



The

CHECK IN

Sept 15, 2025

Issue 3

PRESIDENT'S MESSAGE:



Happy Monday! Let's kick off the week with excitement—NSTU Professional Associations Conference registration opens at noon today, and this year's event is one you won't want to miss!

Let's make connections happen! Please invite me into your schools so I can meet members in their own spaces. Have an amazing week ahead!

Asking Package Submission Request



In preparation for the next round of bargaining, the NSTU Provincial

Economic Welfare Committee is seeking member input for the creation of our Asking Package.

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 do not need to be on a specific form, do not need to be written in contractual language. The submission must come from a non-employer email and should include your name, Regional Centre or Board and your professional number.

Submissions to be considered in the upcoming round of negotiations should be submitted prior to October 15, 2025. The Committee will consider each submission carefully before deciding which submission will be included in our presentation to the employer.

IMPORTANT DATES

Sept 15 Halifax County Local C.D.A.F. (Curriculum Development Assistance Fund) applications open

[NSTU Professional Associations Conferences Registration Opens](#)

Sept 24 Teacher or School Initiated Inservice Promotion Grant application due

Article 60 Conference Grant application due

General Meeting

Sept 26 Hfx Co Local Conference Fund/ Local Reserve Conference Fund application due

Sept 29 Professional Development Day - *no classes all schools*

Sept. 30 [National Day for Truth and Reconciliation](#)

[Deals & Discounts](#)

Management Teacher

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In keeping with the NSTU Regional Agreement, our first Management Teacher meeting of the 2025-2026 school year has been scheduled. These meetings are an important part of ensuring open communication and to share perspectives between management and members in support of teaching and learning across our schools.

This is an opportunity to discuss matters that are pressing in your schools/sites. Please send topics or suggestions to the President for consideration at the first meeting on September 23rd.

HFX County Local Bursary Reminder

Students who received a HFX County Local bursary in June: don't forget to submit your Confirmation of Enrollment (COE) by **Friday, September 26th!**

Parents/guardians, please give your child a friendly nudge to **email their COE to our treasurer.**

Questions? Reach out anytime at
halifaxcountylocaltreasurer@nstu.ca



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

Local Treasurer By-Election



There will be a by-election for the interim position of Treasurer at the first Local General meeting on September 24th. The interim position will be until July 31st, 2027. You can find the duties of the treasurer at this link:

<https://immediac.blob.core.windows.net/nstuhfxcounty/pdf/2018-Treasurer.pdf>

During the election item on the agenda, nominations will be taken from the floor. Each candidate will then be allowed a 5-minute speech. The election will take place at the end of the speeches.

Campaigning or publicity cannot happen prior to the close of nominations, as per Halifax County's Operational Procedures, so candidates will not be permitted to distribute any campaign materials.

“Teacher - A multi-tasking educational rockstar who lives to inspire and loves to encourage. They're kind of a big deal.”
~ unknown

<https://nstu.ca>

Class Cap Compliance Guidelines abr.

Definitions:

Soft cap is defined as the stated cap.

Hard cap is defined as the stated cap + 2 students.

What are the Class Size Guidelines?

Grades Primary to 2 - soft cap: 20 students, hard cap: up to 22 students*

Grades 3 to 6 - soft cap: 25 students, hard cap: up to 27 students*

Grades 7 to 9 - soft cap: 28 students, hard cap: up to 30 students**

Grades 10 to 12 - soft cap: 30 students, hard cap: up to 32 students**

*Creating combined classes or multi-age groupings are appropriate to meet this cap

**Creating combined classes may be appropriate to meet this cap.

Combined classes have multiple grade levels in one room. The cap for a combined class shall be the cap for the lowest grade level. Class caps are applicable to all classes, at the applicable level, in all education entities.

Hard cap **may be exceeded** in the following circumstances:

School capacity: When, in order to meet the class size cap, the creation of an additional class or classes is necessary and the school does not have the space to accommodate the additional class(es), the class cap shall not apply.

Exceptional circumstances: The class size cap can be exceeded in exceptional circumstances in order to accommodate issues of class configuration or class composition.

Procedures when exceeding hard cap:

1. Principal reviews school's situation and rationale with the affected teachers following review with their immediate supervisor.
2. If there is agreement with the group of affected teachers, the principal will review the situation and rationale with the School Advisory Council (or recognized equivalent).
3. If there is not agreement with the group of affected teachers, the principal contacts their immediate supervisor to discuss ways in which classes do not exceed the hard cap.

Schools work diligently to meet cap guidelines by September

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Calling all Atlantic Canada Educators!

Truth and Reconciliation Week 2025 is coming to Halifax on September 18th! Bring your students to a transformative learning experience! This is a unique opportunity for students to engage directly with the truths of residential schools, learn about Indigenous history, and explore pathways to reconciliation. Witness powerful Survivor stories and participate in a vital conversation about our shared future. Empower your students with essential knowledge and a deeper understanding of reconciliation.

The NSTU is a proud sponsor of this event. Don't miss this chance to be part of Truth and Reconciliation Week 2025. Register your class for "The Gifts We Carry Youth Empowerment Gathering" TODAY! [https://trw-svr.nctr.ca/youth-empowerment/secure-your-spot/](https://trw-svr.nctr.ca/youth-empowerment/secure-your-spot/#TRW2025) #TRW2025 #TruthAndReconciliation



Membership Registry

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.

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Registry cont...

Membership figures are pulled from the Registry on the **first Monday in December** and the **last Monday in March** each year. 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 each of 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



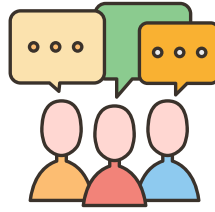
Trouble Accessing Your NSTU Account?

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.

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.**



September 24	November 26	March 4	May 6
October 22	January 21	April 8	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.

Important Update

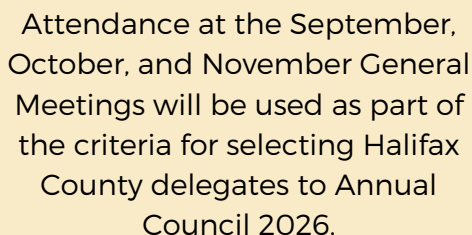
Treasurer's Email Has Changed!

The email address for our Treasurer has officially changed.

 Please update your records and use the new address:

 halifaxcountylocaltreasurer@nstu.ca

Don't miss important communications – be sure to save the new contact today!



Attendance at the September, October, and November General Meetings will be used as part of the criteria for selecting Halifax County delegates to Annual Council 2026.

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Save 20% on Staples Copying

NSTU members can now enjoy 20% off copying services at Staples—both in-store and online—which is perfect for personal projects! Just use your exclusive discount code at checkout.



CONTACT

Desiree Daniele
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E: halifaxcountylocal@nstu.ca

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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

Local PD Opportunities for September

OPENS TODAY

Halifax County Local C.D.A.F. (Curriculum Development Assistance Fund)

Amount: 10 projects up to \$750 each

This fund was initiated to financially support Halifax County teachers to develop long term project ideas that align with grade/teaching assignment. These projects must be self-sustaining and contain non-consumables. As a result of this support, students benefit from enhanced learning experiences. Once per year.

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

Deadline: October 3rd at 4pm

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

Halifax County Local Cash for Classrooms

Amount: 500 applicants up to \$100 each

For Halifax County members to purchase items to improve some aspect of their teaching and 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 and closes when the limit of 500 applications is reached



New to the NSTU?

Take a minute to fill out your NSTU member registration form—it keeps you connected, ensures access professional support and programs, and the latest updates.

Make the most of your membership—complete your [form](#) today!



Calendars and Agendas are Ready!

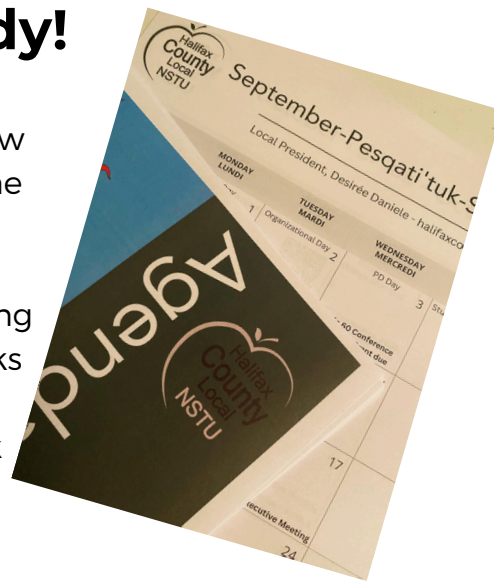
Calendars and agendas are now ready for pick-up by Reps at the Local office! If you can't grab yours beforehand, they'll be available at the General meeting on September 24/25. Big thanks to the Communications Committee for their hard work preparing them!

Pick-up Dates:

Mon. Sept 15: 2:00 - 6:00

Tues. Sept 16: 2:00 - 5:30

Wed. Sept 17: 2:00 - 4:30



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Medical and Dental

Under the TPA, the Employer pays for 100% of the NSTU Total Care Policy (Medical) for each active member, both single and family policies.

NEW MEMBERS - this is not automatic. Coverage begins the first month after receipt of application.

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.

Highlights for New Members:

- Provincial Master Life - 100% Employer paid
- Provincial Master Accidental Death & Dismemberment (AD&D) - 100% Employer paid
- Long Term Disability - cost shared with the Employer at 50%

Questions?

Please contact the Administrator at belairdirect Agency Inc. by calling (902) 453-9543/1-800-453-9543 (toll-free).

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

KNOW YOUR CONTRACT(S)

Regional Agreement (HRCE)

Educational Change

20.01 Educational change refers to the introduction of methods, theories and practices that are intended to continually improve teachers' professionalism and student learning. Such change may include new teaching practices and strategies, the use of new equipment and materials and changed teaching responsibilities.

20.02 Both parties recognize that continual improvements of educational process relies on the need to change and adjust and both parties recognize the importance of dialogues not only at the initial but at subsequent stages as a way of preparing for and encouraging change and adjustment.

20.03 The Regional Centre shall provide reasonable notice, where possible, to the chair of the Halifax Regional Representative Council of any significant impending changes referred to above.

20.04 Either party may convene a meeting of the Management/Teacher Committee to discuss significant impending changes referred to above. Such discussions shall include consideration of the impact on teaching staff, the re-training needs and the in-service needs of teachers.

KNOW YOUR CONTRACT(S)

Teachers' Provincial Agreement (TPA)

LENGTH OF INSTRUCTIONAL DAY

Letter of Understanding 8

The Employer agrees not to increase the length of the instructional day during the life of this Teachers' Provincial Agreement.

We NEED Your Help!!!

Many Halifax County members still need to update their preferred non-employer email in the NSTU Member Registry. This is how you'll get key updates on negotiations, grants, bursaries, meetings & more!

Update here:

👉 <https://nstu.ca/the-nstu/communications/nstu-account>

(No HRCE, gnspes, or sepnes emails please!)



Keep Connected: Update Your E-mail today!

NSTU Professional Associations Conference Day 2025 - Registration

Registration for the 2025 Professional Associations conferences **for NSTU members ONLY** will begin at **12pm noon on Monday, September 15th, 2025** and will close on Friday, October 10th, 2025*. Registration **for non-NSTU members** will begin on Friday, October 3rd, 2025.

****Important**:**

To register beginning September 15, 2025, you will be required to enter your NSTU username (without @nstu.ca) and password. If you require assistance, please contact webaccounts@nstu.ca as soon as possible.

Once registered, you will receive a confirmation of your registration to the email address with which you registered. Please flag this email for future reference. This is also where you will receive your receipt.

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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
- 💋 Take a mini stretch break every hour
- 💋 Give yourself permission to rest when you need it

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.



Halifax County Local NSTU



@HalifaxCounty



@HalifaxCounty.bsky.social



HalifaxCountyLocal.com

2025 NSTU Professional Associations Conferences

FRIDAY, OCTOBER 24



Online Registration
Opens – Monday, Sept 15 (members)
Friday, October 3 (non-members)
Closes – Friday, October 10
(no refunds after October 10)

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

An NSTU email address is NOT required for registration. Members may register utilizing any email address. (NSTU Webmail accounts will be retired and active only until July 18, 2025)

Association des enseignantes et enseignants acadiens (AEA)

Theme *Repensons nos pratiques : inclure, innover, inspirer*
Location Virtuel
Fees NSTU Members: \$100
 Substitutes: \$50
 Pre-Service Teachers: \$30
 Retirees: \$50
 Affiliates/Other: \$75
Contact Stephanie MacLean
 aeaconference@nstu.ca

Association of Science Teachers (AST)

Theme *Time for Science*
Location Halifax West
Fees NSTU Members: \$100
 Substitutes: \$50
 Pre-Service Teachers: \$100
 Retirees: \$100
 Affiliates/Other: \$100
Contact Shelley Walsh
 astconference@nstu.ca

Art Teachers Association (ATA)

Theme *Make Your Mark: Handmade in Nova Scotia*
Location Sackville High School, and CB Centre for Craft & Design
Fees NSTU Members: \$100
 Substitutes: \$60
 Pre-Service Teachers: \$60
 Retirees: \$60
 Affiliates/Other: \$60
Contact Jessie Tasker
 ata.nstu@gmail.com

Association of Teachers of Exceptional Children (ATEC)

Theme *Voices from the Heart of the Classroom*
Location Scotiabank Theatre Halifax (Bayers Lake, 190 Chain Lake Drive)
Fees NSTU Members: \$100
 Substitutes: \$80
 Pre-Service Teachers: \$60
 Retirees: \$80
 Affiliates/Other: \$100
Contact Theresa Jennings
 atecconference@nstu.ca

Association of Teachers of English of Nova Scotia (ATENS)

Theme *Exploring Inquiry in the English Language Arts Context*
Location Lighthouse Arts Center 1800 Argyle St, Halifax
Keynote Trevor MacKenzie
Fees NSTU Members: \$100
 Substitutes: \$90
 Pre-Service Teachers: \$90
 Retirees: \$90
 Affiliates/Other: \$125
Contact Liam Timmons
 atenspresident@nstu.ca

Association of Teachers of Young Adolescents (ATYA)

Theme *"ATYA"tude is Everything!*
Location Riverside Education Centre, 6 Riverside Drive, Milford, NS
Keynote Chris Gilham, PhD
Fees NSTU Members: \$100
 Substitutes: \$90
 Pre-Service Teachers: \$90
 Retirees: \$100
 Affiliates/Other: \$100
Contact Mary Barrington George
 atyaconference@nstu.ca

Business Education Teachers Association (BETA)

Theme *Proudly Local : A closer look at some of the businesses that make us proud to be Nova Scotian*
Location Wolfville
Fees NSTU Members: \$100
 Substitutes: \$100
 Pre-Service Teachers: \$100
 Retirees: \$100
 Affiliates/Other: \$100
Contact Dionne Reid
 beta@nstu.ca

Career & Technology Educators Association of NS (CTEANS)

Theme *Ed-YOU-cation: Supporting Your Innovation in CTE*
Location West Bedford School
Fees NSTU Members: \$100

Substitutes: \$20
 Pre-Service Teachers: \$20
 Retirees: \$20
Contact Sarah Barrette
 cteansconference@gmail.com

Education Drama Association of Nova Scotia (EDANS)

Theme *Every Stage, Every Age*
Location Woodlawn High School
Keynote Logan Robins
Fees NSTU Members: \$100
 Substitutes: \$55
 Pre-Service Teachers: \$55
 Retirees: \$55
 Affiliates/Other: \$55
Contact Kasi Humber
 kasihumber@gmail.com

Family Studies Teachers Association (FSTA)

Theme *Nurturing Skills, Inspiring Dreams*
Location St. Matthew's Church, Barrington Street, Halifax
Keynote Nova Scotia's Wandering Wilsons, Hope Blooms, and The EYM (Empower Youth Music) Project
Fees NSTU Members: \$100
 Substitutes: \$60
 Pre-Service Teachers: \$60
 Retirees: \$60
 Affiliates/Other: \$100
Contact Krista Slmm
 fstaconference@nstu.ca

Mathematics Teachers Association (MTA)

Theme *Making Connections: Ideas and Innovation*
Location Charles P. Allen High School
Keynote Pam Harris, and Dr. Marian Small
Fees NSTU Members: \$90
 Substitutes: \$50
 Pre-Service Teachers: \$50
 Retirees: \$50
 Affiliates/Other: \$90
Contact Erick Lee
 mtaconference@nstu.ca

NO ONSITE REGISTRATION
Register Early!

2025 NSTU Professional Associations Conferences

FRIDAY, OCTOBER 24



Online Registration
Opens – Monday, Sept 15 (members)
Friday, October 3 (non-members)
Closes – Friday, October 10
(no refunds after October 10)

Please bookmark this page for reference



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

Theme *Supporting Newcomer Students and their Families*

Location Hants North Rural High

Fees NSTU Members: \$85

Substitutes: \$45

Pre-Service Teachers: \$45

Retirees: \$45

Affiliates/Other: \$45

Contact Jeff Purchase

nsateeconference@nstu.ca

Nova Scotia Language Teachers Association (NSLTA)

Theme *Language Learning in Diverse Classrooms*

Location Dartmouth South Acadamey

Keynote Jeff Ward, Director of Community Culture and Heritage Wagmatcook First Nation

Fees NSTU Members: \$90

Substitutes: \$50

Pre-Service Teachers: \$50

Retirees: \$50

Affiliates/Other: \$90

Contact Caroline Higgins

nsitaconference@nstu.ca

Nova Scotia Music Educators Association (NSMEA)

Theme *Inspiring Voices: Cultivating Leadership in Music Education*

Location Lockview High School Fall River

Keynote Dr. Tim Lautzenheiser

Fees NSTU Members: \$100

Substitutes: \$60

Pre-Service Teachers: \$15

Retirees: \$60

Affiliates/Other: \$60

Contact Noelle Wadden

nsmeaconference@nstu.ca

Nova Scotia School Counsellors Association (NSSCA)

Theme *Everyday Impact: Pragmatic Practices for School Counsellors*

Location Citadel High School

Fees NSTU Members: \$105

Substitutes: \$65

Pre-Service Teachers: \$65

Retirees: \$65

Affiliates/Other: \$105

Contact Amy Barry

nsscaconference@nstu.ca

Nova Scotia Teachers Association for Literacy and Language (NSTALL)

Theme *Beyond Words*

Location Cobequid Education Centre, Truro

Fees NSTU Members: \$85

Substitutes: \$45

Pre-Service Teachers: \$45

Retirees: \$45

Affiliates/Other: \$45

Contact Stephanie Deagle

nstall@nstu.ca

Primary Elementary Teachers Association (PETA)

Theme *Mentor Texts Matter: Inspiring Stronger Writers*

Location Cedar Event Centre

Keynote Carl Anderson

Fees NSTU Members: \$120

Substitutes: \$120

Pre-Service Teachers: \$100

Retirees: \$100

Affiliates/Other: \$100

Contact Beth Lamb-Hamilton

petaconference@nstu.ca

Psychologists in Schools Association (PISA)

Theme *Our Journey Through the Developing Nervous System as We Rewire Our Perceptions of Discipline*

Location MSVU

Keynote Dr. Lori Desautels

Fees NSTU Members: \$100

Substitutes: \$100

Pre-Service Teachers: \$80

Retirees: \$80

Affiliates/Other: \$100

Contact Chantal LeBlanc

pisaconference@nstu.ca

Speech-Language Pathologists and Audiologists Association (SPAA)

Theme *Comprehensive Literacy for All: Supporting Diverse Learners*

Location Best Western Plus Dartmouth

Fees NSTU Members: \$100

Substitutes: \$75

Pre-Service Teachers: \$75

Retirees: \$75

Affiliates/Other: \$75

Contact Meghan MacNeil

spaaconference@nstu.ca

Social Studies Teachers Association (SSTA)

Theme *Cultivating Creative Connections*

Location Saint Mary's University, Louisbourg, and Millbrook Centre

Fees NSTU Members: \$110

Substitutes: \$50

Pre-Service Teachers: \$50

Retirees: \$50

Affiliates/Other: \$50

Contact Holly Schaller

hollyann323@gmail.com

Teachers Association for Physical and Health Education (TAPHE)

Theme *Strive to Thrive in 2025: Le bien-être et la santé est notre priorité!*

Location École secondaire du Sommet

Keynote Dr. Tina Atkinson

Fees NSTU Members: \$90

Substitutes: \$35

Pre-Service Teachers: \$35

Retirees: \$35

Affiliates/Other: \$35

Contact Kaelin Tingley

tapheconference@nstu.ca

NO ONSITE REGISTRATION
Register Early!