

WELCOME TO THE TEACHING PROFESSION



SASKATCHEWAN
TEACHERS'
FEDERATION



YOUR STF

Welcome to the Saskatchewan Teachers' Federation! We are excited to see you set foot on your professional journey. As a new teacher, it's natural to feel overwhelmed in the beginning as you navigate the myriad of responsibilities and demands that come with the profession. Fortunately, you won't be alone on this path. The STF is here to support you every step of the way, during your early days in the classroom and throughout your entire career.

For over 90 years, the STF has been dedicated to promoting the interests of teachers and striving for excellence in public education. As a member, you now belong to a community of over 13,500 teachers in PreK-12 schools across Saskatchewan. You will become a partner and respected leader in education.

As a member, you gain professional status along with a range of responsibilities, rights and benefits. We work as a collective, representing and advocating for teachers while also addressing your individual professional goals and needs. Every program, service and resource offered by the Federation is designed to enhance the well-being and success of both teachers and their students.

PROGRAMS, SERVICES AND RESOURCES

Emma Stewart Resources Centre

Arbos Centre for Learning

Welcome to the Emma Stewart Resources Centre, the professional library for Saskatchewan teachers. The collection includes over 38,000 books and audiovisual resources, 85 journals and a selection of teacher-prepared unit and lesson plans. Our knowledgeable staff members are here to meet your classroom, research and professional learning needs.

The ESRC is located in Saskatoon; however, we also provide a free mailing service, which allows resources to be sent anywhere in the province, free of charge. Members also have access to our online catalogue. Not sure what materials you need? Just contact us with your topic and grade level, and we'll help identify the best resources for you. Discover the ESRC and excel in your teaching journey today!



RESOURCES



STF Professional Learning

Arbos Centre for Learning

The Federation is proud to offer programs, services and activities to support teachers' continued professional learning.

The STF and STFPL collaborate closely with teachers and educational partners from all corners of the province. Together, we strive to plan and deliver a diverse array of exciting and innovative resources, professional learning workshops, seminars, conferences and events, always considering what serves you and other teachers best.

Please periodically check the [STF Events Calendar](#) for upcoming professional learning events.



PROFESSIONAL
LEARNING



Professional Growth Networks

Professional growth networks are close-knit communities of teachers and other educators who share a common passion for a specific subject, service area or interdisciplinary field. There are more than 20 networks affiliated with the Federation. Whether you're a music educator, a mathematics teacher or have a different area of expertise, there's a PGN that's perfect for you.

Members can participate in conferences and workshops and enjoy access to valuable resources. As a Federation member, you receive a yearly membership to a network of your choice to support your professional growth. It's an exclusive perk that allows you to join a community of like-minded individuals who are just as passionate about their profession as you are.



PROFESSIONAL
GROWTH NETWORKS



The McDowell Foundation

The McDowell Foundation is an independent charitable organization that funds research for teaching and learning in publicly funded schools. McDowell was created by the Federation in response to the teaching profession's need for greater involvement in educational research. From grants for teachers' classroom-based research projects to an annual research award, McDowell provides opportunities for growth and collaboration. The work of the Foundation fosters networking and mentoring between teachers and researchers, while community-based conversations keep the education community connected.

We need teachers like you to join us to make a real impact in the field of education. To learn how you can become involved in the Foundation's work or to access teacher-led research projects completed right here in Saskatchewan, please visit www.mcdowellfoundation.ca.



Member Support

The Federation is here to support members. The STF Member Support Centre offers personalized services, support and advice to help you with things as simple as updating your contact information to more complicated questions such as workplace relationships, employment contracts and legal matters. Services are confidential, timely and provide effective solutions to help resolve your employment and professional needs. The Federation is committed to providing the best service possible, and we're always looking for ways to enhance your experience. Please feel free to contact us any time for support and answers to your questions. Try our website's online chat feature (no AI for us – our actual team manages the online chat). We're here to help!



MEMBER
SUPPORT

Saskatchewan Teachers' Federation Bulletin

The *Saskatchewan Teachers' Federation Bulletin* magazine is a must-read for teachers and education sector partners in Saskatchewan. It is a reflection of the diversity of Federation members and serves to represent their passion, dedication and professionalism. The Bulletin provides a diverse collection of teachers' voices, information and resources, stories from the classroom, advocacy for the teaching profession and highlights the important role of public education in society. You don't want to miss out on this wonderful publication!

Have a story idea? Want to contribute to a future edition of the Bulletin? Let us know at stfcommunications@stf.sk.ca.

Subscribe and check out the Bulletin on our website at www.stf.sk.ca.



Provincial Collective Bargaining and Advocacy

The Federation is dedicated to advocating for and supporting teachers like you in every possible way. The STF negotiates provincial collective bargaining agreements on behalf of members to address issues related to salaries, benefits and working conditions. Collective bargaining is one important aspect of the advocacy work the Federation undertakes to ensure the voice of teachers is present in discussions and decision making in public education. We actively initiate and participate in discussions with decision makers and the public, ensuring that your concerns are heard and your needs are met. Rest assured that we are here to represent you and to make a difference on your behalf.

More information about collective bargaining can be found at www.stf.sk.ca.



COLLECTIVE
BARGAINING



Social Media

At the Federation, we're dedicated to keeping our members and the public well-informed and engaged when it comes to education in Saskatchewan. The Federation is on Facebook, X (Twitter), Instagram, YouTube and LinkedIn. We share relevant updates, educational content and celebrate the work of teachers around the province with our followers. By staying connected through these platforms, we aim to build relationships, advance the interests of the education community and share the hard work teachers like you do!

Follow us on Facebook, X (Twitter), Instagram, YouTube and LinkedIn @SaskTeachersFed.



TeacherTalk

Join your colleagues on TeacherTalk, a dedicated online discussion forum by teachers, for teachers. It's the perfect place to collaborate with educators from every corner of the province.

Share your teaching strategies, discuss educational challenges and collaborate on best practices in education within a passionate and supportive community.

Join TeacherTalk today and start engaging with your peers in a professional networking experience. We can't wait to see you there!



To participate, visit the TeacherTalk discussion forum in the MySTF section at www.stf.sk.ca.



PENSION AND BENEFIT PLANS

The Federation provides comprehensive benefit programs that support the physical, mental and financial well-being of you and your family. Our focus is providing a sustainable, valuable benefits package so you can focus on building a healthy, happy life and career.

Your Benefits

As a member of the Saskatchewan Teachers' Federation, you are eligible for a wide range of benefits while employed under a continuing, replacement or temporary contract of employment. These benefits include:

Plans administered by the STF:

- Health Plan
- Pension Plan
- Disability Plan
- Member and Family Assistance Plan
- Optional Life Insurance

Plans administered by the Saskatchewan Teachers' Superannuation Commission:

- Dental Plan
- Group Life Insurance Plan*

* If you are on a temporary contract of employment, your contract must be for 20 or more teaching days to be eligible for mandatory group life insurance.

How to Enrol

To take advantage of these benefits, a completed Enrolment form signed by you and your employing school board must be submitted to the Federation. These forms can easily be obtained from either your school board or the Federation website.

Please be aware that the information you provide upon enrolment will be shared with the Saskatchewan Teachers' Superannuation Commission. It's important to note that whenever you sign a new employment contract, a new Enrolment form needs to be submitted.

We understand that life can bring changes. If your personal information ever happens to change, if you take a leave of absence or if you decide to leave the teaching profession, please make sure to complete and return the STF Change of Information form. Alternatively, you can conveniently update your name and contact details online by logging in to the MySTF section of our website. If you have any questions, please contact the Member Support Centre.

When Coverage Begins

Your health and dental plan coverage begins after you have completed 20 full or partial days of teaching service while you are on a contract of employment. Once you have completed the 20-day qualification period, coverage is applied retroactively to the first school day of your teaching contract. You'll receive an email from GreenShield Canada with your digital GSC identification card and instructions for registering your GSC *everywhere* account to start submitting claims.

If you opt for term life insurance and meet the eligibility requirements, coverage begins on the day the Federation receives your completed application.

All other benefits begin the first day of your contract of employment.

PLANS ADMINISTERED BY THE STF



STF Health Plan

The Members' Health Plan is designed with you and your loved ones in mind. It's here to provide coverage for a wide range of medical expenses while you're on a contract of employment. This means that you, your spouse and your dependants can rest easy knowing that eligible prescription drugs, vision and other health-care expenses, as well as emergency out-of-country medical expenses, are taken care of.

While the provincial government solely funds this benefits plan, it's administered by the STF, who ensures its smooth operation. GreenShield Canada is the Plan's insurance carrier.

Members can register for *GSC everywhere*, the user-friendly platform that lets users access benefit plan information, view eligible health services or items, and submit and track claims, from any smartphone or tablet. You can also take advantage of helpful digital health tools and enjoy the convenience of registering for direct deposit. It's all about making your experience as seamless and personable as possible.



HEALTH

STF Pension Plan

As a new teacher, you're automatically enrolled in the Saskatchewan Teachers' Retirement Plan. Each month, a portion of your salary will go towards your pension, deducted by your school division. The provincial government contributes to the Plan based on the current collective agreement.

When you retire, you'll receive a monthly pension paid for your lifetime. The amount is determined by a formula that takes into account your earnings and years of service. The STRP offers a reliable pension benefit which not only helps to recognize your dedication as a teacher, but also provides you with a solid foundation of future retirement income.

To learn more, check out the pension e-Guide on the [STF website](#).



PENSION

STF Disability Plan

If you end up with a disability that keeps you from working, the Teachers' Long-Term Disability Plan offers support to eligible teachers after their sick leave ends. The Plan provides a monthly disability benefit and rehabilitation services, and since you pay the premiums, all benefits are tax-free. It's a just-in-case support that helps you get back to a healthy, happy life and career.



DISABILITY

Member and Family Assistance Plan

As valued members, you have exclusive access to the Member and Family Assistance Plan, provided by ComPsych GuidanceResources. This program offers confidential, short-term counseling, designed to address a wide range of personal challenges you may face. Whether you're dealing with mental and emotional concerns, seeking guidance for legal and financial matters, exploring work-life solutions or striving for optimal health and wellness, this plan is here to support you every step of the way.

To learn more, check out the Member and Family Assistance Plan section on the [STF website](#).

STF Optional Life Insurance

The Federation is proud to offer optional life insurance to our members. Portaplan insurance is more than just term life insurance. It offers comprehensive coverage for you and your family at group rates among the lowest in the industry. Participation is voluntary and if you purchase optional term life insurance, coverage may continue after your contract of employment ends, you change careers or move to another country.

Choose Portaplan for an affordable and personalized life insurance option.



OPTIONAL
LIFE INSURANCE

PLANS ADMINISTERED
BY THE STSC



Dental Plan

The Teachers' Dental Plan covers a range of dental expenses for you and your family while you're employed under contract. The dental plan is funded by the provincial government and administered by the Saskatchewan Teachers' Superannuation Commission.

GreenShield Canada is the Plan's insurance carrier. With [GSC everywhere](#), you can submit dental claims electronically, register for direct deposit, and access your dental claims history and other benefit details. They've got you covered!

Group Life Insurance

The Teachers' Group Life Insurance Plan provides peace of mind and financial security to teachers and their families. Coverage is equal to twice the maximum salary for Class VI, rounded to the next \$1,000. An equal amount of coverage for accidental death or dismemberment is also provided. The provincial government pays half of the premiums with teachers paying the other half through deductions from their pay.

For more information on either of these plans, visit the STSC's website, www.stsc.gov.sk.ca.



FOR MORE INFORMATION

For easy access to complete information about your benefits, please visit the Federation website at www.stf.sk.ca. If you have questions, please call the Federation at 1-306-373-1660 or toll-free at 1-800-667-7762 and our knowledgeable staff will be happy to assist you.

If your question is specific to the dental plan or group life insurance plan, please contact the administrator of these plans, the Saskatchewan Teachers' Superannuation Commission, at 1-306-787-6440 or toll-free at 1-877-364-8202, or visit their website at www.stsc.gov.sk.ca.

STF ONLINE SERVICES

For complete information on the Federation and the services provided to teachers, please visit www.stf.sk.ca. Log in to the MySTF section of the website to access the following self-service options available to make your life easier.

Profile Management

- Update personal information including your name, preferred email address, password and mailing address.

Subscription Preferences

- Manage your subscriptions to Federation emails and e-publications (e.g., *What's New at the Federation*, *Saskatchewan Teachers' Federation e-Bulletin*).

Health Plan

- Update your spouse and dependant information (applies to the health and dental plans).
- View the phone number for the Member and Family Assistance Plan.

Pension Plan

- Use the Pension Estimator to estimate your STRP pension at various retirement dates based on inputs that you select.
- View your three most recent Annual Pension Statements.

Optional Life Insurance

- View your current insurance coverage, beneficiary designation and chosen payment method.





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