
Welcome to January Isolation at X!

Preparing to Return

The province requires every traveler entering to submit a [NS Safe Check-in Form](#). You should submit this a few days before you travel.

Remember to bring:

- Winter clothes, coat, boots, hat, gloves
- A personal thermometer (essential)

Arrival

Students isolating in residences are asked to arrive the 4th and 5th. If this is not possible, you must make arrangements with University Housing for your arrival stay@stfx.ca. We are not able to accommodate arrivals for isolation in residence after January 6th. Those arriving after the 6th will need to make alternate arrangements to isolate off campus.

International students who travelled outside of Canada must contact international@stfx.ca to arrange transportation to campus. This is a federal government requirement.

When you arrive, Check-in is at the Keating Centre where you will be checked in as arrived, issued a wristband, and provided with information and snacks. If you are travelling by car, please ensure you arrive between 10am and 8pm on the 4th or 5th. Note, if you are arriving by Maritime Bus after 8pm there will be someone at the Keating to check you in.

Meals

Meals will begin at dinner time on January 4th. Meals will be at Morrison Hall twice a day, with scheduled time depending on your building.

Meal will be served twice per day (brunch and dinner) at scheduled times per building in Morrison Hall.

Two volunteers will lead all residents from their building to Morrison Hall, ensuring physical distancing and masks, where you will pick up your meal and return to residence.

Snacks and drinks will be available as grab and go for you to take back to residence.

Any additional dietary needs or requests can be sent in an email to Tim Hierlihy thierlih@stfx.ca.

If you have class at your scheduled meal time on January 13th, 14th, 15th, or 18th you can either take an extra grab and go meal the meal prior or miss class to eat. Professors will be aware that some students in isolation will have conflicting schedules. If you are going to miss class, you should contact your professor directly to let them know. Meal Hall schedule:

11:00 a.m. & 4:00 p.m. - International House, Cameron Hall, MacKinnon Hall, MSB

11:45 a.m. & 4:45 p.m. - Somers Hall, Power Hall (except AC), Bishops Hall, FX Hall

12:30 p.m. & 5:40 p.m. - O'Regan Hall, Riley Hall, Governor's Hall, MacIsaac Hall

Recreational Time

Residence students have the option to go outside and use the field or track or participate in some outdoor recreation during scheduled times. Each build rotates through four locations each time – Memorial Field West/East, and Main Field North/South.

Community and Individual check-ins

You will have a few people checking in on you during isolation. A CA will email, call or text you daily. They are going to ask how you are coping, if you are doing any of the activities, if you need anything, or if you have any questions.

Residence Life and the Students' Union have planned some great activities for you during isolation. Apart from daily recreation time and trips to meal hall, there are online fitness classes, Radio Bingo, a Goose Chase, workshops, trivia, and more planned for you. More details about the schedule of activities follows.

Government Check-ins

During isolation, the province will send you a daily check-in by email that requires a response from you every day. The province sends a daily report to the university. The university is expected to follow up with students who miss a daily check-in.

The Federal government will also send daily check-in emails to international students. If a daily check in with the federal government is missed, local law enforcement is directed to check on the person isolating and report back to the government.

Residence Living

- Every building will have volunteers and supervisors present in the building to assist.

- Students can contact their building support team on the connect phone for their building between 10am and 2am. Outside of these hours Security is available at 902-867-4444.
- Other than to go to meal hall and recreational activities, or to use the washroom (in buildings with shared washrooms), students must stay in their room with the door closed.
- Should there be a need to leave the room other than to use the washroom or at scheduled times, the student must first contact the Connect phone or Security 902-867-4444.
- Masks are required to be worn except when students are alone in their rooms.
- Masks must be put on before opening the door to exit the room, and must not be removed until back in the room with the door closed.
- Lounges are not available.
- Laundry will be available on a sign up basis only. To sign up for a time to do your laundry please contact the Connect phone or talk to your CA about it when they are checking in with you.
- Garbage and recycling should be removed by the student and brought to the sorting stations on the way to pick up dinner.
- No guests are permitted at any time in residence during isolation.
- Food deliveries, groceries, or other deliveries must be arranged in advance with a volunteer or supervisor.
- Books will be delivered January 7 and 8 IF the students have placed order at StFX Store

Developing Symptoms

- **If you start to feel sick – do not go to meal hall or recreation time! Call the Safety and Security and ask to talk to the RLC on call right away.**
- Students who develop symptoms of COVID 19, described by the NS Health Authority, they are directed to either call 811 or do the online self-assessment at 811.novascotia.ca.
- The assessment determines whether testing and isolation are required. Student directed to isolate and be tested must notify the RLC on call by contacting Safety and Security at 902-867-4444. Security will ask for a number at which the RLC on call can reach the student.
- If a phone is not available, students may also email isoate@stfx.ca to notify us that they are symptomatic.
- Symptomatic students will be moved to an apartment designated for isolation where meals will be delivered.
- Residence Life/Housing will have a vehicle to assist students who need to relocate to a designated apartment to isolate.
- Note that recreation activities will not be available to symptomatic students awaiting testing for COVID-19.
- Note that regardless of any asymptomatic testing that might be in place for January, symptomatic testing is separate and occurs at the COVID Assessment Centre at St. Martha's Hospital.
- Residence Life will provide taxi vouchers for a local company that has appropriate safety protocols for safe transportation to and from the testing site.
- Results from testing are sent by email (only if negative) or by phone, usually within 48 hours. Students need to update the university on the results of their test.

Events and Activities January 6th to 18th – MacIsaac Hall

The descriptions and a calendar with links to the virtual events are listed below. You recreation and meal times are included in the calendar. Follow @stfxisolated on Instagram for up to date info about everything going on!

Goose Chase!

Join the Students Union in a campus wide Goose Chase challenge - Isolation Edition. Download the Goose Chase app and use game code **3KQBJP** and insert one of the following username keys to collect point for your community!

Off Campus: OC_	MacNeil: MN_
Chillis: CH_	Cameron: CAM_
Riley: RIL_	O'Regan: OREG_
MacIsaac: MAC_	Burke: BK_
Fraser: FRA_	Plessis: PLS_
FX Hall: FX_	Governors: GOV_
Power & Somers: APT_	The Students Union: THEU_

Research Bingo!

Streaming from The Inn. Tune in, win prizes (slow cookers, Soda Streams!) and learn about research opportunities for undergraduate students. Visit <https://www.theu.ca/bingo> to play, and follow @theuofficial for more info.

Check Up From the Neck Up with Nurse Shauna

Join Nurse Shauna virtually to chat about anything health related (or not) during isolation. Click on the link in the Calendar to join.

Black Student Meet and Greet

Meet StFX's new Black Student Advisor, Warren Kelsey, and meet up with black students for a virtual meet and greet. Click on the link in the Calendar to join.

High Intensity Interval Training (HIIT) Workout

Join HKIN student Jamie White with STayactiveFX for High Intensity Interval Training Workout to keep working towards your health and fitness goals during isolation! Hyperlink in schedule.

Virtual Pride Flag Raising

Join the Gender & Sexual Diversity Advisor, X-Pride President, SU President, and StFX leadership for the raising of the Progress Pride Flag to mark the beginning of Pride Month at StFX.

Queer and Trans Spaces - Tattooing

Join tattoo artist/owners/shop workers to a conversation about the importance of 2SLGBTQIA+ spaces, the significance of tattoos in the 2SLGBTQIA+ community, and their experiences working in the tattooing industry. Registrants have a chance to win 1 of 2, \$50 gift cards to Folklore Tattoo, Antigonish. Email cgoering@stfx.ca for more info.

Online Positive Space Training

Positive Space is a very popular workshop at StFX. We are pleased to offer it during isolation. This workshop covers topics like relevant sexuality and gender-related terminology, important concepts like hetero- and cis-normativity, privilege and oppression, and inclusive/anti-oppressive practices with the intention of increasing 2SLGBTQIA+ cultural awareness among the campus community. Great on a resume!

Virtual Sex Toy Bingo

Back by popular demand from the fall, the Gender & Sexual Diversity Advisor in collaboration with the Students' Union invites you to come try your luck and play for a chance to win FREE sex toys! Visit [@theuofficial](https://www.instagram.com/theuofficial) on instagram for more info.

Get Ready with Drag King Richard Rockhard

Join Drag King, Richard Rockhard, to learn some tips and tricks about Drag King make-up, developing a Drag King persona, performing live, and more!

Pride Pin Beading

Join the StFX Indigenous Student Affairs Coordinator, Terena Francis, and Beader Ruby, to learn about Mi'kmaq beading tradition as well as how to bead your own Pride Flag pin.

Puzzle Night with RLC Julia

Join Julia Krbavac for some Puzzling fun! Zoin the hyperlink in the schedule and open up <https://jigsawpuzzles.io/> to play!

Workout with Max

Join Max Toulch virtually on Teams for core and Stretch workouts Daily. Click on the Hyperlink in the schedule to access the sessions!

Summer Job Search Strategies Workshop

Did you know that a large 80% of jobs never get advertised broadly? Come to this workshop and learn about the hidden job market as well as not-hidden job posting websites. Discover alternative job search strategies and resources that can help you generate and follow-up on leads for summer jobs you really want.

Writing a Winning Cover Letter and Resume

This workshop will review how to write a professional resume and cover letter that will help you to get noticed by potential employers.

Interviewing for Success

This workshop will review how to make a positive first impression with an employer, different types of interviews, and strategies on how to answer common and behavioral interview questions.

Pictionary with RLC Julia

Join Julia Krbavac for some virtual friendly competition! Join the hyperlink in the schedule and open up <https://skribbl.io/> to play!

Quarantine Book Club

Prior to returning to STFX, Read the Book of Negroes to participate in this student lead book club, and engage in sessions run by author Lawrence Hill this January. Visit @stfx_mckennacentre for link.

Racial Justice Round Table

A virtual roundtable and discussion focused on racial justice today, led by the recipients of the McKenna Centre's Racial Justice Leadership Grant Recipient. Visit @stfx_mckennacentre for link.

Bingo Night with Julia

Join Julia Krbavac for some Puzzling fun! Join the hyperlink in the schedule and open up <https://mfbc.us/m/ehgcn3> to play!

STFX Sports Management and Marketing E-Sports Tournament

Visit @stfxsmms on Instagram for information on how to participate. Registration in advance required! \$5 Fee applies.

Intramural E-Sports registration

Visit <https://www.goxgo.ca/recreation/intramurals/index> to register for FREE Basketball and Hockey E-Sport Tournaments. Tournament takes place Jan 12th, 13th, 14th, and 16th.

Time	Jan 4th	Jan 5th	Jan 6th	Jan 7th	Jan 8th	Jan 9th	Jan 10th
9:00 AM	Intramural E-Sports registration opens Start of Quarantine Photo Challenge with CA Margaret Ann		Rec Time Main/Memorial Field Intramural E-Sports Tournament begins Goose Chase begins	Rec Time Main/Memorial Field	Rec Time Main/Memorial Field	Rec Time Main/Memorial Field	Rec Time Main/Memorial Field
10:00 AM	Move-in begins	Move in Begins Core and Stretch workout with Max	Core and Stretch Workout with Max	Core and Stretch Workout with Max	Core and Stretch Workout with Max	Core and Stretch Workout with Max	Core and Stretch Workout with Max
11:00 AM	11:30 Virtual Pride Flag Raising						
12:00 PM		12:30-1 Lunch	12:30-1 Lunch	12:30-1 Lunch	12:30-1 Lunch	12:30-1 Lunch	12:30-1 Lunch
1:00 PM							
2:00 PM			2-3 Rec Time Main/Memorial Field	2-3 Rec Time Main/Memorial Field	2-3 Rec Time Main/Memorial Field	2-3 Rec Time Main/Memorial Field	2-3 Rec Time Main/Memorial Field
				2-4 Pride Pin Beading (Pre Register!)			2-4 Get Ready with Richard (Drag King)
3:00 PM		Summer Job Search Strategies Workshop	Writing a Winning Cover Letter and Resume	Interviewing for Success			
			3-4 Check up from the Neck up with Nurse Shauna	3-4 Check up from the Neck up with Nurse Shauna 3-4 Black Student's Meet and Greet	3:30-4:15 HIIT Workout 3-4 Check up from the Neck up with Nurse Shauna	3-4 Check up from the Neck up with Nurse Shauna	3:30-4:15 HIIT Workout 3-4 Check up from the Neck up with Nurse Shauna
4:00 PM					-		-
5:00 PM	5:30-6 Supper	5:30-6 Supper	5:30-6 Supper	5:30-6 Supper	5:30-6 Supper	5:30-6 Supper	5:30-6 Supper
6:00 PM					6:30-8 Queer & Trans Spaces Tattooing		
7:00 PM		Pictionary With Julia		Puzzle Night with Julia		Bingo Night with Julia	
8:00 PM				"Crazy Eights with CA Lucy"			

	Jan 11th	Jan 12th	Jan 13th	Jan 14th	Jan 15th	Jan 16th	Jan 17th	Jan 18th
9:00 AM	Rec Time Main/Memorial Field	Rec Time Main/Memorial Field	Rec Time Main/Memorial Field	Rec Time Main/Memorial Field	Rec Time Main/Memorial Field	Rec Time Main/Memorial Field	Rec Time Main/Memorial Field	Rec Time Main/Memorial Field Last day for Goose Chase
10:00 AM	Core and Stretch Workout with Max	Core and Stretch Workout with Max	Core and Stretch Workout with Max	Core and Stretch Workout with Max	Core and Stretch Workout with Max	Core and Stretch Workout with Max	Core and Stretch Workout with Max	Core and Stretch Workout with Max
11:00 AM								
12:00 PM	12:30-1 Lunch	12:30-1 Lunch	12:30-1 Lunch	12:30-1 Lunch	12:30-1 Lunch	12:30-1 Lunch	12:30-1 Lunch	12:30-1 Lunch
1:00 PM		1:30-3 Online Positive Space Training						
2:00 PM	2-3 Rec Time Main/Memorial Field Coloring Contest with CA Maddie"	2-3 Rec Time Main/Memorial Field	2-3 Rec Time Main/Memorial Field	2-3 Rec Time Main/Memorial Field	2-3 Rec Time Main/Memorial Field	2-3 Rec Time Main/Memorial Field	2-3 Rec Time Main/Memorial Field	2-3 Rec Time Main/Memorial Field
3:00 PM	McKenna Centre Quarantine Book Club Book of Negros	Summer Job Search Strategies Workshop	Writing a Winning Cover Letter and Resume	Interviewing for Success				
		3:30-4:15 HIIT Workout	3-5PM Racial Justice Round Table	3:30-4:15 HIIT Workout		3:30-4:15 HIIT Workout		
	3-4 Black Student's Meet and Greet 3-4 Check up from the Neck up with Nurse Shauna	3-4 Check up from the Neck up with Nurse Shauna	3-4 Black Student's Meet and Greet 3-4 Check up from the Neck up with Nurse Shauna	3-4 Check up from the Neck up with Nurse Shauna	3-4 Check up from the Neck up with Nurse Shauna	3-4 Check up from the Neck up with Nurse Shauna	3-4 Check up from the Neck up with Nurse Shauna	3-4 Black Student's Meet and Greet 3-4 Check up from the Neck up with Nurse Shauna
5:00 PM	5:30-6 Supper	5:30-6 Supper	5:30-6 Supper	5:30-6 Supper	5:30-6 Supper	5:30-6 Supper	5:30-6 Supper	5:30-6 Supper
6:00 PM	"Club Penguin Pizza Party"							
7:00 PM		Pictionary With Julia		Puzzle Night with Julia		Bingo Night with Julia		
		7-8:30 Research Bingo		7:30-10 virtual Sex Toy Bingo				
8:00 PM			Guess the CA Kahoot with HD Kiah					