

**Executive Strategic Plan
2023-2024**

Message from The Executive Team

Dear constituents,

Welcome to the 2023-2024 Academic year! The Trent Central Student Association proudly presents our strategic plan.

We would like to begin by respectfully acknowledging the Anishinaabeg and Mississauga peoples and the Michii Saagiig Anishinaabeg territory on which Trent University is located. Recognizing the need for decolonial efforts on and beyond campus, we will work alongside Indigenous student representatives such as the Trent University Native Association (TUNA). We hope to bolster their efforts to decolonize the way Trent educates and operates as a community and institution that benefits and further constitutes colonial ideologies and inequities.



Our plan for the year centres on empowerment and solidarity. Each of the executive team members have worked to curate events and campaigns that will bolster student engagement, build community, and bridge gaps.

Our collective vision is to unify Trent University's student population and provide further support in our continually evolving campus climate. This will be achieved through our anti-racist programming to bolster equity initiatives on campus. Further, we aim to build alliances between international and domestic students to advocate for international student rights and combat unjust tuition rates.

We value the safety of the student population and the integrity of the academic institution. As such, our priority is to ensure that Trent remains accountable to students' calls to action. Some primary focuses include enhancing student involvement by facilitating opportunities for generative conversations and advocating for international student rights. Within the Association's organizational structure, we hope to ensure institutional memory, and ultimately increase outreach.

We look forward to the potential this new academic year brings!

Yours in solidarity,



Aimee Anctil, President



Alexx Bodden, Vice President Campaigns & Equity



Juman Zanzoul, Vice President University & College Affairs



Bri Policicchio, Vice President Student Health and Wellness

Community Issues

Tuition

Despite receiving the same education, working in the same courses, and engaging on the same campus, international students are charged thousands of dollars more than domestic students. This year, the Association will work toward advocating for International student tuition to be regulated on both a local campus and provincial level. Currently, there are no limitations on how high year-to-year tuition can be increased for international students in the same way it is legally for domestic students. This will be accomplished through lobbying efforts internally and externally through communication with the provincial government. The VP Campaigns & Equity will promote this campaign titled 'The Call is Coming from Inside the House' to raise awareness for the student population, foster solidarity among students, and further urge the university's governance to consider the implications of the discrepancy of how much international students are charged.

Student Representation

As the largest stakeholders within the university, students deserve more meaningful integration beyond representation on committees. Trent's diverse student body deserves to be considered in all facets of university life. Decision-making for the future of the institution requires current student opinions. Trent should make it a priority that students who are actively occupying seats on committees are involved, informed, and engaged. Information on how to get meaningfully involved and maintain institutional accountability will be a part of the Association's programming to inform the membership about upcoming opportunities and training sessions. Student voice should not be an afterthought. The President will advocate for increased student representation and feedback to ensure that student voice is heard.

Board of Governors

The Board of Governors, despite being the institution's most influential decision-making body, has very little student representation. The Association is committed to challenging this imbalance and pushing for representative parity for the university's population. Students are the most impacted by the board's actions and deserve to be part of the steering process. We will advocate for there to be more seats on the Board of Governors for students.

CASSC and Senate Committees

The Association is involved with various CASSC and Senate committees throughout the academic year that are crucial in representing students. This year the Association strives to have better training for student senators. This training will provide senator members with the tools needed to succeed in their roles and effectively advocate for student needs. We value all the hard work and time the student senators put in.

The Vice President of University and College Affairs plans on actively engaging in committee meetings and reporting back to the Board of Directors as these crucial conversations directly impact student matters. This year the Vice President of University and College Affairs will sit on the College and Student Services (CASSC), Orientation Committee, Colleges and Student Services Committee, Academic Planning and Budgeting, Special Appeals, Undergraduate Academic Planning and Teaching Awards Committee.

Housing Crisis

Understanding over-enrolment's role in influencing the ongoing housing crisis, the Association calls upon Trent University to acknowledge its role and the community-wide impacts, affecting both with students and residents of Peterborough Nogojiwanong. The Association will work with Trent University on finding community-based solutions to provide students with safe and affordable housing. Recognizing the implications for upper-year students, the Association will advocate for the Annex residence buildings to be

designated exclusively for upper-year students, as they were initially intended. Students with disabilities should receive additional consideration for these placements. Further, we will lobby the Senior Administration to create a role for a legal advisor within the Off-Campus Housing department to support students experiencing discrimination or housing-related disputes.

Anti-Racism

The Association has a commitment to Anti-racism within its frameworks and is committed to ensuring Trent University implements antiracism and anti-oppression everywhere possible. Trent University needs to increase access to resources for students within the BIPOC community, this include mental health supports, medical supports, academic support, etc. Trent University also needs to implement anonymous reporting so that trends of racism can be monitored and addressed where possible. Trent needs to implement more staff who are part of the BIPOC community to increase BIPOC students' sense of belonging to the community. Trent University is also responsible for ensuring the implementation of the recommendations that came from the Anti-racism task force 2020/21.

International Student Rights

Currently, across Ontario, there is no percentage cap on the increase of international student tuition. This means that yearly prices increase and the opportunity to access education at an affordable price decreases. Trent University currently stands on the lower end of international student tuition, however, this does not change the price disparity between domestic and international students, which rests between a \$22,000-23,000 difference for the same quality of education. The TCSA calls upon Trent to implement their own 1-2% percentage increase to create caps on the increase of international student tuition; and to freeze international student tuition fees so that annual tuition prices are the same throughout the entirety of their degree.

The TCSA would like to facilitate conversations with Trent International in regards to their lack of full support for international students through the transition from outside of Canada to Canada, in the forms of accessing jobs, safe banking, scam avoidance, finances, how to rent safely, tax preparation, etc.

Food Insecurity

Taking a stand against food insecurity on campus, we're dedicated to driving tangible change that addresses this pressing issue through advocating for more funding allocation and sustainable food sources for students. We understand the significance of affordable and nutritious food for the well-being of our student community, and that's why we're advocating for a more suitable dining option such as a provider that is lower cost and offers more nutritious diverse foods for students to replace Chartwells. Alongside this effort,

we're also actively collaborating with fellow students, and administrators to expand our existing food pantry. By raising awareness about the importance of accessible and wholesome meals, we aim to inspire the university to prioritize the establishment of a new dining choice that meets diverse dietary needs and is friendly to everyone's budget. Our vision is clear: we're working towards a campus where every student can fully concentrate on their studies, free from the constant specter of food insecurity. We're committed to upholding the fundamental right to nourishing food for every member of our community.

The TCSA is looking to collaborate with college cabinets in supporting the One Stop Chop and creating their own form of food insecurity support for students.

Lockers

In our pursuit of fostering inclusivity and accessibility, we are actively exploring innovative solutions to meet the diverse needs of our campus community. To this end, we are introducing lockers with temporary access codes, a multipurpose initiative that aims to enhance convenience, confidentiality, and anonymity. These lockers would serve as a hub for various services, including food pantry pick-ups, medicine distribution, mail collection, and Wrapped n' Ready items. By implementing this system, we aspire to create a streamlined and user-friendly experience, ensuring that individuals can access essential resources discreetly and on their schedule. This initiative aligns with our commitment to reducing barriers and empowering all members of our community, promoting a campus environment where every individual's well-being and comfort are prioritized.

Food guide

We're creating an easy-to-use food guide that's tailor-made for our student community, aiming to boost financial know-how and encourage healthier lifestyles. Our goal is to empower students with practical insights into smart grocery shopping, savvy budgeting, and making the most out of their food choices. This guide will walk them through the art of price matching, helping them stretch their dollars further during shopping trips. We'll also point out the best local and wallet-friendly shopping spots, highlighting stores that offer quality items without breaking the bank. Packed with tips, tricks, and meal planning ideas, this guide will give students the confidence and knowledge to navigate the grocery world like pros, making nutritious decisions that fit right into their budgets.

The Association will also be looking to collaborate with Trent International in diversifying the One Stop Chop. The collaboration would seek to increase funding from Trent International for more diversity featured in the food pantry. After receiving feedback from students about what they would like to see, and the areas in which we are lacking, TI has been very willing to help support. They have generously donated \$2500 to put towards different types of spices and rice.

Student Wellness

Student wellness is eager to collaborate with the TCSA on many different initiatives this year which include but are not limited to

Party Safer Kits

Introducing TCSA Party Safer Kits: Designed for student well-being, these kits contain essential items for safety during social events. Our kits include tools for safer drinking practices and habits: nightcaps to protect drinks, one-time-use breathalyzers, and drug testing coasters. Supported by Consent at Trent, these promote responsible choices. Promoting well-being is vital. Our initiative sets an example for other universities to follow suit and offer students similar kits that make sense for their needs. We prioritize safety by empowering students with tools that reduce risks and encourage responsible behavior. These kits help students make wise choices, fostering open dialogue. Empowering students is our commitment, ensuring well-being alongside academic success.

Mental health support/counselling

We continue to lobby for increased mental health support and counselling on campus, we hear the students we represent and are driven to use our voice on their behalf. . Recognizing the prevalent challenges that many of us face in navigating the complexities of academic, personal, and social pressures, we are resolute in our commitment to fostering a campus environment that prioritizes mental wellness. By advocating for enhanced resources, including expanding counselling services, workshops, and awareness campaigns, we aim to foster an environment that destigmatizes mental health concerns during post secondary education. . Through collaboration with university administrators, faculty, and student organizations, we seek to have open dialogue that builds upon and creates a comprehensive network of support throughout the university, empowering individuals to thrive academically and personally. As we work towards this vision, we are fueled by the belief that a campus valuing mental health is one that promotes holistic growth, resilience, and ultimately, success for every student.

Harm reduction/Naloxone

In our endeavor to advocate for harm reduction on campus, we are driven by compassion and a commitment to the well-being of our student community. Recognizing the importance of fostering a safe and informed environment, we aim to organize a series of impactful events that raise awareness about harm reduction strategies. By collaborating with local experts, student organizations, and university resources, we intend to host workshops, seminars, and interactive sessions, such as a mental health stand up comedy, employment rights workshops, sexual harassment workshops with consent at trent, naloxone training at the harm reduction fair and much more events that empower our peers with knowledge

and skills to make informed decisions. Through these events, we seek to destigmatize conversations around substance use, mental health, and personal safety, ultimately fostering a culture of care and support. As we rally the collective efforts of students, faculty, and administration, we envision a campus that values harm reduction as an integral part of our shared responsibility, promoting healthier choices and nurturing a more resilient and inclusive community for all.

Advocate for after hours on campus support

The Association has advocated for the crucial implementation of after-hours mental health support on our campus. Recognizing the pressing need for accessible and timely assistance, we are committed to raising our voices and collectively addressing the gaps in support during evenings and weekends. By signing this letter of solidarity, we are sending a powerful message to our university administration about the importance of extending mental health services beyond traditional hours. Our aim is to ensure that every student, regardless of the time of day, has access to professional guidance and emotional support when they need it most. We believe that the inclusion of after-hours mental health resources will not only strengthen our campus community but also reaffirm our commitment to fostering an environment that prioritizes the well-being of each and every individual.

Consent at Trent budget and workshops

To support Consent at Trent, in fostering a campus culture that embraces respect, communication, and personal boundaries. Through advocacy efforts to administration during PVP, we seek to secure increased funding dedicated to organizing a diverse array of workshops throughout the academic year. These workshops will serve as dynamic platforms for open dialogue, education, and awareness surrounding the significance of consent in all aspects of student life. By collaborating with experienced facilitators and educators, we envision these workshops as transformative spaces that empower our peers with the knowledge and skills necessary to engage in healthy, consensual relationships. We seek to create an environment where informed choices and mutual respect is the foundation of our interactions, which nurtures a safer and more inclusive community at Trent.

Orientation

The Vice President of University and College Affairs is advocating for compensation and increased support for orientation leaders. Orientation leaders put in long volunteer hours in training, running events, assisting with move-in, facilitating orientation week events and familiarizing students with campus and its available resources. Orientation leaders are the first point of contact for new students and often support students while navigating

challenges in their transition. The Association recognizes the hard work, effort, time and financial impact that Orientation leaders dedicate to help first-year students transition smoothly into university. We will be working with fellow director and Otonabee Commissioner, Jonathan Nayler to draft a letter highlighting the need for orientation leader compensation. This letter will be sent to Student Affairs, the Orientation Committee, as well as senior administration in the hopes of gaining compensation for orientation leaders.

Internal Goals and TCSA Services

Accountability and Transparency

The Association is committed to maintaining accountability and transparency; to improve upon it we look to improve the face-to-face connection with executives and the membership both in-person and on our various social media platforms. This will be accomplished in the following ways:

- There will be monthly town hall meetings run by the Vice President of University and College Affairs.
- We will be featuring highlights and summaries of each board meeting throughout the academic year on our social media.
- Through caucuses run by each executive and the BIPOC Organizer, the decisions will be posted on the website for access by all students.
- Each semester, we will be releasing printed versions of our TCSA Roundup newsletter. This newsletter will feature upcoming events, involvement opportunities, campaigns, and information on our advocacy initiatives.

Membership Engagement

In the upcoming year, the Association hopes to increase membership engagement. Membership engagement is an essential part of representing and advocating for the needs of students. We will continue to communicate to students with a strong online presence through our new upcoming app, Instagram and regularly updated website. Our main goal is to make sure our website is user-friendly and more accessible to the membership. Thus, allowing students to easily access information about the resources, services we offer, upcoming planned events, and ways to get involved with the Association. In addition, we will be focusing on creating on the ground connections through our monthly town halls and Get the Tea on your Union Orientation week event. We plan to host more events similar to our Lino Print Workshop to increase the Association's visibility.

Student Funding

SPACE

Over the summer, the Association launched the Student Placement and Curricular Experience (SPACE) Bursary. This bursary was launched recognizing the additional costs associated with completing a required placement or experiential learning opportunities. SPACE was created to support students who are in need of financial assistance. The Association will continue to advertise this bursary through our networks and programming.

Alternative therapy line

The Association is looking to foster more ways of empowering students through alternative forms of therapy one of which by providing students with reimbursements to acquire guided journaling materials and apps as needed. This initiative aims to give students the flexibility to access transformative tools for self-expression and reflection. Individuals can explore and invest in guided journaling resources that resonate with them, allowing for a personalized journey of self-discovery and emotional well-being. Additionally, we're excited about the prospect of extending reimbursements for self-regulation and therapy apps. These apps offer practical strategies, relaxation techniques, and stress management tools, all conveniently at students' fingertips. By introducing this reimbursement option, our goal is to ensure that every student has the opportunity to engage with these dynamic resources, fostering a campus community that prioritizes self-care and supports each student's unique path to holistic wellness.

Transit

Given the continued challenges with Peterborough Transit's consistency and the City of Peterborough the Association will continue advocating for further accessibility and accountable practices. The President will continue to urge the city to acknowledge the importance of Peterborough Transit's student ridership, comprising 51% of overall users. We will work to increase access for students on the East Bank. We are committed to advocating for moving Traill College's bus stop to ensure further safety in the evenings and better meet accessibility needs. The Association will work to ensure that Traill students will have access to the Symons campus during the weekend with the 11A bus.

Benefits

There have been changes to the benefits plan including expanding coverage from 50% of two teeth extractions to 50% of four teeth extractions. Vision coverage has also increased to \$250 from the previous \$200 maximum. Psychotherapy coverage has been upped to \$1000 of coverage from the previous plan year of \$500. These increases have been provided to students as a result of a surplus within the budget and it was allocated to the areas in which students demonstrated the most utilization and need.

Clubs

The Association will continue building relationships with the clubs and groups that benefit student life. Clubs and groups play an important role in fostering a vibrant and diverse campus community thus the Vice President of University and College Affairs will work to involve relevant clubs in the Associations campaigns this upcoming year. We hope to have more club event partnerships. For the past two years the TCSA has collaborated with Trent Active Minds for their froyo for mental health event. Students are encouraged to write positive and inspirational messages on sticky notes that will be placed on the Atrium windows in the Student Centre creating a mural with kind messages! During the Fall semester, the Association will host its Annual Leadership Assembly, which provides campus clubs with essential training and resources. This training includes club governance, budgeting, and Anti-Oppression training, among others. This is a mandatory training event for clubs and groups to attend in order to prepare for the upcoming year and receive funding.

Student Caucus

- Campus & Community Issues:
 - This caucus will serve throughout the year as a platform for navigating the Association through ongoing and arising issues. Most prominently concerns surrounding Peterborough Transit and the City of Peterborough. One of the priorities to address this year will be developing a student staff union with the support of CUPE. This caucus is open for both directors and the general student body.

Student Senate

Racialized Students Caucus

Student Health & Disability Justice Caucus

The Student Health & Disability Justice Caucus is a vital forum within our university community that focuses on advocating for comprehensive well-being, inclusivity, and accessibility. This caucus is committed to addressing a wide range of issues related to student health and disabilities, with a key emphasis on creating a more equitable and supportive campus environment. Through open discussions, collaborative initiatives, and awareness campaigns, the caucus aims to tackle concerns such as mental health resources, physical accommodations, healthcare access, and dismantling barriers that hinder the full participation of individuals with disabilities. By amplifying the voices of students, fostering understanding, and driving policy changes, this caucus seeks to promote justice, foster a culture of empathy and respect, and ensure that all members of our university community have the opportunity to thrive and succeed.

External Relations

College Cabinets

The Trent Central Student Association will work towards building meaningful connections with the College Cabinets. The association recognizes cabinets unique role in campus life and their close connections within their college communities. This year, we will continue to closely support, strengthen and collaborate with the Colleges. The Vice President of University and College Affairs will be attending College cabinet meetings to help further facilitate this strong relationship. For this upcoming year, we hope to have the cabinets engaged in the campaigns run by the association during the year.

TDSA & TGSA

Throughout the summer, the President has been working with the Trent Durham Students Association, and the Trent Graduate Student Association on the Interunion Demand Omnibus. This Omnibus consists of demands to better student life. Including, but not limited to, accessibility, anti-racism, decolonization, international student rights, and de-privatization. Our three unions will work in solidarity to see these demands enacted by the Senior Administration. Should these demands not be met, a mutual strike will be coordinated on November 8th on the National Day of Action. The Association will plan to further student engagement alongside the TDSA through digital programming.

TUFA, CUPE, & OPSEU

The Association will work with these campus unions toward our collective goals of a more equitable Trent University. We will ensure consistent communication at interunion meetings. We will amplify interunion solidarity efforts, and collaborate on areas of mutual interest. We will support all strikes and campaigns. We will continue to bolster their effort through co-strikes and informative updates on our networks so students will stay in the loop.

Trent International Student Association (TISA)

The Trent Central Student Association looks forward to working with the Trent International Student Association to foster support and collaboration for the wide range of international demographics. The association will be looking to work closely with the TISA commissioner as well as include TISA in events we have centred toward international students, such as the talk series events the Vice President of Campaigns and Equity will be hosting. We also hope to be more directly involved with their events and efforts toward supporting international students at Trent.

Trent University Native Association (TUNA)

The Trent Central Student Association looks forward to collaborating with the Trent University Native Association (TUNA) to increase their representation in the Canadian Federation of Students the Circle of First Nations, Métis and Inuit Students'. We also hope to

support the annual TUNA powwow. We hope to work with our Indigenous Student Commissioner and TUNA to expand support for Indigenous students not originating from Turtle Island. This would include access to traditional medicines, elders and other essential resources.

Fleming

The Association will work to increase visibility of services and different programming such as the SPACE bursary to Trent students on placement at Fleming. In collaboration with Fleming's student association, we will continue to collaborate on advocating for students' access to Peterborough Transit.

City of Peterborough

The Association's priority for the year with the City of Peterborough is further optimizing Peterborough Transit to better support the growing population. We will encourage the City to recognize the value that students bring, and further legitimize students' stake in municipal matters. The TCSA will be in attendance of all relevant council meetings. We hope to utilize research that will be created in conjunction with our caucuses to inform our conversations with city council members and committees of our campus climate.

Canadian Federation of Students (CFS)

As a union, we are connected to bigger unions. The Canadian Federation of Students (CFS) connects student unions across Canada, including us. The Trent Central Student Association is member local 71 and represents all undergraduate Trent Students. This year, we are looking to involve CFS even more by deepening the connection between our events and campaigns with their overarching initiatives. This will include increasing on-campus presence, going and lobbying alongside other unions at the National Day of Action (November 8th 2023) and having them be a part of orientation week on the 4th of September 2023.

Campaigns

The Call is Coming from Inside the House

This year the Vice President of Campaigns and Equity is looking to make Trent aware that a lot of the issues within the institution are actually in house. More often than not, post-secondary institutions in Canada look at issues that are faced by Universities across the province as opposed to the direct issues caused by the singular institution in and of itself. The main focus of The Call is Coming from Inside the House is to highlight issues unique to Trent and call upon the university to implement change. A task force will be struck to include students in the collection of data for the issues within the frameworks at

Trent, and the students will also be part of developing and executing the action plan for this campaign. There is no reason that in 2023, Trent University is not fully accessible to people with disabilities, seen and unseen. There is no reason that there is no way to report discrimination on campus without being met with discrimination in the process. There is no reason to justify the vast price disparity between international and domestic student tuition, especially when receiving the same education. There is no reason why students generally are not getting the support they need and deserve during their post-secondary education. This year Trent needs to realize they can no longer blame issues on just university in general, the point is, Trent the call is coming from inside the house.

Brain Breaks

The Vice President of Health and Wellness is introducing "Brain Breaks," which is a bi-monthly source of rejuvenation and self-care amidst the hustle of student life. This ongoing campaign is committed to delivering innovative tactics and practical methods that help you pause, centre yourself, and alleviate stress. Our social media campaign will unveil a unique strategy – whether it's a quick mindfulness exercise, a creative outlet, or a refreshing outdoor activity – designed to provide a moment of respite and restore balance. With "Brain Breaks," we're here to support your well-being, one revitalizing idea at a time. Stay tuned for regular doses of relaxation and empowerment as we guide you on a journey towards a more mindful and stress-free academic experience.

Harm reduction

This year the Vice President of Health and Wellness is passionate about advocating for a campus culture that's all about harm reduction. Our main focus is on making sure that everyone's well-being and safety come first. We're all about spreading awareness, educating folks, and having open conversations about strategies to reduce harm, especially when it comes to things like substance use and mental health. We want to create an environment where there's no judgement, and where you can easily access resources, support, and advice. Our goal is to give students the knowledge they need to make smart choices that prioritize their health and minimize any potential risks. By teaming up with fellow students, the Peterborough community, and university stakeholders, we're working to build a community that's all about harm reduction, and that means providing tools and resources such as party safer kits, naloxone, informational handouts, wrapped n' ready packages, and access to the food pantry. These resources will be helpful for everyone to handle challenges while looking out for each other's well-being.

The Vice President of Campaigns and Equity and Vice President of Health and Wellness will work together on Food Insecurity at Trent. By attending food services meetings, diversifying the pantry and creating an affordable shopping guide.

CPR certification

The Vice President of Campaigns and Equity alongside the Vice President of Health and Wellness are excited to introduce an opportunity for our students – subsidized CPR training at a 50% reduced cost. Our aim is to equip you with essential life-saving skills that can make a real difference in emergencies. With this initiative, we're making it more accessible for you to gain the confidence and know-how to respond effectively to critical situations. By covering half the expenses, we hope to empower a larger number of students to undergo CPR training, enhancing overall safety and preparedness within our university community. Join us in taking a proactive step towards creating a safer and more knowledgeable campus for everyone.

Accessibility/ Period care

We are passionately advocating for enhanced accessibility to period care products and promoting the integration of reusable alternatives on our campus; the Association is looking into various companies that distribute reusable cost-friendly menstrual products. Recognizing the fundamental importance of menstrual hygiene and its impact on students' well-being, we believe that easy access to a variety of period care options is a basic necessity. By championing this cause, we aim to collaborate with the university administration to ensure that free or low-cost period care products are readily available in all campus facilities. Additionally, we're dedicated to offering reusable alternatives, such as menstrual cups and cloth pads, which offer cost-effectiveness, environmental sustainability, and long-term comfort. Our mission is to create a campus environment that not only acknowledges the diverse menstrual needs of our community but also empowers individuals to make informed and sustainable choices, fostering an environment of inclusivity, dignity, and eco-consciousness.

Student Staff Union

In collaboration with CUPE, the Association will work towards the creation of a student staff union to further represent student staff concerns on decision-making bodies and committees. The Student Housing department is a priority for implementation as they are the largest student staff employer. The President will continue discussions with the department to ensure current and former staff's concerns are addressed.

Excaliburnt Out 2.0: All for One One for All

The Excaliburnt Out campaign will continue into this year to further lobby the university's enrolment increases. Demanding an enrolment freeze to address the ongoing issues that over-enrolment perpetuates on campus. With the support of the Excaliburnt Out research report, the Demand Omnibus will be presented to Trent's Senior Administration to ensure regulation of enrolment, tuition, and more. Furthermore, Excaliburnt Out will continue to engage and amplify student's stories through the TCSA Roundup to raise awareness to the

strain students face with an institution that is overextending its bandwidth to provide sustainable support. This campaign is all for one student body, one student movement for all. As such, the core of this campaign is to unite unions on campus to shed light on the burden that has been detrimentally impacting different departments. This ultimately determines the quality of education and university experience. This campaign will be further promoted by the President through the Association's website and programming such as the Burnout Bonfire Bash part two!

Events

Orientation Week

The Vice President University & College Affairs is responsible for organizing the Trent Central Student Association's orientation week events and activities. This year the TCSA starts off with the Welcome Bag event in September. Each college will have a specific time slot in which they can pick up their welcome bag. This event is to build direct connections with the membership and increase visibility for many campus partners and services. Students are encouraged to engage the membership and answer any questions they may have regarding our plans for the upcoming year. The next event planned is Sexy Sexual Health Trivia Trivia and there will be sex toys as well as books to be given out as prizes! The purpose of this event is to promote consent, safe sex and toy education. Following Sexy Sexual Health Trivia, the TCSA is holding an event called Get the Tea on your Union. This is an event aimed to give students another opportunity to approach the executive team to ask questions, increase visibility, give suggestions for the upcoming year and learn more about the services their student union offers.

In addition, the association organizes the Great Race which is a relay-race event that involves all the colleges in the Justin Chiu stadium. This year the association collaborated with the Trent International Student Association in order to engage more international students for the event. The purpose of the event is to bridge the gap between domestic and international orientation week. This is a great opportunity to foster and support relationships between international and domestic students. All the college principals will be present at the event and will be giving brief speeches including: Michael Eamon from Traill College, Christine Freeman-Roth from Lady Eaton College, Tina Fridgen from Champlain College, Melanie Buddle from Peter Gzowski College, and Stephanie Muehlethaler from Otonabee College.

Frost Week

Every January, the TCSA hosts Frost Week which is winter orientation week that welcomes back returning students and students beginning their university journey in the new semester. The Vice President of University and College Affairs is the main organizer for Frost week. The main goal is to get students excited and enthusiastic about the upcoming winter semester. Keep an eye out on our website in the winter exciting announcements on the various events running throughout the start of the winter semester!

Dionysus

At the end of the year in April, the Association designates a day for students to celebrate the completion of the academic year. The main goal is to encourage students to celebrate all their achievements and hard work they put in during the year. There will be various planned carnival style games such as tarot readings and axe throwing. Snacks and refreshments will also be provided!

TCSA Takes On Toronto Pride

During the Summer Semester the TCSA Vice President of Campaigns and Equity hosted a chartered bus of 30 students to the Toronto Pride Parade on the 25th of June 2023. The event featured pride gear, which included harm reduction tools to stay safe on the day of Pride. The Pride bag included a crossbody bag, sunscreen, chapstick, a reusable water bottle, a first pride guide, and tattoos for added fun. Snacks and juice boxes were also provided to and from Toronto Pride.

Time in My Shoes (TiMS)

The Vice President of Campaigns and Equity would like to host Time in my Shoes with a different spin this year including the trials of accessible travel during both fall and winter. This event will bring understanding to able bodied individuals the environmental plus building based barriers disabled individuals face during different times of year. The event is being planned to take place during November and March 2023.

Harm Reduction Fair-September

The fall harm reduction fair is to try and tackle the growing issues around harm within the community and to reduce the impact as well as provide valuable information and resources to students. It will be held on Tuesday September 26th in the TCSA atrium for an interactive experience. Students can explore various tables offering insights into substance use awareness, mental health support, self-care techniques, and more. Connect with student organizations and wellness services to access valuable resources and information. This will help create a safer and empowered campus community.

Pride Picnic-September

The Vice President of Campaigns and Equity will be hosting the Pride Picnic during the Fall Semester. The date set for the Pride Picnic is the 20th of September 2023. This event aims to foster connections between members of the LGBTQ+ community at Trent. Food and drinks will be provided with account for dietary restrictions. There will be music, temporary tattoos and overall a fun time!

Peterborough Pride Parade

The Vice President of Campaigns and Equity is coordinating with Peterborough Pride to include the Trent Central Student Association in the Pride parade occurring on the 23rd of September, 2023. This event aims to include members and allies of the LGBTQ+ community to celebrate pride through being a part of the parade in Peterborough. This event occurs in Downtown Peterborough and will be free for participation to all Trent students. There will be water bottles, sunscreen and chapstick for pick up during the week prior to the parade.

Pumpkin Patch

The Fall semester event held this year will be the Pumpkin Patch trip happening in October. The purpose of this event is for students to enjoy the fall weather. The Vice President of University and College Affairs will be taking around 40-50 students on a bus to McLeans Berry Farms to visit the pumpkin patch.

Monthly Town Hall Meetings

This upcoming year the Vice President of University and College Affairs intends to hold virtual town hall meetings every month. The purpose of this is to give the membership a platform to voice their opinions, concerns and suggestions. These town hall meetings serve as an opportunity for students to directly engage with us and encourage open and transparent communication.

Tree Top Trekking

The Vice President of Health and Wellness took students to a Treetop Trekking Destressor Event! Students got to unwind and have a blast navigating through ropes, bridges, and ziplines high up among the trees, surrounded by nature's beauty. This exciting adventure took place on August 15, 2023 and provided a refreshing break from the usual academic routine for those on campus and in class during the summer and a fun event for those who came back to campus to join us. The rustling leaves and fresh air up there truly revitalized everyone's spirits as they conquered challenges and had a ton of fun. Beyond the thrill, Treetop Trekking also gave students a chance to connect with each other and make lasting memories. It was an invigorating way to take a break, bond, and find a unique sense of relaxation amid the treetops.

Skiing

The Vice President of Health and Wellness is gearing up for an exciting Skiing Destressor Event! Students can eagerly anticipate hitting the slopes, embracing the thrill of gliding down snow-covered trails and feeling the exhilaration of the mountain air. Weather permitting, this fantastic adventure is planned for January and promises a much-needed escape from the daily grind. The anticipation of skiing against the backdrop of stunning winter landscapes is building, and we're hopeful for perfect snowfall conditions. Beyond the excitement of skiing, this event is a wonderful opportunity for students to connect, share laughs, and make unforgettable memories together. It's shaping up to be a refreshing and invigorating way to take a break, bond with fellow students, and find relaxation amidst the snowy slopes.

Lino Print Workshop

With the new executive team leading the way, our recent Lino-Print Workshop provided students with a wonderfully restorative experience, offering a welcome break from their academic routines. The workshop was a chance for participants to meet the new executive team as well as step away from the stresses of everyday life and engage in a bit of creative exploration. As students carefully etched their designs onto linoleum blocks and transformed them into vibrant prints, you could feel a sense of calm and accomplishment filling the room. Beyond the artistic aspect, the workshop offered a space for self-expression and a chance to unwind, creating an environment where students could let their creative juices flow and find a moment of peace. Through the soothing process of lino-printing, attendees not only crafted beautiful artworks but also recharged their spirits, highlighting the meaningful role of artistic pursuits in managing stress and promoting overall well-being.

Varsity Wellness Day

The Vice President of Health and Wellness is thrilled to announce an upcoming Varsity Wellness Day, a holistic event dedicated to fostering well-being and balance among our dedicated student-athletes. This dynamic day will feature a range of enriching activities, including rejuvenating massages to soothe tired muscles, insightful sessions on mental health management to enhance resilience, and informative workshops on nutrition to fuel peak performance. The aim is to provide athletes with comprehensive tools to excel not only on the field but also in their overall health and mental fortitude. This event underscores our commitment to supporting the physical, mental, and emotional well-being of our valued varsity team members, empowering them to thrive both in their sport and in life.

Nutrition Workshops

This coming year, The Vice President of Student Health and Wellness is passionate about student nutrition. We will be partnering with Trent Health and Motion to put on workshops

that offer a dietitian and a healthy snack which can help students figure out how to plan their meals accordingly to get proper sustenance. This will help to establish a relationship with a nutritionist and allow for students to expand their knowledge. There will be two sessions in October, one of which will be for varsity athletes to help address more specific concerns whereas the other will be for all students. There will also be an info session about how to continue access to a nutritionist through student benefits and TCSA services

Let's Chit-chat Trent Univeristy

This coming year the Vice President of Campaigns and Equity through The Call is Coming from Inside the House will be hosting talks with students with various topics (anti-oppression, representation, international student rights, etc. at Trent). These events will serve as an opportunity for students to talk about the issues they see within their own post-secondary institutions. After each event, a document will be constructed and sent to the corresponding member of upper administration with the highlighted issue and a proposed solution. The Vice President of Campaigns and Equity will either work alongside upper administration to approach a solution, and students will be updated throughout the process. During the duration, the Vice President of Campaigns and Equity will invite members of upper administration to hear students firsthand and workshop solutions for Trent community issues.

Flag making for National Day of Action

The Vice President of Campaigns and Equity will host a flag/banner making event in late October prior to the National Day of Action to get students involved in making materials for lobbying in the streets. The event will have snacks and drinks and a bumping playlist to get students excited to fight for their rights.

National Day of Action

The Vice President of Campaigns and Equity is coordinating with the Canadian Federation of Students to participate in The National Day of Action which is set to occur on November 8th 2023. This will involve chartering a bus to Downtown Toronto to march with CFS to help lobby their initiatives alongside TCSA initiatives. The plan is for all students to receive a green T-shirt so that Trent is represented by a sea of green fighting for student voice to be included in decision making.

Guided Journaling

The Vice President of Health and Wellness is hosting a workshop to unlock the power of self-expression and reflection at our Guided Journaling Workshop. This immersive session is designed to help you tap into your inner thoughts and emotions, guiding you through prompts and exercises that encourage introspection and personal growth. Whether you're new to journaling or a seasoned writer, this workshop offers a safe and nurturing space to

explore your feelings, aspirations, and experiences. Led by experienced facilitators, you'll learn techniques to enhance mindfulness, self-awareness, and creativity. Join us for an enriching journey of self-discovery, where the written word becomes a powerful tool for understanding yourself and fostering well-being.

Terrarium building

The Vice President of Health and Wellness is hosting a terrarium building de-stressor event. This hands-on experience offers a delightful escape from the demands of everyday life, allowing you to craft your own miniature ecosystem within a glass enclosure. As you carefully select and arrange plants, stones, and decorative elements, you'll find a sense of calm and mindfulness. This creative process provides a unique opportunity to unwind, connect with nature, and channel your artistic energy. Join us for a rejuvenating session of terrarium building, where you can nurture both your creativity and your well-being in a relaxed and supportive environment.

Lobbying the City

The President in collaboration with the Vice President Campaigns & Equity, where applicable, will lobby the City of Peterborough through protests and demonstrations in Downtown Peterborough. All efforts will be coordinated to push the Association's agenda, and further residents' awareness of how students are impacted by the City council's influence. The City's decision in regards to Peterborough Transit's reduced services will be a primary focus of the Association.

Burnout Bonfire Bash Part 2

In early November, the President will host the Burnout Bonfire Bash. With a critical focus on mental health burnout, this de-stressor event will encourage students to take an interest in campus politics and the Excalibur Out campaign. All post-Halloween pumpkins will be sustainably recycled for the bash in collaboration with the Colleges and Cabinets from their events in October. Lino printing and the bonfire will be offered weather permitting. The event will support the creation of protest materials for the November 8th National Day of Action.