

PRESIDENT'S MESSAGE:



Happy last Monday of January - already! Looks like we might get a little break in the cold weather throughout the week as well. 🙌 I hope this week goes smoothly for all and to those wrapping up assessments and saying farewell to a group of students, I wish you all the best as you close this chapter.

Program Development Assistance Fund (PDAF Grant)

In a contractual agreement between the Nova Scotia Teachers Union and the Nova Scotia Department of Education, an annual sum of \$200,000 is allocated for the purpose of encouraging innovative and unique program development in Nova Scotia's schools. Projects funded or assisted under PDAF must be directly related to the Public School Program.

PDAF is intended to encourage innovative ideas at the local school level which significantly and directly enhance the delivery of programs and services to students. Innovation may include, but is not limited to, taking an established curriculum practice or program and using this in a new and unique way. PDAF provides teachers with financial support to initiate creative and innovative teaching practices. As a result of this support, students benefit from enhanced learning experiences.

Applications must be received by the first day of **December**, February, April, June, August and October.

See the [NSTU website](#) for further info including application, FAQ's, Guidelines, Selection criteria and Successful project profiles.

IMPORTANT DATES

- Jan 27 - 30 High School Summative Assessments
- Jan 31 High School Assessment and Evaluation Day **(No Classes HIGH SCHOOL ONLY)**
- Feb 1 John Huntley applications due
- Feb 2 Semester 2 Begins **(HIGH SCHOOL)**
- Feb 3 PDAF applications due

“Take a leap of faith and begin this wondrous new year by believing.”
~ Sarah Ban Breathnach

Annual Council Update for Delegates

Jason Jennings, the coordinator of the Local's delegation for Annual Council 2025, has recently sent the members of the delegation a contact email. Delegates and alternates are asked to reply to the message as soon as possible, indicating its receipt. Council delegates and alternates are reminded to check their email once or twice per week for important AC 2025 updates.

Article 60 Message from HRCE

The HRCE has directed that no more paperwork is needed to be delivered to HRCE for **Article 60**. Members are to complete the SharePoint Application online. Once you have received your confirmation, that is sufficient. Any questions, please reach out to article60pd@hrce.ca.

The Cross Canada Fitness Adventure Challenge!



As we kick off the new year, the NSTU Group Insurance Trustees are excited to announce the Cross Canada Fitness Adventure Challenge brought to you by your Employee and Family Assistance Program (EFAP) Provider, Homewood Health.

We encourage all active plan members of the NSTU (term, probationary & permanent contract) and PSAANS to join the challenge that starts on February 3rd and runs until March 2nd. Over the course of four weeks, you will be tracking your daily activity and/or steps and race with your fellow colleagues across Canada with the goal of achieving 10,000 steps per day. There will be weekly random draw prizes as well as a prize for first to the finish line and highest score!

You can get in on the action by registering today at www.healthycommunity.ca/lifestyles/NSTUCCFA

John Huntley Internship

Purpose

The purpose of this program is to honour the contribution to the NSTU of John Huntley, who was an active Local leader as well as an Executive Staff Officer in 1993-94 and 1998-99. Through the provision of an internship experience for active members, this program helps fulfill Mr. Huntley's desire that all members develop a thorough understanding of the NSTU.

A few days in the life of your Union...

This internship enables 18 teachers per year to spend two days at the provincial office connecting with executive and professional services staff to learn more about their roles and responsibilities.

The Fellowship is not intended as a precursor to employment with the NSTU. Rather, it is intended to provide active members with an opportunity to learn more about the NSTU by increasing their awareness and knowledge of the workings of the organization.

Application Process

Applications will be considered based on the following criteria:

- Interest in Union affairs
- Reasons for applying
- Benefit to the Union
- Regional representation

Applications **must be** received at the NSTU Central Office by **February 1, 2025** and April 1, 2025.

Application:

English and French

<https://nstu.ca>

NSTU Supports

Jan 28, 2025

Issue 20

Counselling Services offers support to NSTU members, their partners, and dependents, helping improve personal and professional well-being. Short-term assistance is provided, and for longer-term needs, referrals to community-based professionals are made after an initial assessment. Crisis intervention for trauma and grief is available upon request. All counselling is confidential, requires client consent, and is available by appointment, which can be scheduled at a convenient time and location across the province.

To book, please call Counselling Services at NSTU Central Office at 902-477-5621 or 1-800-565-6788 (toll-free) between 8:30 a.m. and 4:30 pm weekdays or counselling@nstu.ca. **These services are offered at no cost to members.**

The Homewood Pathfinder Employee and Family Assistance Program (EFAP) is available to active NSTU members with permanent, probationary, or term contracts. Through EFAP, you can access experienced counsellors who will listen, offer advice, and help you create an action plan.

Services include:

- Counselling
- Lifestyle and Specialty Coaching
- Stress Solutions
- Depression Care
- Trauma Care
- Grief and Loss Coaching
- Support for Acts of Violence

The Homewood Pathfinder EFAP also offers an educational online platform and mobile app with:

- eLearning, articles, videos, and podcasts tailored to your interests
- 24/7 live chat with counsellors
- E-counselling and E-therapy

To get started, visit www.homeweb.ca, register, and create an account. It's recommended to use a personal email. Once registered, you can download the mobile app.

Contact:

- English: 1-877-955-NSTU (6788) or French: 1-514-875-0720

Available 24/7 or online at www.homeweb.ca. Counselling is available in-person, by phone, or online.

NSTU Benefits at a glance...

Elder Care Program – Offered Through Carepath Digital Health

The **Elder Care Program** will connect you with a Nurse Case Manager who will work with you and your family one on one to help you understand and navigate the health care system so you can make informed decisions and appropriate arrangements for care.

Carepath will have an initial consultation assessment with you and/or your aging loved one and develop a personalized care plan based on your individual preferences and common senior health care needs.

A Nurse Case Manager will help you prepare for any upcoming medical appointments and give you information and services to promote safe and independent living. When staying at home is no longer a safe option, they'll help you and your family find the right senior living facility, such as retirement homes, long-term care, and/or respite facilities.

You and your family will receive ongoing virtual nursing support, health education, and coaching to ensure you have the information you need every step of the way.

Any questions?

www.carepath.ca **1-844-453-6788**.

All interaction with Carepath is confidential.

Click

HERE

to register
for the Social.
We are looking
forward to
seeing many
County
members
attend!



CONTACT

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KNOW YOUR CONTRACT(S)

TEACHERS' PROVINCIAL AGREEMENT (TPA)

ARTICLE 26 RESPECTFUL WORKPLACE AND LEARNING ENVIRONMENT

6.01 Neither the Employer nor Education Entity nor any person acting on behalf of the Employer or Education Entity shall refuse to employ or to continue to employ any teacher or otherwise discriminate against any teacher in regard to employment or any term or condition of employment because the teacher is or was a member of the Union or is or was exercising any right under this Agreement, or Local Agreement, or the Teachers' Collective Bargaining Act.

6.02 Neither the Employer nor Education Entity nor any person acting on behalf of the Employer or Education Entity shall seek by intimidation, by threat of dismissal, or any other kind of threat, by the imposition of a pecuniary or other penalty or by any other means to compel a teacher to refrain from exercising any right under this Agreement, or Local Agreement, or the Teachers' Collective Bargaining Act.

6.03 Neither the Employer nor Education Entity nor any person acting on behalf of the Employer or Education Entity shall discriminate against any teacher on the basis of the prohibited grounds as set out under the Nova Scotia Human Rights Act.

6.04 A teacher's level of teaching certificate or place of residence shall not be just cause for discharge, termination of contract, or phase-out pursuant to 20.05 (ii) (b) of Article 20 Tenure.

6.05 The Union and the Employer recognize the responsibility of Education Entity to establish a policy for the protection of teachers from harassment and abuse pursuant to the Education Act.



winter Wellness Contest

What do you do for
winter wellness?

Fill out the Form
below to let us know!



Weekly Giveaway

February 1-28

3 \$15 Gift Cards Every Week

Plus Entry to the Grand Prize Draw

[Enter Here](#)



Click [HERE](#) to fill in the form