

**From:** [Perlas, Char](#)  
**To:** [AllMailboxes](#)  
**Subject:** 8-15-22 All College Email  
**Date:** Monday, August 15, 2022 4:38:58 PM  
**Attachments:** [Sept 2022 Dr.Crain Presentation.pdf](#)  
[Find Your Calm.png](#)  
[08-18-22 Convocation and Flex Day-Final.pdf](#)

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Hello Siskiyous and Happy National Relaxation Day!

We are one week away from the start of the fall semester! It has been great seeing more and more students on campus!

*This week's updates:*

- **Enrollment Report:** Can be accessed [here](#).
- **COVID Status:** Currently, we have one positive case who has not recently been on campus (hence the absence of an email notification). As mentioned in an earlier email, now that we have an approved, modified Board Policy that allows us to re-assess the COVID requirement and, also, now that all constituency groups are back on campus, we will be reassessing the COVID Requirement in the upcoming weeks.
- **Convocation and Flex Days are Thursday, Aug 18<sup>th</sup> and Friday Aug 19<sup>th</sup>:** Agendas with Zoom links are attached! Please note, Jayne's Faculty Flex Breakout Session A, is now hybrid. Those planning to attend, are encouraged to attend in-person in DLC 3.
- **Early Closure (kind of) Friday, Aug 19<sup>th</sup>:** So that most of you can enjoy the Family Fun Day and Back to School BBQ Friday from 3p - 6:30p, we will be closing the campus at 3pm. Although most departments will be closing at 3p, certain student services will remain open: The Office of Student Services, Admissions and Records, and Counseling & Advising will be open until 5p. Basecamp will be open until 4p.
- **Save the Date - Vice President of Academic Affairs Forums:** Tuesday, Aug 30<sup>th</sup> in the Theater. Time-TBD.

## **SJEDI**

- **Resending in case you missed it last week: New email group: LGBTQ+@Siskiyous.edu:** The CCCC is preparing to send LGBTQ+ notifications regarding allocation requirements and specifications, grants and other funding, meetings and events, etc., pertaining to campus LGBTQ+ programs. If you would like to be added to this email group to receive LGBTQ+ related communications from the Chancellor's Office, please either submit a HappyFox request or email Char.
- **Racial, Gender, Social Justice: Education for a Better, Safer World- Fri. Sept. 9 and Fri. Sept 23 from 12p - 1p:** Join us for a special Zoom presentation by Dr. Crystallee Crain, Founder & Director of [Prevention at the Intersections](#). The same workshop is being presented on two separate Fridays. Workshop is open to all but students are highly

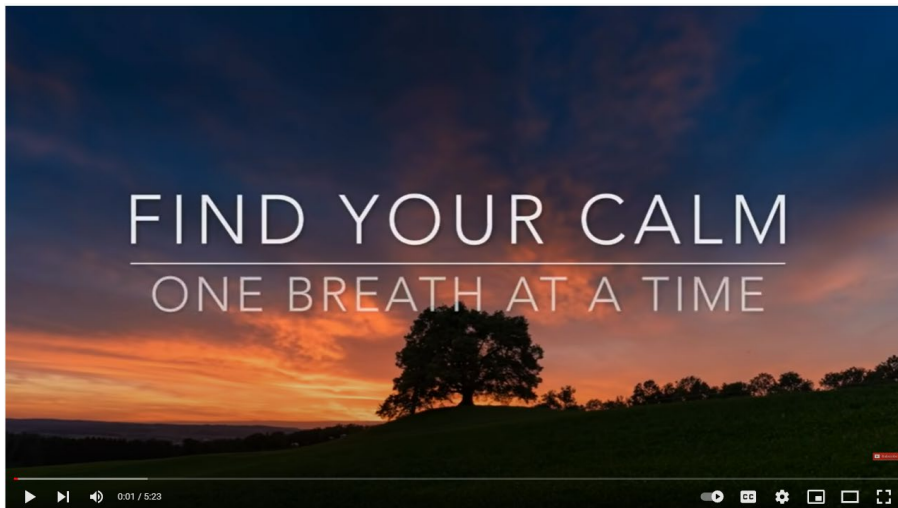
encouraged to attend. Flyer with Zoom link attached!

- **Save the Date-Colegas Conference: Pa'delante Juntos Podemos (Together We Move Forward):** Scheduled Nov. 2 - 5, 2022 in Long Beach.

Today is National Relaxation Day! According to Economic Times:

- Relaxation is a healthy exercise, which helps improve breathing and circulate more oxygen in the blood.
- Learn about relaxing – 40% people don't allocate time for relaxing, while 45% don't know how to do it.
- Relaxing for a couple of minutes can improve focus and concentration.
- Relaxation improves your mood and relieves stress.
- Taking a few minutes each day to relax reduces illness risks significantly.

You can practice relaxation today with this [5-minute Guided Meditation for Deep Relaxation and Stress Relief](#)



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