



Hello everyone,

I hope that everyone is doing well and is looking forward to the holiday break.

Upcoming Event:

Holiday Group Fitness Classes:

Monday December 13th 5:45 PM

Wednesday December 15th 12:30 PM

Are you looking to stay active and destress this exam season? Come out to one of our Holiday Fitness - Full Body Strength Group Fitness Classes for a great workout! These classes will be providing support to the AMS Food Bank. The AMS Food Bank provides a reliable and confidential service to ensure that Queen's students can be healthy and productive as they pursue academic achievement.

Registration is FREE and is now open! Donation of a non-perishable food item is required for entry into the class. Participation is limited, make sure you [register](#) to secure your spot.

Winter 2022 Events:

I have spent majority of November finalizing my plan for next semester in consultation with Keira, the A&W Deputy, and the social team. In hopes to promote a variety of health and wellness resources across campus, as well as to encourage engagement with the SGPS services we will be hosting an incentivized social media promotional each month next semester. The first of these Winter Wellness Weeks will be taking place from January 24-28 and will be highlighting a variety of mental health resources across campus. Stay tuned for more information and make sure to engage with our posts for the chance to win a prize.

Other events that I will be running next semester include but are not limited to: Cooking with Gramma's, outdoor skating, Trivia, a food basket pick-up and a variety of fitness classes and fitness opportunities. I am excited for all the upcoming events and as always, please feel free to contact me (athletics@sgps.ca) with any questions or comments about these or other events.

Sincerely,

Kassandra Coyle
Athletics and Wellness Commissioner, SGPS



Good Evening Council Members,

Happy Holidays to all! Please find my updates below and be sure to contact me at equity@sgps.ca if you have any questions, comments, or general interest in any of the initiatives or projects listed! There have been some internal changes as you all know; Jane (Deputy EDC) and I will be working to create a plan for the winter semester. Be safe everyone and have a wonderful holiday season!

1. Advocacy and Support

Virtual Event - **A Conversation on Alienation and Healing Through Creativity and Art:** Sabrina (International Commissioner) and I, in collaboration with the [Ban Righ Center](#), hosted a virtual event in which we shared stories and our experiences as mature foreign students studying at Queen's. The event was well attended by students in a wide range of disciplines and had very positive reviews. There's a possibility to make this type of event recurring.

2. Committee Work

- **BEAG** (Built Environment Advisory Group) – Meeting this month was canceled, moving to bi-monthly meetings with additional ad-hoc meetings for building project reviews
- **UCARE and sub-councils** – Meetings cancelled, nothing to report.
- **PSAC901 Anti-Oppression Working Group** – Planning for winter semester initiatives. Sabrina and I are working on a three-workshop series for low-income/first generation graduate students to be delivered throughout the winter semester which will include 3 central themes: taxes, budgeting, and finding income/lowering expenses. If anyone has suggestions on other topics, please email me at equity@sgps.ca.
- **BIPOC Supports Working Group** with HREO and AMS – Nothing to report
- **Student Mental Health Network** – Planning for Mental Promotion Week which will be January 24th to 28th 2022. Various campus organizations will be hosting events to promote mental health. Three Health and Wellness Surveys are upcoming and students will receive an email for only 1 of the 3 surveys (Canadian Postsecondary Education Alcohol and Drug Use Survey, Canadian Campus Wellbeing Survey, or National College Health Association survey). Classroom Champions Initiative is looking for nominations of educators who are excelling at supporting students' mental health (this includes TAs supporting each other and undergrads) visit the [website](#) for more details.
- **(Deputy EDC) Provost's Action Group for Gender and Sexual Diversity (PAGGAS)** – Nothing to report.

3. Projects: Soft Infrastructure Network

A meeting has been proposed for **January** (either Monday the **10th** or Tuesday the **11th** depending on the availability of members). If your department council has not yet received an invite via email, please let me know, there are still some gaps in the network that I'm working to fill.

4. Projects: Resource Vlog

Currently no updates on this project.

Monica Garvie HBSc, MSc

equity@sgps.ca

Equity and Diversity Commissioner

Society of Graduate and Professional Students



Hello everyone,

Happy holidays!

During November I hosted the first Eco-workshop which focused on mending your clothes. The event was very well received, and we had a good turn-out, especially given the time of year and that it was virtual. I am now in the process of planning the second event in the series which will likely be in January/February and will focus on low-waste cooking.

Beyond hosting the eco-workshop, I updated the SGPS recipe blog together with Cassandra, the Athletics and Wellness Commissioner. The social deputy Derek is now in the process of starting to plan next semesters recipes and to film/take pictures for those recipes to make them more eye-catching.

I have also spent much of November finalizing my plan for next semester in consultation with Derek the Social Deputy and the athletics and wellness team. Part of this work has been to go over the survey results from the General membership survey to see what event people would be interested in and what skills people have that could be beneficial for event hosting. Events that will be happening next semester include but are not limited to: a speed-friending event, a knitting workshop, a film making workshop, Trivia, and a paint event. Derek will also be hosting a monthly Grad café (working name) which will allow students to come and talk about their research and other topics with fellow graduate and professional students. Keep an eye out for more communication about upcoming events as they start being advertised on our social medias.

If you have any comments, questions, or suggestions about these or any other future events, please feel free to contact me (social@sgps.ca).

Sincerely,
Emilia Ganslandt
Social Commisioner, SGPS



Hello Council,

I hope the end of semester is not too hectic for everyone.

Han Xu, the Deputy Commissioner and I have reached the following goals in the month of November:

1. The International Student Education week organized by CTL went well with our session on November 18, 10-11AM. We had speakers from PSAC, ISWG, and QUIC talk to the attendees about the ways they envision building communities. Attendees shared their interest in continuing with the conversation and sharing possible partnerships.
2. The Anti-Racism Working Group with PSAC held a rally titled Value Our Work on Queen's campus on November 25th at 12.30 pm. I represented SGPS on the rally along with Anthony. A statement supporting the demands of the rally was sent off prior to this on behalf of SGPS. The rally was well attended along with support from the undergraduate leaders and AMS.
3. We had sent out forms to those who had applied for the Deputy Commissioner position, asking them to join our International Student Affairs Standing Committee. We also sent our request to other graduate students who had shown interest in being part of the committee. So far, we have seven confirmed members. We hope to hold our meeting with the member in December and do a meet and greet before the holiday.
4. I have held a meeting with the office of the ombudsperson, and we discussed possible ways to suggest students to make use of the resources they provide. We also discussed my role and how I can assist them with any kind of possible issues that might arise with students facing difficulties.
5. I have also met Associate Dean Chris DeLuca, Tara MacDonald, Yunyi Chen, Arunima Khanna, and Karalyn Elizabeth to discuss TA teaching support and training for international students. We discussed the barriers that often creates challenges for international students to work as TAs. We also discussed possible ways to arrange workshops.
6. Monice and I had a very successful session with the Ban Righ center. We had women from different disciplines show up and talk to us about how they create home through art and crafts. They showed a lot of interest in future events of this kind. We are discussing with Susan Belyea on creating sharing circles of this kind in the future.

If anyone have any suggestions, questions, or wishes to collaborate, please feel free to get in touch with me.

Wish everyone a Happy Holidays and New Year!

Sabrina Masud