**PHEKSA Meeting – October 30, 2023**

**Present**: Varun Shah, Hannah Kowalyk, Payton Rix, Mara Majer, Cari Brown, Yasmin Asadi, Nasser Nayed, Ben Solmon, Ava Khansari, Yas Almashahi, Anna Roper, Tori Pears, Noah Jonnson, Matt Hopley, Sophia Pourmatin, Alexandra Partridge, Amelia Rodrigues, Elizabeth Squire-Fisher, Kay Hartwick, Maggie Johnston, Olivia Emon, Kiersten Landerville,  Michael Blackwell

**Absent**: Reuben Bowley, Cynthia Charette, and Amy Posel

**Start Time**: 7:45 pm

**Reading of Agenda**

Motion: To approve the agenda for the meeting

Seconded by: Payton Rix

Vote:

For – 23

Against - 0

Abstentions - 0

*Motion carried.*

**Assembly Updates**

*Cari Brown - Internal Affairs Commissioner:*

No updates.

*Maggie Johnston - Executive Intern:*

No updates.

*Mara Majer - Finance Commissioner:*

No updates.

*Matt Hopley - Social Commissioner:*

I met with Health DSC, and it sounds like we will be collaborating with them for semi. I also emailed St. Lawrence college today to get more help and more people at the event.

*Alexandra Partridge - Merchandise Commissioner:*

Merch is out until Nov. 5th! Year reps I will give you some info to send out in an email about the store.

*Elizabeth Squire-Fisher and Olivia Emon- Formal Commissioners:*

We have four first years for formal committee so far, and we are looking for more people from other years. We did class talks to advertise it. We are touring the first venue for formal on Nov. 1st, another one on the 2nd, and a third one on the 8th. We posted the sign-up sheet for PHEKSA TikTok. We realized that doing the TikTok about saying something nice is hard if you don’t know the person, so you sign up with people you know.

*Payton Rix - Outgoing Head Coach:*

Proud welcome Michael as the incoming head coach. We are going to be working together to hire ECKO this Thursday and Friday.

*Michael Blackwell – Incoming Head Coach:*

No updates.

*Sophia Pourmatin – EDI+I Commissioner:*

No updates.

*Amelia Rodrigues - Coaches Corner:*

Working on October Coaches’ Corner!

*Reuben Bowley - Sr. Athletics:*

No updates.

*Tori Pears & Noah Jonsson - Jr. Athletics:*

Ski trip registration is open, and it closes on Sunday night (Nov. 5)! We already talked to a first-year class last week to advertise, and we are doing another class this Wednesday.

POI: Varun - How many do you have signed up?

Tori: We have 54. If we don’t have enough, we might just be doing one bus which would mean only 56 people.

*Anna Roper - Sr. Academics:*

We need 5 more people to sign up for QSSET by Monday. Thank you to those who have already signed up! Reminder that you don’t need to be in the class to sign up to help out.

*Kiersten Landerville - Jr. Academics:*

Anna and I have paired up all the peer tutors that we have available. We have contacted both sides to let them know the outcome. I attended the academic roundtable this week, and there were no major updates.

*Ava Khansari - Sr. Outreach:*

Career fair happening next Wednesday, November 8th.

*Benjamin Solmon - Jr. Outreach:*

We have gotten limited responses for peer palls for the upper years. If anyone would be willing to work with me on a post to advertise that, it would be much appreciated. I would like as many people to sign up as possible because sign-ups will be going out to the first years in the next day or so. Tomorrow I am meeting with Health DSC to plan the fundraiser.

POI: Varun – Have we considered opening it up to 2nd years to help?

Ben: That’s what I wanted to ask you about because I have a lot of 2nd years who have asked about helping us out.

Varun: Yes, that is a good idea. Reach out to them.

*Yas Alamashi - Sr. Communication:*

Once the headshots are done, we will be doing the introduction posts for everyone. I will also be posting some other stuff about current events going on.

*Cynthia Charette - Jr. Communication:*

Please sign up for your picture at the pier and make sure you wear white. I will be posting a sign up for headshots in the SHKS shortly.

*Kay Hartwick - 1st-year reps:*

No updates.

*Yasmin Asadi - 2nd-year rep:*

No updates.

*Nasser Nayed - 3rd-year rep:*

We got a response from Anna and Vanessa; we will be meeting them on Thursday to discuss the results from the course selection form. Also, a quick reminder that there were a few messages in the Facebook group that came after I sent the email. I would prefer them by Tuesday morning, so that I can get it in the email that I send out.

*Amy Posel - 4th-year rep:*

No updates.

**Exec Updates**

*Payton Rix - VP Operations:*

The first round of Mid-semester check-ins will happen next week.

POC: Varun - we have a PHEKS hiring tree and we will read them out to you so that you know who you can talk to for a check-in.

We are hoping to do some more PHEKSA socials this year, so please contact me if you have any ideas!

*Hannah Kowalyk - VP University Affairs:*

PHEKSA grants are live, so please repost that on your stories. Year reps look out for a blurb from me to put in your emails about this.

POI: Yasmin: Can clubs apply and can you go over what the grants are for?

Hannah: The club applying must be 75% kin students and the person applying must be in kinesiology and they are due Nov. 10th, and they are in the link tree.

I will also send a blurb out to the first years for you talk about first year bursaries and I will attach a link to it. Nominate people for Student of the month!

*Varun Shah - President:*

First years, I will contact you to figure out a time to do a check in. Finance maybe we should plan a check-in too. Further education expo on Nov. 1st. I will put something on the Facebook so that year reps can mention it in their emails. The SKHS is going to get some rooms booked here as study rooms from Nov. 27th to Dec. 21st (4-9 p.m.) The dates are tentative right now, but I will update as we get closer. It would just be open for people to just stop in to do work. Fourth years, graduate photos appointments are now available, and I will make sure that gets sent out in the year emails. Please sign up for QSSET because we had a shortage of people last year and it is super helpful to have your involvement to give feedback to the profs.

**Old Business**

None

**New Business**

Liza: Queen’s blood team

Opening statement: Looking to organize a PHEKSA/kin blood drive. We only need three people to sign up to get the blood bus.

QUBT is a student organized group that we would be working with. Some background information to keep in mind is that it is important to know your blood type, especially if you are O-Neg, which is a universal blood type.

As for the drive itself, we have a minimum of 3 spots and a max of 10 spots, but we can always ask for more. We could also consider doing stem cell donation which could be really helpful and just as easy.

Payton: I think you will have more odds and higher participation if you open it up to all of kinesiology rather than just PHEKSA.

Varun: Some kind of reward like a raffle would be ideal for those who sign up. There is at least 3 people in this room who would be interested, but maybe you should have a room where people can just drop by and offer it to more people.

**Discussion**

1. Amelia: October Coaches Corner

Opening Statement: I am looking for things to add into the October edition. I know that I want to include photos from the alum meet and greet. Ava, if you have pics that would be super helpful.

Matt: Varun, Nick, and I have a radio show and we are going to have some special guests on the next few shows, if you wanted to highlight that.

Amelia: If you send me a logo or a little advertisement to talk about the show, then I could totally use that.

Hannah: Maybe mention the upcoming career fair on November 8th.

Liza: Maybe do an advice column for upper years to talk to the underclassmen.

Amelia: I did one last edition, but I really like that idea.

Ava: Maybe do some research opportunities for people to see and possibly join, because I know that they need participants.

Hannah: Maybe reach out and ask for family friendly pictures from Halloween and homecoming.

Varun: Yes, good idea! Maybe consider doing a whole page for each.

Payton: Please can you do a family friendly horoscope!

Ben: Maybe a fun game section at the end. Maybe crossword or a word search.

Tori : Maybe do a student of the month thing to feature them!

Closing remarks: Thank you all for you input!

1. Kiersten and Anna: Academics – Physics requirement

Students who didn’t take physics in high school realize how important it is for Queen’s Kin once they get here and take KNPE 153. It is not currently a pre-requisite. We thought of this because there is an overwhelming number of requests for first years who want to be tutored and underwhelming number of people who are signing up to help tutor.

Amelia: I took grade 11 physics, and it was super helpful. Plus, my professor in my year was great.

Yasmin: I think physics should be a requirement and it is a good idea to take that up with administration.

Kay: I took it in grade 11 and, so far it has helped me so much with the work we have done in the first half of this semester.

Olivia: I regret not taking physics in grade 12. At least we should have a required physics class in high school because it would really help in first year.

Mara: I didn’t take any physics classes and I honestly don’t know anyone who would feel comfortable enough tutoring others in biomechanics.

Hannah: Making it a requirement may deter a lot of people from applying to kinesiology. I for one am not a physics person and took calculus instead, but I am worried about enrollment.

Varun: I agree. Physics really helped me, but I am worried about enrollment. I would really recommend that you do a survey and see how people are feeling in this moment, so that you can show admin data. Some other schools have physics as a recommendation and others have it as a requirement.

Kiersten: They require that students take two sciences between physics, biology and chemistry. Some people can get in without ever having to take it.

Cari: We are approaching the end of the 5 minutes for our discussion.

Varun: Motion to extend this discussion for 5 more minutes.

For - 23

Against – 0

Abstentions – 0

*Motion carried.*

Sophia: I think having a suggestion or recommendation is better than making it a requirement because it could really deter people from joining kinesiology. I know people that I talked to at the university fair who wouldn’t have even applied if they knew they needed physics.

Nasser: Discuss it with admin. If it’s not too much maybe we consider doing a physics review at the beginning of first year rather than just jumping straight into content.

Liza: I took 11 and 12 physics, and I had an easy time with it, but I was helping my friends a lot. I agree with Sophia. I think they should even have a written explanation about why physics would be beneficial for this program.

Tori: I agree with more explanation on the website because going into it I had no idea what biomechanics was. I honestly think you should open it up to second years because we just took it and I know some people who could really help.

Yasmin: It is a slippery slope to adjust the curriculum. I think making it highly recommended would be better.

Alex: I agree with Sophia to say that we need to make sure that it is a suggested course. Maybe talk to the professors about it to see where they have noticed students falling short in their classes, and we could find resources for them to make that better.

POI: Anna – Has it changed that we are allowed to have second years help to tutor people?

Varun: I think it is fine, but I do want to discuss this further at a later time.

Closing remarks: Thank you we will discuss this further and we will hopefully be able to send out some forms as soon as possible.

**Other questions/remarks from Assembly**

Motion: To adjourn

Seconded by: Hannah Kowalyk.

Vote:

For – 23

Against - 0

Abstentions - 0

*Motion carried.*

Resolved: Meeting Adjourned

**Meeting adjourned at 8:31 pm.**