

NOSTA NEWS

June 2026, Vol. 10

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Looks Like We Made It! (almost)

If you've opened this newsletter while simultaneously marking student work, writing report card comments, preparing for your end-of-year field trip, responding to a parent email, and mentally calculating how many school days are left.... first of all, same. Second of all: you are a wonder. Third.. there's 20.

June in a school is something extraordinary. From the outside, it might look like the finish line is in sight and everyone is coasting to the end. But we know the truth. June is packed. It's assessments and reports and portfolios and performances and field trips and classroom celebrations and parent conferences and transition meetings and a dozen other things that didn't make it onto anyone's calendar but somehow landed on yours. The pace doesn't slow down, it actually speeds up, and you meet it every single morning with your keys, your coffee, and your classroom ready to go.

To every member of our NOSTA family: thank you. Thank you for the creativity you bring when resources are thin, for the patience you give when the days are long, and **for** the genuine care you have for every student who walks through your door.

To all of the teachers affected by reconfiguration: we see you. Navigating a school year while facing uncertainty about where you'll land takes a quiet kind of courage that doesn't get nearly enough acknowledgment. You've shown up for your students with the same warmth and dedication, even while processing a lot of change yourself. The strength and professionalism you've demonstrated through this transition is a testament to who you are as educators and as people, and your NOSTA family is proud to stand beside you.

Summer is almost here!

With gratitude and admiration,

Your NOSTA Executive

Your Paystub - A refresher

Once upon a time, in the faraway place of September, our Newsletter featured an article about reading your paystub. With the new pay increase, and category jumps, we thought it might be best to have a little brush up on what all these numbers mean. Let us begin:

At the top, you'll see your name, position, and pay period. You'll also find the heading "Salary Grid". Make sure yours is correct! Your category will be first, followed by your years teaching(step). For example, TE0506 would be Category 5 step 6. Under Earnings, you'll find your salary, any extra pay, and stipends.

The Deductions column is where taxes, pension, union dues, and benefits live...like the homework no one asked for but still has to be done. Balance that **out** with the Employer Contributions, which show what the district is pitching in for your benefits and pension (a silent Collective Agreement bonus). The Year-to-Date totals help you keep track of how much you've earned and contributed since January, and finally, the most important part, Net Pay, the actual amount that shows up in your bank account.

Finally, in the bottom right corner you will see info about how many sick days and Personal Pro-D Days you have available. Salary grid placement shows how many days you've accrued towards your next step increase.



The Board of Education of
School District No. 83 (North Okanagan-Shuswap)
 P.O. Box 129 - 341 Shuswap St. S.W. - Salmon Arm, B.C. V1E 4N2
 Phone: (250) 832-2157 Fax: (250) 832-9428

Statement Of Earnings & Deductions

EMPLOYEE NO	SCHOOL BOARD OFFICE
LOCATION	202502
PAY PERIOD	31-JAN-2025
PAY PERIOD ENDING	TE0610
SALARY GRID:	100.00%
FTE:	

EARNINGS				DEDUCTIONS			
Description	Rate	Hrs/Days	Current	Year to Date	Description	Current	Year to Date
REGULAR SALARY			10,952.00	10,952.00	INCOME TAX	1,917.58	1,917.58
SIP ALLOWANCE			225.30	225.30	EI	188.44	188.44
DEPT. HEAD/SPECI			312.80	312.80	CPP	666.10	666.10
					EI REBATE	0.00	0.00
					PENSION	1,283.44	1,283.44
					EBB	0.00	0.00
					DENTAL	53.06	53.06
					EFAP	2.71	2.71
					GROUP LIFE	0.00	0.00
					OPTIONAL LIFE	9.72	9.72
					BCTF SIP - SHORT T	62.05	62.05
					BCTF SIP - LONG TE	170.05	170.05
					BCTF DUES	194.18	194.18
					NOSTA DUES	91.92	91.92
					EMPLOYER HEALTH TA	0.00	0.00
					ADVANCE	2,740.00	0.00
Earnings Total			11,490.10	11,490.10	Deduction Totals		
					7,379.25 4,639.25		
EMPLOYER PAID BENEFITS				LEAVE BALANCES			
Description		Current	Year to Date	Description	Hrs/Days		
EI		221.04	221.04	SICK LEAVE	57.97		
CPP		666.10	666.10	SALARY GRID INCREMENT	801.42		
EI REBATE		17.82	17.82	PROD	3.00		
PENSION		1,298.38	1,298.38				
EBB		346.03	346.03				
DENTAL		212.21	212.21				
EFAP		2.71	2.71				
GROUP LIFE		36.99	36.99				
EMPLOYER HEALTH		225.13	225.13				
Employer Paid Benefit Totals			3,026.41	3,026.41	DEPOSIT DATE		31-JAN-2025
					NET PAY		4,110.85
MESSAGE							

Payroll Contact: payroll@sd83.bc.ca

Retro Pay!

Date	Statement Type
15-May-2026	Earnings Statement
30-Apr-2026	Earnings Statement
30-Apr-2026	Earnings Statement

Good news worth checking your pay stub for! As part of our new collective agreement, members received a 3% wage increase retroactive to July 1st, 2025!

If you're wondering where to find it, head into Atrieve and look for your second April 30th paystub. It reflects the difference between your previous salary and your new rate all the way back to July 1st.

This is a tangible win for our members, and a direct result of the collective bargaining process that the BCTF and your fellow teachers have worked hard to support.

If you have any questions about how your backpay was calculated or have trouble locating it in Atrieve, don't hesitate to reach out to NOSTA for some guidance!

School Roles



A union isn't a union without the support of members! There are several important roles that Union Members play within a school.

Staff Representative — Your go-to person for workplace concerns, contract questions, and connecting you with NOSTA resources. If something doesn't feel right at work, start here.

Health & Safety Representative — Focused on keeping your workplace safe and healthy. They conduct inspections, raise concerns with administration, and ensure that your physical and mental wellbeing on the job is taken seriously.

Pro-D Representative — Your link to professional development opportunities and funding. They help coordinate site-based Pro-D days, share available workshops and resources, and make sure members know what's available to support their growth as educators.

NOSTA Executive - These volunteers meet monthly, or more, to discuss local issues, make decisions on collective agreement concerns and plan events and training for NOSTA members.

Not sure who fills these roles at your school? Reach out to a NOSTA executive member and we'll point you in the right direction!

EI – For You?

If you are a TTOC or a teacher whose contract is not continuing into the next school year, you may be eligible to collect Employment Insurance (EI) over the **summer** months. Don't assume you don't qualify. It's worth checking!

To be eligible, you generally need to have accumulated enough insurable hours and not have a confirmed contract in place for September. TTOCs and laid-off teachers are encouraged to apply as soon as their last day of work, as delays in applying can result in a loss of benefits.

Visit the Government of Canada website to check your eligibility and apply — or scan the QR code!



Gwen
BEACH

Cheers to
RETIREMENT!

Sheri
WEBSTER

Garmen
DAWKINS

Leah
SHYKORA

Geri
ELLIS

As the school year draws to a close, we pause to honour and celebrate the members of our NOSTA family who are stepping into a well-earned retirement. Your years of dedication, passion, and service have left a lasting mark on the students, families, and colleagues whose lives you've touched.

Karen
QUINTON

Kilmer
HAGEN

Retirement is the beginning of a brand new chapter, and you are heading into it with our deepest gratitude and warmest wishes. Enjoy every moment of the rest, adventure, and freedom that awaits you. You have more than earned it. To our retirees: thank you. We will miss you in our hallways!

Heather
MONTGOMERY

Elaine
HOLMES

Tracy
MCNABB

David
IZIK-DZURKO

Jake
JAKOBSEN

Kiran
KENNEDY

Laurelle
LARMAND

Still haven't announced your retirement?

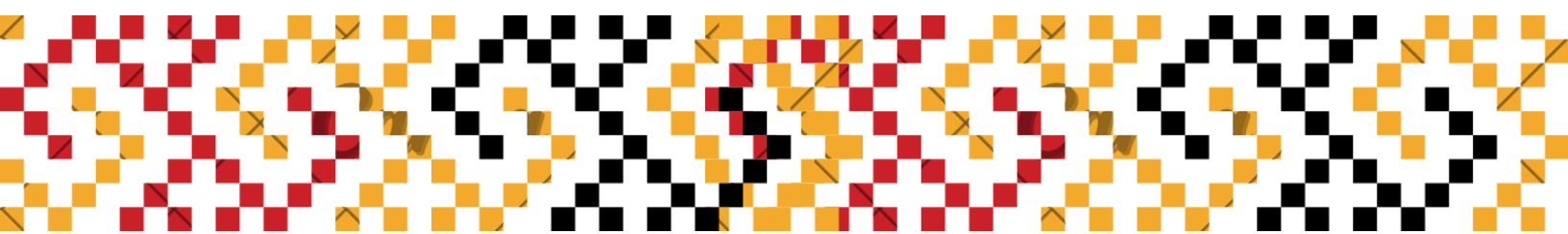
FOR PLANNING PURPOSES, PLEASE LET DEB KNOW ASAP

Pride Month

June is Pride Month — a time to celebrate, affirm, and honour the 2SLGBTQ+ community in our **schools** and beyond. As educators, we have the incredible privilege of creating classrooms where every student feels seen, valued, and celebrated for exactly who they are.

If you're looking for support in weaving inclusive, age-appropriate content into your teaching practice, the BCTF has a wealth of wonderful resources for teaching SOGI (Sexual Orientation and Gender Identity) from Kindergarten all the way through Grade 12. From lesson ideas to professional support, it's a great place to start or deepen your practice. Visit the BCTF website to explore their SOGI resources. Check the QR code for SOGI Education. It has lots of fantastic lesson plan ideas, as well as parent resources!

Wishing all of our members and their students a happy and celebratory June.



National Indigenous History Month

June is also National Indigenous History Month. It is a time to honour, learn from, and celebrate the rich histories, cultures, languages, and contributions of First Nations, Métis, and Inuit peoples across this land.

As educators in British Columbia, we are guests on the traditional territories of many Indigenous nations, and we have a meaningful responsibility to bring authentic, respectful learning into our classrooms all year long. This month is a wonderful opportunity to reflect on how we are honouring that commitment and to seek out new ways to deepen our practice.

June 21st is National Indigenous Peoples Day. It is a special day of recognition and celebration that is worth marking with your students in a meaningful way. The BCTF and the First Nations Education Steering Committee (FNESC) both offer excellent resources to support Indigenous-focused teaching and learning across all grade levels. We encourage all members to explore what's available and to approach this month, and every month, with curiosity, humility, and respect.



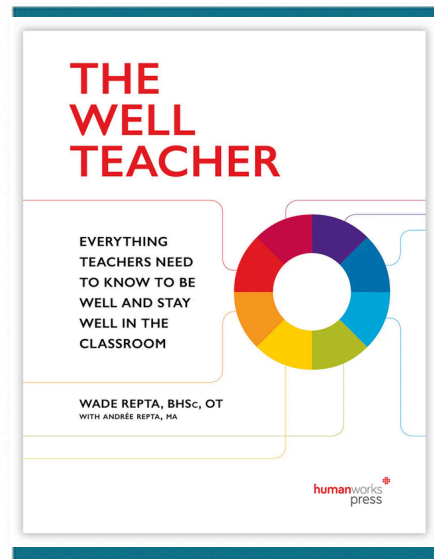
The Well Teacher Books Available for Members

The NOSTA office is pleased to share that we have multiple copies of Wade Repta's *The Well Teacher* available for members.

This insightful resource supports educator well-being and complements the free 6-week *Well Teacher* course offered annually by the BCTF.

If you are interested in receiving a copy, please email officemanager@nosta83.com to arrange delivery to your school site or to have a copy set aside for pickup at the office.

For more information about the book, visit: <https://www.humanworkspress.com/>



Don't forget to check out this month's newsletter carefully... there's a secret phrase hidden in the bolded words throughout the issue! Once you think you've cracked the code, email your answer to officemanager@nosta83.com to be entered into our next draw. Good luck!

Congratulations to last month's Feedback survey winner, Alanna DeKolver! Thank you to everyone who participated, we appreciate your feedback and engagement.

NOSTA Feedback Survey



The survey will remain open until the end of June for any interested members.

NOSTA Pro-D Survey 2026



Got two minutes? Scan the QR code and tell us what you'd like to see for future Professional Development. Your feedback goes straight to the committee planning for the year.

LOUD & PROUD CELEBRATION

♥ JUNE 5 - 7, 2026 ♥

ENTER TO WIN ADMISSION TO THE SALMON ARM PRIDE PROJECT DANCE PARTY OR DRAG BRUNCH (JUNE 5 AND 7TH)

[HTTPS://FORMS.OFFICE.COM/R/NAWZQY7HFP](https://forms.office.com/r/NAWZQY7HFP)



Friday EVENING

DANCE PARTY WITH SOUL/HIPHOP ARTIST **KIMMORTAL**

FEATURING **JADE THE BABE AND ANGIE MUHAWENIMANA**



SONG SPARROW HALL

Saturday MORNING

SALMON ARM'S FIRST EVER PRIDE PARADE!



Saturday AFTERNOON

AN ALL-AGES COMMUNITY CELEBRATION AT **BLACKBURN PARK** — FEATURING — **RUNNING WITH PIANOS AND PERCUSSHUNKIDD**



Sunday MORNING

CROWD FAVOURITE **DRAG PANCAKE BRUNCH** WITH **FREIDA WHALES AND HER POD** ♥



SONG SPARROW HALL

Sunday EVENING

OPEN MIC **COMEDY NIGHT** AT CAHOOTS PERFORMING? YOU AND A FRIEND WILL GET IN FREE!



Cahoots ♥

BE LOUD. BE PROUD. BE YOU. ♥

FOR MORE INFORMATION ON HOW YOU CAN PURCHASE TICKETS

SCAN ME!



VISIT salmonarmartscentre.ca/salmon-arm-pride-project