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WHAT IS A LEADER?

SPSA Executive Council

Over the summer months, the Executive Council had the opportunity to attend two conferences that provided various workshops and leadership training for student leaders from all over the country. These two conferences were Leader's Hall and the Student Union Development Summit (SUDS).

In June, Executive Council attended Leader's Hall at Niagara on the Lake which provided workshops with prestigious guest speakers. In one of these workshops, Drew Dudley, who was one of the most captivating and compelling speakers that they had, provided an intensely personal and vulnerable presentation speaking largely on personal leadership philosophy. He asked the group, "What would the person who I want to be do in this situation?" The answer to the question is to do just that. Another enthralling question was, "Why do I matter?" He created The Leadership Test which contains key words that are connected to several other questions we must ask ourselves to take leadership and ownership of our lives and interactions, which are reflected in the following words:

1. **IMPACT** – What have I done to recognize someone else's leadership?
2. **GROWTH** – What did I do today to make it more likely someone would learn something?
3. **COURAGE** – What did I try today that might not work, but tried anyway?
4. **EMPOWERMENT** – What have I done today to help someone else move closer to a goal?
5. **CLASS** – When did I 'elevate instead of escalate' today?
6. **SELF-RESPECT** – What did I do today to be good to myself?

All of the above questions provided by Drew Dudley can be applied to each individual's life, no matter what path you are on. We are all embarking on this journey of life, and as fellow students it is important to learn from each other as we are continuously evolving through cycles and stages. If anyone is interested, Drew has written an amazing book that reflects his overall presentation, *This Is Day One: A Practical Guide to Leadership That Matters*. The overall experience was enlightening as we were able to network and collaborate with other institutions from across Canada.

The second conference was the annual Student Union Development Summit (SUDS) which took place at the University of British Columbia. Many student leaders gathered here to attend a variety of workshops that included:

- David Suzuki speaking on the importance of purposefully acting to reverse the negative effects of climate change and deforestation. He passionately expresses this to be a dominant issue of our time and that we are in a state of climate emergencies.
- Cicely Blain presented a workshop on diversity and inclusion where she articulated the importance of diversity in an institution and the difference between power and privilege, and how we can utilize this. She also elaborated on the meanings of intersectionality and microaggression, relating to the staircase of oppression.

- Two other speakers, Lev Bukhman and Peter Guo, discussed a major issue in most institutions, student apathy. Lev suggested that Student Engagement Surveys should be done frequently and reiterated that these surveys are a great way to gain new insight about what students want and need. Peter expressed how student unions/associations can focus on bringing together groups that typically do not have a voice.
- Kate Rossiter delivered a workshop regarding sexual consent and sexual violence, and provided strategies in dealing with such situations.
- Alex Usher presented a workshop on the importance of fighting for the right fight. In his opinion, quality education is of the utmost importance over accessibility and funding. His discourse on quality education consists of internal quality assessment tools to determine how we train future students to focus on important issues, and to engage people in democratic discussions to make higher education improvements and to receive professional feedback from students.

As your Saskatchewan Polytechnic Student Body Representatives, the Executive Council is dedicated to adapting the training we received at these conferences into action. We will be continually progressing throughout the academic year to ensure the knowledge and experiences we've gained be practiced proficiently.



SPSA Executive Council attending the Student Union Development Summit (SUDS). From left to right: Jolene Lennox, VP Regina; Sukhjit Samra, President; Amanda Boychuk, VP Prince Albert; Madison Mark, VP Saskatoon.

THE SPSA WELCOMES NEW AND RETURNING STUDENTS FOR THE 2019-2020 ACADEMIC YEAR!

*Madison Mark
VP Saskatoon*

Dear Saskatchewan Polytechnic Students,

The Saskatchewan Polytechnic Students' Association (SPSA) would like to sincerely welcome all students to the 2019/2020 school year!

Whether you were working, relaxing, and/or spending time with loved ones, we hope everyone was able to enjoy their summer. We are extremely excited to begin this upcoming school year with all the new and returning students! We are certainly looking forward to all the upcoming events, activities, and interactions that we will get to experience together.

As we progress into the fall semester and continue to balance various aspects of our lives, we want to encourage all students to reach out to the SPSA. We are dedicated to helping improve the student experience by providing services such as student advocacy, health and dental plan, locker rentals, tax services, leadership opportunities, year-round events and most importantly, being your voice. At the SPSA, we are an open door for any questions, concerns or desires that students may need or want in order to receive the best experience possible here at Saskatchewan Polytechnic.

At the SPSA, we will be offering numerous events and activities for students to participate in throughout the academic year. Some of the things students can look forward to include Paint Nite, Rustic Sign Night, Thirsty Thursdays, Welcome Week Events, Pickle Day, Adulting 101 workshops, and much more! All the events will be campus specific so please reach out to your VP Campus for further details.

The SPSA also welcomes any and all student input to contribute in creating a positive experience for students and our community here at Saskatchewan Polytechnic. We have an Executive Council that consists of our President, Sukhjit Samra (based in Moose Jaw Campus); Vice President Moose Jaw, Rohit Vij; Vice President Regina, Jolene Lennox; Vice President Prince Albert, Amanda Boychuk; and Vice President Saskatoon, Madison Mark. There is an opportunity to join the SPSA Executive Council for the vacant position, Vice President

of Finance & Internal Operations. We will be taking nominations from September 11th through September 18th. Please see your Campus VP for this opportunity, along with three Director positions.

We would love to hear of any concerns, ideas, and/or suggestions you, the students, may have and are looking forward to an inspiring year together!

SEPTEMBER 3 FREE COFFEE & DONUTS

MOOSE JAW - 7:30-9AM
PRINCE ALBERT - 7:30-8:30AM
REGINA - 7:30-9:00AM
SASKATOON - 8:00AM



WAKE UP SPSA BREAKFAST

MOOSE JAW
FRIDAY, SEPT. 6
PRINCE ALBERT
WEDNESDAY, SEPT. 4
REGINA
WEDNESDAY, SEPT. 4
SASKATOON
FRIDAY, SEPT. 6

THIRSTY THURSDAY SEPT. 5

MOOSE JAW - 3:00-5:30PM - STUDENT LOUNGE
PRINCE ALBERT - 3:00-5:30PM - STUDENT LOUNGE
REGINA - 3:00-5:30PM - STUDENT LOUNGE
SASKATOON - 3:00-7:00PM - GYMNASIUM



MOOSE JAW - TUESDAY, SEPT. 3
PRINCE ALBERT - FRIDAY, SEPT. 6
REGINA - FRIDAY, SEPT. 6
SASKATOON - THURSDAY, SEPT. 5

MEAL ASSISTANCE PROGRAMS

Randi Spencer

Student Resource Representative - North

The school year is here and with it comes extra expenses and time restraints. We want to ensure that you, as students, have access to proper food and nutrition to help you optimize your learning. Classes are stressful enough without the extra stress of forgetting or being without a meal. If you find yourself in a difficult position and need a little extra help this year – the Saskatchewan Polytechnic Students' Association (SPSA) has some options to help you out.

SAvivor Program

It is always difficult to focus when you are hungry, and you may find yourself on campus without any food for the day. That is where the SAvivor Program comes in. The SAvivor Program is accessed through the SPSA and can be used once a month. The program will provide you with a breakfast and dinner for that day.

To sign up for the program come visit us at the SPSA Office at any of our campus locations. You will be required to present your student ID and fill out a quick form. This program is for you as the individual student – it is not a family program.

Food Bank

In Regina and Saskatoon, the SPSA has partnered with the food banks

to provide a more convenient drop-off for students requiring the food bank services. With a busy class schedule it may be difficult to make it to the food bank during their regular hours, or you may not have access to transportation. Whatever the case may be, the SPSA can help you out. The food bank provides food for yourself and any live-in dependents you may have to provide for.

At the SPSA Office you will need to provide:

- Valid Student ID
- A copy of a utility bill (Regina campus only)
- Saskatchewan Health Card for yourself and all household dependents
- Birthdates for any household dependents

There will be an intake form for both the SPSA and the food bank that will need to be filled out. The baskets will arrive the following Wednesday and must be picked up that day. If you sign up for the program and fail to pick up your hamper there could be suspension put on your access to the food bank.

The SPSA is here to assist you and provide care when we can. Food and nutrition are an important factor in remaining focused and making sure that you are learning at your highest capacity. Good luck with the school year and know that these programs can assist during any difficult times.

TAKE A FREE BUS TOUR
AROUND MOOSE JAW AND
GET TO KNOW YOUR CITY!

**SEE YOUR
CITY**

SEPT 3RD - 11AM - 1PM
BUS DEPARTS FROM THE MAIN ENTRANCE

COMPETE IN OUR PHOTO
SCAVENGER HUNT FOR A
CHANCE TO WIN FREE
SHAW INTERNET!

Sponsored By: **Shaw**

SPSA

SPSA

**Human
BINGO**

... GRAB A BINGO CARD,
FIND PEOPLE THAT MATCH THE DESCRIPTIONS,
WIN GREAT PRIZES!

STUDENT LOUNGE
11:30AM - 12:30PM
SEPT 9
PRINCE ALBERT CAMPUS

BINGO BINGO BINGO BINGO BINGO

SPSA

**FUN
ON
TAP**

**FUN ON TAP
BREWERY TOUR**

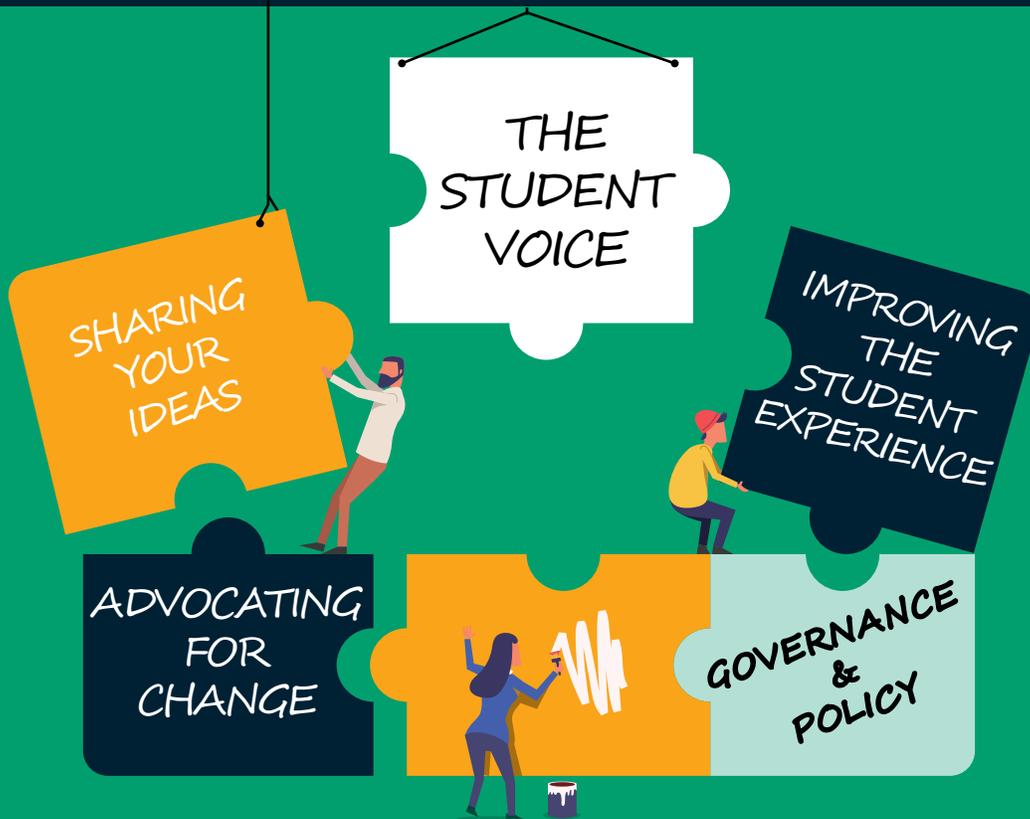
STOP AT HIGH KEY BREWERY & STUMBLETOWN DISTILLERY
\$20 STUDENTS / \$68 PUBLIC
INCLUDES A TASTING AND TOUR AT EACH LOCATION

SEPTEMBER 27

ONLY 15 SPOTS AVAILABLE. 19+ ID REQUIRED.
SIGN UP AT THE SASKATOON SPSA OFFICE

STUDENT GOVERNMENT

BUILDING A BETTER EXPERIENCE, TOGETHER.



SPSA BY-ELECTION FOR THE ROLE OF
VP FINANCE & INTERNAL OPERATIONS
— AND —
CAMPUS COUNCIL DIRECTOR APPOINTMENTS

NOMINATIONS AND APPLICATIONS OPEN SEPTEMBER 11 – 18.



SEE THE SPSA TO LEARN MORE.

The SPSA is always encouraging students to get more actively involved in their campus community. Not only is it a great way to meet people but it also allows you the opportunity to have a say in what is going on at your campus, to represent your peers, and it looks great on a resume!

Current roles to fill:

VP Finance & Internal Operations

This position is responsible for providing leadership in the areas of finance and the internal operations of the SPSA. They strive to improve existing SPSA services, operations and the success of the SA's business

ventures.

Campus Council Director

There are three Campus Council Director positions at each Campus. The Campus Council Directors act as visionaries in the development and improvement of Saskatchewan Polytechnic student services and an inclusive and a healthy campus community atmosphere. The Directors also solicit feedback and information on student issues and trends.

See your SPSA Office for more details!

THE STUDENT VOICE

Once a month at each of the four campus locations, the Saskatchewan Polytechnic Students' Association (SPSA) invites students to join the Elected Student Representatives to discuss what is happening at each campus. These meetings are called the Student Open Forum Assembly (SOFA) meetings and are very valuable to the SPSA.

The intent of these meetings is to have students bring forward concerns or questions about anything and everything that is occurring on their campus. Hopefully we will be able to help clarify issues on the spot, but if not, the SPSA will be tasked to address or investigate the specific concerns that are impacting their membership. If there are a number of concerns that revolve around the same theme then we will try to bring in subject matter experts to meet directly with the students.

Topics that are commonly brought up include, but aren't limited to: student parking, tuition rates and refunds, facilities, existing services (or lack thereof), city transit, student rights, and so on. This is not to say that the SPSA is able to provide instant results or change, but it does help to point us in the right direction. As an example, if students were upset that there was no student housing, obviously a dorm room building could not instantly be built, but the elected Student Executive Council could bring this issue to the local or provincial gov-

ernment and work towards a solution for future students.

It is not uncommon for Program Heads to request that a student representative from each program area attend these meetings, but please note that all students are welcome to attend. If you would like to attend or would like additional information, the campus specific information is as follows:

Moose Jaw

September 12 at 12:00pm in Sarah's Place
For additional information contact Rohit Vij at vpmoosejaw@spsa.ca

Prince Albert

September 12 at 12:00pm in Room F212 in the Technical Centre
For additional information contact Amanda Boychuk at vppe@spsa.ca

Regina

September 12 at 12:00pm in Room 622
For additional information contact Jolene Lennox at vpregina@spsa.ca

Saskatoon

September 11 at 4:00pm in Room 128 on the Main Campus
For additional information contact Madison Mark at vpsaskatoon@spsa.ca

STUDENT OPEN FORUM ASSEMBLY



STAY INFORMED

MEET OTHER STUDENTS

BE INVOLVED ON CAMPUS

HAVE YOUR SAY

FREE FOOD PROVIDED!

ALL STUDENTS WELCOME



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

DOWNLOAD ASK POLY TODAY.
POWERED BY YOUR STUDENTS' ASSOCIATION



BRING BALANCE TO THE SCALE OF JUSTICE: JOIN THE APPEAL COMMITTEE AT SASK POLYTECH!

Karmyn Foreman
Student Resource Representative - South

I would like to start by extending a warm welcome to all new and returning students to Saskatchewan Polytechnic! For those of you who do not know me yet, I am the Student Advocate for the Moose Jaw and Regina campuses. I am part of a three person team that works to provide advocacy services for students attending Sask Polytech. As advocates, our goal is to support and advise students facing any concerns or issues that have a negative impact on their academic standing.

One instance in which advocates can help is with academic appeals. We always try to resolve the issue that a student is experiencing at the most informal level possible first. Since most students are not familiar with the process of an academic appeal, I will walk you through it.

First, we have the Level 1 Appeal, which is the most informal process. With the Level 1 Appeal, a student would discuss the concern that they have with their Program Head and attempt to resolve the issue. Should the student and Program Head fail to reach a resolution, the

student can take the issue to the Dean of their academic school. However, if the student is not satisfied with the outcome of the discussion with their Program Head, or with the decision of the Dean, they can move forward with the more formal Level 2 Appeal.

With a Level 2 Appeal, the student must submit a form and a fee to Registration. The Office of the Registrar will then arrange for an appeal hearing. The appeal hearing is a private and confidential oral hearing that takes place in front of an appeal panel. Members of the appeal panel are selected from a list of individuals known as the Appeal Committee, and includes Deans or Associate Deans, staff and faculty members, and students.

This is where you come in. We are trying to establish a list of students willing to be a part of the Appeal Committee. An appeal panel must have one student on it, and they cannot be in the same school as the student who is appealing the decision, as that would be a conflict of interest. Because of this, we are trying to get as many students as possible from a variety of schools to sign up. Students need to be able to be objective, evaluate the different arguments, and ultimately must be dedicated to making the

right decision.

For those of you interested in this opportunity, I will let you know exactly how the process would work. Once a student files a Level 2 appeal and an appeal hearing is scheduled, the students on the appeal committee (provided that they are not in the same program as the student appealing the decision) will be contacted. It is important for me to note that just because you put your name forward to be a part of the appeal committee, you are absolutely not obligated to be a part of an appeal panel. We do want students who are serious about participating, but we understand that the life of a student can be a serious juggling act. If there is an appeal hearing scheduled, and you have an exam to study for, a major assignment due, or it does not work with your schedule, you can simply say no to participating in the appeal.

I encourage those of you who would like to get involved on campus, have a strong sense of responsibility, and a desire to do the right thing to sign up for the appeal committee. If you would like to sign up or would like more information, please stop by the SPSA Office on your campus to speak with your advocate.

WELLNESS AND RECREATION STRATEGIES AT SASKATCHEWAN POLYTECHNIC

Madison Mark
VP Saskatoon

As we prepare for the fast approaching school year, we want to acknowledge the Wellness and Recreation strategies that are being implemented by Saskatchewan Polytechnic. We are extremely excited for this and we hope you are too!

We are looking forward to the reintroduction of intramurals, fitness classes, and drop-in games at Saskatchewan Polytechnic. We encourage students to register for events that they are interested in. We also encourage students to try various sports that they have never tried before. This will be an excellent opportunity to have fun, gain experience, make friends, and

to foster a unified community here at Saskatchewan Polytechnic. The new Wellness Model will be implemented at all four campuses.

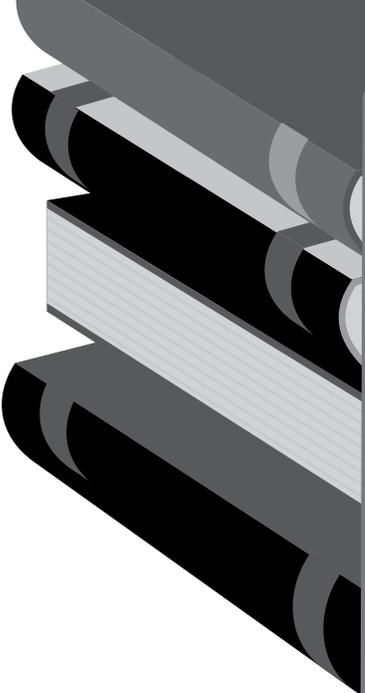
The SPSA will maintain communication with the new Wellness Coordinators to ensure that students are satisfied with the wellness and recreation strategies that are currently being offered to students. The SPSA will also continue to provide suggestions to improve the program when necessary.

Some details regarding the wellness and recreation strategies are as follows: Intramurals will begin on September 30, 2019 and will run until November 7, 2019. Saskatchewan Polytechnic will be offering both Dodgeball and Floor Hockey from Monday to Thursday. More

options will be available after the winter break. Ultimate Frisbee and Soccer will be offered from January 6, 2020 until February 20, 2020. In addition, Basketball and Volleyball will be offered from February 24, 2020 until April 3, 2020. Various fitness classes will be offered at all four campuses; however, Saskatchewan Polytechnic is still in the process of seeking instructors/personal trainers that can help facilitate these events.

A wellness booth will be set-up during Welcome Week with more information regarding the Wellness and Recreation strategies that Saskatchewan Polytechnic will be implementing this upcoming school year. Make sure to check out their booth and let your voice be heard!

WANT TO SAVE MONEY ON TEXTS?



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EXTENDED HOURS

Saturday, August 31st
11am - 5pm

Sept. 3rd - 6th
9am - 5pm

Saturday, Sept. 7th
11am - 5pm

