



STUDENTS' REPRESENTATIVE COUNCIL
IBHUNGA ELIMELE ABAFUNDI
STUDENTERAAD



UNIVERSITEIT
iYUNIVESITHI
STELLENBOSCH
UNIVERSITY

100
1918 - 2018

SRC 2021/22 TERM REPORT 3 STUDENT WELLNESS

saam vorentoe · masiye phambili · forward together

Students' Representative Council
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Constitutional Responsibilities

CHAPTER 4: THE STUDENTS' REPRESENTATIVE COUNCIL.

27. Core functions of the Students' Representative Council

The core functions of the Students' Representative Council include – (1) To act in the best interest of students and to actively promote students' rights under CHAPTER 2. (2) To represent students at – (a) The University Council. (b) The Senate. (c) The Institutional Forum. (d) Other committees, structures, and functionaries of the University. (e) National and international student structures. (3) To evaluate the University policy and give input in the formulation thereof. (4) To formulate and maintain policy to ensure that the SRC performs its functions and duties effectively. (5) To facilitate projects and initiatives to the benefit of students. (6) To inform students continuously, and obtain feedback, about its activities.



Portfolio Overview

The portfolio has gone through many evolutions over the past few years, the most notable occurring in the 2018/19 term when a committee was created to draft the Mental Health Policy. The policy draft was both influenced by, and influenced, discussions around mental health at Stellenbosch University (SU). My predecessor's term was unfortunately heavily impacted by the global coronavirus (Covid-19) pandemic. It is however evident through her plans, and her speeches during the caucuses, that she had a great motivation to broaden and destigmatize the conversation around mental health. – Chloe Krieger (Student wellness 2019/20)

I am of the strong opinion that there are many factors that affect one's mental wellness, besides obvious mental illness, and it is for this reason that the 2020/21 plan for this portfolio is to spend at least a month specifically focusing on the different aspects of the Wellness Wheel in an effort to improve overall well-being-(Makabongwe Chido Kasek)20/21.

In 2022 I am happy to announce that the mental health policy was at last approved. In my term I want to build on what Makabongwe had started and that is why I am continuing with the wellness wheel. I also want to be more visible on campus to make it easier for students to reach out to me. I have realised that we can not fight the mental health problem alone and that is why collaboration between me and CSCD is going to be the core of my term.



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Committees/Task Teams

- Student Achievement Committee

We have not had a meeting yet.

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Term Overview

Pop-up stalls

We held our second pop-up stall at Tygerberg on Friday 22 April. It went well. We got some complains from students about wanting more grass and healthier food options. Generally, it is going well with students at Tygerberg and the few compliances we have given through to the Tsr.

Holistic balance live

The holistic wellness event was held at Meerhof on the Tygerberg campus. The event was open to students from other communities as well. Our Guest speaker was Katharina Brun who is a Clinical Psychologist and Educational Psychologist. Catherin Bern from the TSR where there in my absence because we had a SRC meeting. My Subcom member Tayla Badenhorst also attend the event and said the evening was fruitful. I am waiting for the final details to pay Katharina.

Financial Wellness

Our budget has been reduced and due to this the financial Wellness event have not taken place. There was other financial Wellness events held by leadership development.

Screaming Sessions

We had a screaming project with Kuko. It was for stress relief. The project had started again on 23 May 2022 when the exams start. it was put on hold temporarily for safety reasons during the weeks of the riots about Huis Marias again.

Budget Usage

| <u>Project</u> | <u>Amount budgeted</u> | <u>Amount utilised</u> | <u>Amount available</u> |
|------------------------|------------------------|------------------------|-------------------------|
| PSO/Cluster/Res-talks | R0 | R457.20 | R-457.20 |
| Pop-up Ice cream stall | R5268 | R478 | R4790 |
| Pop-up Ice cream stall | R5268 | R550 | R4240 |
| | | | |



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Plans for next term

Wellness week.

We are busy planning the wellness week.

Tayla Badenhorst is meeting in the week of 25 July with CSCD to finalise everything.

We are going to have 4 wellness sessions at different communities depending on what the need is of the community.

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