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November Report

Contribution Hours: 11

- Meetings and curation of the First Year Facebook Group 2 hrs
- Mental Health Week Tabling 2 hrs
- GA Meeting 2 Hrs
- BYOB(lanket) event 4 hrs
- Pronghorn Cheering Challenge 1 hr

First Year Facebook Group

I am proud to have created a Facebook Group for first year students at Uleth. I will moderate this group, and share resources, events and information to make everyone's first year here excellent! I met with Garrett McGowan, the communications coordinator for the SU, who created the banner for the page. I also met with social media coordinator Kaleigh Watson who helped me create the facebook group. Then, I curated posts for the group. My goal is for this group to reach more students, and for it to be used as a resource for many first years to come. Hopefully, this will also be a place where first years can make connections.

General Assembly Meeting

During the GA meeting on November 21st, we held a by-election for a management representative. I was not present for the vote, but I congratulate Andrew Gammack on acquiring the position. During the meeting, we discussed upcoming events for Mental Health week, as well as events coming up in December. I'd also like to give a huge congratulations to Victoria Schindler on the passing of Bill 19, this is a huge accomplishment and the GA is so proud that Victoria played such a significant role. Congrats Victoria! Our next GA meeting is December 12th.

Mental Health week Tabling

Imogen Pohl organized a fantastic mental health week. This week I sat at a table in the PE atrium which had resources and info about mental health week. It also featured a "who can relate board" where students could come and write an inspiring message on a card that other students could see to know they are not alone. My high school did something similar for mental health week as well, however what was really effective about this was that the cards were color coded for different mental health issues, so everyone could look for a color that they relate to and see inspiring messages from other people who are struggling with the same issues. We also offered an online anonymous link for people to fill out as well, which was another great idea. We had tons of events running this week, including my favorite, the pause for paws event

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in the library. I went and visited Maggie, who was such a cute dog. I commend Imogen Pohl for all her hard work this week, and I hope she can take a well deserved break, she earned it.

BYOB(lanket) Event

On Thursday November 22nd there was the BYOB(lanket) event in the Zoo ballrooms. For this event, I acquired and blew up balloons to decorate the ballroom, and then helped Imogen blow up these inflatable sleeping bags of sorts. I helped Riley set-up the projector, and then we watched Inside Out, maybe I cried a little bit in the sad parts, and then we took down the decorations and the sleeping bags for the night.

Pronghorn Cheering Challenge

On November 29th the Pronghorn Cheering Challenge was going on at the Basketball game, which was Pronghorns vs Dinos. I was helping other volunteers hand out clappers, thundersticks and facepaint for the clubs who participated! I've actually never been out to a Pronghorn's game until today and it was a lot of fun! I will go to more in the future!

If you have any questions, suggestions, or would just like to chat, feel free to contact me!