





 @samhc

 @saofmhc

 @saofmhc


 www.samhc.ca

 samhc@mymhc.ca

 Students Association of
Medicine Hat College

Students' Association Monthly

Important Dates:

January 5

First Day of Classes!

January 6, 12, 18, & 28

Get Your Game On!

January 11 - 15

Academic Awareness
week!

January 25 - 28

Mental Health Awareness
week!

January 26

Health & Dental Add
Dependants /Opt out
Deadline for new Jan
Students

January 27

Beach the Blues!

A Letter from your President

A Warm Winter Welcome to all new and returning students to Medicine Hat College! To all students this year, I want to recognize and commend the strength, resilience, and courage it took for all of you to be here today. Finishing a semester or deciding to enter college at this time is not an easy feat. The Students' Association has been listening and we are adjusting to serve you better!

Connection-The biggest feedback received last semester was connecting with students. We have introduced 2 new platforms to connect with students. The SA now has TikTok and Blackboard! Keep an eye out for our new social event series "SAM Hangouts". A series of weekly get togethers with games, conversation, and just a good time with the Students' Association Members (all of You)!

Advocacy-An important presentation regarding your tuition for the 2021/2022 school year will be shared early in the new year, *please watch socials and your email for the date and time!* The Government of Alberta is currently undergoing a Post-Secondary system review. The project, Alberta 2030, is hosting a student townhall January 7th. If you are interested in learning some of the proposed changes or want to be involved in the conversation watch social media for the link! We need Your input!

Support-The success of students and their mental health have always been a priority. Covid has made students mental health and college success waiver. We will be working closely with MHC departments to share Mental Health and Academic Strategist supports. The SA will also continue to provide current services, and explore alternative options.

January at a Glance

[GET YOUR GAME ON]

January 6, 12, 18, & 28

Come join in for a quick
30min of fun!

**On our Blackboard! - SAM
Hangouts**

- January 6 (Wed) @ 12
- January 12 (Tues) @ 1
- January 18 (Mon) @ 12
- January 28 (Thurs) @ 4

[HEALTH & DENTAL BENEFITS]

New Full-time (9+ credits) January
Students are able to ADD ON
DEPENDANTS or OPT OUT.

DEADLINE: TUESDAY JANUARY 26

To ADD DEPENDENTS to or OPT OUT of
Health & Dental Benefits:

1. Go to samhc.ca
2. Click on the black button
3. From the left hand menu choose
"Add Dependents" or "Opt out"
4. Follow the prompts.

[ACADEMIC AWARENESS WEEK]

January 11 - 15

- January 11 - Love/Hate Learning Online? Survey
<https://www.surveymonkey.com/r/CHKV8V5>
- January 12 - Justine's Study Tips! (time TBA)
- January 13 - Plagiarism Presentation @ 9 AM
- January 14 - MHC Library #VetYourSources
- January 15 - Mental Health Seminar @ 12 PM

Justine McKennie, Academic Strategist

Email: jmckennie@mhc.ab.ca

Book online:

<https://www.mhc.ab.ca/Services/AcademicSupport/AcademicCoaching>

[MENTAL HEALTH AWARENESS WEEK]

January 25 - 28

- January 25 - SAM Hangouts with Haley - What's your favorite feel happy activity? @ 11am
- January 26 - Short Solo Interactive games! These will be posted on our social media and on Blackboard.
- January 27 - Beach the Blues - Watch our Facebook, Instagram, and TikTok for details!
- January 28 - Bell Lets Talk Day 2021: Reach Out

SA Highlight Blackboard

Hey Y'all!

SAMHC is now accessible on Blackboard!

We hope it will be easier for all of us to connect and chat since we can't really do that in person.

You can enroll in our Blackboard by searching Students Association of Medicine Hat College in your Organizational Catalogue and clicking on enroll.

We would love to see you there!

Please bear with us as we continue to update our account and make things more accessible to you!

In the mean time our website is up and running, so if you need any information about us give it a quick look! samhc.ca



Save \$\$\$

- McBride's Bakery 15%
- Mr. Lube 10%
- Fabric Land 20%
- UPS 15%
- My Scrubs 10%
- Deer View Meats 10%
- Brew CO. 10% (ONLY FOOD)
- Restore 10%
- Booster Juice- 25% (food products)
- Murray Chevrolet - up to \$750 on a new vehicle
- TD - Students can enjoy preferred rates on car, home, condo and tenant insurance through the TD Insurance Meloche Monnex Program

***STUDENT ID MAY BE REQUIRED!**

CLUBS

If you are interested in joining a club please contact your VP Community & Wellness, Taylor Ohs at:

sa_community@mhc.ab.ca

or the Club Presidents by visiting: samhc.ca/clubs-2/ for the Club Presidents' Email

****If you wish to create your own club, please have club registration submitted ASAP**.**

A Message From ...

JANIS -

SA BROOKS CAMPUS COORDINATOR

Thank you to everyone for participating in our many Christmas holiday activities! Also, a big thank you to the generous donations from staff, students and our community for taking time and energy into making the end of our 2020 joyous. Stay tuned in January for our weekly tips to stay healthy and focused for your continued success with MHC in 2021.

Academic Awareness Week is January 11th to 15th and SAMHC and MHC are committed to providing you with all the tools you may need in our dynamic and changing environment. We encourage you to create a success plan with our academic strategist; reach out for writing support as well as utilizing other supports available.

Beach the Blues Weeks is January 25th to 28th. We will start on Monday with a 'Brew Monday' so stop by for a coffee or tea to celebrate. The 26th is 'Tropical Tuesday' and we will celebrate with some Tropical Pizza from PD's. Don't forget to wear your favorite tropical wear on the 27th for entry into our prize draw.

Thursday, January 28th is Bell Let's Talk Day 2021: Reach Out. We encourage you to take part in reducing the stigma around our mental health needs. Small actions have the power to move us forward into amazing places! Together we have the power to create change.

Facebook & Instagram & Tiktok
@samhcbrooks @samhc @saofmhc

Email:
sa-brooks@mhc.ab.ca