

**March 30, 2020**

Kristil Almahfoud, VP Student Services 2019-2020  
Semesterly Councillor Report, Winter 2020

**January:**

- Counselling and Clinical Services Lunch and Learn on managing stress
- Organized lounge and replenished supplies in PBL rooms
  - I ordered a bunch of items off amazon for this: white out, sharpies, highlighters, WHOOSH spray, whiteboard markers, etc -- other possible supplies: phone chargers, HDMI cords (some rooms have these)
  - We put some items in the pencil cases in the PBL rooms, all extras were left in the lounge and people could come grab PRN
  - We also put snacks (granola bars, juice boxes, popcorn, hot chocolate, ramen noodles etc) in the lounge in the cupboards, we used the faculty's label maker to label each cabinet with its contents. I thought this would be an easier way to provide members with snacks and supplies that they could grab whenever they needed, rather than me putting them there at my own discretion.
- Textbook order round 2

**February:**

- We planned February Wellness month this year, there has always been a February Wellness Challenge on instagram but this year we decided to plan a bunch of wellness related events this month
  - Instagram: social media director ran the social media side of this contest. To enter the February Wellness Challenge, students had to 1) Follow Apsolutely 2) Take a photo of themselves practicing self-care or wellness 3) Tag Apsolutely and use the #swellness
  - This year I awarded grand prizes based on # of submissions but this resulted in an overflowing of posts and more quantity over quality, so I would recommend switching to a random draw for grand prizes as well (multiple submissions still allowed), possibly capping weekly submissions.
  - Prizes:
    - Grand prizes:
      - Oral B Genius Toothbrush (this was donated by a past student's mother's dental office, this is not guaranteed for upcoming years)
      - 2 X Blue and Gold Tickets
      - \$50 lululemon giftcard
    - Weekly draws:
      - Total 6 gift cards, 2 per week, \$10 each I did Tims and Subway but Tims were definitely favours
- Hot chocolate day -- cups, hot chocolate, mini marshmallows purchased from costco + superstore
- Spicy ramen challenge
  - Kevin Quan from the committee led the planning of this event.
  - Prize was \$50 WEM giftcard
- CAAWLs puppy therapy
- "Saturday Morning" Cartoons and Cereal
  - This event was done in collaboration with the Student Services department
  - Leftover milk and cereal was put in the lounge for students to eat throughout the week

**March:**

- Created a second wellness newsletter to provide wellness resources and self-care tips for students to help with the transition to online courses + social distancing. Reached out to other APSA councilors for resources they wanted to contribute.
- Coordinating locker cleanout with student services department
- Ongoing meetings with the faculty re: COVID-19

**April: N/A****Ongoing:**

- Attended bi-weekly APSA executive council meetings
- Attended bi-weekly APSA general council meetings
- Space and Wellness Committee meetings on an as needed basis (there were 2 meetings this semester)
- Plan and coordinate wellness initiatives
- Act as a member of the professionalism committee (there was one meeting this semester)
- Provide and replenish the feminine hygiene products in the women's restroom by the APSA lounge. Supplies are provided by the Students' Union and replenished as needed and as available. You can go to the SU office and pick up more whenever needed! They have lots
- Gather student concerns on study space, academic space, lab space, etc. This semester there weren't many concerns. Some concerns were presented regarding messes being left in the PBL rooms as well as some garbage left in the lecture halls. I made general posts about both of these issues on APSA members corner, and discussed with the relevant class reps about these issues. There have been no concerns presented to me since.
- Act as the APSA representative on the Council of Faculty Associations Member Services Working Group.

**Upcoming/Cancelled due to COVID-19:**

- Counselling and Clinical Services Lunch and Learn: Mindfulness Workshop
  - This event was already planned and ready to go but unfortunately didn't happen because of the university closing
- Build your own Wellness Kits
  - This event did not happen due to COVID-19
  - I teamed up with the Fundraising director to get sponsors for this event (CeraVe donated samples)
  - I reached out to other UofA wellness services for sponsorships and received contributions from Peer Support Centre, University Health Centre, ACCESS outreach, Campus and Community Recreation



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