



STUDENTS' REPRESENTATIVE COUNCIL
IBHUNGA ELIMELE ABAFUNDI
STUDENTERAAD



UNIVERSITEIT
iYUNIVESITHI
STELLENBOSCH
UNIVERSITY

100
1918 - 2018

SRC 2021/22 TERM REPORT 2 STUDENT WELLNESS

saam vorentoe · masiye phambili · forward together

Students' Representative Council
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Constitutional Responsibilities

CHAPTER 4: THE STUDENTS' REPRESENTATIVE COUNCIL.

27. Core functions of the Students' Representative Council

The core functions of the Students' Representative Council include – (1) To act in the best interest of students and to actively promote students' rights under CHAPTER 2. (2) To represent students at – (a) The University Council. (b) The Senate. (c) The Institutional Forum. (d) Other committees, structures, and functionaries of the University. (e) National and international student structures. (3) To evaluate the University policy and give input in the formulation thereof. (4) To formulate and maintain policy to ensure that the SRC performs its functions and duties effectively. (5) To facilitate projects and initiatives to the benefit of students. (6) To inform students continuously, and obtain feedback, about its activities.



Portfolio Overview

The portfolio has gone through many evolutions over the past few years, the most notable occurring in the 2018/19 term when a committee was created to draft the Mental Health Policy. The policy draft was both influenced by, and influenced, discussions around mental health at Stellenbosch University (SU). My predecessor's term was unfortunately heavily impacted by the global coronavirus (Covid-19) pandemic. It is however evident through her plans, and her speeches during the caucuses, that she had a great motivation to broaden and destigmatize the conversation around mental health. – Chloe Krieger (Student wellness 2019/20)

I am of the strong opinion that there are many factors that affect one's mental wellness, besides obvious mental illness, and it is for this reason that the 2020/21 plan for this portfolio is to spend at least a month specifically focusing on the different aspects of the Wellness Wheel in an effort to improve overall well-being-(Makabongwe Chido Kasek)20/21.

In 2022 I am happy to announce that the mental health policy was at last approved. In my term I want to build on what Makabongwe had started and that is why I am continuing with the wellness wheel. I also want to be more visible on campus to make it easier for students to reach out to me. I have realised that we can not fight the mental health problem alone and that is why collaboration between me and CSCD is going to be the core of my term.



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Committees/Task Teams

- Student Achievement Committee

We have not had a meeting yet.

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Term Overview

My term was packed at the beginning and then slow down towards the end with a test week.

We had 5 Wellness talks at:

- Lydia
- Eendrag
- Vesta
- Hellshoogte
- Dagbreek

All the talks went very well. We got good feedback from the newcomers, and they have engaged very well with our speaker (Johan Laten).

I have ordered our first batch of ice-cream



Budget Usage

<u>Project</u>	<u>Amount budgeted</u>	<u>Amount utilised</u>	<u>Amount available</u>
PSO/Cluster/Res-talks	R6500	R457.20	R6042.80
Pop-up Ice cream stall	R5268	R478	R4790



Plans for next term

Pop-up stalls

Our first popup stall is on Friday 8 of April from 12 to 14. I am collaborating with the branding and marketing portfolio and the society's council on this project. The second one is going to be at Tygerberg on Friday 22 April.

Holistic balance live

The holistic wellness event will be held at Meerhof on the Tygerberg campus. The event will be open to students from other communities as well. Our Guest speaker is Katharina Brun who is a Clinical Psychologist and Educational Psychologist. To fund this project, I am collaborating with Catherin Bern from the TSR and want to revise my budget and move the money from sexual education to the new project Holistic balance live. I am waiting for a final date from their HC, but it is in June.

Financial Wellness

We have a guest speaker who is going to hold the financial literacy take for us at Dagbreek. Higgs Biljon from FinMEup. The talk is going to be open for any student to join and we will also stream it on teams. The session will be held in the first week of May we are just waiting for Higgs to confirm the date.

Screaming Sessions

We have a screaming project with Kuko. It is for stress relief, and we want to continue with it this year. Last year it was put on hold temporarily for safety reasons. The project will start again on 23 May 2022 when the exams start.