

1. CALL TO ORDER

Call to Order – 10:36 AM

2. TERRITORIAL ACKNOWLEDGMENT

We respectfully acknowledge that the SFSS is located on the traditional, unceded territories of the Coast Salish peoples, including the x^wməθk^wəyəm (Musqueam), Sḵw̓xwú7mesh Úxwumixw (Squamish), Selílwitulh (Tsleil-Waututh), k^wik^wəłəm (Kwikwetlem) and Katzie Nations. Unceded means that these territories have never been handed over, sold, or given up by these nations, and we are currently situated on occupied territories.

3. ROLL CALL OF ATTENDANCE

3.1 Committee Composition

VP Student Life (<i>Chair</i>).....	Jessica Nguyen
At-Large Representative	Maneet Aujla
At-Large Representative	Rayhaan Khan
Board of Directors Representative	Julian Loutsik
Board of Directors Representative	Emerly Liu
Board of Directors Representative	Nick Chubb
Board of Directors Representative	Jennifer Chou
Student At-Large.....	Mohnish Farswani
Student At-Large	Pratit Mohar
Student At-Large	Alicia Heng
Student At-Large.....	Mehtaab Gill
Student At-Large.....	

3.2 SFSS Staff

MSC Events	Dipti Chavan
Executive Assistant.....	Shaneika Blake
Executive Director	Sylvia Ceacero

3.3 Regrets

Board of Directors Representative.....	Jennifer Chou
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3.4 Guests

Student	Abhishek Parmar
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4. RATIFICATION OF REGRETS

4.1 MOTION EVENTS 2019-10-01:01

Maneet/ Mohnish

Be it resolved to ratify regrets from Jennifer Chou.

CARRIED

5. ADOPTION OF THE AGENDA

5.1 MOTION EVENTS 2019-10-01:02

Pratit/Julien

Be it resolved to adopt the agenda as amended.

CARRIED AS AMENDED

6. MATTERS ARISING FROM THE MINUTES

6.1 MOTION EVENTS 2019-10-01:03

Monish/Maneet

Be it resolved to receive and file the following minutes:

CARRIED

* Nick Chubb came in 10:40 AM

* Rayhaan Khan came in 10:41 AM

7. DISCUSSION ITEMS

7.1 Fall Kickoff Debrief (Logistics, Marketing, Sponsorship, Sales, After-Party):

- It is brought out that not enough people attended the event.
- Arguably, the venue for the event was not the best.
 - Even though there was lots of space, there were also many lurkers.
 - It is suggested that, for example, the new parking lot could be a good place for the event next year.

*Alicia Heng came in 10:45 AM

- It is pointed out that while organizing the event, there was a problem with incorrect information and names in the contracts that were made. This delayed things and created extra work.
- There was the financial and time crunch – the time for starting to organize the event was too late. To organize something this big, it is necessary to have more time.
 - The estimates are that we are in a hole with about \$100000.
- There was a problem with the place for personal items – people came to the event with big backpacks and they didn't know what to do with their bags
 - There were no secure place where to put the bags, so students just left them in the bush or under the tables.
 - It is suggested that next time there could be lockers for bags.
- The timing was a bit early, because students were still in school. Next time the event could be a bit shorter and start a bit later.
- Some people got in for free, because the people who checked the tickets were not proactive and did not do their work properly.
 - The ticket scanners went home before the end of the event and SFSS people scanned the tickets themselves.
- Arguably the Security was not patrolling well.

* Sylvia Ceacero left the meeting at 11:04 AM

- The positive about the event:
 - The police said that the event went well, because there were no big incidents and the security staff said that that the event was well organized. According to the paramedics

- this event had the least casualties they have seen in a long time.
- The food trucks did not complain about their sale numbers.
- Lots of positive feedback, people had a good time and also went to the After Party.
 - However, when people were going to the After Party in end of the concert, it was dark and despite there were people with flashlights, it was confusing to find the way.
- It is proposed that in the future there could be physical tickets for the events. This year there was the contract about not having physical tickets, because it was messy.
- At the After Party there was some confusion with the food that was offered. Since the food came out right away, people didn't see it or didn't know if they were allowed to eat it. The food was not put on every table and it was not easy to understand for whom it was.
- Sign system for the food would be good for the next time.

7.2 Mental Health Care Packages (attachments are down below)

- It is proposed to organize the assembly line for mental health toolkits so that students could take what they need.
 - More efficient because then we know what people need and we are not wasting resources.
 - However, it can happen that if people can take what they want, people take everything.
- There is a worry that it is a little too expensive to have care packages – it is nice to give free stuff to students, but it is not a good way to spend the money.
- The problem may arise that students might just grab the things because they are free – we need more targeted approach.
- Redbull is willing to be a sponsor.
- It is suggested that we could have a wellness boot with free drinks for students.
 - There could be information about mental health and also cookies given out.
 - We could have tables with information about mental healthcare.
- More targeted approach and wellness booth – assembly line is said to be better idea
- It is suggested that we could have mental health workshops, but probably not many students would attend.
 - It is decided that there will be no workshop.
 - Students rather have free things.
 - Package with some helpful tips that they could read themselves instead of workshop.
- **It is voted that the majority does not want the Health Care packages.**

It was decided to table the rest of the discussion items:

7.3 Tentative Plan for the Year

- Thanksgiving pizza giveaway Oct 9th around 3 pm.
- Things that we could do in November:
 - The carnival should take place in spring
 - Winter craft beer in November
 - Give out free poppies for money raising
 - The photos with Santa – during the Winter Warm-up with SFU.

7.4 Halloween Pub Night – takes place on Halloween

7.5 Spooky Pumpkin Carving, takes place on October 25–26.

- Pumpkin carving – small pumpkins, because it's easier to carry this around and cheaper – only a few big pumpkins

7.6 Promotional Items

8. ATTACHMENTS

- Care Packages Updated.pdf
- Mental Health Care Contact Info Postcard Final.pdf

9. ADJOURNMENT

MOTION EVENTS 2019-10-01:04

Nick/Mohnish

Be it resolved to adjourn the meeting at 11:35 AM

CARRIED



DEPARTMENT CONTACTS



Sexual Violence Support and Prevention Office

A trauma-informed and survivor-centered service which offers support to campus community members impacted by sexual violence, regardless of when or where the incident took place.

 778-782-7233  sv-support@sfu.ca  sfu.ca/sexual-violence

Ombudsperson

A confidential, impartial and independent resource for students seeking help to resolve a University concern.

 778-782-4563  ombuds@sfu.ca  sfu.ca/ombudsperson

Women's Centre

A caring-safer space that provide services to students of all genders, including, crisis referrals & peer support, a free feminist library, free menstrual and safer sex supplies, food support, and a 24/7 safer space for women (cis, trans, femmes).

 778-782-3670  womenscentre@sfss.ca  sfss.ca/wctr

Human Rights Office

The Human Rights Office handles complaints from students, staff, and faculty under SFU's human rights policy which prohibits discrimination and harassment.

Appointments
778-782-6632
hroadmin@sfu.ca

 778-782-4446  mbrunell@sfu.ca  sfu.ca/hro

Out on Campus

Find LGBTQ+ community, support, and resources at SFSS Out On Campus.

 778-782-5933  oooc@sfss.ca  sfss.ca/oooc



DEPARTMENT CONTACTS



Health & Counselling

A team of medical and mental health professionals are available in Health & Counselling Services to support the health and well-being.

BBY:

778-782-4615

SRV/VAN:

778-782-5200



hcsinfo@sfu.ca



sfu.ca/students/health

My SSP

All SFU students can access free, 24/7 Mental Health support via chat or phone. Or you can phone to book an in-person appointment; request a counsellor of a specific cultural identification or request a different counsellor.

1.844.451.9700

**Outside North America:
001.416.380.6578**



[sfu.ca/students/health/support/
mental-health/my-ssp](https://sfu.ca/students/health/support/mental-health/my-ssp)

Interfaith Centre

Support the spiritual well-being of students, staff and faculty and increase the understanding of and respect for religious beliefs and practices.



778-782-3180



ifcadmin@sfu.ca



sfu.ca/students/interfaith

Safety & Risk Services (SRS)



778-782-4500 Emergency Line (Urgent Security/ First Aid)



778-782-7991 Non-Emergency Line (Security/ Safe Walk)



sfu.ca/emergency



sfu.ca/srs

Care Packages

Background

[Mental Wellness Day](#) in the summer semester was very well received. I was hoping to do the same thing in the fall and spring semesters.

The purpose of this event was mainly to promote mental well-being during exam season at Simon Fraser University (SFU). We handed out care packages with granola bars inside.

Key Considerations

Cost

- At almost \$10 a package, this was a very expensive project
 - We ordered only 200 bags though - price per item is expected to drop if we order more
 - However we may need to save the budget for other events (like pub nights) throughout the year
- It took a lot of time and effort to find supplies and assemble packages
- Could partner with different SFU departments (Health & Counselling) to help with funding

Correlation with Mental Health

- Do students just like free stuff or do these packages actually help students?
- It's hard to tell who the package would really benefit (differentiate between want and need)

Materials Provided

- Were there too many items? Too much information being given to students?
- "Give a man to fish, he eats for a day. Teach him, and he eats for a lifetime."
 - Mental Health toolkits (instructions, not items)

Recommendations

Cost

- Could partner with different SFU departments (Health & Counselling) to help with funding

Correlation with Mental Health

- Could host an event or workshop with a mental health professional
 - Mental Health Association of Canada
 - This experience would last longer, students can get some sort of package after the workshop
 - Workshop summary could be put on the website
 - How to get students to sign up? Students never go to the workshops and drop-ins that Health & Counselling hosts - students may not have the time for this
- Could have mental health weeks where a different resource goes out each week
 - Teaches students how to deal with anxiety, stress, depression
- Volunteers could cheer people on during finals season
- Have an assembly line type of event where students take what they want

Materials Provided

- Choose items that students will find helpful in dealing with stress during exams

Dog Therapy

- Have an assembly-line type thing at Dog Therapy - however, we would not be able to provide any cookies with chocolates or anything dogs can't eat

Steps Taken

1. Met with SFSS staff (including Dipti and Sylvia) who highlighted their recommendations above
2. Asked students what they do when they feel stressed:
<https://www.facebook.com/groups/mustknowsfu/permalink/10162323260070296/>
 - Someone said "screaming space"
 - Students also love having secure, private areas to sleep during exam season
 - Also love free food, bubble tea, talking with friends
3. Discussed at Board meeting (at the time, Events Committee was focused on Fall Kickoff)
 - Suggestion to have a type of assembly line where people can make their own packages and take what they need
4. Met with SFU Health & Counselling
 - Oct 29 & Oct 30 - Health & Counselling can provide 2 tables for us at Dog Therapy for the assembly line
 - Could provide Health Peers as volunteers (but we can also work with Hi-FIVE and Pursuit of Happiness)
5. Reached out to some granola bar sponsors (they haven't replied or said no)



Jennifer Chou
Arts & Social Sciences Representative
Board of Directors

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Simon Fraser University
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Burnaby, BC V5A 1S6
Unceded Coast Salish Territories
sfss.ca

6. Emailed Student Services
 - Asked them to print departmental contact postcards for us since most of the departments advertised are under their purview
7. Submitted work order to order items (stress balls, tea packets) - but I don't think Dipti has ordered them yet