



The

CHECK IN

Oct. 14. 2025

Issue 7

PRESIDENT'S MESSAGE:



I hope everyone enjoyed a relaxing Thanksgiving weekend! As we dive back in, remember – we want to hear from you. The Economic Welfare Committee is gathering your ideas and concerns for the next collective agreement. Your input helps shape our priorities at the bargaining table and resolutions for Annual Council 2026.

Your voice matters – please share your thoughts!

We're Listening: Help Shape Resolutions to Annual Council as well as the next Regional Collective Agreement

We want to hear from you! The Economic Welfare Committee is gathering input on your concerns and suggestions for the next collective agreement. Your feedback is vital in helping us represent your interests effectively at the bargaining table and will also assist in shaping resolutions for Annual Council 2026.

Please take a few minutes to complete our **Google Form** survey. As a thank-you, you'll be entered for a chance to win one of 15 Sobeys gift cards.

Make sure your voice is heard—fill out the survey today!

https://docs.google.com/forms/d/1Julkw5GeGjXfPlOYwl8zql6nQqf63DVMBOH3e9NAk-M/viewform?pli=1&pli=1&edit_requested=true

IMPORTANT DATES

- Oct 15 Student Mental Health & Wellness Grant application due
- Oct 17 CASH for Class - Applications open
- Oct 22 General Meeting
- Oct 24 NSTU (Professional Associations) Conference Day
- Oct 29 Teacher or School Initiated Inservice Promotion Grant application deadline
- Article 60 Conference Grant application due

“

There is always more that needs tending, more calls to act

~ Shalan Joudry

”

Total Care - Medical

Under the Teachers' Provincial Agreement/APSEA Agreement, the Employer pays 100% for all active members for both Single and Family coverage. For new members, this benefit is not automatic. Coverage becomes effective the first of the month following receipt of your application.

Coverage

Hospital Benefits:

100% of semi-private room – no maximum.



Extended Health Benefits:

80% reimbursement for such items as the following (benefit maximums may apply):

- Home nursing care
- Physiotherapy
- Prosthetic appliances
- Ostomy equipment
- Wheelchairs, walkers, hospital beds, mist tent, etc.
- Out-of-province physician services
- Accidental dental
- Hearing aids
- Cochlear implant upgrades, parts and accessories
- Eyeglasses
- Diabetic supplies
- Continuous Glucose Monitoring (CGM) Systems
- Paramedical services

Prescription Drugs:

\$5.00 co-pay for each prescription, Restricted Drug List, All new drugs require approval.

Frames and Lenses

Frames & Single Lenses – \$155.00

Frames and Bifocals or Trifocal Lenses – \$170.00

Contact Lenses and Laser surgery are eligible in lieu of frames and/or lenses at the same benefit level

(The Employer provides \$145 for Single Lenses/Frames and \$160 for Bifocal or Trifocal Lenses/Frames)

Questions?

Please call belairdirect Agency Inc at **453-9543/1-800-453-9543** (toll-free).

email: insurance@nstu.ca/GroupBenefitsNS@belairdirect.com.
www.belairdirect.com/nstu

Oct. 14. 2025

Issue 7



Cash for Class

Amount: up to \$100.00

Who: Halifax County members

What: to purchase items to improve some aspect of their teaching profession, once per year.

Eligibility: Must be a permanent, probationary or term teachers of the Halifax County Local only. Cannot have received the CDAF in the same school year. MUST be pre-approved.

Opens: October 17, 2025

Deadline: when the limit of 500 applications is reached

Application link

(<https://forms.gle/vRacS69YaqcSZaAZ6>) will be active after 4:00pm on Friday, October 17, 2025.

<https://nstu.ca>

Halifax Regional Representative Council (HRRC)

Economic Welfare Virtual Sessions



Retirement Income

November 6, 2025 @ 6 pm
Presenter: Wally Fiander, NSTU



Pregnancy, adoption, and parental leave

November 13, 2025 @ 6 pm
Presenter: Tim MacLeod, NSTU

Introducing New Members to the NSTU

November 25, 2025 @ 6 pm
Presenter: Tim MacLeod, NSTU



Contracts and the hiring process

December 9, 2025 @ 6 pm
Presenter: Tim MacLeod, 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.



New Member or Substitute?

For new members and substitutes in Halifax County, Desiree Daniele, Local President, is the go-to contact for support and guidance.

Asking Package Submission Request



If you have any ideas which could improve teacher work, or if you think there are things which should be changed in your provincial agreement, please submit your ideas to the Committee through email at askingpackage@nstu.ca.

Submissions to be considered in the upcoming round of negotiations should be submitted prior to October 15, 2025.



Important Notice: Mail Strike and Cheque Distribution

Due to the ongoing Canada Post mail strike, we will not be mailing out cheques at this time. Members can make arrangements to **pick up cheques at the Local office** or **receive them at the next Local meeting on October 22nd**.

To arrange pickup or for more information, please contact:

✉ **Desiree Daniele** – halifaxcountylocal@nstu.ca

✉ **Paul Murphy** – halifaxcountylocaltreasurer@nstu.ca

Thank you for your understanding and cooperation.

Oct. 14, 2025

Issue 7



Three to Thrive

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



Smile at yourself in the mirror



Stretch your legs during a phone call



Say “thank you” to someone who helped you this week

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

Desiree Daniele
Local President
P(cell): 902-499-0933
P(office): 902-468-6788
E: halifaxcountylocal@nstu.ca

202 Brownlow Av. Suite 320
Dartmouth NS B3B 1T5

Wally Fiander
NSTU Executive Staff Officer
P(office): 902-477-5621
E: wfiander@staff.nstu.ca

Tim MacLeod
NSTU Executive Staff Officer
P(office): 902-477-5621
E: tmacleod@staff.nstu.ca



WHO HELPED SHARPEN YOUR SMILE THIS BACK-TO-SCHOOL SEASON?

- **Recognize a colleague** and tell us how they made you smile
- **Fill out the Google Form** Deadlines: Friday September 26, October 3, October 10, October 17 at 4:00pm
- **Win prizes** If your nomination is drawn both you and your colleague win a gift card

Nominees will receive a message with what their colleagues said about them!

BACK THIS YEAR!

Entries for all give aways will be entered into a final grand prize draw in June.

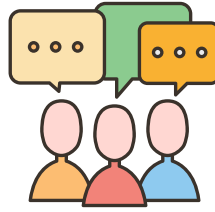


**Must be a member of
Halifax County Local**



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.**



October 22

November 26
January 21

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.

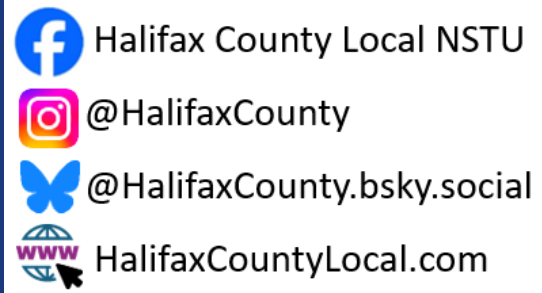
Early Retirement Incentive Program

Retiring teachers should contact Local NSTU Executive Staff Officers Tim MacLeod or Wally Fiander for details. The ERIP is outlined in Article 38 and Appendix A of the Teachers' Provincial Agreement (TPA), which explains the application process, conditions, and other key information - **Applications due by December 31, 2025.**

Oct. 14. 2025
Issue 7



The deadline for Dental Plan enrollment for the year is **October 15th**. Additionally, any new teachers hired after October 1st have 31 days to enroll. Those who were enrolled last year will be automatically renewed.



Deals & Discounts

Optional Insurance Benefits available to all members

There are a number of optional benefits available to Public School Members, PSAANS and APSEA Members that can be purchased through payroll deduction, including:

- optional group life/spousal life insurance
- voluntary accidental death & dismemberment (AD&D)
- NSED travel insurance
- NSED trip cancellation / interruption insurance
- voluntary critical illness insurance • home/auto insurance.

These coverages are 100% paid by the member and are offered at competitive premium rates. Details on these programs are contained within the Group Insurance Profile via the NSTU Group Insurance Trust website at <https://nstuinsurance.ca/members/active>

Local PD Opportunities for October

Halifax County Local Cash for Classrooms

Opens October 17th

Amount: 500 applicants up to \$100 each

For Halifax County members to purchase items to improve some aspect of their teaching their profession. Once per year as long as the budget has the funds.

Eligibility: Must be a permanent, probationary or term teacher of the Halifax County Local only. Cannot have received the CDAF in the same school year. First come, first serve basis. **MUST be pre-approved.**

Deadline: Opens Friday, October 17th at 4pm and closes when the limit of 500 applications is reached

Please note: That because it is a google form, members will need to use Google as their web browser and not Firefox or another browser. A desktop is preferable to a handheld device.

<https://forms.gle/896rwR2w6uPLagAy6>

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

KNOW YOUR CONTRACT(S)

Teachers' Provincial Agreement (TPA)

Travel Allowance

50.01 Teachers who must travel in the performance of their regular duties (which include a specific duty assigned by the Education Entity or a meeting called by the Education Entity or an Education Entity initiated in-service) shall be paid a travel allowance the greater of thirty-four (34¢) per kilometre or the current provincial government rate for those kilometres in excess of the round trip distance between the teacher's residence and the school/site where the teacher teaches the greatest percentage of his/her time. If the teacher teaches an equal amount of time at more than one (1) school/site, then the school/site to be used in the calculation of travel allowance shall be the school/site closest to the teacher's ordinary place of residence.

50.02 The parties to this Agreement shall encourage teachers to travel together when attending the same meeting/in-service when circumstances make it reasonably practicable.

Student Mental Health and Wellness Grant

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 Johnson Incorporated, 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