

NOSTA NEWS

October 2026 | Vol. 2 Issue 2



You Made It! (Through September...)

Well, we made it through September! I hope the first month of school brought lots of smiles, a few good laughs, and maybe only a little bit of chaos.

September is always a whirlwind as we settle into new routines, learn new names, find our rhythm, and somehow remember where we put our coffee!

As we head into October, I want to take a moment to say thank you. October 5 is World Teachers' Day, and it's a wonderful reminder of just how much educators do every single day. We teach, encourage, listen, problem-solve, cheer students on, wipe away tears, celebrate the little victories, and somehow manage to keep going when our own batteries are running on empty.

To all of our members: thank you for everything you do for your students, your colleagues, and your schools. Your work matters, your dedication is noticed, and the little things you do each day often make a much bigger difference than you realize.

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So, grab your pumpkin-spiced something, enjoy those beautiful **fall** colours, and remember—you don't have to do this work alone.

We're in this together!

Wishing everyone a happy, healthy, and slightly less chaotic October!

Happy World Teachers' Day!

**Congratulations to Kelly Dosen,
last month's winner!**

**Don't forget to e-mail Deb when
you find this month's word clues
and decipher the October Phrase!**



Know Your Rights!

Duty Free Lunch (Article D.21)

Lunch is your time!

A friendly reminder that teachers should not be scheduled to work during the lunch hour unless a “without prejudice” agreement has been signed with NOSTA and SD83.

Your lunch break **is** an important opportunity to step away, recharge, connect with colleagues, and—most importantly—eat your lunch before it becomes dinner! If you are being regularly asked to work through your lunch or are unsure about how this applies to your situation, please reach out to your NOSTA representative. We’re happy to help clarify your rights and make sure you have the protected time you are entitled to.

Protect the lunch break! Your afternoon self will thank you.



Prep Time (Article D.4)

Prep time is precious! It’s the time we use to plan engaging lessons, mark work, prepare materials, connect with colleagues, and get ourselves ready for **the** learning ahead. It’s not “free time” and it’s definitely not a magical extra block of time waiting to be filled with meetings and just one more little thing!

Your preparation time is an important part of your workday and should be protected whenever possible. If you find that your prep time is regularly being interrupted, reassigned, or disappearing under a mountain of other responsibilities, please reach out to your NOSTA representative. We’re here to help!



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.

Workplace Well-being: Take Care of You Too!

October is a good time to pause and check **in**—not just with our students, but with ourselves. September can feel like a sprint, and before we know it, we're already juggling lesson planning, marking, meetings, emails, extracurriculars, and approximately 47 things that somehow need to happen right now.



BCTF Health and Wellness Program

As educators, we care deeply about doing our best for our students. But doing your best does not mean doing everything. Setting healthy boundaries is an important part of maintaining a sustainable workload. It's okay to prioritize, to say "I can't get to that today," and to protect the time you need to plan, prepare, eat, and recharge. The goal isn't to do more—it's to make sure the work we are doing is manageable and sustainable.

Your Well-Being Matters

Workplace well-being is about more than avoiding burnout. It also means feeling safe, supported, and respected at work. If something doesn't feel right—whether it's a workload concern, a health and safety issue, or a situation that is affecting your ability to do your job—it's worth talking to someone. *You don't have to figure it out alone.* Your union representatives are here to help you understand your rights, talk through concerns, and connect you with the appropriate supports. You don't need to wait until a small concern becomes a big problem before reaching out. Sometimes a quick conversation can provide reassurance, clarification, or a plan for what to do next.

A Few Reminders:

- Protect your boundaries. You don't have to answer every email immediately or take work home every night.
- Use your preparation time. Planning and preparation are part of the job—not something you should have to squeeze into every spare moment.
- Pay attention to your health and safety. If you notice a workplace hazard or have a safety concern, speak up and make sure it is addressed through the appropriate channels.
- Ask for support. Whether you have a question about your contract, workload, workplace safety, or another concern, your union is a resource for you.
- Most importantly, remember that you are part of a team. We look out for our students, we look out for our colleagues, and we need to remember to look out for ourselves, too.

So this October, give yourself permission to put a little energy back into your own cup. Take your lunch. Use your prep. Step outside for some fresh **air**. Laugh with a colleague. Leave work at a reasonable time when you can. And if something is weighing on you, reach out.

Healthy schools start with healthy, supported educators. We're in this together.

BCTF

PSA DAY

October 23rd, 2026



BCSCA
British Columbia School
Counsellors Association

BCSCA 2026
CONFERENCE

Friday Oct. 23/26

Registration is
now open!!

Early bird pricing
ends Sept. 30/26!



Check out all the offerings at
<https://www.psaday.ca>

Friday		October 23/26	
A M		P M	
8:00-8:45	Registration- Coffee/Tea, Muffins (Bring your mug if you can or buy one of ours)	12:00-12:45	Lunch provided
8:45-10:00	Welcome & Keynote	12:45-1:45	BCSCA Annual General Meeting
10:00-10:30	Networking & Exhibitors	1:45-3:15	Block B workshop
10:30-12:00	Block A workshops		

Sign up for 4:15 PM October 19,
2026 General Meeting Zoom Link



UPCOMING EVENTS

October 2/3rd - BCTF Okanagan Zones

October 5th - NOSTA Executive Meeting

October 12th - Thanksgiving Monday

October 19th - NOSTA General Meeting (Sign Up)

October 23rd - BCTF PSA Day (Provincial)

October 26th - Conference Day (Elementary)

UP NEXT?

Burning Questions? Resources to share? Inspiring stories? Drop us a line! We'd love to add it into our newsletter. E-mail saralynn@hotmail.ca

SD83 TRUSTEE CANDIDATES

Area 4 Candidates

Linda Martens



Linda previously served one term as a Trustee with School District 60 (North Peace) and three terms with School District 27 (Cariboo-Chilcotin), representing a total of 15 years of governance experience. Due to a recent move she is now excited to run in her new area. Linda understands the responsibilities of a Trustee and the importance of considering the long-term needs of the entire school district. Effective governance requires collaboration, accountability, transparency, and respectful relationships. She is a retired CIC Canadian Forces Captain with 19 years experience working with youth in the Royal Canadian Cadet program.
250-644-0653 Martensulinda@gmail.com

Electoral Area 4- SelfFunded

Tracy Riley



My educational background includes a Bachelor of Arts (B.A.), Bachelor of Education (B.Ed.), Teaching English as a Second or Other Language diploma (TESOL), and a Master of Arts (M.A.) specializing in Teaching and Learning. In addition to over 30 years of teaching, learning, and community service, I also have over 20 years of public and private sector administrative experience which includes serving as a co-director of an engineering company, Associate Dean for the former Arts and Foundational Programs at Okanagan College and holding several leadership positions in educational settings.

info@tracy-riley.ca

<https://www.tracy-riley.ca/>

Electoral Area 4- SelfFunded

Claire Askew



Claire is a long time member of the Shuswap- Okanagan business community and is a strong supporter of local farmers and other suppliers. Claire's education history includes a BA in Humanities from McMaster, an MA in Women's studies from SFU, and a PHD in Policy Studies from Ryerson. Claire has experience as a teaching and research assistant at Ryerson, a session instructor at SFU, in addition to the Wellness Warrior program coordinator and Literacy Coordinator at Native Education College. She has sat as a member on several boards including Shuswap Food Action Society, the Downtown Salmon Arm Improvement Society, and the Shuswap Recreation Society.

Electoral Area 4- Self Funded

Melissa Parmenter



Melissa has five children currently attending three different schools in the district. Her involvement with PAC began 12 years ago when her oldest started kindergarten. Over the years, she has served as Vice Chair of the Carlin PAC and as both Chair and Treasurer of the South Canoe PAC. Being part of a school PAC has been an amazing opportunity for Melissa to meet other parents and families while staying informed about many aspects of the school community. If elected she will strive to: (1) Improve student supports and sense of community, setting them up for better success. (2) Listen and have open communication with parents and all partner groups. (3) Advocate for more funding for infrastructure, programs, and supports.

Electoral Area 4- Self Funded

SD83 TRUSTEE CANDIDATES

Area 1, 2 and 3
Candidates

Roxanne Landry



Roxanne Landry will be acclaimed as the trustee for School District 83 Area 1. Her priorities are simple: transparency in how decisions are made, support for every student and the educators who meet their diverse needs, advocacy for funding from the province, and connection — because the area is spread out, and every parent deserves to know they're heard, she said. FB Page: Roxanne Landry for Trustee - SD 83, Area 1

Landry invites anyone with questions to reach out to her at roxannelandry4trustee@gmail.com.

Electoral Area 1- Armstrong, Ranchero, SilverCreek, Falkland

Brent Gennings



Brent Gennings will be acclaimed as the trustee for School District 83 Area 2. He completed his post secondary education at BCIT for an Automotive Technician in 2000 and continued his career in the lower mainland until 2006. That year he and his wife moved to Salmon Arm, after visiting some friends here during the fall fair and realizing that this was where they wanted to raise a family. Prior to being a trustee Brent was active with the PAC of his two daughters' schools, and then DPAC. Brent would like to encourage parents to be more involved with the schools while promoting a focus on academics for stronger and successful post secondary attendance. He also strives for strengthening relationships between parents/children and teachers through communication and transparency.

Electoral Area 2 - City of Enderby / CSRD Area E / District of Sicamous / RDNO Area F

Corryn Grayston



Electoral Area 3 - CSRD Areas C, F & G

Corryn Grayston will be acclaimed as the trustee for School District 83 Area 3. In 2018, Corryn joined Carlin PAC and the North Okanagan-Shuswap District PAC and for

the last five years has held executive positions of Treasurer and DPAC rep for Carlin PAC. In 2019 she was elected President of DPAC and held that position for over 4 years until recently stepping down to run for School Trustee. Corryn has been a member of many boards and working groups including Shuswap Hospital Foundation, Shuswap Tourism, Sorrento Memorial Hall Association, Shuswap Economic Development Society Business Roundtable and she is currently the President of the South Shuswap Chamber of Commerce. Corryn completed a Business Administration Certificate at the University of Calgary.



SALMON ARM TRUSTEE ALL-CANDIDATES FORUM



Hear directly from the candidates running for School Trustee in Salmon Arm about public education, our schools, and the issues affecting students and families across SD83.



JOIN THE ONLINE ZOOM MEETING BY SCANNING THE QR CODE

MONDAY
OCTOBER 5TH
7:00-8:00PM

PRESENTED BY SD83 DPAC

MODERATED BY
Wendy Woodhurst

SUBMIT YOUR QUESTIONS HERE

