

# NOSTA NEWS

January is officially behind us, so give yourself a well-earned round of applause. We survived the longest, darkest stretch of the school year, and now we're rolling into February with a little more light, a little more energy, and (hopefully) fewer snow boots piled at the door. February may **bee** short, but it still asks a lot of us, so this is your friendly reminder to keep taking those small moments to rest, reset, and recharge.

BCTF bargaining resumed in January, and our bargaining team is back at the table advocating for the funding our schools and students need. Be sure to check the BCTF website regularly for updates and accurate information.

We're also continuing to show solidarity by wearing #RedforBCeD on Mondays to support our hardworking bargaining team. Another impactful way to help is by writing to Premier David Eby and the Minister of Finance to urge them to provide adequate funding at the bargaining table. Head to the It Takes a Teacher website:

<https://act.bctf.ca/ittakesateacher/>

It only takes a couple of minutes, but it's powerful when enough voices speak up. This link is for teachers, administrators, CUPE staff, families, friends, and social media sharing. Let's flood them with requests for increased funding now.

And finally, a little fun on the horizon! Sign up now for the CUPE & NOSTA Staff Social – the Snowball Social on February 28th at the Salmon Arm Curling Rink. It's a great chance to connect, unwind, and enjoy some time together outside of the school day.

Snowball Social Sign Up Feb 28th, 2026

WE ARE AT 60%  
CAPACITY FOR OUR  
SNOWBALL SOCIAL  
ALREADY!

2026 Snowball Social - Song Request Form

## In this Newsletter you will find:

A Note from your NOSTA team

Thriving in February

Compassion Fatigue

A Letter to the Editor

Zones Conference

AGM and New Teacher Conference

## Teach n' Trowel

Next Date: February 17th  
Sign Up/Details here:



Shoutout to Sheila Hamilton for being last months Newsletter winner! E-mail Deb officemanager@nosta83.com the mystery phrase found in bold in this months newsletter to have your name entered in the draw!

## We Survived January... Now Let's Thrive

That long, dark, snow-boot-filled month is officially behind us. If January felt like a never-ending field trip through exhaustion, you weren't imagining it.

This is the time of year when routines feel heavy, patience runs thin, and even the most enthusiastic educators may find themselves running on fumes.

February invites us to shift gears, not into full speed ahead, but into something a little more sustainable. Thriving after January doesn't mean doing more; it often means doing less, with intention. It's giving yourself permission to take a breath, to rest when you need to, and to remember that small resets count. A quiet lunch, a laugh with a colleague, a walk outside, or simply leaving work at work, these moments matter.

So as we roll into February, let's take chances, make mistakes, and most importantly, take care of ourselves. You can't explore the universe (or teach curious minds) without refuelling first.

Reach out for help through the BCTF Health and Wellness Program, Starling Minds, or a Well Teacher Group. Hit the QR code above to access the wellness links through the BCTF.

## Caring Professions & Compassion Fatigue: You're Not Alone

Teaching is a profession powered by care. We show up for students emotionally, mentally, and physically, often all at once. While this care is at the heart of what we do, it can also quietly wear us down. By February, many educators are feeling the effects of compassion fatigue: that deep tiredness that comes from caring so much, for so long.

Compassion fatigue isn't a personal failure, it's a natural response to sustained emotional labour. Supporting students through big feelings, complex needs, and challenging circumstances takes real energy. Add in the pressures of workload, winter stress, and limited resources, and it's no wonder many of us feel depleted.

This is where community and solidarity matter. Checking in on one another, naming the hard parts out loud, and advocating collectively for better supports and working conditions are all acts of care. Remember: taking care of yourself is not selfish, it's essential. When educators are supported, everyone benefits.

So let's be **kind** to ourselves and to each other.

♥ February is **Heart** Month! Let's remember to take care of the hearts that do the caring, starting with our own.



# Letter to the Editor

Dearest Gentle Reader,

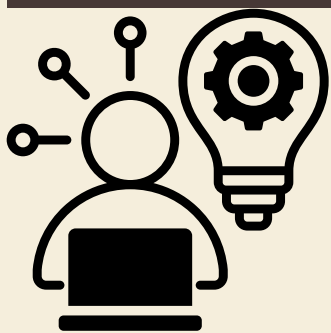
I am at a loss. As a non-enrolling member of NOSTA and SMS (Shuswap Middle Schools) I would just like to share my experience regarding reconfiguration. To say it's been a breeze would be inaccurate. I would say it's like being in the edge of a hurricane, in the ocean, trying to stay afloat in a boat with colleagues you care dearly about, but the boat is taking on water, some of us are drowning, some have life jackets and many of us are hanging on for dear life. That's just reconfiguration stress. Never mind the daily stress of working in a school: dealing with staffing shortages, daily rescheduling and organizing of CEA and support schedules, kids in crisis, wearing all the hats one normally does and doing what we can to support students and each other during these difficult times.

I know I am at SMS for 1.5 more years or till the end of 2027, after that I don't know where I will "end up". I am in my dream job, I work with amazing people, I don't want to leave, but I know change is happening and imminent. I just don't know where I will land or where I will find my next dream job. I am not guaranteed a job, and if I don't find one I want to apply for I will be surplus.

I am also not guaranteed a 1.0 FTE, this is something I was not prepared for. I feel grief and loss of what is and what will no longer be. Some of our staff are leaving us at the end of this year, all of us that are in the English program or non-enrolling, will be gone by June 2027. We have to apply for jobs, we have been asked to update resumes, write cover letters, compete with our colleagues we hold dear, things I/we were not prepared for, and now have to. I cherish the moments we have left, but also am in a constant hum of stress of what this change and the process of the LOU has initiated. I feel this is how many of us are feeling, and the hum might be more of a loud tambourine or cowbell, we don't need more cowbell. We are not ourselves. Please be gentle with us and to us in these next couple years, we are and will be great colleagues, teammates, and friends.

Thoughtfully,

A bit lost LRT



# Zones Conference

## February 13<sup>th</sup>

-a message from your VP and Pro D chair, Kyla Hadden

Each year, pro-d chairs from around the Okanagan and Shuswap get together to plan the February Zone Pro-d Conference. This year, the conference will be held at Kelowna Secondary School (KSS) with a few off site locations for specific workshops. Why is the conference always in Kelowna you may ask? The teachers attending the conference come from as far south as Osoyoos and as far north as the Shuswap, so Kelowna is the middle point. Teachers from our local can use their personal pro-d funds to cover mileage or even a hotel room for the night before the conference if early morning travel is a concern. Registration is free for NOSTA members as we have already paid a group rate for the entire local. We have seen declining participation in this event over the last few years, so we are currently evaluating the benefit of being a part of this event. It may be a case of use it or lose it.

This year, the keynote speaker is Indigenous author David A Robertson. There are a wide variety of workshops including specialist areas like ESL, French Immersion and outdoor education.

Workshop information and registration can be found on the Central Okanagan Teachers' Association website:

<https://www.mycota.ca/conferences/february-pro-d.html>

Please note that registration will close on February 6<sup>th</sup> to allow for catering numbers and workshop confirmations. Please use your district email **to** register if possible as it allows us to better track how many teachers attended from our local.

# February 9<sup>th</sup> General Meeting

Mark it in your calendars! We'll have some bargaining updates to report from the BCTF with our special guest, BCTF president, Carol Gordan, popping in to give us the scoop! Make sure to tune in via Zoom. To receive the Zoom link, you will need to [register here](#) or contact your staff rep.

## New Teacher Conference Kelowna May 9<sup>th</sup>

(An optional dessert reception will be held at the Kelowna Art Gallery on Friday, May 8, 2026)

Calling all early-career educators! The New Teachers Conference in Kelowna is ready for takeoff, and you're invited to hop aboard! Get ready to stretch **your** thinking, spark new ideas, and connect with other amazing teachers who are just as curious, creative, and passionate as you are. The best part? NOSTA has you covered! Registration, travel expenses, Friday night accommodation, and a per diem for food are all paid for. All you need to bring is your enthusiasm and sense of adventure!

So grab your notebook, pack your curiosity, and head on a learning journey you won't forget! Please register using the QR code. We will send 2 NOSTA teachers for the conference at the Coast Capri Hotel!

BCTF New Teachers' Conference  
May 09, 2026



\*\*\*Deadline for applications has been extended to February 13th!\*\*\*