



The **CHECK IN**

Feb 9, 2026

Issue 23

IN



PRESIDENT'S MESSAGE:



Well, the last three weeks were... something! Wind, snow and storms. Mother Nature was clearly showing off. Whether you were a fearless adventurer or hid indoors like a pro, I hope you came out smiling.

Here's to a new week with calmer skies, longer days, and fewer shovels in our way.

This edition of the Check In is packed with plenty to read, and I hope you find something you really enjoy. Wishing everyone a relaxing and well-deserved long weekend!

Do you identify as **African Nova Scotian or Indigenous?**

The NSTU is seeking the leadership and expertise of African Nova Scotian and Indigenous teachers or specialists to serve on our Provincial Executive.

A candidate's Nomination Form must be completed and returned to the Executive Director or designate no later than 4:00 p.m. on the second (2nd) Friday of February (the closing of nominations). (for Spring 2026 elections this means Friday, February 13, 2026)



 Nova Scotia
Teachers Union

For more information including **nomination forms** see <https://nstu.ca/the-nstu/structure/provincial-executive/regional-elections>

IMPORTANT DATES

Feb 9-13 Substitute Teacher Appreciation Week

Feb 13 Article 60 Full Year Education Leave application due

Feb 16 Nova Scotia Heritage Day - No Classes **ALL SCHOOLS**

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

“

Know what you want, go out there, and get it!

~ Viola Desmond

”

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.

Full Year Education Leaves Deadline is **February 13, 2026** via Sharepoint.

Course Reimbursement Deadlines

For courses taken between **January 1st and March 31st**, are due via Sharepoint by **April 30, 2026**.

For courses taken between **April 1st and June 30th**, are due via Sharepoint by **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.

Would you like to serve on the Provincial Executive?

The NSTU is seeking the leadership and expertise of teachers or specialists to serve on our Provincial Executive

A candidate's Nomination Form must be completed and returned to the Executive Director or designate no later than 4:00 p.m. on the second (2nd) Friday of February (the closing of nominations). (for Spring 2026 elections this means Friday, February 13, 2026)



For more information including **nomination forms** see <https://nstu.ca/the-nstu/structure/provincial-executive/regional-elections>

Halifax County Local President Election 2026

The Expression of Interest form for the Local President Election will open on January 19th at 4pm and will close on February 16th at 4pm.

Please read the roles, responsibilities and election guidelines on the form.

Link to the form: <https://forms.gle/43SJXsBRxYaosT3D9>

NOTE: It is advised to complete & submit all forms using a desktop or laptop computer and not a cell phone to make sure the Nominations Chair receives the form submission! It is also recommended that applicants take a screenshot/photo of confirmation with time/date stamp of submission should any issue arise with the form. All questions or concerns should be directed to Erica Ans (hfxconominations@nstu.ca)

NSTU Benefits at a glance...



Paramedical Practitioners: What Services Do They Provide And What Coverage Do You Have?

Did you know that these services are available to you under the Total Care Medical Plan?

Naturopath — Nature nurtures!

Naturopathy is a system of healing that aims to provide holistic or whole body health care by drawing on treatment methods from several traditional systems of medicine. Naturopathy seeks to use the natural healing powers of the body to cure itself and focuses on treating the cause of disease rather than the symptoms.

Chiropractor — When the sound of your back cracking is a good thing! Chiropractors believe the vertebrae of the spine and neck are routinely pulled out of alignment by everyday stressors and these misalignments can be the cause of many physical and mental ailments.

By physically manipulating individual vertebrae or readjusting the entire spine, chiropractors hope to relieve pressures caused by these misalignments.

The plan reimburses you for 80% of the usual and customary charges per treatment to a maximum of twenty (20) visits per calendar year. Applies to both services.

HAPPY SUBSTITUTE TEACHERS' WEEK!



CELEBRATING THE
LIFESAVERS OF EDUCATION



Cash for Classrooms Receipts DEADLINE is COMING SOON!

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.**
- C. Give it to your School Rep to give to Jodie MacIlreith at the General Meeting on January 21st. **THIS IS THE LAST OPPORTUNITY TO GIVE RECEIPTS AT A REP MEETING.**

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.



Important Notice:

There have been reports of spam emails appearing to come from me, Desiree Daniele. Please double-check the sender's actual email address.

If it's not the **official halifaxcountylocal@nstu.ca** email address, please report it as phishing/spam in your email app and then delete it.

This helps prevent similar messages in the future.

Feb 9, 2026

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Your Voice Matters

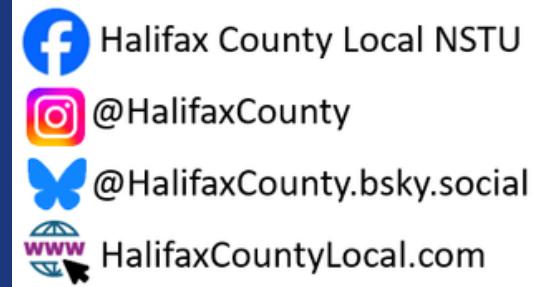


We're inviting all County members to take a few minutes to complete our feedback form for Halifax County Local. This is your chance to share what's working well, highlight strengths you're seeing, and offer thoughtful suggestions on how we can continue to support members and work effectively together.

Your input helps guide future priorities and improve how we serve you.

Participation in the gift card draw is completely optional. A built-in process ensures that **all feedback remains anonymous**, regardless of whether you choose to enter the draw. The form is **open until Wednesday, Feb. 11/26**. We encourage you to share your thoughts.

<https://forms.gle/b9DqmMgdsp5ACuSd6>



<https://halifaxcountylocal.com>

REGIONAL AGREEMENT (HRCE)**ARTICLE 12 JOB SHARING (excerpt)**

12.01 A Job Sharing Plan agreed by the Regional Centre and the Union as outlined in Article 12.03, shall be continued.

12.02 The Plan shall not be amended except by mutual agreement of the Regional Centre and the Union.

12.03**(i) DEFINITION**

Job sharing is an arrangement which involves sharing the duties and responsibilities of a permanent teaching position on a part-time basis with another teacher. The Regional Centre and Union agree that job sharing is a feasible and desirable employment option for some teachers.

(ii) ELIGIBILITY

Participation in shared teaching is available to teachers in the employ of the Halifax Regional Centre for Education at least one (1) of whom must be on Permanent Contract. The position designated as a shared teaching position shall be currently held by a Permanent Contract Teacher.

(iii) CONTRACT

Teachers sharing a teaching position shall be employed on a Term Contract as provided by the Teachers' Provincial Agreement. The teachers shall also sign a Shared Teaching Contract.

(iv) APPLICATION

The application for shared teaching and the supporting documents **must be submitted on or before March 31**. Approval of the application is at the discretion of the Centre; such discretion will not be applied in a manner that is unreasonable, discriminatory or in bad faith. The Regional Centre shall notify the teachers concerned of the approval or denial of this prior to the start of job postings in Article 10 for the ensuing school year. If the application is denied, the Principal/Director or designate shall provide the reasons for the denial in writing upon request of the permanent teacher who owns the position. Where the application is approved, the permanent teacher will remain at that site for the ensuing school year so long as the allocation exists.

(v) DURATION AND REAPPLICATION

Each Shared Teaching Contract is for one (1) year period after which time the sharing teachers shall be offered their original positions where practicable, or comparable positions within the system, or positions mutually agreed upon. To continue a shared teaching arrangement beyond a one (1) year period, both teachers must inform the Director of Human Resources or designate in writing on or before March 31. Approval or denial must be given prior to the start of job postings in Article 10 for the ensuing school year. Upon approval, both teachers must sign a new Shared Teaching Contract.

Caption the Meme

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



Caption the Meme on 

Click on the link in our Insta bio to enter!

Group B

Group B Mon Feb 9-12

Next round of memes to caption open now until Thursday at 5pm. Yes, you, too, can share your wit and have a chance to win fun prizes!



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

- 👉 Tidy a small area of your learning space or desk
- 👉 Move your body in a way that feels joyful
- 👉 Volunteer or help someone in need

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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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

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.

