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SRC

Students' Representative Council
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Studenteraad



SRC 2024 TERM 2 REPORT

Prim Committee Vice-Chairperson and Wellness Portfolio

Students' Representative Council

Third Floor, Neelsie Student Centre

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Foreword

Dear Students,

The time I have had to serve the students of Stellenbosch University has been an absolute privilege, within both the Prim Committee and SRC structures.

As a previous Primaria and House Committee member, ensuring the needs of all students are met to the best of our abilities is something I strongly believe in. Equipping them with what they need to experience the life that awaits at Stellenbosch. This is a unique opportunity to expand your horizons, both academically and personally. Step out of your comfort zone, join committees, attend events, and meet new people. The diversity of experiences and perspectives on campus is vast, and it's in these interactions that you'll discover new passions and forge lasting connections.

I am grateful for the opportunity to humbly serve you all and I cannot wait to share my many more passions and ideas with you all. This is simply the first of a few to come.



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Constitutional Responsibilities

As per SU Statute:

Section 68:

"Prim Committee' means the committee of head students of the various residences and in the private student organisation of the University".

As per Student Constitution:

Chapter 9 of the Student Constitution deals with the Prim Committee (PC) and sets out the composition, powers and duties of the PC.

Section 100: Constitutional mandate

"The Prim Committee has a constitutional mandate to: (1) Actively promote the rights of students contained in CHAPTER 2, and specifically the right, under s8(1), to an enabling campus environment in which student success and academic excellence are encouraged and pursued. (2) Serve as a forum of house committee leaders that strives to protect and further the interests of all students, by advising the SRC via the Prim Committee chairperson and vice-chairperson."

As per Prim Committee Constitution:

The PC Constitution, as amended in 2022, provides the mission, vision and core values of the Prim Committee. It also organises the affairs of the PC in respect of its meeting procedures, rights and duties, and code of conduct.

Section 5: Vision

"To sustainably foster a collaborative, advisory, and accountable relationship between Communities as well as to advocate for the needs of the students within these Communities in any and all bodies necessary."

Section 6: Mission

"To ensure that the values of the university are not only reflected within Communities but upheld intentionally when representing students within said communities. The Prim Committee does this through its collaborative and deliberative engagements."

Section 7: Nature of the Prim Committee

(1) The Prim Committee is established by the Student Constitution as an autonomous student representational body and grants it all the powers necessary for that function.

(2) The Prim Committee functions in partnership with the CSC to facilitate the advocacy of community-based needs to the CSC, SRC, and relevant university management.

(3) The Prim Committee also serves as an adequate relay of information between university structures and the Prims of the houses, through the presence of the Prim Committee Executive members on various relevant bodies.

(4) The Prim Committee Chairperson and Vice-Chairperson function as ex-officio members of the SRC and thus, form a chain between the Centre for Student Governance and the CSC.

(5) The Prim Committee functions to ensure that all Communities represented in the committee function in alignment with the student constitution as well as residence rules. Any community deviating from these documents shall be held accountable.

Portfolio Overview

Harnessing the power of this portfolio, my aim is to instigate sustainable change in the attitudes and approaches toward mental health and student well-being within the SU community. Central to this endeavour is enhancing my presence on campus to facilitate engagement with students. Understanding that addressing mental health challenges necessitates a collective effort, I am committed to forging strong relationships, particularly with the Centre for Student Counselling and Development (CSCD).

As we embark on the year 2024, we are introducing a fresh perspective on mental health awareness, integrating an array of physical activities, initiatives, and programs in collaboration with key stakeholders. At the heart of my mission lies a steadfast commitment to prioritize and champion the holistic well-being of each student, acknowledging that a sound mind and body form the bedrock of academic achievement and personal fulfilment. Through strategic initiatives and synergistic collaborations, our overarching goal is to cultivate a campus ethos that not only acknowledges but actively promotes student wellness as a fundamental cornerstone of student life.

Committees/Task Teams

The wellness portfolio currently does not sit on any committees. However, in my capacity as Vice-Chairperson of the Prim Committee, I sit on various committees. These can be found in my Vice-Chairperson report.

Term 2 Overview

World Sleep Day:

This term was short and after the welcoming period I engaged in various conversations in to plan for World Sleep Day:

In a world where the pursuit of success often overshadows the importance of self-care, the Wellness Portfolio of the SRC, embarked on a mission to prioritize sleep health. Through a collaborative effort, students and faculty joined forces to raise awareness for World Sleep Day on the 15th of March 2024, shedding light on the critical role that quality sleep plays in overall well-being.

Central to the campaign's success was the opportunity for students to engage directly with researchers in the field. Clinical Anatomy Masters students, equipped with a deep understanding of the human body, provided insights into the physiological aspects of sleep. Accompanying this scientific perspective was the invaluable contribution of Dr. Nadine Rampf, a distinguished sleep researcher. Dr. Rampf shared her wealth of knowledge on good sleep practices and the various dimensions of sleep health, empowering students with practical strategies to enhance their sleep quality.

From debunking common myths about sleep to exploring the impact of lifestyle factors on sleep quality, each engagement opportunity served to broaden perspectives and empower individuals to take proactive steps towards better sleep habits.

As we reflect on the success of our World Sleep Day campaign, we are reminded of the profound impact that collective action can have on promoting well-being within our university community. Moving forward, the Wellness Portfolio remains dedicated to nurturing a culture of self-care and resilience, where sleep is recognized as a fundamental pillar of health and vitality.

Plans for Next Term

1. Mental Health Advocacy:

- I would like to create a short video on the importance of mental health and understanding of how students are currently doing mentally. This is order to raise awareness on where students are currently and how the student life can impact ones mental health. Along with the video engaging with students on campus, I will create small Initiatives around campus.

2. Community Engagement and Groups:

- I will be approaching the CSCDC to possibly host a lunch hour support group on the Rooiplein. The aim here would be to create a space, in the midst of a busy academic day, where one can just sit, not even have to say anything, but just to come and be for a second with someone talking about the importance of mental health.

3. Continuous Improvement:

Continuously refining our approaches in response to emerging trends, research insights, and the evolving demands of our student body and surrounding communities, we aim to create a dynamic campus environment. Through forming a culture that prioritizes well-being, our goal is to not only enhance academic achievement but also foster the holistic development of our students, enabling them to flourish personally and professionally.

Kind regards,



Courtney de Klerk

Vice-Chairperson

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