This Bulletin includes:

- Introduction to News You Can Use
- Travel decisions for on and off campus students
- Technology Supports for Alternative Delivery Classes
- Strategies for dealing with uncertainty
- Strategies for getting and staying organized
- Selected StFX University Student Services updates
  - Health and Counselling
  - Medical Resources for StFX Students who are staying in Antigonish
  - Residence Services
  - Food Service Operations
  - Tramble Center Student Accommodations
  - Diversity Engagement Center Advisors
  - University Chaplaincy
  - Varsity Athletics
  - Recreational Services
  - Office of Internationalization
- Where to find information on COVID-19
- Give us your feedback and share your ideas!

For the most recent information concerning Classes and Alternate Delivery, issued March 19 email from Dr. Tim Hynes, VP Academic and Vice – Provost, please check the StFX website here.

Please monitor your Inboxes for emails from your professors that will set expectations for alternate delivery for the classes in which you are registered.

Introduction

While faculty and students are getting ready to transition to online course delivery, StFX staff who provide services to students have been focused on helping students with the transition. We are here to answer your questions, provide support and encouragement, assist with your plans to get home, assist those students in residence who are unable to get home to adapt to living in residence, provide strategies for
maintaining your health and fitness routines, suggest learning strategies you can adopt for alternate academic delivery and so much more! We are reaching out to all students and all the student groups for whom we provide services to make sure you are informed and supported.

We have also been transitioning to working from home and coming up with creative ways to deliver programming and supports via phone, online and social media. Stay tuned for this weekly Bulletin where we will share *News You Can Use* - the latest information and updates on programs and services for StFX students.

**Travel Decisions for On and Off-Campus Students**

Premier Stephen MacNeil recently directed all Nova Scotia post-secondary residents studying away from their home communities, to return to their homes and practice social distancing.

Some off-campus students who are from out of the province have been asking what we think will happen with flights. Travel restrictions are changing very quickly and we urge you to consider your travel plans and where possible, travel sooner rather than later, as travelling is becoming more challenging. If you have the availability to leave sooner than your original date, we strongly advise you to make plans to do so.

Locally, services are continuing to close/limit access in alignment with the Public Health's social distancing recommendations. The ultimate goal is to limit interaction with each other so that we can stop the spread of this virus.

Things to consider if you plan to stay:

- Communicate with family and friends. Let them know you are making a plan and share yours with them. Consider what to do if you become ill.
- Practice social distancing and reduce contact with others.
- Be prepared with basic supplies and groceries and fill prescriptions.
- Monitor Canadian travel regulations regularly for changes.

**Technology Supports for Students re Alternate Delivery Classes**

Please monitor your email and the University website [https://www.stfx.ca/coronavirus](https://www.stfx.ca/coronavirus) for more information concerning technology supports. We will be issuing a communication soon to advise students on how to access technology support as we transition to alternate class delivery on Monday.
What are some strategies for dealing with the uncertainty of this situation?

This is a new challenge for all of us. The measures we are experiencing – cancelling in-person classes, cultural and sporting events, changes to travel, etc. – are bound to raise our levels of anxiety and concern. Some may feel sadness and loss as a result of ending your time on campus unexpectedly early. Some may feel happy to be able to be with family and friends back home.

These are all natural reactions. Some things you can do to manage through this potentially emotional time:

- Limit your news and information intake to accurate and informative sources. The university’s website will be updated regularly, and has links to reputable sources of information.
- Be sure to get plenty of sleep and eat well. Normal, healthy routines are especially important in moments of stress.
- Take a break, engage in good mindfulness practices, and go for a walk or run outdoors.

What Health and Counselling Services are available?

Find the most recent COVID-19 updates from StFX University by CLICKING HERE

**NOTE:** Because of the COVID-19 pandemic, the Health and Counselling Centre will close at the end of the day on Friday, March 20th and will remain closed until September. We will be offering limited in-person services until Friday, March 20th, as well as the option of phone support with a counsellor after that. If you are a student who already has an appointment scheduled with a counsellor, you can expect to hear from your counsellor by phone to discuss your needs during the period of the clinic closure.

Other students who wish to access non-urgent mental health support via phone with a counsellor may email Ivan Drouin at idrouin@stfx.ca for more information. Students who wish to access online supports during the closure period should refer to the online and phone-based resources available through Healthy Minds NS (details below). For any coronavirus related inquiries, please go to the Nova Scotia Public Health Coronavirus website and follow their directions for self-assessment before calling 811. https://when-to-call-about-covid19.novascotia.ca/en

If you are a student currently experiencing an emergency, the following resources are available 24/7:
• StFX Security 902- 867- 4444
• Proceed to your nearest hospital emergency department
• Call 911
• NS Mental Health Crisis Line: 1-888-429-8167
• Good2TalkNS: 1-833-292-3698
• Crisis Text Line: text “GOOD2TALKNS” to 686868

Medical Resources for StFX Students who are staying in Antigonish for the remainder of the term

• The regular after-hours clinics in Antigonish are closed. However, StFX students who need to see a doctor and DO NOT have a family physician can call 902-863-4558 for an appointment during regular office hours at the Mediplex Clinic. Please do not go to St. Martha’s Emergency Department for any non-emergency issues. Our community health care providers are extremely busy responding to the pandemic, and we should not be overloading the health care system unnecessarily.

• Students may also access many health resources at any local pharmacy. Pharmacists are able to assess and treat many minor ailments, such as urinary tract infections, prescription refills, injections, allergies, skin conditions, etc. Many of these things can be done with no or minimal cost for NS residents. If a person is from out of province or international, the cost may be approximately $25 (could be slightly less or more). For additional information regarding how pharmacists can help you, please access the Pharmacy Association of Nova Scotia website: https://pans.ns.ca/public/pharmacy-services/assessing-prescribing-minor-ailments

• Normally we would advise students to call 811 for assistance; however, at this time 811 is dedicated to COVID-19 response. The 811 website also has a library of online information you can access: https://811.novascotia.ca/search-health-topics/

For any additional inquiries related to the Health and Counselling Centre, please email Margie McKinnon, Director of Health, Counselling and Accessible Learning at mmkinnon@stfx.ca
**Residence Services**

All StFX students who **need** to continue living in residence will be able to do so. Please note, for students’ continued safety, we reserve the right to move students to another residence. Residence Life Coordinator (RLC) staff are available in the Residence to offer support and information.

Max Toulch - [mtoulch@stfx.ca](mailto:mtoulch@stfx.ca)
Nick Wells - [nwells@stfx.ca](mailto:nwells@stfx.ca)
Rachel Todd - [rtodd@stfx.ca](mailto:rtodd@stfx.ca)

For assistance in an emergency, please call StFX security number 902-867-4444.

We encourage students who remain in residence to abide by 'social distancing,' and maintain at least 2 metres distance from other people wherever and whenever possible. We have implemented a “no guest policy” and social gatherings will not be permitted in Residence.

For our residence students back home, **stay tuned** for chances to connect with your community online.

**Food Service Operations**

As most students leave campus, StFX Food Services is beginning to transition its operating hours. Please check the [Food Services website](http://www.stfx.ca) regularly in the days ahead as the hours of operation will continue to change.

**Tramble Center Student Accommodations**

It is important to note that students registered with the Accommodations Centre will continue to receive appropriate accommodations. Students who are registered with the Tramble Centre should contact *Elizabeth Kell* [ekell@stfx.ca](mailto:ekell@stfx.ca) if they have questions related to their accommodations and alternative delivery of classes.

The Tramble Center team have developed some great tips to help you **get and stay organized** with classes delivered with alternate delivery. [CLICK HERE](http://www.stfx.ca) and scroll to the bottom of the page to access the tips.
Diversity Engagement Center Advisors

Advisors will maintain office hours online 9:00am-5:00pm Monday-Friday. To set up an appointment email:

- Indigenous Student Advisor Andrea Curley: acurley@stfx.ca
- Gender and Sexual Diversity Advisor Claydon Goering: cgoering@stfx.ca
- African Descent Student Affairs Advisor Kelsey Jones: kjones@stfx.ca

University Chaplaincy

Students who wish to speak to a Chaplain are invited to email:

- University Chaplain Laurel McIntyre: mmcintyr@stfx.ca
- Associate Chaplain Henry van de Wiel: hvandewi@stfx.ca

Please stay tuned for how and when to connect with Laurel for on-line office hours. Watch the Chaplaincy Facebook [https://www.facebook.com/StFXChaplaincy/](https://www.facebook.com/StFXChaplaincy/) and Instagram Page where Laurel will be posting updates and opportunities for prayer and connection.

Varsity Athletics

StFX coaches and staff are available to assist student-athletes with the following:

- logistics around traveling home (e.g. trips to airport, etc.)
- supporting a strong finish to academic year and academic eligibility requirements
- providing student-athletes with body weight exercises and programs for strength and conditioning purposes; and athletic therapy rehabilitation exercises
- developing plans to recognize our athletic achievements from the 2019-20 varsity season via an online awards recognition platform in lieu of our annual awards gala

Coaches and staff understand this is a stressful time for all students and they are making themselves available to assist with inquiries or concerns moving forward.
Recreational Services

As fitness centres and gymnasiums are closed across the country, students are encouraged to maintain their physical and mental fitness in their home environment and are encouraged to talk walks & hikes and take advantage of the outdoors.

Stay tuned as our recreation and residence staff come up with fun and “social distance compliant” recreation for our residence students. It will be so important to stay active and leave time for fun during this time. Stay tuned for links to the schedule as our plans evolve.

General inquiries for any and all Athletics and Recreation concerns can be sent to goxgo@stfx.ca

Office of Internationalization

International students have been connecting with the staff in the Office of Internationalization. Stay tuned for upcoming information on potential live Facebook sessions.

Donald Rasmussen, International Student Advisor
(902) 867-3678 or drassmuss@stfx.ca

Ashley Shepard, Education Abroad Advisor
(902) 867-4532 or asheppar@stfx.ca

Larissa Strong, Director, Internationalization
(902) 867-5197 or lstrong@stfx.ca

WHERE TO FIND INFORMATION on COVID-19

Find the most recent updates from StFX University here: https://www.stfx.ca/coronavirus

Province of Nova Scotia Resources: https://novascotia.ca/coronavirus/

**Give us your feedback and ideas!**

Undoubtedly, we are experiencing an extraordinary situation, and we need to take care of ourselves and each other. We deeply appreciate the work of so many in our community who have responded thoughtfully to this public health emergency. The StFX community is caring and resilient, which can be seen all around us right now.

Please do not hesitate to connect to any of the resources above if you have questions. We are also interested in hearing from you! Please email Elizabeth Yeo, Vice President Students eyeo@stfx.ca when it is not obvious who can answer your question. Also reach out when you have an idea for a way that we can make this time better for you, or just to let us know how it’s going. Elizabeth will be sharing regular virtual office hours and would love to see you and hear from you!

Thank you as always for your flexibility and support as we work together to navigate this evolving and challenging time.

Sincerely,

Elizabeth Yeo
Vice President Students
StFX University