

## **Council on Student Services**

### **Minutes of Meeting – January 11, 2019**

3:00 – 5:00 p.m., Kylemore Community Room, Goldring Centre

#### **ATTENDANCE:**

##### **Voting Members:**

###### *Present:*

- David Newman, Senior Director, Student Experience
- Desmond Pouyat, Dean, Student Affairs, UTSC (by phone)
- Samantha Stead, Graduate Students' Union
- Branden Rizzuto, Graduate Students' Union
- John Monahan, Warden, Hart House
- Richie Pyne, Association of Part-Time Undergraduate Students
- Jennifer Coggon, Association of Part-Time Undergraduate Students
- Anne Boucher, University of Toronto Students' Union
- Joshua Grondin, University of Toronto Students' Union
- Beth Ali, Executive Director, Athletics & Physical Activity, Faculty of Kinesiology & Physical Education
- Meredith Strong, Director, Office of the Vice Provost Students

###### *Absent:*

- Heather Kelly, Senior Director, Student Success
- Mark Overton, Dean of Student Affairs, UTM
- Yuli Liu, University of Toronto Students' Union
- Atif Abdullah, Quality Service to Students (QSS)
- Qusai Hassan, Council on Student Services (CSS)

##### **Non-voting Members:** Julia Smeed (Secretary)

- **Guests:** Brienne Berry Crossfield (APUS), Mala Kashyap (APUS), Luc Simard (KPE), Jim Webster (KPE)

**Chair:** Sayeh Yousefi (in place of Cameron Davies)

**Recording Secretary:** Sarah Matias

Meeting begins at 3:19 p.m.

### **1. Land Acknowledgement**

Chair Yousefi starts meeting with a personalized land acknowledgement.

### **2. Introductions**

Chair introduces herself, as does the rest of COSS.

### **3. Meeting Called to Order**

Chair sought mover to call meeting to order. Grondin motioned, Newman seconded. All in favour, none opposed. Meeting called to order at 3:22p.m.

### **4. Approval of Agenda**

Chair sought mover to approve agenda. Ali motioned, Pyne seconded. All in favour, none opposed.

### **5. Approval of Minutes**

Chair sought mover to approve last meeting's minutes. Newman motioned, Ali seconded. All approved, none opposed.

### **6. KPE Presentation**

Ali begins presentation sharing a new name for their Co-Curricular programs – from University of Toronto Faculty of Kinesiology and Physical Education to University of Toronto Sport and Recreation at Kinesiology and Physical Education.

Beth goes on to say that U of T Sport and Rec at Kinesiology and Physical Education are committed to providing programs, services, facilities and resources to U of T students on all three campuses. By doing so, the student experience is enriched, creates a sense of community and belonging, contributes to the overall health and well-being of students, enhances academic success and create opportunities for personal growth and leadership skill development which promotes post university success. The staff and students who work at U of T Sport and Rec are committed to enhancing the university experience for students and contributing to the health and wellbeing of the student body.

Ali listed the priorities that provide the framework to the KPE programs, services, staff and resource allocations in Sport & Rec.

- U of T Sport and Rec is dependent on the student ancillary fee to fund the program.

- Seek out alternate funding sources that will reduce dependence on the student ancillary fee.
- Work in collaboration with partners at Hart House, St. George Student Life, UTM Athletics and UTSC Athletics & Rec.
- Ensure that the values of equity, inclusivity, accessibility and diversity inform all programs, facility operations, services, policies and resources.

Ali further listed the factors impacting the student university experience, highlighting that at Sport and Rec the focus is on 4 factors which shape the student experience (Mental Wellness, Accessibility and Inclusion, Engagement, and Future Success). The programs and services provided by Sport and Rec are intentionally designed and managed to positively impact these factors. Ali mentions that last year, she had a conversation with Mala Kashyap regarding how services could be improved for part time students and many of the suggestions Mala brought forward are now imbedded in programs offered. Ali thanked Mala.

### Mental Wellness

Priority for all three student unions, U of T Sport and Rec, Hart House, Student Life and the university as a whole.

Dealing effectively with mental health is complex as it incorporates many aspects including: self-confidence, response to stress and anxiety levels

Engaging in physical activity improves self-esteem, improves sleep quality, reduces impact of stress, creates a support network etc.

Research shows that regular exercise plays a significant role in facilitating mental and physical wellbeing, contributing to academic success.

### Accessibility and Inclusion

Accessibility, equity, diversity and inclusion is of utmost importance. Being committed to student's health and well-being means programs, facilities and services must accommodate as many student schedules as possible.

This has been done by extending hours of operation (5 days a week at the Athletic Centre and 7 days a week at Varsity and Goldring) to accommodate class/person's schedules (full and part time students).

Providing access to safe and appropriate equipment for diverse users/skill levels/experience. Equipment lending at nominal/no cost so participants can enjoy their desired activity/sport and reduce barriers to participation.

Expanding yoga and mindful meditation into the drop in program at no additional fees, an increase of 5000 participants were seen in 2016-17. The addition of yoga and mindful meditation to the drop in program has made these important activities accessible from a financial and scheduling perspective. The result is a staggering increase in participants taking advantage of programs that contribute to physical and mental wellness. Drop in programs are included in all student's membership to the sport and recreation facilities.

Staff have received equity and diversity training.

Use of social media to promote, engage and advertise programs and services, send notification of upcoming daily events, direct students to open spaces.

AODA compliant Sport and Rec web presence, organized by activity.

Weekly trans-positive swim times offered with privacy measures to reduce barriers that may prevent transgender community from participating in swimming.

All facilities have gender neutral washrooms and the CAR equity committee and the staff continue to work diligently on gender neutral language in policies, diversity and equity training for all staff, minimizing cost to access programs and facilities and maintain diverse program offerings for all ages, skill levels, experience that respect and include factors such as cultural, racial religious and sexual diversity.

### Engagement

The Move U Program is a key initiative to engage students in physical activity and sport. Move U peer teams connect with students (over 6000) through physical activity to help relieve stress, boost concentration and improve performance in the classroom. Move U teams operate on all three campuses and collaborate with Student Life, Hart House and Health and Wellness. Teams host special events, give away fitness focused materials and help student participate in fun and accessible physical activities. Mobile Move U team, in partnership with Hart House, travel to student spaces to run drop in classes across the St. George campus. Faculties and colleges can book up to 4 free sessions of Mobile Move U. In 2016-17, Sport and Rec presented 25 sessions, engaging over 500 students in physical activity. The Movement Breaks program brings Move U to the classroom offering a 5-15 minute movement session for students sitting for prolonged periods of time. Students participating in these breaks are left in a better state to focus and achieve academic success. In 2016-17, Sport and Rec presented 60 sessions, engaging over 600 students in physical activity. Brain Break brings physical activity to students in the library. Move

U offers group stretching and activities to encourage students to take short breaks from their studying leading up to exam period (early December and April, and again in late June).

Equity Movement Team is made up of undergraduate and graduate students who implement student-led initiatives that promote equity, diversity, inclusivity and physical and mental health.

The Equity Ideas Fund supports initiatives that promote equity in sports and physical activity. Student groups apply for grants of up to \$500 to support events/programs designed to enhance equity and inclusion. Total of \$10,000 is available annually.

Employment at Sport & Rec: U of T Sport & Rec is the largest employer of students on campus. Providing over 1000 jobs to students annually, 78 co-curricular record opportunities (and over 1100 validations), 149 work-study positions, and over \$5 million is paid to student-staff each year.

Leadership Skill Development through Opportunities in Student Governance, such as:

Council of Athletics and Recreation (CAR) - Provides oversight of the sport and recreation programs, facilities on the St. George campus as well as university wide programs such as intercollegiate, intramurals and tri campus development league. CAR is responsible for overall athletics and recreation policy and annually reviews and approves the co-curricular budget.

Intramural Sport Council (ISC) - Student representatives from all colleges, faculties and divisions and across the three campuses manage the intramural program through the ISC.

Varsity Board (VB) - Student athletes from each of the 44 teams provide input on the operation of the intercollegiate program. They are also responsible for choosing the winners within the annual sport awards program, represent the student athletes on CAR and plan and implement numerous community service projects.

Equity Committee

Task Force on Race and Indigeneity - is one of the many initiatives emerging from the recent Truth and Reconciliation report. The Task force encourages our U of T community to reflect, critique and take action on race and indigeneity as we work to realize our vision and goals. Students from across the university and from diverse backgrounds answered the call to participate in this important initiative and one of the three chairs of the task force is a student. The task force and its working groups are focused on enhancing opportunities for Indigenous and racialized youth and peoples with a particular focus on student recruitment, admission, retention and success, staff and faculty recruitment, retention and advancement, curriculum, research, pedagogy and learning and sport and recreation community outreach and recruitment.

Budget and Finance Committee - Students and staff from across the university work to create, review and approve the annual co-curricular budget for sport and recreation. This committee is very important in terms of oversight, justification and the use of student fees.

### Future Successes

Ali noted that U of T Sport and Rec prioritizes training, education and experiences that will positively impact student's post university success. By participating in or working for Sport and Rec, students enhance their communication skills, leadership skills, time management/organizational skills and overall personal development. Ali highlights that there are higher participation numbers at all facilities, but most importantly at Goldring that indicates that students feel comfortable there. Intramural program at Sport and Rec is the largest in the country and driven solely by students. (see slide with figures).

What's next at Sports and Rec:

Ali mentioned the launch of the Fitness and Performance Program, which is still in the beginning planning stages led by Luc Simard, implemented in the Fall. Taking the services that Sport and Rec offers to intercollegiate athletes and offering them to the entire student body. Changing the structure – very intentional also changing the staffing structure.

The implementation of key recommendations from the Task Force on Race and Indigeneity Report will be taking place; there have been 77 recommendations that have come from the report. Gone to the Dean of the Faculty for his response.

Expanded use of social media for promotion and engagement.

Review of signage and wayfinding to improve accessibility, particularly in the Athletic Centre. Trying to work with a company that specializes in this

U of T Sport & Rec Master Plan. Reaching out to colleagues and student colleagues for collaboration

Installation of air conditioning in Benson building activity spaces (gyms). Meeting/classrooms rooms have already been updated.

Continue to diversify revenue and increase non-student based funding.

### **Questions:**

Newman requests that once a wayfinding company is found – if it can be shared with Student Life. Ali assures everyone that she will share that information with everyone.

Ali notes that she is happy to come in and present to any of the student governments should they like, she is happy to do so.

Coggon asks about the Task Force report and what kind of things are taking place. Ali notes that there are 77 recommendations that span across engagement, co-curricular education (sport and rec), faculty and staff, and recruitment of indigenized students. Awaiting the Dean's response but he has indicated that there are many recommendations that are feasible and can be implemented right away, some which will take some time to phase in and some that won't be possible at all. Happy to share the report.

Task force was led by Prof Simon Darnell (faculty member KPE) and Sharon Grandison (HR Director). There were 4 working groups that did interviews, focus groups, discussion and research that brought it to the main committee and this is where the recommendations from. This was a 13 month project. An implementation group will continue to oversee the recommendations and faculty will be assigning researchers to follow the implications and impact of the recommendations. Pouyat requests a copy of the report, Ali assures she will send it to all COSS members.

Monahan notes how much he enjoyed the Sport and Rec presentation. He mentions that Simon Darnell is the academic researcher for the community participation project. Monahan notes that the partnership continues between KPE and Hart House. Ali mentions that the partnership and collaboration between SL, Hart House and Sport and Rec KPE is not always evident but it is alive and flourishing and all are committed to improving the student experience.

Coggon inquires about the Equity Committee and if it is ongoing. Coggon asks if notices for elevators/lifts being out of service are conveyed to students. Ali confirms that facility notices are updated hourly on the Sport and Rec website and social media accounts.

Coggon asks about the Robert Street field. Ali explains that the Robert Street facility is a field and ice pad where the new residence is going to be built. Renovations will be taking place, led by Christine Burke and Scott Maybury have been working with the resident association – the residents in the area have been contacted and a proposal has been made. A cork like surface has been discussed so that it can be used year around (parkour, summer camp, children in the area etc.) A community garden to grow food has been discussed for student and the residents. Luc Simard proposed the idea of creating a large kitchen in the new residence so that cooking classes could be offered to students and possibly using the food grown from the garden – incorporating nutrition and wellness at the university.

## **7. Other Business**

Chair asked if there was any other business to discuss. Chair mentioned next COSS meeting (Friday, January 25), from 3-5 p.m.

## **8. Adjournment**

Chair sought mover to adjourn meeting. Boucher motioned, Coggon seconded. All in favour, none opposed. Meeting adjourned 4:07 p.m.