

- I. Opening Prayer, Carissa Salamatin, *Breen-Phillips Senator*
- II. Roll Call: Favorite winter/ late fall but winter weather activity?
- III. Approval of Minutes
 - a. A Resolution to Amend the Constitution of the Undergraduate Student Body to Reform Student Union Organization Financial Accountability Standards
 - i. Passed
 - b. A Discussion on Impeachment Reform led by Thomas Davis, Parliamentarian, and Director of the Committee on the Constitution
- IV. Executive Announcements
 - a. [Stand Against Hate Week](#) - This has been a great week of programming, but the week is not over yet! I have linked the GRC event page to the agenda so please check out the remaining three events. Tomorrow there will be a Diversity and Inclusion Talk, then a “Let’s Talk About Race” event, and then a Coffee and Conversation event on Friday.
 - b. Coffee Chats with Professors: \$10 vouchers for on-campus coffee with professors!
Grab them in the Student Gov Office Monday through Thursday from 8:15-5, Friday 8:15- Noon
 - c. Senators for CLC - We have had issues in terms of schedules and CLC so if anyone is interested in CLC and can make the meetings at 12:45 pm every other Wednesday, then reach out to me. If I don’t receive any emails, I will headhunt.
 - d. Campus Safety Summit - The Department of Student Life and University Policy has a campus safety summit which is an interactive forum with NDPD, Excise, and South

Bend Police and will cover topics of campus safety and best practices for interacting with safety personnel.

- e. Tailgate: There will be a Student Government tailgate between Fitzpatrick, Debert, and O'Shag, on the North end of the Debart Quad with Cornhole, Hot Chocolate, bagels, and coffee. Please encourage your constituents to come through.
- f. The election committee is sending out a survey about voting on campus and encouraging conversations about that. Quickly, there are issues on the proxy form so please search your email for the one I have sent you. Please fill it out and send it to Patrick, Grace, and Thomas Davis.
- g. Welcome to Senate Ingrid from Welsh Family Hall!

V. General Orders

- a. A conversation surrounding health and well-being needs on campus with Natalie Munguia, *Director of Health and Well-Being*
- b. Patrick: Let's start with any additional feedback about the needs of students surrounding Health and Wellbeing and how we can meet them as a student government, particularly with finals coming up. We want to renew the emphasis on health and wellness. What are the challenges of health and wellbeing?
- c. Megan O'Gorman: Seasonal affective disorder.
- d. Natalie: Yes, that is very important to raise awareness. Especially, we are looking for suggestions about things within your dorms that you see in your community that's lacking or areas where there could be more programming. This could also be in terms of the health and wellbeing of the University as a whole.

- e. Sam Cannova- There is often a stigma among students around going to St. Liams for mental health counseling. Would it be possible to bring the counselors outside of St. Liams to allow students to interact in their dorms or on campus in a more welcoming setting?
- f. Natalie: We have reached out to the UCC, but the problem is that all the counselors who work with students are very busy. However, we are hosting a popup stand as an advertising and promotion for the UCC in November. The UCC now has drop-in Counseling Sessions so we are having a popup stand to advertise. They have good resources but students don't know.
- g. Jack Rotolo- We should bring dogs to campus!
- h. Patrick - Is that because you're in Alumni?
- i. Jack Rotolo- No, its for actual dogs.
- j. Noble P- What about having a Friendsgiving, but instead of having traditional food having smoothies.
- k. Patrick- Yes, an emphasis on healthy foods. In particular, regarding the type of politics or programming student leaders should pursue such as bringing the UCC directly to students, are there any specific things we should do as student leaders?
- l. Jack Rotolo- I think a big part of this issue is that a lot of people don't know what is going on or what resources are available on campus. A role we can take is a communicative aspect is letting people know and giving them the knowledge of wellness resources. The issue is increasing awareness of the issues and adding new

programming. In this sense, students don't think they have resources to take advantage of so raising awareness is key.

- m. DC Morris- What about having a wellness mass once a month? I think this would be helpful for students to connect faith and health. We do masses like this once a month with a theme in Fisher. This will aim to improve mental health through prayer and meditation.
- n. Patrick- We have done work on meditation and prayer apps but there is a lot to be said about the community aspect of the Mass.
- o. Natalie- Do you use Hallow?
- p. DC Morris- Yes, I have it on my phone.
- q. Natalie- Yes, Hallow wants to do a partnership for students.
- r. Proxy- There is an RA in my dorm who wants to collect coats so the University could start an initiative for people who needs coats in the winter.
- s. Patrick- That is a great intersection with the student enrichment office's work.
- t. Meg Brinkman- There is a stigma that people who are struggling are struggling alone. Thus, student government could have an event with discussion questions such as resilience and coping mechanisms. Also, the health and wellbeing commissioner could facilitate connections.
- u. Keegan- My RA gets and hands out fruit in our section. Having something along those lines in dorms could be beneficial. People need relationship building, so encouraging things like that is very important.

- v. Thomas Davis- There are 3-4 days to get Free flu shots so expanding that would be helpful because that came and went so quickly.
- w. Lindsay (Proxy) - Can you get flu shots at St. Liam's? I know you can at Walgreens but I am not sure if this is possible here or if it depends on your insurance?
- x. Natalie- I am not sure, I can look into this.
- y. Andrea Lebron- Going back to people who go at it alone, we could have a buddy system for counseling. For this, students can have a trusted partner and discuss what is happening in their lives so that they are comfortable and don't have to feel alone.
- z. Patrick- Would it be a system where people can express a need for a buddy?
- aa. Andrea Lebron- Yes, you would say you want to be a part of the program and be paired.
- bb. Allan Njomo- What about free hugs? Sometimes, we just need free hugs.
- cc. Patrick- Yes, the support of a buddy!
- dd. Keegan McArdle - I think Jack's idea is really good. I know I feel better when I'm with a dog. There are studies showing that it helps mental health outcomes.
- ee. Lindsay (Proxy)- In general, promoting the Sara Bea Center as mental health can be a long term chronic problem. A lot of students don't realize what Sara Bea can do for them.
- ff. Henry Bergstrom- Events that get people outside are important as this plays into seasonal depression. Maybe a snowman building contest or something?
- gg. Patrick- Ways to experience sunlight without being outside such as expanding access to Happy Lights.

- hh. Natalie- They have light therapy at McWell. I love the idea of getting people outside.
- ii. Noble P - Dogs and smoothies. Also, staying inside is a problem as people are cramped in study corners, so we could set up stands with food, dogs, and discussions to raise awareness.
- jj. Elizabeth Hughes- Does McWell still have glow yoga or still have access to free exercise and mindfulness? The people who did it last year loved it.
- kk. Natalie: The Snite does them now too.
- ll. Noble P- Can we create a quick piece of art or have a showcase?
- mm. Natalie- Events that you can take away something is key.
- nn. Sam Cannova- Wellness is at the wayside during finals, so maybe doing more programming of feasible ways to cope with the stress of finals so that students don't just rely on sugar as a boost.
- oo. Patrick- EPB is working to reframe the way they are working on programming and making more concerted efforts on promoting events surrounding these larger areas. Reach out to Natalie or me if you have anything further.

VI. New Business

- a. SO1920-20: A Resolution to Amend the Constitution of the Undergraduate Student Body to Reflect Hall Presidents Council Bylaws
 - i. Halena Hadi- I wrote this with both John and Tom and it will be published.
The third section is changed to Presidents and Vice Presidents.
- b. SO1920-21: A Resolution to Amend the Constitution of the Undergraduate Student Body to Clarify Use of Proxies for Meetings of the Financial Management Board

- i. Halena Hadi- I worked with the bylaws for FMB and proxies are not treated in the same ways as Senate. For FMB, if you miss two meetings, then the treasurer will go to the union president, and then if they miss four meetings, their organization will not be up for allocations and they will lose voting rights. It is changing it so its also in line with your bylaws.
- ii. Sam Cannova- If you are a treasurer, does that mean that the organization doesn't receive money during that term?
- iii. Halena Hadi- Yes, you will not be up for winter allocation. However, you have unlimited proxies. If you miss two, you are reported.
- iv. Sam Cannova- Who would send that out?
- v. Christine: Me.

VII. Announcements

- a. SUB- "Spiderman Far from Home" is playing on Thursday and Friday; Acoustic Cafe 10 pm; One of the committees of SUB is putting on a dog event; in general, we are happy to work with student gov to have events with you guys. There will be a hypnotist on Friday in the Karry Auditorium.
- b. Jordan- Friday 3-5 pm, SCC is having a half-court contest, you have two chances, you get a 50\$ gift card to the bookstore.
- c. Sam Cannova- JCC throwing it's first Snow Ball charity ball December 7th, 5\$ donation gets students into the dance and all proceeds go to student organizations and charities.

- d. Patrick: There is a development happening right now. We need to elect CLC Senators today, so I may ask that we have a vote to suspend parliamentary procedure, it requires a $\frac{2}{3}$ vote. Campus life council discusses the needs of the ND community.
- e. Is there any way to change the time?
- f. Elizabeth- It is tricky to get the rectors, students, and faculty on the same page.
- g. Patrick- 3 Senators to come to CLC meetings at 12:45 every other Wednesday. We have Meg but we need 2 more. Michelle S volunteered.
- h. Patrick- It doesn't have to be a hall senator.
- i. Halena- I think it's specific to the dorms.
- j. Patrick- In this case, we will elect 2 Senators. We will do this again next semester so at this point 2 is fine. Thanks, Michelle and Meg!

VIII. Adjournment

Dear God,

We thank you for our opportunity to serve Our Lady's entrusted community. May we, members of the Student Senate, be servants of hope and instruments of great change. May we listen and lead with humility, kindness, courage, and love. May we develop a community that inspires all to engage in our daily vocation to be the truest brothers and sisters we can be. Through our dedication, may we call this community our family and this university our home.



We ask this through Christ, Our Lord.

Amen