

just be yourself!

## RANDOM ACTS OF HAPPINESS

Best!

ROCKY

SEE PAGE 4 FOR DETAILS

you are valued.

be strong!

sending you:  
the good  
VIBES

You are wonderful!

You are capable of AMAZING things

love

Be proud!

Keep it up!

I believe in you!

think positive!

sunshine!

it's

### SETTING THE BUDGET WITH STUDENT FEEDBACK

Pg 3

sparkles!

You've got this!

### BECOMING MORE ENGAGED IN LEISURE AND RECREATION

Pg 5

Hugs

### SPSA SEEKS STUDENT FEEDBACK REGARDING ASK POLY APP

Pg 7

## FAMILY DAY

*Karmyn Foreman  
Student Advocate - South*

Monday, February 17 is Family Day in Saskatchewan! We are only one of five provinces in Canada that celebrate Family Day, with New Brunswick, Alberta, Ontario, and British Columbia also recognizing it as a statutory holiday. Family Day falls on the third Monday of February, with the exception of British Columbia where residents mark the day a week earlier. While some people value Family Day purely for the reprieve it offers from work or its role as the official kickoff to the mid-semester break for many students, I believe it is also important to remember the meaning behind the holiday.

Originally introduced in Saskatchewan in 2007, Family Day is meant to serve as a day of celebrating and spending time with family. The world has changed dramatically since the holiday's inception, particularly in terms of technological advancement. Social media has become incredibly popular and provides opportunities to connect with people in ways never possible before. However, it has also become an obsession for many people and often contributes to a sense of isolation and loneliness. Living in Saskatchewan during the winter months, with its diminished daylight hours and frigid temperatures, can intensify these feelings. Family Day provides the perfect opportunity to reconnect with those we care about, honour the ways in which they have supported us throughout our lives, and create new memories while having fun.

I am fortunate to have a very supportive family, but I recognize that this is not always the case. Some of you may be separated from your family by geographical distance, by differences in belief systems and values, or by other circumstances. You may feel that you are excluded from celebrating Family Day. It is important to note however, that the concept of what a family is has evolved and is not merely defined by biology or genetics. A family is made up of the people who accept and support you, who make you feel safe. They are the people who bring you comfort in difficult times, and joy and laughter in the best of times. Perhaps they are your friends, your classmates, a mentor, or a neighbour. Whoever they are, I encourage you to spend time with them on Family Day.

For those of you not destined for sandy beaches and turquoise waters during the winter break, check out what activities your community is hosting to celebrate Family Day. If you are missing your family and cannot make it home, think about making a phone call; I am sure the person on the other end will ap-

preciate hearing your voice as much as you will hearing theirs. And if your circumstances absolutely prevent you from spending time with the people you care about on February 17, I encourage you to take a moment on that day to reflect on the importance of family and what it means to you.



**SPSA**

**NATIONAL  
TORTILLA  
DAY**

**FEB  
24**

**THE SPSA WILL BE PASSING OUT  
FREE CHIPS AND DIPS! WATCH FOR  
ADVERTISING ON CAMPUS!**

**PROVIDED BY THE SPSA  
AVAILABLE WHILE SUPPLY LASTS**

## SETTING THE BUDGET WITH STUDENT FEEDBACK

*Jesse White*  
*VP Finance and Internal Operations*

In the next month, your SPSA Executive Council will get together and determine the budget for the next academic year. Vice Presidents from all four campuses will spend the weekend discussing what is the best way to use your student fees to provide you with the best student experience.

As your Vice President Finance and Internal Operations, it is my responsibility to ensure that what we do with your fees is both financially responsible and realistic. We have had some wild suggestions in the past and while no idea is stupid, we have had some pretty out-there suggestions. The most common mistake is thinking locally. Each of our campuses has different situations and different needs. So, while problems on each campus are individually important, it is my direction as your VP Finance to keep our council thinking provincially with this upcoming budget.

The focus of your SPSA is and will always be student experience first, I just want the changes and decisions we make this year to help all our members. I want our budgetary decisions to set up and next year's council for success and that's where you come in.

Unfortunately, your Executive Council does not have superpowers. We all approach this job using our own lens. What I want is for us to not inadvertently provide a direction that is too narrow or doesn't consider the experiences of our widely diverse membership. What we need is your feedback and ideas.

We need you to come out to events and talk with us about what you want to see out of your association. We need you to email or call us if you have an idea because there is no voice more powerful than yours. We need you to stop us in the halls and say hi and tell us in person your great ideas. We need your voice.

The Saskatchewan Polytechnic Students' Association is your megaphone. This council is

determined to amplify your voice and make it reach every level of decision making at this institution. We just need you to stand behind us and give us something to say.

**STUDENT CLUBS**

*your ideas* *our help*

Turn your passion and ideas into a student club.

**ON A BUDGET? WE GOT IT COVERED**



# HOMESTYLE CRUST PIZZA

COMPLETELY DIFFERENT & DELICIOUS

**\$6.99** PLUS TAX  
**MEDIUM 12" 2-TOPPING**

**UNLIMITED PIZZAS - EVERYDAY VALUE PRICE**  
CARRY OUT ONLY





## BECOMING MORE ENGAGED IN LEISURE AND RECREATION

*Madison Mark and Franklin Odor  
Saskatoon Campus Council*

Do you ever feel a sense of decline in your mental and/or physical health?

There are many resources, supports, and services available in many communities that can provide recreational opportunities for everyone. Getting involved doesn't mean it will be expensive because there are so many things that can be done for little to no cost, and won't take away from valuable time.

Maintaining a balanced way of life can be highly beneficial in many different aspects, especially as college students. Adopting recreation into your daily or weekly life can take some self-discipline as you pursue creating a more routine and structured schedule.

The whole purpose of this article is to encourage you to pursue what it is you are passionate

about. In today's society it is easy to become engulfed in our day-to-day responsibilities, and at times wanting or needing to either retreat or do something enjoyable as a relief mechanism. The intrinsic reward you get when you are doing something you love and are passionate about is the root cause for keeping committed.

It is important to purposefully seek out guidance and direction from professionals and organizations that have or can direct you to the source you are seeking. Connect with those that are on the same journey as you. Networking and establishing working, business, and/or personal relationships with people who maintain the same values as you will positively impact the outcome. It's a good idea to position yourself around those who are already successful in your area of interest and have achieved the same or similar goals you have set for yourself to attain. The people you keep around you have the ability to motivate you, or demotivate you – choose wisely! Network with



those who keep you positively motivated and encourage you to pursue a healthy lifestyle.

Setting goals and committing to them is a prominent way to ensure the success of what you want to accomplish. Doing this contributes to a better sense of accomplishment, direction, and purpose. It is usually when you are feeling the pressures of the world, when you are sensing that declining slope, this is when it is crucial to have that passion to fall back on. Whether it's sports, music, reading, dancing, walking, fitness, creative art, swimming, or cooking, etc., if it makes you feel good than why not pursue it?

To help you on your journey towards well-being and a healthier lifestyle, here are some ways to get started:

- Develop a weekly/monthly meal plan
- Commit to exercising regularly
- Make mental health a priority
- Being cognizant of your time management
- Self-awareness – the only person you are competing with is yourself
- Connect with communities with similar values

Remember why you started and that there is always another chance to start again.

“Your present situation is not your final destination. The best is yet to come.”  
Zig Ziglar

# Rejuvenate.

Take advantage of coverage on paramedical services during reading break.



[mystudentplan.ca](http://mystudentplan.ca)

## GOOD FRIENDS BRING GOOD GRADES

*Sanchi Anand*  
Regina Campus Council Director

In my opinion, developing social skills at Sask Polytech will be highly beneficial for you. Firstly, it will improve your emotional status and good friends always have great techniques and coping skills which will come “handy.” In other words, a positive influence towards you that will make you perform a lot better in your tests, exams, assignments etc.

Secondly, it will for sure increase your sense of belonging. It is always better to have a few of those “real” friends to whom you can go to whenever you feel low or just want talk, because they are your well-wishers, they will always motivate you to perform better in school. So, I would like to emphasize upon, “keep your friends close to you they are like family”.

Thirdly, it’s a truth that friends always reduce our school stress loads so make time for friends; like add a day in your monthly work calendar which can be called as “time for friends”. It’s a healthy strategy to have a

## FREE SPEECH

*Faruk Shovon*  
Campus Council Director - Saskatoon

A good day or a bad day  
It's upto your gameplay  
Forecast your inner say  
Throughout the cosmic bay  
Uproot the corrupted shoots  
Diluting the sinner brutes  
Take way your rightful place  
Flushing out your inner hate  
If they mock you  
They kill you  
Or else, they feel you  
In this life or past views  
One is all, All is one  
Believe it or not  
The end will come to you  
Humanism or Terrorism  
The Man chooses the nuke  
As He is defiled from grace  
Until Eden becomes a limbo grave  
What else is there for you to see  
Inner truth burning the cynic tree  
For the awakened peace of free speech

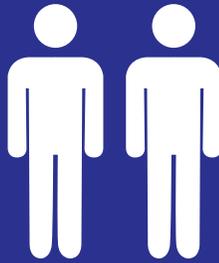
balanced lifestyle. I would say never forget the fact that your friends could be your main support system - good friends always have your back guys! I am speaking from my experi-

ence when I say, “how many friends you have doesn’t matter, what matters is to have few of the real ones.”



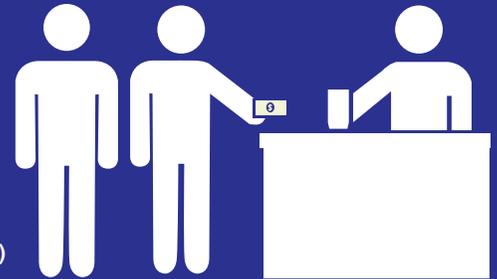
## A STEP BY STEP GUIDE TO THIRSTY THURSDAY

### STEP 1



WAIT FOR 3 O’CLOCK

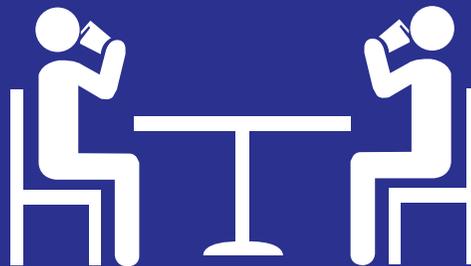
### STEP 2



ORDER A DRINK

(REMEMBERING YOUR MANNERS ALWAYS HELPS)

### STEP 3



ENJOY & HAVE FUN!

PRACTICE THESE TIPS AT THE NEXT THIRSTY THURSDAYS!

**MOOSE JAW AND PRINCE ALBERT - FEB. 6**

**REGINA ND SASKATOON - FEB. 13**

**ENJOY FREE PIZZA PROVIDED BY PIZZA HUT**

**19+ ID REQUIRED. PLEASE DRINK RESPONSIBLY.  
PIZZA AVAILABLE WHILE SUPPLY LASTS.**



## SPSA SEEKING STUDENT FEEDBACK

## STUDENT OPEN FORUM ASSEMBLY



- STAY INFORMED
- MEET OTHER STUDENTS
- BE INVOLVED ON CAMPUS
- HAVE YOUR SAY
- FEBRUARY 25**

*Ashley Poole*  
Marketing Manager

On January 21, I attended the Moose Jaw and Regina Student Open Forum Assembly meetings to discuss the SPSA App, Ask Poly and gather feedback from students who currently use the app or others who have never heard of it.

The SPSA understands that technology is always changing and we need to improve our app to make sure it's meeting the needs of our members.

The meetings in Moose Jaw and Regina proved very positive as I received a lot of great feedback from students on ways to improve the app and possibly even more importantly, how to ensure students download our app to begin with.

As we move through the process of refreshing the SPSA app, we will continue to seek feedback and ideas from our membership. I will be attending the Prince Albert and Saskatoon Student Open Forum Assembly meetings on February 25 and look forward to hearing from

more students and getting their take what the SPSA can do to improve in this area.

If you're a student who is currently using the Ask Poly app and would like to provide feedback, I'd love to hear from you.

Feel free to either stop by the SPSA Office, give me a call at 306-659-4340 or email me at [ashley.poole@spsa.ca](mailto:ashley.poole@spsa.ca).

The more information we can gather before refreshing the app, the better we'll be able to ensure we're providing our members with a product that is both user friendly and provides students with the information they're looking for.

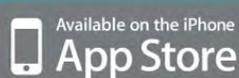
The Ask Poly app was developed over 5 years ago, we know it's time for an upgrade and we know hearing from our members is the best way to move forward.

I am excited to attend the February 25th SOFA meetings in Prince Albert and Saskatoon and hope to hear from many of you soon about ways we can continue to improve our digital communication.



THE INFO YOU NEED.  
THE PRIZES YOU WANT.  
THE APP THAT HAS BOTH.

DOWNLOAD ASK POLY TODAY.  
POWERED BY YOUR STUDENTS' ASSOCIATION





**MOOSE JAW**

**Free Delivery**

**Order Today: 306-692-5336**



203 Main St. North  
306-694-4310  
@chrysaliscoffeeroasters  
Evolvecoffeemj  
*Fresh-roasted coffee, in-shop  
baking, soup, sandwiches.  
Vegan, G/F options.*

