: economicwelfaresessions@gmail.com

Thursday March 12

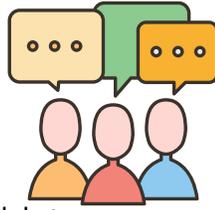
4:30 – 6:00 p.m.

Dr. Tom Parker (NSTU) Building
3106 Joseph Howe Drive



General Meetings:

General Meetings are held at the Royal Canadian Legion located at 45 Sackville Cross Rd, Lower Sackville, NS B4C 2M2. **Arrival 5:30pm (dinner) for 6:00pm start.**



Friendly reminder to bring a device (phone, tablet, or laptop) so you can view the digital agenda during the meeting.

March 4

April 8

May 6

June 3

Rep Forum @ General Meetings

This is the time to ask questions that may be affecting multiple schools or to gather information from other reps – general issues, questions or concerns.

Please email questions/concerns to the President the Wednesday prior to each General Meeting so that as much information can be shared with the members as possible. Information will be provided via email response as well as during Rep Forum. Anything that has arisen before or after this date can still be brought before the membership at the General Meeting.

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Local President Acclimation

Nominations for the Halifax County Local President closed Mon. Feb 16, 2026 at 4pm. There was one applicant.

Congratulations to Desirée Daniele, who has been acclaimed to the position for the two-year term (Aug. 1/26 - July 31/28).

ATEC Student Bursary

Association of Teachers of Every Child (ATEC) is an association that has consistently strived to improve the learning environment of those students who have come under the umbrella of Special Education or Student Services.

In keeping with this goal, one bursary valued at \$1000 and two bursaries valued at \$500 will be awarded to students who, through personal sacrifice and effort, have made great strides in realizing their potential. The recipients of this bursary will be chosen by members of the ATEC executive using the criteria listed below. Incomplete applications cannot be considered. Please ensure you submit all supporting documentation along with the completed application, **due by the last Wednesday in April.**

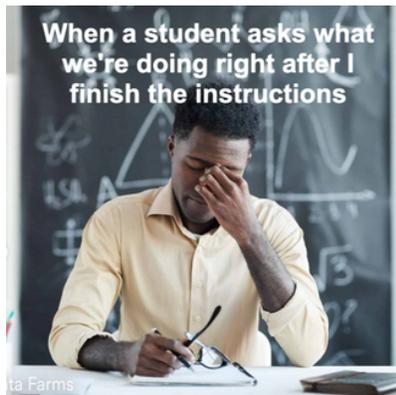
Criteria:

- A Nova Scotia resident.
- Enrolled in a recognized educational institution within the last 12 months.
- Documented learning difficulty or disability.
- A positive role model to other students experiencing academic challenges.
- A student who has made a concerted effort to become involved in extra-curricular school activities.
- A student who has consistently met or surpassed educational goals collaboratively set by the student, parents and all educators involved.
- A student whose personal situation clearly shows a need for financial assistance.
- Accepted by a post-secondary institution.

Make a copy of the **application form** (rename the document to include your name)

Caption the Meme

Congratulations to the top 4 from Group C, who will move on the March Madness (March 2)!



The final round of Caption the Meme is this week - submit your funniest quips by 5pm Thursday Feb26
March Madness is about to begin.



Semi-finalists from each group will go head-to-head – and every Halifax County Local member who follows us on Instagram gets to vote.

Join the fun and help crown our Meme Champion.

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Three quick, practical tips to help us recharge, stay balanced, and thrive—each one takes just a few minutes!

- Take a mindful snack break without multitasking
- Practice a short guided meditation
- Layer up and embrace the fresh, crisp air

Do you have any tips that work well???

If so, please feel free to send into halifaxcountylocal@nstu.ca to be included in an upcoming Check In.



CONTACT

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Tim MacLeod (Bedford/Sackville)
NSTU Executive Staff Officer
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Cash for Classrooms Receipts DEADLINE is THIS WEEK!!!!

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Deadline for receipts and expense forms is **Friday, February 27th, 2026**. Please verify the instructions in the approval email.

Remember to take a photocopy (or picture) of the expense form and receipts in case they are lost.

Return your completed form and receipts either by:

A. Mail: **Halifax County PD Committee,
202 Brownlow Ave, Suite 320,
Dartmouth, NS B3B 1T5**

B. Local office (address above – mail slot to right of the door if the office door is locked). **Please note the building itself is locked after 5:30pm and on weekends.**

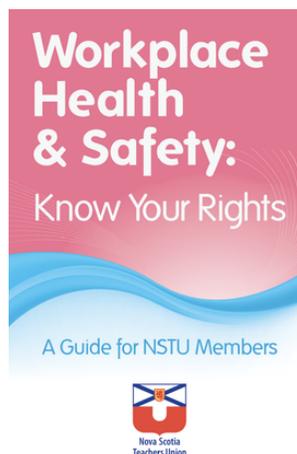
REPs or Members: If you collect forms and receipts for your school, make sure all receipts are stapled to the correct form and placed together in a large envelope. Each member must sign a form confirming they submitted their forms and receipts to you and that they kept copies for their own records in case anything happens.

We appreciate your patience while we process over 500 expense forms and receipts. Cheques will be issued as soon as the committee is able to verify the expense forms/receipts and the Treasurer/Finance committee is able to process them.

Occupational Health and Safety

The NSTU is here to assist members with occupational health and safety matters and members should be encouraged to contact their NSTU Staff Officer for assistance if they are concerned about a health or safety hazard in the workplace.

<https://nstu.ca/nstu-members/member-services/protection-other-services/occupational-health-and-safety>



KNOW YOUR CONTRACT(S) REGIONAL AGREEMENT (HRCE) **ARTICLE 10.18 EMPLOYMENT EQUITY**

10.18

(i) This article applies to groups identified as including, but not limited to, African Nova Scotians or persons of African ancestry, members of other racially visible groups, Mi'kmaq/Indigenous ancestry, persons with disabilities, women in non-traditional roles, and persons belonging to sexual orientation, gender expression and/or gender identity groups.

(ii) The Regional Centre may hire up to sixteen (16) persons described in Article 10.18 (i) annually. Such persons shall be placed pursuant to Article 10.14, with the exception that a maximum of eight (8) persons hired pursuant to this article may be hired by way of a probationary contract and may apply for positions posted pursuant to Article 10.01.

(iii) The Union shall be informed of the names of any such persons hired to date at the April meeting of the Management/Teacher Committee and shall be informed of the placement of those persons placed pursuant to Article 10.14 at the September meeting of the Management/Teacher Committee. The Employer will provide the Union with the names of any such persons hired after the April meeting within two (2) working days of hire.

Halifax Regional Representative Council (HRRC)

Economic Welfare Virtual Sessions

Pregnancy, adoption, and parental leave

February 24, 2026 @ 6 pm
Presenter: Tim MacLeod, NSTU



Retirement income

March 26, 2026 @ 6 pm
Presenter: Jack MacLeod, NSTU



Term teacher contracts and benefits

April 28, 2026 @ 6 pm
Presenter: Wally Fiander, NSTU



Pensions 101

May 5, 2026 @ 6 pm
Presenter: Wally Fiander, NSTU



PRIZES

Sessions open to members of:

Halifax County • Halifax City • Dartmouth

Once registered, the Zoom link will be sent to you the day of the session.

To register, e-mail: economicwelfaresessions@gmail.com

Please specify which session you are registering for.

Membership Registry

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NSTU reps should be updating the Membership Registry online and in real time. When an NSTU rep updates the site list, the changes are immediately made to the database ensuring the Union's membership information is current and accurate.

How To: Click on "Edit Site", you will be presented with the site list.

If the listed member is no longer at the site, click on "Employment Status" and select the reason. If the member has retired please check the "Retired" box. If you are uncertain of the reason they are no longer at the site you may select "Unknown" from the dropdown list.

If you select "New Site" from the dropdown list, another field will appear. Once you begin to type a site name into the field it will present you with options. Click on the name of the site and it will populate the field.

If a member is **MISSING** from the site:

- enter their professional number into the field above the list that says "start typing to search".
- The system will present you with a list of names which will narrow down to a single name once all the digits have been input.
- When you see the name to be input, select it. Once it replaces the number in the box select "Add". This will add the member to the bottom of the list. Will move to alphabetical order when saved.

If a member is **NOT** in the system (no match found):

- please ensure that the member completes a "Membership Information" form ([English/French](#)) and submit it to Central Office so that the member is put them into the system.
- Once they have been entered they will automatically appear on your site.
- **Until the member completes and submits the "Membership Information" form, that person will not be included in the membership database and; therefore, not in the Local's membership numbers.**

To save any changes, you **must click the "Save" button** at the top of the page. When satisfied that all the necessary changes have been made to the list simply select the box for "submit completed information" then click the "Save" button. Changes **MAY** be made after these steps.

Registry cont...

Membership figures will be pulled from the Registry on Monday, March 30, 2026.

NSTU representatives are responsible for ensuring the accuracy of the site information within the Membership Registry. All site updates should be completed at **least one week prior to the above-mentioned dates** and may be completed any time prior to that point. Should you require additional information please contact NSTU Central Office by phoning (902)-477-5621, or toll free at (800) 565-6788 or by emailing registry@nstu.ca



Trouble Accessing Your NSTU Account?

Having issues with your username, password, or registration?

Email webaccounts@nstu.ca from a non-employer email. Be sure to include a description of the issue and your professional number.