

**From:** [Perlas, Char](#)  
**To:** [AllMailboxes](#)  
**Subject:** 10-19-21 All-College Update  
**Date:** Tuesday, October 19, 2021 8:20:33 AM  
**Attachments:** [Enrollment Charts 10-18-21.pdf](#)

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Hello Siskiyous and Happy Emotional Wellness Month!

This week's updates:

- **Follow-Up: Food Services** - We know that the unfortunate shortage in food service staff has resulted in a number of complaints regarding quantity and quality of food. Doug and his team have done a tremendous job addressing these challenges. Food Services recently hired two new student assistants and continues to recruit and hire food service staff. Our current FT staff are focused on preparing tasty, nutritious food. Meals that were previously not well received, will be removed from the menu. Signs have been posted to help students track their meal points as well as remind students that some meal items are always available for \$5 or less. Additionally, an online meal ordering project is underway. Key staff will continue to meet and discuss balancing the cost of food services and addressing student/staff requests.
- **Enrollment Report** - This week's enrollment report will be posted [here](#). It is also attached.
- **COVID Status** - As of 8:20am, Tuesday October 19th, we have one positive case. Pending further cases, we will drop down to zero positive cases this Saturday. Please read my submission in this month's Campus Connection regarding our new COVID mitigation team/contact tracer members!
- **The Truth Initiative: Tobacco/Vape-Free College Program Survey** - The Truth Initiative Tobacco/Vape-Free College Program is offering grants of up to \$20,000 to community colleges and minority-serving institutions to advocate for, adopt and implement a 100% tobacco/vape-free policy. Please tell us if you are in support of this initiative or not by completing this very short survey: <https://forms.office.com/r/4PpeK57JvK>. Data from the survey will help inform our decision to pursue or not pursue this initiative. To learn more, go to: <https://truthinitiative.org/>. Thanks in advance!
- **Suggestion Box** - No new suggestions this week.

### **SJEDI Corner**

- **Seattle Times: Under Our Skin Project Video #5:** This week's featured video is 'Racist'. This is a 6 minute and 56 second video which can be accessed [here](#). Feel free to share your reflections/thoughts about this week's video [here](#).
- **New DEI Modules:** There are two new DEI Modules in [the Vision Resource Center](#) that are highly recommended. Both were developed through a collaboration with Lasana Hotep. (Please note, you will need to create an account in order to access the Vision

Resource Center):

*-I don't see color. I just see people: Becoming culturally competent:* This module examines the way in which the U.S. educational system perpetuates inequity and introduces various frameworks that can be leveraged to promote cultural competence and develop culturally affirming policies, practices and pedagogies that improve students' experience on campus.

*-Playing behind the screen: The implicit bias in our colleges:* This module introduces implicit bias and how it manifests on a college campus. The module offers strategies to address implicit bias at the institutional level to improve the educational outcomes for students and experiences for everyone on California community college campuses by creating culturally affirming and equity-centered policies, practices and pedagogies.

In celebration of Emotional Wellness month, below are **9 tips** to maintain emotional wellness in times of uncertainty. We encourage you to review the tips, implement and discuss within your area meetings:

1. *Be positive* - Forgive yourself and, give yourself credit. Focus on the good.
2. *Get connected* - Reach out to friends and loved ones. Take a class, learn something new. Volunteer in your community.
3. *Relieve stress* - Exercise. Practice mindfulness, meditation, yoga or tai chi. Spend time in nature.
4. *Quality sleep* - Limit use of electronics before bed. Go to bed at the same time each night and wake up the same time each morning.
5. *Establish boundaries* - Have clear priorities. Don't feel like you need to say yes all the time. Make sure to spend time doing things that bring you joy.
6. *Be mindful* - Go for a walk, and notice your breath and the sights and sounds around you. Breathe in through your nose to a count of 4, hold for 1 second, and then exhale through the mouth to a count of 5. Repeat often.
7. *Cope with loss* - Talk to caring friends. Take care of yourself - avoid bad habits. Find a support group.
8. *Accept yourself* - Figure out what motivates you by celebrating something you are bad at. It's in our failures, not our successes, that we learn the most about ourselves.
9. *Ask for help* - Get the perspective of others to hear how they would handle a situation. Seek the advice of a mental health professional.

# EMOTIONAL WELLNESS

Have a positive attitude, high self-esteem, a strong sense of self, and the ability to recognize & share a wide range of feelings with others in a constructive way.



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## ***College of the Siskiyous Vision***

*Transforming students' lives through lifelong learning and success.*