

RECESS in the library

Experimenting with partnerships on campus through stressbusters

**WE LEAD
DISCOVERY**
HUMBER LIBRARIES





SLAC 



Stressbusters

- Increase in mental health initiatives on campus
- Competition or opportunity?
- Library as a community hub





Humber's Strategic Plan 2013-2018




Goal 1: Live the values of a “learning organization”

Demonstrate our commitment to collaboration and integration by building cross-institutional forums that foster innovation and support effective and aligned decision-making

Goal 2: Ensure an exceptional student experience for a diverse student body.

Ensure that co/extra-curricular activities are well integrated into the student experience and assessed/valued as an essential element in supporting student success



WE ARE FIRST YEAR EXPERIENCE **WE LEAD DISCOVERY** **HUMBER International Centre**

FYE, Humber Libraries, and the International Centre present...

RECESS in the library

March 2 - 5 / 12:00 - 2:00 PM

<p>Monday March 2</p> <p>Animal Day featuring</p> <p>St. John's Ambulance Therapy Dogs</p>	<p>Tuesday March 3</p> <p>Wellness Day featuring</p> <p>Massage on Wheels Drop in Yoga & Stretching <small>15 minutes / street clothes welcome</small> Hosted by Humber Athletics Make your own Stress Ball</p>
<p>Wednesday March 4</p> <p>Games Day featuring</p> <p>Board and Card Games Popcorn & Cotton Candy Punch away your stress! <small>Hosted by Humber Department of Public Safety</small></p>	<p>Thursday March 5</p> <p>Arts Day featuring</p> <p>Live Jazz Make your own Dream Catcher <small>Hosted by Humber Aboriginal Resource Centre</small> Henna Artists Make your own Buttons Origami, and more!</p>

Thanks to: Humber Athletics, Maureen Martin-Edey, Alice Salamon, Elaine Cerro, Aboriginal Resource Centre, SLAC, Humber Music, HSF Massage on Wheels, Public Safety, St John's Ambulance, Humber North Dance Squad, Humber Bookstore, Chartwell's, School of Hospitality Recreation and Tourism, Humber Sustainability, Henna artists... and all our staff and student volunteers!

RECESS in the Library TODAY 12-2 pm

Animal Day featuring

St. John's Ambulance Therapy Dogs

RECESS in the Library TODAY 12-2 pm

Wellness Day featuring

Massage on Wheels
Drop in Yoga & Stretching
15 minutes / street clothes welcome
Hosted by Humber Athletics
Make your own Stress Ball

RECESS in the Library TODAY 12-2 pm

Arts Day featuring

Live Jazz
Make your own Dream Catcher
Hosted by Humber Aboriginal Resource Centre
Henna Artists
Make your own Buttons
Origami, and more!

RECESS in the Library TODAY 12-2 pm

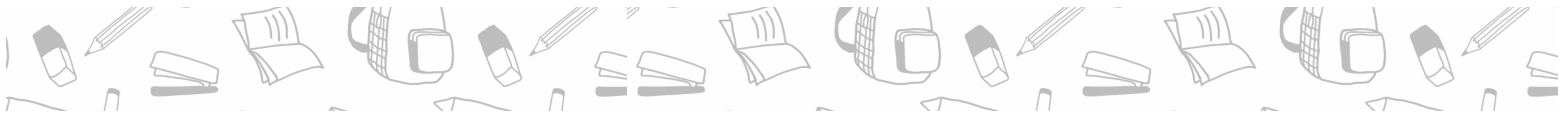
Games Day featuring

Board and Card Games
Popcorn & Cotton Candy
Punch away your stress!
Hosted by Humber Department of Public Safety
Prizes!



The Planning Process

- Deciding on partnerships
- Gaining approvals - proposal
- Coordinating dates and times
- Conceptualizing themes
- Determining location
- Assessing costs and Resources
- Finding sponsors



Organization

Monday March 2 nd	Activity	Responsibility	Time Allotted	Volunteer/Staff Required	Supplies
Animal Day					
	Therapy Dogs x 2	Set up <ul style="list-style-type: none"> • Tables and Chairs • Put Signage on Tables • Put Signage on Library Door • Water bowls Parking and Greeter	11:00am – 12:00 pm	4-5	2 big water bowls (see Aliya / Denise) Signage with event info created (see Aliya \Denise) Photographer- plus release forms
		Parking and Greeter	11:30 am – 12:00pm		
		Supervisors/Overseers <ul style="list-style-type: none"> • Crowd control • Water for dogs • Care of handlers (ie: refreshments, making sure all is well etc) 	12:00pm - 2:00pm		
		Take Down/Close <ul style="list-style-type: none"> • Tables and Chairs • Clean up • Signage Removed 	2:00 – 2:30pm		

Volunteer Coordination

Monday March 2 Therapy Dogs	Tuesday March 3 Wellness Day	Wednesday March 4 Games/Prizes	Thursday March 5 Arts/Jazz
Aliya 11:00-3:00 (S)	Aliya 11:00-3:00 (S)	Aliya 11:00-3:00 (S)	Aliya 11:00-3:00 (S)
Jason R 11:00-12:00 (S)	Jason R 11:00-12:00 (S)	Caleb 11:00-12:00 (S)	Adam 11:00-12:00 (S)
Phyllis 12:00-2:00 (S)	Dijana 12:00-2:00 (S)	Jason R 12:00-2:00 (S)	Shikta 12:00-2:00 (S)
Caleb 2:00-2:30 (S)	Shikta 2:00-2:30 (S)		
ICSA 11:00-12:00 (Theresa)	ICSA 11:00-12:00	ICSA 11:00-12:00 (Pan)	ICSA 11:00-12:00 (Pan)
Harminder 12:00-2:30 (V)	Harminder 11:00-2:00 (V)	Harminder 11:00-3:00 (V)	Harminder 11:00-3:00 (V)
Easwari Ganeshan 11:00-2:30 (V)	Chunxia Lin 11:00-2:30 (V)	Easwari Ganeshan 11:00-2:30 (V)	Himani Rana 11:00-2:00 (V)
Ruiguang Su	Himani Rana 11:00-2:00 (V)	Ruiguang Su	Ruiguang Su
Lauren (V) 12:00-2:00	Lauren (V) 12:00-2:00	Patrick 11:00-2:00 (V)	Laura 12:00-2:00 (V)
Mobeen (V)12:00-2:00	Mobeen (12:00-2:00)	Rhys 12:00-2:00 (V)	Patrick 11:00-2:00 (V)
Amanjit (11:00-2:30)(V)	Nadia (V) 12:00-2:00	Nadia 12:30-2:00 (V)	Amanjit (11:00-1:00) (V)
Harvinder (12:00-1:00) (V)	Amanjit 11:00-1:30 (V)	Stephanie 12:00-1:00 (V)	
		Mobeen 12:00-2:00 (V)	
		Caroline 12:30-2:00 (V)	
			Amy Weir and Natasha Armstrong – button making table (S)

Marketing Plan

Internet Promotion	Communications Promotion	Physical Promotion
<p>Humber Homepage</p> <ul style="list-style-type: none"> • On Banner • Upcoming Events • Humber Today <p>Social Media</p> <ul style="list-style-type: none"> • HSF • Humber & GH Facebook/Twitter • FYE, International Centre, Humber Libraries, Athletics, Aboriginal Services, Sustainability etc social media outlets • Send to key faculty/staff on social media • Ensure students are also promoting on their facebook. 	<p>Contact Humber Marketing (discuss opportunities)</p> <ul style="list-style-type: none"> • Sara Chappel/Andrew Leopold <p>Contact Humber media for interviews with:</p> <ul style="list-style-type: none"> • Humber et cetera • Humber Radix 	<p>Posters</p> <ul style="list-style-type: none"> • on HSF boards • in areas where services are involved (ie: library, FYE office etc)
<p>Humber Libraries website</p>	<p>Humber TV</p>	
<p>FYE and International Centre website</p>		



ehealthandfitness @ehealthandfitne · 6 Mar 2015

Recess in the Library, Sickle Cell Conference, Bob Ezrin: **Humber Today** dlvr.it /8sFkSn

 **YouTube**



Recess in the Library, Sickle Cell Conference, Bob Ezrin: Humber Today



Animal Day





Wellness Day





Games Day





Arts Day





Final Considerations

- 1000 + students attended over 4 day event
- A few noise complaints at each campus; give students good warning beforehand
- Journalism students, media and coordination
- Library staff support





Future Plans – RECESS 2016

- New Partners
- New Activities
- New Sponsors
- Bigger, Better!





Questions? Comments?

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