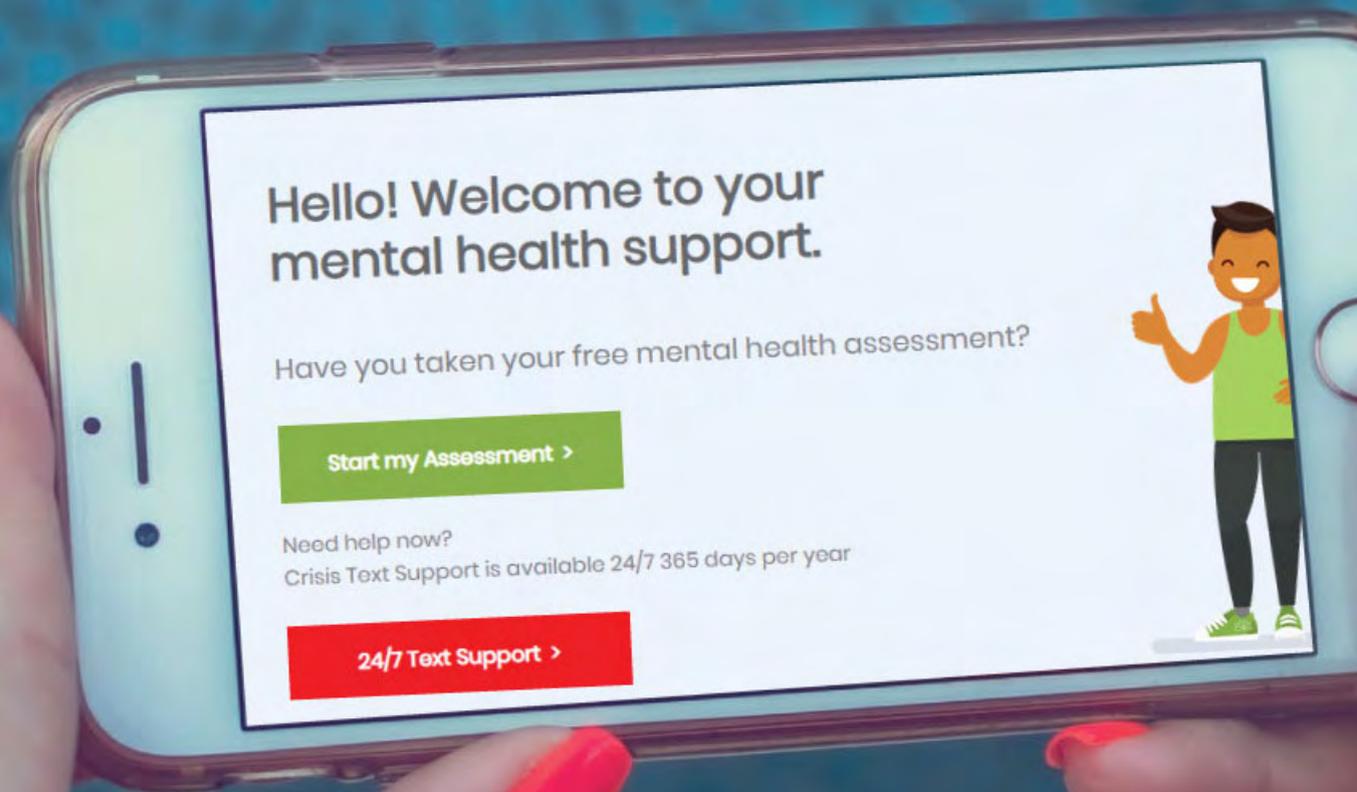


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## ON THE ROAD AGAIN - THE ANNUAL SPSA NHL TRIP

*Karmyn Foreman  
Student Advocate - South*

If you are a hockey fan like me, you likely spent at least part of the holiday break following team Canada as they took on rival hockey nations at the IIHF World Junior Championship. For many families this tournament has become a beloved tradition with it being as much a part of the holidays as Bing Crosby and turkey dinners.

There are few things considered more quintessentially Canadian than lacing up your skates and bounding onto a frozen pond to play a game of hockey with some friends (or if you are like me and do not have a shred of athletic ability, you will plunk yourself down on the couch in your favourite team's colours to watch the pros battle it out on a Saturday night). I am reminded daily of the enthusiasm that people across this nation have for the game as staff members and students eagerly stop by our offices to check their standings in the SPSA NHL Draft- although the rivalry and competition that comes with this does not hurt either.

For our hockey enthusiasts, you will be pleased to know that the SPSA recently finalized details for our annual NHL Trip. This year we will be making the trek to Calgary on Saturday, March 14 to see the host Flames play the Winnipeg Jets. The bus will depart from the Saskatoon campus Saturday morning and arrive in Calgary a couple hours prior to puck drop. After a quick stop at the hotel to check in, it is off to the game! After getting your fill of the good old hockey game, the bus will return to the hotel for the night. On the morning of Sunday, March 15 everyone will get back on the bus to make the journey back to Saskatoon.

This trip is not just open to students, but to staff and the general public as well. So if you have any friends or family that you think may be interested, please let them know about this great opportunity! For those in Prince Albert, Regina, and Moose Jaw the student rate is \$110 and the public rate is \$175. For students in Saskatoon the cost is \$135 and for members of the public who live in Saskatoon, the cost is \$200. These rates cover the cost of the bus ride, the game ticket, and hotel stay (please note that this price is based on an occupancy of

four per room).

You do not have to be a fan of the Flames, Jets, or even hockey in general to have a great time. In past years we have had many students who openly admitted having little to no interest in the sport itself. However, after they experienced the weekend their sentiments were always the same: they had so much fun!

Although March may seem far away, it is important to note that there are only 50 spots available for the trip. It is always one of our

most popular events and these spots fill up quickly, so if you are interested I recommend organizing a group of friends as soon as possible!

This trip provides the opportunity to see some hockey superstars like Johnny Gaudreau and Mark Scheifele, but above all else it is a chance get away for a weekend, have some fun with friends, and create some lasting memories. If you have any questions about the trip or would like to register, please stop by the SPSA Office at your campus.

**SIGN UP AT THE SPSA OFFICE**

# NHL TRIP

**MARCH 14 & 15 | CALGARY, AB | 50 SPOTS**

**PRICE INCLUDES:  
GAME TICKET, BUS RIDE AND HOTEL STAY**  
\*PRICE BASED ON QUAD ROOM OCCUPANCY

**CALGARY VS WINNIPEG**

**BUS DEPARTS FROM SASKATOON CAMPUS. A DISCOUNTED RATE IS BEING OFFERED TO STUDENTS FROM MOOSE JAW, PRINCE ALBERT AND REGINA CAMPUSES. SEE THE SPSA FOR PRICING.**

SPSA

## DRUG AWARENESS WEEK

*Caitlin Smith  
Campus Council Director - Prince Albert*

National Addictions Awareness Week is a yearly occurrence hosted by the Canadian Centre on Substance Use and Addiction from November 25th to December 1st. The purpose of dedicating a week to addictions awareness is to spark discussion on how Canada can prevent and treat our current addictions crisis. This year the theme was Stigma Ends with Me. This theme was created in hopes of educating the public and making addictions a normal, everyday topic of discussion. Alcohol and other drug related harm is prevalent in our society, but people are hesitant to talk about it. Dedicating a week to create awareness is the start of breaking down the barriers and showing people that it is okay to seek help, it is okay to need help and it is okay to talk about addictions.

For Drug Awareness Week, the second-year Addiction's Counselling students at the Prince Albert Campus organized activities to create awareness on campus. With the help of some first-year Addictions Counselling students, addictions specific games, beer-goggles and other activities were offered in hopes of attracting

students on campus and educating them via fun-filled activities.

Although we may not realize it, Canada has a drug problem. Drug abuse has costed Canadian taxpayers an estimated \$23 billion a year and \$3.3 billion of that is from healthcare costs. Drug abuse is only costing a couple billion less than the value of the Canadian pharmaceutical industry. If these numbers weren't alarming enough, the last Canadian and Drug Use Monitoring Survey estimated that 21.6% of the Canadian population met the criteria for a substance use disorder. In simple terms, this means almost eight million people suffer from addiction in Canada.

Saskatchewan has many resources for individuals struggling with addiction. Some of them are:

- Metis Council of Saskatchewan (Prince Albert) (Regina) (Saskatoon)
- Brief and Social Detox (Prince Albert)
- Sakwatamo Lodge Family Treatment Centre (Prince Albert)
- Valley Hill Youth Treatment Centre (Prince Albert)
- Mental Health and Addictions Services (Sas-

katoon)

- Addiction Services (Prince Albert)
- RGHR Addiction Services (Regina)

**SPEED MEET**  
THE ULTIMATE ICE BREAKER!

MEET NEW PEOPLE OR GET TO KNOW YOUR CLASSMATES BETTER!

**WEDNESDAY**  
JANUARY 8 - 12-1PM  
OUR PLACE RESTAURANT  
(NEAR CAFETERIA) SPSA  
**PRINCE ALBERT**

**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



## A TWENTY YEAR THROW BACK - THE WORLD IN 2000

Tara Pejski  
Advocacy Manager

It was the year 2000, we just realized that Y2K was not going to destroy all of technology, Jean Chretien was entering his seventh year as Prime Minister and the average cost of gas was 71.7 cents per litre. Somehow this was 20 years ago and some of the current Saskatchewan Polytechnic students had not yet been born...for those of us who were, do you ever wonder how far we have come? Here is a look back at some events (mostly pop-culture) that happened in the year 2000:

### January 1:

Gisbourne, New Zealand is the first city in the world to welcome in the new millennium

### January 9:

Adam Sandler wins the Peoples Choice Award for Favorite Comedic Actor in Big Daddy

### January 30:

Budweiser's "wassup" ad airs during the Super Bowl

### February 23:

Santana wins the Grammy's Album of the Year award for Supernatural

### February 23:

Jennifer Lopez wears "the green dress" to the 42nd annual Grammy Awards leading to the creation of Google images.



### March 21:

'N Sync released their 4th studio album No Strings Attached

### March 26:

American Beauty wins the Oscar for Best Picture

### April 19:

O, the Oprah Magazine debuts

### May 1:

The movie Gladiator premiered

### June 10:

The New Jersey Devils defeat the Dallas Stars to win the Stanley Cup

### July 5:

The first season of Big Brother (America) airs

### July 8:

Harry Potter and the Goblet of Fire is released

### July 29:

Brad Pitt and Jennifer Aniston get married

### August 23:

Richard Hatch wins the first season of Survivor – Borneo



### September 10:

At the Emmy's Will and Grace won Most Outstanding Comedy Series and The West Wing won Most Outstanding Drama Series

### October:

Heinz introduced green ketchup

### October 26:

Play Station 2 was released

### November 7:

A controversial election is held between George W. Bush and Al Gore to become the 43rd President of the United States



### November 26:

BC Lions defeat the Montreal Alouettes to win the Grey Cup

### December 12:

The US Supreme Court officially declares George W. Bush the president.

### December 26:

Mario Lemieux scores a goal and two assists in his first game back to the NHL after a more than three-year hiatus



And if all of this is not enough to make you feel a little bit older, here is a glimpse of events yet to come:

- Wikipedia will not exist for another year
- The September 11th attacks do not happen until 2001
- It will be another two years before the first season of the Bachelor airs
  - Face Book will not launch until 2004
- Smoking in public in Saskatchewan will not be banned until 2005
- The first iPhone will not be released until 2007

We have come a long way in the past 20 years, and with all of the significant advances in technology that we have in this time only mean that we will many more mind blowing advances in the near future.

<https://www.harpersbazaar.com/uk/fashion/fashion-news/a25378084/versace-recreated-jennifer-lopez-green-dress/>

<https://www.wonderwall.com/entertainment/tv/survivor-winners-where-are-they-now-32921.gallery>

<https://theecologist.org/2018/oct/05/george-w-bush-elected-2000-floating-oil-money>

<https://www.nhl.com/news/this-date-in-nhl-history-december-27/c-285051338>

## MYWELLNESS

*Tara Pejski*  
*Advocacy Manager*

Hopefully at this point in the school year students are familiar with the Health and Dental Plan provided by the Saskatchewan Polytechnic Students' Association (SPSA). One of the benefits of our plan that I would encourage all students to check out is called myWellness.

MyWellness is meant to be a "checkup from the neck up". It is not uncommon for students to feel stressed or anxious while in school, but if you believe that these feelings are overwhelming, or that there may be something more significant going on, this is a program that students can anonymously access. By creating an online profile (that does not include any personal information) students have access

to a questionnaire that typically takes five to ten minutes to complete. If anything is flagged while completing the questionnaire then students are given a report that they can then print off and bring to their family doctor in an attempt to jump-start the conversation.

It is important to note that this assessment, while created by health care professionals, is not a diagnosis. It is a valuable tool that we encourage students to utilize and share the results with their personal doctor or counsellor, who will then help to create an appropriate, individualized action plan.

There are many other resources available to students who are looking for additional supports. Each campus has a Student Services office that employs counsellors with a vari-

ety of expertise. Other departments that may be helpful to students include the Learning Centres, the International Centres, the Indigenous Centre and the Students' Association. If at any point during your time at Saskatchewan Polytechnic you feel like you need some help or support – someone is always willing to help. Please do not hesitate to reach out!

The free, anonymous mental health assessment can be accessed at [mywellnessplan.ca](http://mywellnessplan.ca). For more information on the assessment, or any other health and dental inquiries, please see your local SPSA Office.

## SPSA WELLNESS CHALLENGE

*Randi Spencer*  
*Student Advocate - North*

The month of December brings a lot of stress. To help combat the stress we started a new wellness challenge as part of the Stress Better initiative. The challenge was to take 30 minutes a day to do some sort of physical activity—this is time you are taking to work on yourself and destress. The challenge asked for a photo at the end of your session—either of your treadmill time, by the fitness class sign, with your sports team, your equipment—really any photo to show that you completed the activity. An easy way to check in and stay on track.

Staying active is important for your overall health and important during times of stress. Taking at least 30 minutes a day to exercise has many benefits. It helps your heart health—minimizing risk of stroke and cardiovascular problems. It helps with stress and gives a mood boost by releasing endorphins to help combat that exam stress and winter blues. It has been proven to help increase productivity and used as a memory aid—both needed to stay on track and succeed during exams. 30 minutes or more of exercise a day also has the added benefit of calorie burning and weight loss (yes even just 30 minutes of activity can help!).

The challenge was piloted at the Saskatoon Campus with a lot of interest for the grand

prize of goodies valued around \$200.00. Every participant receives a prize just for signing up! Those that stayed in active participation received additional goodie bags. When a photo was submitted we logged it for you and sent a quick tip of the day. These wellness tips were little add ons to add to your fitness and to help

your mental wellness as well.

We are hoping for more active involvement for the next round of the challenge. If this interests you let us know at the SPSA Office and look for the posters during the next exam season!



## WAYS TO BE PRODUCTIVE THIS WINTER SEMESTER

Sanchi Anand  
Regina Campus Council Director

Welcome back everyone!!!

Now that the break is over, it's time to get back to business! Getting back into the routine of school and assignments and exams can be tough, that's why I'm offering some tips to help you get off to a great start.

Here are some tips and ways to be highly productive and achieve your set goals for this winter semester.

Start off with managing your time by keeping track of your time. For example, you should set aside time for self-care which you can also call "MyMeTime" - it is super important to have because schoolwork can be really draining.

Second, make sure to take breaks during studying. Believe it or not a good study mechanism to have is to take breaks every 2-3 hours. Use these breaks to walk around, stretch, etc.

Third, make sure you are setting realistic deadlines for yourself and be prepared for your assignments so you can accomplish them efficiently.

Fourth, make sure to eat healthy. Your body and mind need good nutrients to feel less tired and more productive throughout your day.

Fifth, make sure to put this as one of your to do list which is to get plenty of sleep which means 6-7 hours every day. I make sure to get 6 hours of sleep in the night in order to per

form better in midterms, tests and quizzes.



Lastly, I attended SOFA meetings, and got involved in school events as well which helped me to let go of some of my stress and anxiety.

There are lots of things students you can do to help stay on top of your assignments and be productive this semester. These are my tips and I hope they help!

REFUEL  
FRIDAY  
JANUARY 10TH

REFUEL WITH  
FREE  
BREAKFAST  
EVENT DETAILS VARY.

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AND REGINA CAMPUSES.

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## JANUARY EVENTS - REGINA CAMPUS

*Jeslyn Mitchell  
Regina Campus Council Director*

Winter holidays have come to an end, and it may be hard to return to daily classes, assignments and exams. That is why the SPSA has planned welcome back activities for your stress-free enjoyment!

On the first day back, Monday, January 6th, 2020, we will be giving away coffee and donuts from 7:30am-9am on Main Street. Come out for some free refreshments and to chat with your SPSA members!

On Thursday, January 9th we will be having our monthly Thirsty Thursday, from 3pm-5:30pm, in the student lounge. Bring ID and cash to enjoy an afternoon of socializing and drinks! Free pizza and non-alcoholic drinks are provided.

On Friday, January 10th we will be having a

Refuel Friday Pancake Breakfast, also from 7:30am-9am. The Practical Nurses Club will be joining the SPSA for this event, selling raffle tickets, which are fundraising for their clinical in Uganda. On January 31st the Practical Nurse's Club will also be having a bake sale fundraiser. Come buy some goodies to support this great cause!

Our January SOFA (Student Open Forum Assembly) will be on January 21st from 12-1pm, in Room 155. Come out if you have concerns, questions, or ideas to bring to the SPSA, we would love to hear them! Our goal is always to make your time here at Saskatchewan Polytechnic memorable, stress-free, and fun. If there are any issues preventing those qualities, we need to hear them so that we can do what we can to address and fix them.

We hope to see you get involved in the upcoming semester; be on the lookout for exciting new SPSA events every month!

GET YOUR  
**MORNING  
BUMP**

**COFFEE & DONUTS  
FREE FROM THE SPSA**  
EVENT DETAILS VARY. SEE THE SPSA.

**JANUARY 6TH**

SPSA

## STUDENT OPEN FORUM ASSEMBLY



STAY INFORMED

MEET OTHER STUDENTS

BE INVOLVED ON CAMPUS

HAVE YOUR SAY

**JANUARY 21**

**THIRSTY  
thursday**  
welcome back

SPSA

**9 JANUARY**  
3-5:30PM  
STUDENT LOUNGE  
19+ ID REQUIRED

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START THE NEW YEAR OFF RIGHT AT THE  
FIRST THIRSTY THURSDAY OF 2020!

EVENT DETAILS VARY PER CAMPUS.





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