

NIPISSING UNIVERSITY STUDENT UNION



Board of Directors Meeting Minutes – Nipissing University Student Union
Friday, October 26, 2018 at 8:30 a.m. - H108, Nipissing University

Approved at November 30th, 2018 Board of Directors Meeting

Notice: Meeting may be recorded for the benefit of the secretary. The recording secretary shall keep a record of the recording for conflict resolution and organizational purposes.

Board of Directors Meeting Minutes – Nipissing University Student Union
 Friday, October 26th, 2018 – 8:30 a.m. – H108, Nipissing University

Call to Order – Friday, October 26, 2018

8:41 a.m. – Chairperson Daniel Goulard, President called the Board of Directors meeting to order.

1. Attendance/Land Acknowledgement

President:	Daniel Goulard	Present
VP Governance & Legal Affairs	Hannah Mackie	Present
VP Finance:	Andrew Wood	Present
VP Services:	Nicolai MacKenzie	Present
VP Communications:	Xander Winter	Present
Director-at-Large:	Cooper Allen	Present
Director-at-Large:	Parker Anderson	Present
Director-at-Large:	Lauren Beatty	Present
Director-at-Large:	J'aime Brunet	Present
Director-at-Large:	Charlotte Foster (8:50am)	Present
Director-at-Large:	Brando Gasparin	Present
Director-at-Large:	Ally McClure	Present
Director-at-Large:	Braeden Vavassori	Present
Director-at-Large:	Daniel Miller	Regrets

CHAIR / SPEAKER:	Daniel Goulard	– NUSU President
RECORDED BY:	Erin Edge	– Secretary to the Board

Chair said that quorum has been reached.

Land Acknowledgement:

“Nipissing University is located in the territory of Nipissing First Nation and within the Robinson-Huron Treaty of 1850. We acknowledge the territory to honour the land we are on today, and the continued presence of the Anishinaabeg peoples of Nipissing First Nation and to recognize our ongoing relationship with the community. We are honoured to live and work alongside the Anishinaabeg people of Nipissing First Nation”

2. Declaration of Conflict of Interest

If any Board members foresee a personal conflict of interest with anything in the agenda, please make it known now.

No conflict of interest was brought to the attention of the Board.

3. Adoption of Agenda

MOTION #67: That the Board of Directors Meeting Agenda for Friday, October 26th, 2018 be adopted as presented.

Moved: WINTER
Seconded: MACKIE

Discussion:

Friendly amendments to the agenda are to add office closure for Christmas break and organizational structure under other business, and to add a closed session at the end.

Abstentions: None.

MOTION CARRIED.

4. Adoption of Minutes

MOTION #68: That the Board of Directors Meeting Minutes for Friday, September 28th, 2018 be adopted as presented.

Moved: WINTER
Seconded: MACKIE

Discussion:

The secretary will send out the closed session meeting minutes from September 28, 2018 meeting to the voting Board members.

Abstentions: GASPARIN and ALLEN
MOTION CARRIED.

5. Business Arising from the Minutes

None.

6. Executive Committee Term Reports

a. Report from the President

(See Appendix "A")

MOTION #69: That the Board receives the Report from the President dated October 26, 2018.

Moved: GOULARD
Seconded: MACKIE

Discussion:

The President has finished transitioning the VPGLA into her new role. He will be doing follow-up meetings with the elected municipal candidates to see how to build a relationship with them and discuss student retention and student accessibility around the city.

Abstentions: ALLEN, FOSTER, GASPARIN and VAVASSORI
MOTION CARRIED.

b. Report from the Vice President Governance & Legal Affairs

(See Appendix "B")

MOTION #70: That the Board receives the Report from the Vice-President Governance & Legal Affairs dated October 26, 2018.

Moved: MACKIE
Seconded: BEATTY

Discussion:

MACKIE has had a good transition into her new role. There will be a new employee starting next week which will be sponsored and paid for by the March of Dimes. The employee will start out part-time and work up to 30 hours per week for 16 weeks.

Abstentions: GASPARIN, MACKIE and McCLURE
MOTION CARRIED.

c. Report from the Vice President Finance

(See Appendix "C")

MOTION #71: That the Board receives the Report from the Vice-President Finance dated October 26, 2018.

Moved: WOOD
Seconded: MACKIE

Discussion:

WOOD has completed transitioning the academic advisory cases over to VPGLA. He has completed signing all the documents for the building in regard to the loan.

Abstentions: None
MOTION CARRIED

d. **Report from the Vice-President Services**

(See Appendix “D”)

MOTION #72: That the Board receives the Report from the Vice-President Services dated October 26, 2018.

Moved: MacKENZIE

Seconded: WINTER

Discussion:

Movie Mondays have been cancelled. There was not any turnout and movies are available in the student lounge on Netflix. Halloween Haunt took place on October 20th, 2018 and there were 35 students that registered for the event.

McCLURE asks about club days and why World University Services of Canada club was not involved. MacKENZIE says that the executive transition for the clubs is not always advised to NUSU of the changeover, so NUSU didn't have up to date information.

Abstentions: McCLURE

MOTION CARRIED

McCLURE & GOULARD leave at 9:24 a.m.

e. **Report from the Vice-President Communications**

(See Appendix “E”)

MOTION #73: That the Board receives the Report from the Vice-President Communications dated October 26, 2018.

Moved: WINTER

Seconded: BEATTY

Discussion:

The Health Plan has been taking up most of WINTER's time and there is a lot of emails to respond to. Movember is starting soon and he is working with an iLead student and Lakers Athletics on the campaign. NUSU also partnered with Area 13 Training Systems to talk about speaking with students about the impact of physical and mental health. He will be promoting all over social media for Movember and trying to get students involved. The four pillars of mental health will be promoted separately, one for each week of November. MacKENZIE is going to reach out to faculty chairs to see if they will get on board with participating in Movember. WINTER is going to work with MACKIE on a procedure for the Health Plan, as well as a procedure for Wellness Week.

Abstentions: None

MOTION CARRIED

7. Question Period

- CA Q: For clubs who want to be involved with NUSU throughout the summer and early in September, would it be worth having a transitional club summit meeting in April?
- NM A: We do ask the clubs for their updated forms before April, but over the summer months there are not many clubs that do reach out before September. We are not always able to track updated members. We will be having another club summit meeting before the year end. It would be helpful introducing the new VP Services to the clubs once elected before the year end.
- BG Q: Men's basketball needs volunteers for their practice on Monday night to prepare for their game against Laurentian. Can NUSU Crew send some people?
- NM A: MacKENZIE will reach out to people and post in the frosh groups.
- JB Q: Last meeting, BRUNET asked for a complete list of what training the office would be completing. Has any training been done since then?
- HM A: Yes. The office did a Health & Safety Certificate course online. She's also working with Katie Sills to do harassment in the workplace and conflict resolution training. She's been working on the director training for November 2nd that's coming up. and has been outsourcing a lot of the resources for the board training.

8. Committee Reports

a. Audit and Finance Committee

No report.

b. Campaigns Committee

There was a committee meeting on October 23rd, 2018. They discussed Movember and the possibility of having a competition between offices or departments. The general consensus was to work together for Movember. December 6th is the memorial for the Montreal massacre. The committee would like to do something at the end of November to promote ending gender-based violence. The committee will be working with Katie Sills on this initiative.

Bell Let's Talk is the next big campaign and we'll be working with the women's soccer team. They are also going to reach out to Jack.org to bring in a speaker about mental health. FOSTER recommends the committee reach out to residence for Bell Let's Talk. She'd like residence to know what mental health things are available to students. There's interest about running a campaign on driving high, which will likely take place in next semester. For the next wellness week, Area 13 Training Systems are coming in to talk about mental and physical health and the impact it does on one's body.

Next semester's wellness week will also include another student appreciation lunch.

c. Elections Committee

No report. The committee will be meeting closer to elections.

d. Governance Committee

No report.

e. Green Initiatives Committee

No report.

g. Shine Committee

No report.

h. Social Committee

No report.

9. Other Business

a. Committee Elections

Committee elections will be held during an emergency meeting on Friday, November 2, 2018, after the Board of Director training to fill the open spots.

b. Policies & Procedures

The draft Health & Safety Policy and draft Accident and Injury Reporting Policy will be reviewed for approval at the emergency meeting on Friday, November 2, 2018 after the Board of Director training. BRUNET asks where the policies came from? MACKIE advises that the policies were drafted from a program that the office subscribes to which makes sure we have the proper legislation from templates structured to our organization. There was also discussion about a health and safety bulletin board and having a designated officer as defined in the by-laws. MACKIE explains that all of this has been covered in the office although it will need to be reviewed once the building is built and we have more employees.

c. Office Closure

The executives have looked at when the exam period falls for this year and would like to recommend closing the office on December 14th, 2018.

MOTION #74: To close the NUSU office on December 14th, 2018 at 4:30 p.m. for the Christmas break.

Moved: WINTER
Seconded: WOOD

MOTION CARRIED.

d. Organizational Structure

(See Appendix "F")

The current executives have looked at all the positions and would like to change the executive committee from five members down to four. They've looked at the research as to why previously there was 5, and they believe it's because there were 5 roles with the satellite campus which closed. The current executives think that eliminating the extra positions would give more opportunity for change. They have gone over all the job descriptions and responsibilities and divided them into the 4 roles. The job descriptions are fluid and can change but the executives would like to get the consensus of the board in eliminating a position and would like to agree on the actual executive position names. Lengthy discussion ensued surrounding the future roles and responsibilities of each executive. A question was raised about what the \$23,000 cost savings from removing an executive will go towards? It was mentioned that it will be evaluated what the best use in the interest of students would be, but likely would remain in the salaries budget line to prepare for new staff hires upon the opening of the student centre.

FOSTER leaves the meeting at 10:30 a.m.

WINTER asks the Board to come to a general consensus on the new executive members names. The general consensus and a vote confirm that the names will be: President, VP Finance and Administration, VP Advocacy and Awareness and VP Student Life.

MOTION #75: To propose at the AGM to change the executives down to 4 positions from 5 positions, and have the students vote on the change.

Moved: WINTER
Seconded: ANDERSON

MOTION CARRIED.

MOTION #76: To take a quick break.

Moved: GASPARIN
Seconded: ANDERSON

MOTION CARRIED.

MEETING BREAKS AT 10:50 am.

MEETING RE-ADJOURNS at 11:00 a.m.

10. Closed Session

MOTION #77: To move the meeting into a closed session.

Moved: ALLEN
Seconded: GASPARIN

MOTION CARRIED.

Meeting moved to closed session at 11:04 a.m.

Meeting moved to open session at 11:40 a.m.

11. Adjournment

MOTION #78: To adjourn the October 26th, 2018 Board of Directors meeting.

Moved: MACKIE
Seconded: MacKENZIE

MOTION CARRIED.

11:41 a.m. – Meeting adjourned.



Daniel Goulard, CHAIR



Erin Edge, SECRETARY

President's Report to the Board of Directors

Prepared By: Daniel Goulard

Friday, October 26th, 2018

The month of October has seen a lot of work within the office both in transitioning Hannah into her new position as VP GLA and preparing for our AGM that will be on October 30th. I have also been continuing my meetings with the municipal candidates as Election Day was October 22nd so I wanted to make sure I met with as many as possible to see how they feel about student issues. Also this month has been our Director/Senator Elections, Nipissing's reading week, as well as the CIBC Run for the Cure and some miscellaneous meetings.

This Report:

- GLA Transition
- Director/Senator Elections
- Community Involvement
- Miscellaneous

GLA Transition

As you all know, Hannah Mackie was elected as the new VP Governance and Legal Affairs for the duration of this academic year. We have been working diligently with her to redistributed the tasks of the VP GLA that were taken on by the rest of the executives and work together to establish a positive office dynamic where we can continue to work as well as we have while also putting Hannah in a position to succeed within her role. From my point of view, I have seen nothing but good things come from Hannah's transition. She has taken charge on many tasks like drafting new policies and looking into training for the office and the board to make sure we are putting ourselves in the best position to advocate for our students. I am looking forward to the continued work that Hannah will be providing this upcoming year.

Director/Senator Elections

After the commencement of our Executive by-election, we also held a by-election for the empty director and senator positions within NUSU. With Hannah stepping in as the DRO for this election, we were able to run it together so that once the elections in the spring are here, we can switch in our positions on the committee (CRO & DRO). I am happy to announce that both Ally McClure and Braeden Vavassori have been elected as our new Directors-at-Large and we are excited to have them as part of our board. Unfortunately, no senator candidates came forward so we will have to look for alternatives for Senate representation and potentially

working with the faculties to get more interest in these positions for next year.

Community Involvement

The majority of my community involvement this past month has been scheduling the meetings with the municipal candidates for the election this month. By meeting with as many candidates as possible, I was able to see how each looked to tackle student issues within the community if elected and with the council team being elected on October 22nd, I look forward to meeting with the city representatives and work towards building a strong relationships that will benefit students within the community. Also, Nicolai and I attended the CIBC Run for the Cure on September 30th. We ran 5km to raise money and awareness for breast cancer and it was a phenomenal event. We will continue to show our community support and working towards being a strong presence in North Bay for both our current students and prospective ones.

Miscellaneous

I've also been holding some meetings with many different people in and out of the community. Andrew, Hannah, and I met with Paul Davidson who is the President of Universities Canada. We discussed how we work with the university and our students to be a strong presence on campus and the work that they do within student government. Hannah and I also met with Neuvote, which is a company that has a voting-system that they would like to implement. We plan to discuss that at our executive level before bringing it to the board. Also during this month are my by-weekly meetings with Casey Phillips and my Board of Governors and Senate subcommittees. I have been busy with a few different things but overall, the month has been

Things to Come

Coming up is our AGM, which will be happening next Tuesday, October 30th at 6:00pm in A137. We encourage all of our directors to attend this meeting and to also bring two peers as we hope to pass quorum. Also our Groundbreaking Ceremony for the Student Centre will be on November 9th at 1:00pm so we also hope you all can attend to witness this momentous occasion. If there are any questions, please send them to me before the meeting and I will address them before the meeting. Thank You.

Vice President of Governance and Legal Affairs' Report to the Board of Directors

Prepared By: Hannah Mackie

Friday, October 26th, 2018

This last month has been very busy, but such a great transition into being an executive. I have had the ability to meet with a variety of people throughout the university. I have been able to touch base with all of the departments and get a good feel for my position and gotten into the flow of a myriad of projects.

This Report:

- Meetings
- Training
- Miscellaneous
- Projects
- Things to come

Meetings

In the last month I have dived right in with Board of Governors and Senate committees/meetings. It has been busy getting caught up with all that is going on, however I feel that the transition has been smooth so far. The committees I have been involved with as of writing this report are as follows;

- BoG Audit and Finance
- BoG Governance
- Senate Budget Advisory Committee
- Bylaws and Elections Committee (Senate)
- Joint BoG and Senate Governance Committee

Upcoming Committees and Meetings;

- Standings and Petitions
- Library Sub-committee

Training

Since the last board meeting I have had all executives and staff complete health and safety training. Currently I am working on training for the Board of Directors collaboratively with Lauren Beatty and Erin, which has a date set for November 2nd at 2 pm.

Also, other training in the works is harassment and discrimination, and disclosure training for the executives and staff. I have been working on this with Katie Sills the SVEPC.

Miscellaneous

Some updates include a little more on my transition. Erin our Administrative Assistant and Allie our Office Assistant will now be reporting back to the Governance and Legal Affairs position.

I attended Senate on Friday October 19th. The restructuring was passed and any information regarding how that looks, we can provide. However, if you would like in depth information, the entire presentation is in the senate minutes.

Also, as an update, I have replaced Daniel on the building committee and attended a communications meeting for that last week.

Projects

March of Dimes: We were reached out to by the stated employment success program to have an individual come and work with us for about 14 weeks at 100% reimbursed pay. In collaboration with others in the office a job description has been created. The individual will report to myself and assist me with the various projects on the go, as well as the other executives. I have a meeting with the individual on Wednesday the 24th to see if it is a good fit, and if so square away paperwork. I can provide further information during the board meeting.

Policies: I have been working closely with Erin and Mira on reviewing, creating and updating policies for NUSU and for board review. This is an overall project to have the board and NUSU on the same page about where all of our policies stand, and have it reflected appropriately on the NUSU website. Hopefully with the new individual we will work towards inching NUSU up the scale towards better practices.

Performance Evaluation: With the other executives we have been working on creating a template to use for performance evaluations.

Things to Come

- Fall Open house is Saturday, October 27th, and we look forward to representing NUSU and Nipissing there.
- The Board of Governors Retreat is November 9th, 2018. Daniel and I have been asked to lead a round table discussion/presentation on the student experience.
- There is a Remembrance Day ceremony happening on November 11th at Memorial Gardens. We have purchased a wreath for the ceremony and a few of us executives will be attending.

Vice-President Finance's Report to the Board of Directors

Prepared By: Andrew Wood

Friday October 26th, 2018

Another month has flown by. It has been extremely productive from the financial side of the Nipissing University Student Union. I have had the opportunity to officially sign forms for the building project as well as partaking in the official opening of the new turf field. We have finished all our elections for this year's team and we are looking forward to having everyone on the same page this year to accomplish everything we could possibly want!

This Report:

The following report contains the main things I have accomplished during my last month in office. I have been extremely happy with the number of things that have been accomplished during the month of October. During this report I will breakdown what I was able to accomplish during the last month in office and what I am working on as we enter the month of November. I will also give an update on what my counter-part Mira Hotte has been working on during her month as well.

Student Advocacy

Now that Hannah Mackie is now in the open executive position, Vice-President Governance and Legal Affairs, she has been able to take over the student advocacy spot at NUSU. I have some final issues that I am working to resolve moving forward as I had previously started these before her entering office. I appreciate her helping take this off my desk as it was becoming a burden on the rest of my job as Vice-President Finance. It was a great opportunity to speak with students and understand what issues are around the school that I might not have been previously aware of. I hope I was helpful to all students as I did my best to rectify all different types of situations.

Annual General Meeting (AGM)

The Annual General Meeting is fast approaching. I have been in contact with auditing firms in North Bay to complete our audit for the 2018-2019 fiscal year. I have heard back from only one firm so far and hope to hear back from the other two very shortly. I will also be

running the building centre update for the AGM as well. This will be a high-level presentation of what this building has to offer our students. I am looking forward to presenting this as it has been a project that takes up a large portion of my time so far in office. Finally, I will be presenting our budget and have Laurie Bissonette, the KPMG representative, presenting our audit form the 2017-2018 fiscal year.

Clubs

The school year is now well underway. Clubs have been slowly getting started from a financial aspect. Nicolai MacKenzie and Erin Edge have been working extremely hard as new clubs are looking to start up and the other clubs are looking for room bookings. They have been doing an amazing job together and have helped me understand everything I need to know about the clubs.

Nipissing University Student Centre

On October 12th, 2018 we had our first official pre-construction meeting with Kenalex, The University and Mitchell Jensen Architects. This was a very informative meeting that we were able to discuss what Kenalex had in mind moving forward. They have started with clearing the site as you may have noticed coming up the hill to the school. We have booked a ground breaking on November 9th, 2018. We would like to invite anyone who would like to join us on such an amazing day full of accomplishment and rewards. The project is flying along right now, and I am spending most of my time completing building related projects.

Student Centre Loan Agreement

The Loan agreement has been officially signed by the members of NUSU and the members of TD Bank. The total of this loan is 6.5 million dollars. We have signed our papers stating we are a Canadian Not-for-Profit company as well as our Cross-Border agreement, so we can secure the best loan interest possible. We are continuing to work with TD to finish our papers and prepare ourselves to secure the interest rate. We have been working alongside our lawyer, John D'Agostino. He has been incredibly helpful during this time and has been an asset to the NUSU organization.

Finance Department

The finance department has been hard at work assisting me in our payments and

policies. Mira has also had a hand in all the building information and agreements that are being signed. She has been helpful in the clubs as well. Overall, the finance department has been extremely busy, and we look forward to starting to where November brings us and NUSU.

Things to Come

The building project will always take up most of my time as we are in the middle of getting everything set and started. The AGM is fast approaching as well, so I will be doing a lot of work on this and preparing myself for this meeting. If there are any questions or concerns about anything, please feel free to come to the office or email me as I am always open to speak about anything!

Vice-President Services' Report to the Board of Directors

Prepared By: Nicolai MacKenzie

Friday, October 26th, 2018

This past month I did some follow up on Frosh Week, saw 2 new clubs get approved, got donations for our foodbank from multiple sources, held elections, ran events for students, and attended meetings to discuss potential events and to support clubs in their event planning.

This Report:

- Frosh Week Follow Up
- Clubs
- Food Bank
- Elections
- Events
- Meetings

Frosh Week Follow Up

- I met with the coordinators to debrief from Frosh Week. We completed and updated our reviews from each day and on the week as a whole. We also completed a review on each Frosh Leader and made suggestions for next year's team.
- I will use the feedback from the feedback surveys to add even more suggestions and complete the review.
- After working with Samantha Fraser from SDS and with help from Allie, Frosh Leaders and Froshies will be automatically approved for their RSD for events that took place during Frosh if they submit the request.

Clubs

New Clubs

- The Nipissing University Badminton Club and NU Faith or the Nipissing University Interfaith Society have both become official NUSU clubs.
- There are students trying to start up the Classical Studies Club, and Students Who Occasionally Roll Dice after a few years of inactivity in both of these former clubs.
- Two students had shown interest in a Child and Family Studies society and after I followed up, they responded saying that due to prior commitments they would likely be

working on it this year to be ready for next year.

Club Events

- Clubs have been successfully running events and operating within the NUSU clubs policy! I feel that many clubs are off to a good start to their year, while some are still a bit slow to get going.

Club Forms

- Erin, who has been processing the club's request and remaining in contact with them has made some suggestions on some changes to a few of the forms to make them work more efficiently.
- These forms are the new online forms created this summer, and they have been working well, but there is room for improvement to remove redundancies.

Food Bank

West Ferris Lions Club

- Made a donation to our food bank.

Jean Wednesdays

- Traci Malkowski from HR at the university approached Warren with a fundraising opportunity for our food bank.
- This idea was allowing Nipissing University employees to wear jeans to work if they made a monetary donation, or left food donations to our food bank.
- This took place first on the 10th and we raised \$79.50 for the food bank. On the 17th we received food donations. We are expecting more donations this week and next week on Wednesdays.

Restocking

- Allie organized our food bank and we had to remove some expired items, which we gave to The Gathering Place because they are able to use some of the food that we can no longer use in our food bank.
- With more students being on campus now than in the summer, the food bank has been receiving a lot of use. We will be using the monetary donations we have received to help restock the food bank.

Elections

- I was a member of the elections committee for the Director/Senator elections that took place this month, alongside Dan, Hannah, Parker, and Charlotte. I attended the all candidates meeting and met our two candidates who are also our two new directors. Congratulations to Ally and Braeden!

Events

Past Events

- **Movie Mondays:** We held a September and October Movie Monday, and both events had very few students attend. See the event evaluation for more detail.
- **Halloween Haunt:** Halloween Haunt had 35 students register, and went off with no issues, but I have made some suggestions on improvements for next year in the event evaluation.

Meetings

I attended some meetings in the past month and these are the ones with valuable updates:

- **Relay for Life with Canadore Students' Council and Nipissing Canadore Relay for Life Club:** The club will be working to plan their Relay For Life this year and open it to Nipissing and Canadore students.
- **Jenny Fortin from Canadian Blood Services:** The Blood Services set up a table outside of the bookstore and had many students stop by to register for their pop-up clinic as well and their bi-weekly clinics in North Bay. They are looking to find students who will be able to help advertise the times for the clinics to get more students out to donate.

Things to Come

Clubs

- As more club status applications are complete, I will review them and provide feedback if needed before sending them to Casey Phillips for final approval.
- Clubs are continuing to run events, so we will continue to support them and provide any assistance they may need in having a successful year.

Upcoming Events

- **Fall Photo Contest:** Students will be able to submit photos of campus for a photo contest hosted on our social media.
- **Christmas in November:** Students will be able to take pictures with Santa and make/enjoy holiday themed decorations and snacks.
- **Coffee House:** This will be taking place on November 16th in the small cafeteria, I am working with residence and The Equity Centre.
- **Sports Cut Shave:** A way to start and promote our Movember campaign working with Lakers Athletics.
- **Wellness Wishes:** Will take place leading up to the end of the semester. It will focus on supporting students as they are stressed and getting ready for exams.
- **Tournament for Red Cross:** We will be helping to run a sports tournament to raise funds for people affected by the tornadoes that hit Ottawa this fall. The two leading options are dodgeball and ping pong.

VP Communication's Report to the Board of Directors

Prepared By: Xander Winter

Friday October 26th, 2018

Since our last board meeting Wellness Week came to a close, Hannah has transitioned into her new role, we had reading week, and the health plan closed. It has been a busy month, but a productive month.

This Report:

- Wellness Week
- Health Plan
- Movember
- Who I've Met With
- Things Sarah Has Been Working On

Wellness Week

Following the last board meeting Wellness Week had its last event. Throughout the week we did many things, and overall the week was well received.

Monday: On this day we hosted Mirrorless Monday and Smash the Scales, events that had been brought to campus last year by Taylor Mueller. These events were received well, and we saw many positive messages left on the paper covering the mirrors.

Tuesday: This day we hosted Act Like a Kid Day in the student lounge where we gave out candy, colouring pages, and played cartoons to help the students manage their stress and relax for an afternoon with reminders of their childhood. This event was very well attended and we had many people come through the student lounge. We also had RBC come in to help students create budgets. On this day not too many students came to speak with them, but those who did were grateful.

Wednesday: We kicked off Wednesday with with Romaine Calm and Carry On, an event based around nutrition. During this event I sat in the hall outside of the bookstore and gave out fruits and veggies, as well as cheap healthy recipes, and information on how healthy eating can impact your mental health. I had many people stop at my table to talk about nutritional wellness. We also had RBC come back in this day, and their presence was received much better, allowing them to help many students create budgets. This day was ended with So You Think You Want To Become An Exec. Unfortunately, we did not get anyone out to this event. I think

that this is a combination of not pushing it as an individual event rather than as simply a part of Wellness Week on my part, as well as the fact that it is still early in the year, so many people are not thinking about next academic year yet. We had put this event in our calendars ahead of time but due to Tyrel resigning and the elections taking place for VP Governance, it may have confused our students. We are looking to run this again closer to the elections for next year.

Thursday: On Thursday we ran Self Love is the Best Love and Food For Thought. Self Love is the Best Love involved us setting up a table in the hallway for students to take papers filled with positive messaging, information on the changes to the health plan, smile cookies, and various other things. Many people came by to pick up what we had to give out. Food for Thought involved people filling out a survey to help us gather data on student interests, and in return they were given food, including fruits and veggies, as well as brownies and other treats. We did not have amazing attendance at this event, but it was well received by those who were there, and brought some students into the student lounge who had not seen it before, showing off the space.

Friday: We closed the week running a self defence class with Action MMA. Unfortunately, due to bad weather many of the people who had signed up did not show up. This led to only 4 students attending. However, Action MMA ran a very good class, with a focus on mental health, and we are looking to run an event like this again later in the year.

Throughout the week we also ran the Friend Send where people could come into the office and send a postcard to a child somewhere who is struggling with something, whether it be bullying or a loss in the family, with encouraging words to help them get through the tough situation.

Health Plan

After Wellness Week finished most of my time in office has been consumed by the health plan. There were changes made to the health plan this year, so the learning curve was greater than expected, with many communications going back and forth between myself and We Speak Student. Having Allie in the office to help respond to student emails was a large help, however on days that she was not in office, or for any communication that have to go to the university this still falls on me. There have been many student complaints, and complications with the opt out process, so I will be making recommendations to potentially make changes to the process for next years team if possible.

Movember

Next month is Movember, so comms is gearing up! We have met with athletics and their

I Lead team to discuss Movember matches, as well as how their fundraising will run. We have also met with Area 13 Training Systems to discuss having them come in to talk about physical wellness and how that relates to mental wellness. There are four pillars to Movember, mental health, suicide prevention, prostate cancer, and testicular cancer. We are looking to focus on one pillar a week for the month of November.

Who I've Met With/Events Attended

- 2QT Pride
 - Meeting to discuss gender neutral washrooms in the student centre
- Academic Regulations and Curriculum Committee
- Cooper Allen (I Lead intern with Lakers Athletics)
- Area 13 Training Systems
- Campaigns Committee

Things Sarah has been working on

Groundbreaking Ceremony:

The groundbreaking ceremony will take place on November 9th at 1pm. Due to recent restructuring at Nipissing University there have been some tasks that Sarah has had to take on in order to keep everything on task. Invitations were sent out to students, staff, faculty and alumni, as well as VIPs. Sarah will be working with Warren to update the Nipissing website regarding the building as well as figuring out a billboard to promote the Student Centre outside our building site.

Labour Market Group/Yes Employment:

Sarah has been working on a collaboration with Labour Market Group and Yes Employment to provide seminars to students regarding resume writing, interviews, what to do after university, and how to apply your degree. The Labour Market Group has agreed to pay for food for students during this time.

Graduate Studies:

Over the Summer Sarah worked with the Teacher Candidates' Advisory Council (TCAC) to provide the Schulich School of Education B.Ed students with an informal orientation. It went extremely well so much so that we have been approached to possibly do this for graduate studies students which would be a great way to open communication and collaborate.

Municipal Elections:

Sarah had set up meetings for Dan and Dr. DeGagne to meet with as many municipal candidates as possible. We had great reception from not only the candidates but also the Board of Governors for NUSU taking the initiative to set these up. We have also worked with the

Chamber of Commerce to promote the voting and got great reception from students and community members who looked up nusu.com/municipal for information.

Drug Strategy Committee:

Sarah has been attending local Drug Strategy Committee meetings including a Prevention Pillar component. Multiple service providers including the North Bay Police and Indigenous groups are represented on this committee. As of right now Canadore College is not represented.

Ontario Provincial Police:

This week is National Bus Safety week and NUSU has partnered with the OPP. Sarah has been posting facts and information regarding bus safety. We are also looking to petition the provincial government with the OPP to create better laws surrounding school bus safety. This is important because 1) we have many students becoming teachers and 2) we would be the first student union in Ontario to partner with them. So far on social media we have been getting great feedback and interaction.

Things to Come

Moving forward my focus will be mainly on Movember and a campaign for gender based violence at the end of November. The health plan should begin to calm down now, so this should leave me more time to focus on my campaigns and events. We are ecstatic to have welcomed Hannah to the team, and cannot wait to continue to work as a five person committee.