## Commission on Student Well Being Minutes

## Associated Students

11/5/14, 8:00 pm

SRB: American Indian Resource Center

**CALL TO ORDER:** 8:10pm

**A. MEETING BUSINESS**

1. **Roll Call**

|  |  |  |  |
| --- | --- | --- | --- |
| **Name** | **Note:**  absent (excused/not excused)  arrived late (time)  departed early (time)  proxy (full name) | **Name** | **Note:**  absent (excused/not excused)  arrived late (time)  departed early (time)  proxy (full name) |
| Nimrita Singh | present | Kareena Hundal | present |
| Lauren Nagra | present | Breanna Casas | present |
| Michelle Chiou | present | Marisa Pontrelli | present |
| Kathryn Levine | present | Ashley Rahbarpour | present |
| Lindsey Jesberg | present | Joel Kim | departed early (8:45) |
| Kim Liao | present | Bradley Whittaker | present |

1. **Acceptance of Excused Absences**

**B. PUBLIC FORUM**

* 1. Announcements/Information/Introductions
     1. Active Minds Budget Request
* $303.50 for tables, chairs, fencing
  1. Testimony for items on today’s agenda (out of order)
  2. Appreciations/Concerns
  3. Request to have item added to today’s agenda

1. **REPORTS**
2. **Advisor’s Report**
3. **Chair's Report(s)**
   1. **Evaluations of Board Members** 
      1. **Will be making final reports in the upcoming weeks**
   2. **Meeting Ground Rules**
4. **Group Project/Member Report(s)**
   1. Report from Kareena, Bree Joel, Bradley: Publicity of Fitness Events
      1. Need to systemize how we publicize these two events
      2. Assigned to printing:
      3. Assigned to distribution:
      4. Ideal timeline is flyers/digiknows/posters up 1 week in advance
      5. Has all flyer money been used? ($50)
5. **ACCEPTANCE of AGENDA/CHANGES to AGENDA**
6. **ACCEPTANCE of ACTION SUMMARY/MINUTES**
7. **Approval of our Action Summary/Minutes from 10/29:**

**MOTION/SECOND: Lauren/Kathryn**

**MOTION LANGUAGE:**  “I motion to approve the minutes from October 29, 2014.”

**ACTION: PASSED BY CONSENT**

1. **ACTION ITEMS**

**F-1. Old Business:**

1. Feedback from Flower Giving Event

* supah fun!
* should do 1-3 next time

1. Printing of Business Cards Update

* Brad will print them tomorrow

1. COSWB Stress Hearts Update
2. Chromebook Repair Update
3. COSWB Retreat (This weekend) Updates

**F-2 New Business**

1. **Approval/Consideration of** Providing Funds to Active Minds for the Anti-Stigma Event

* They are requesting $303.50.
* November 13, 2014 (Next Thursday)

**Event Name :** Anti-Stigma

**MOTION/SECOND: Nimrita/Bradley**

**MOTION LANGUAGE: "I motion to spend no more than $303.50 to fund tables, chairs, and fencing for the Active Minds event.”**

**ACTION:** PASSED BY CONSENT

**Advisor/Staff recommendation/instruction/request:**

**Responsible for Follow-through:**

**Additional approval required?** Yes

1. **Approval/Consideration of** Planning activities for the Anti-Stigma Event

* Activity 1: Butcher Paper Mural Wall:
  + Supplies:
    - markers (stamp markers too!)
    - stickers
  + Cost:
  + Who will take lead on this:
* Activity 2: Write a positive letter
  + Supplies:
    - Michael’s letter writing paper (expecting 100-150 letters);
    - pencils/pens;
    - envelopes;
  + Cost:
  + Who will take lead on this:
* Activity 3: “I Love Myself” Mirror (#coswblovesme) + selfies/instagram frame
  + Supplies:
    - mirrors; Michelle, Kathryn
    - mirror stand; Kathryn
    - expo markers;
  + Cost:
  + Who will take lead on this: Lindsey, Ashley, Marisa, Michelle, Kathryn

**Event Name :** Anti-Stigma

**MOTION/SECOND: Michelle/Bradey**

**MOTION LANGUAGE: "I motion to spend no more than $200 on art supplies for the Stigma Free Event.”**

**ACTION:** PASSED BY CONSENT

**Advisor/Staff recommendation/instruction/request:**

**Responsible for Follow-through:** Lindsey, Ashley, Marisa, Michelle, Kathryn

**Additional approval required?** Yes

**G. DISCUSSION ITEMS**

**G-1. Consideration of** Anti-Stigma Event in November with Active Minds

* Who can do tabling? We need multiple people at the same time to manage all these activities
  + Set -up (11-12): Nimrita, Kathryn, Kim
  + Shifts:
    - 12-1: Ashley (12:15), Lauren (12:30), Kim, Nimrita
    - 1-2: Michelle, Lauren, Lindsey, Nimrita, Kareena
    - 2-3: Michelle, Joel, Kareena, Ashley, Marisa
    - 3-4: Michelle, Kim, Joel, Ashley, Marisa
    - 4-5: Michelle, Ashley, Marisa, Brea
    - 5-6: Michelle, Lauren (5:15), Ashley, Brad (5:15)

**G-2. Consideration of** NEW COSWB PROJECTS!

1. Co-Op Collaboration
   1. Farm Field Trips
   2. Food Demos (Nov 17-21st)

* dinner with COSWB
* snacks vs meals
* kind bars from Kareena
* make our own trail mix
* caffeine awareness
  1. Who’s taking lead on this?
     1. Kim, Ashley

1. Mental Health and Well-Being Brochure
   1. Talk to CAPS, Active Minds, Health and Wellness, A.S President, Alex
   2. Who’s taking lead on this?
      1. Kathryn
2. Large Speaker
   1. Harlan Cohen rehash?
   2. Marisa
3. Krav Maga Self Defense Series
   1. Who’s taking lead on this?
      1. Michelle
      2. Kareena
4. Finals/Dead Week Goodie Bags
   1. bluebook, scantron, stress ball, pen, apple, cutie etc.
   2. Who’s taking lead on this?
      1. Lindsey
5. COSWB Carnival
   1. location: Lagoon or Anisqoya
   2. Mental:
   3. Physical: rock-climbing, obstacle course (inflatable?)
   4. Nutrition: talk to health and wellness, small farmer’s market, information and food demos, bike to make your own smoothie
   5. What team taking lead on this?
      1. Lauren/Nimrita
      2. Marisa
      3. Kareena
6. Marisa and Ashley report
7. Mindfulness Team
   1. Bradley and Marisa
8. Brea’s Stress workshops
   1. talk to health and wellness
9. Mixers
   1. Family Feud
   2. Art Therapy
      1. near finals week
      2. papermache
      3. snow globes
      4. make a frame
      5. positive jar
      6. crayons
   3. San Nic lawn or Pardall Center
   4. Leaders:
      1. Ashley and Marisa
10. Healthy Vending Machines Advocation
    1. calorie awareness (in dining commons too!) and serving sizes
    2. Kim
11. Ashley Dance Workshop/Flash Mob

**REMARKS**

**ADJOURNMENT:**

**MOTION/SECOND: Nimrita/Kathryn**

**MOTION LANGUAGE: "I motion to adjourn the meeting at 9:40pm.”**

**ACTION:** PASSED BY CONSENT