



DECEMBER 2020: ISSUE #4 HOLIDAY COMPASSION & WINTER BREAK

IMPORTANT RRUSA DATES

Next Council Meeting:
December 10, 2020
Zoom Meeting



LOOKING FOR STUDENT VOLUNTEERS!

Are you interested in becoming a sitting member on one of the following committees? If you would like to join please email the corresponding address below.

Peer Support Committee:
Supports students to engage in a physically and mentally health lifestyle.
Contact: RRUSA-President@royalroads.ca

Industry & Sustainability Committee:
Partners with the community to promote engagement, networking, social innovation and sustainable initiatives.
Contact: RRUSA-VPEngagement@royalroads.ca

International Committee:
Promotes intercultural activities and holidays and works to help students adapt and connect.
Contact: RRUSA-President@royalroads.ca

**Committees will choose their own meeting times and govern themselves as they see fit subject to the University's policies and RRUSA bylaws.*

HAVE SOMETHING GREAT FOR THIS E-NEWSLETTER?

Do you have something you think everyone would love to see or read?

We would love to hear from you - send us your:

- * Memes
- * RRU Stories and Experiences
- * Creative Artwork and Photography

Email us at:
RRUSA-VPCommunications@royalroads.ca



CONTEST TIME!

Happy December everyone which marks the beginning of the holiday season!

In celebration of the holiday season RRUSA Peer Support Committee is putting on the 12 Days of Holidaying giveaway series.

Throughout the month of December to New Years Day 2021 there will be giveaways with some great prizes 3 days a week starting Friday Dec 4th.

Stay tuned to [@RRUSAED](https://www.instagram.com/rrusaed) on Instagram for more details and how to enter on. **Tell your friends!**

** Only students who are paying members of RRUSA are eligible to enter the giveaways.*

 <h1 style="margin: 0;">DECEMBER</h1> <p style="margin: 0;">12 DAYS OF HOLIDAYING GIVEAWAYS!</p>					
	MON	TUE	WED	THU	FRI
WEEK 1					GIVEAWAY 1: UGLY CHRISTMAS SWEATER
WEEK 2	GIVEAWAY 2: ELFIE CONTEST		GIVEAWAY 3: CHRISTMAS LIGHTS		GIVEAWAY 4: PHOTO CAPTION
WEEK 3	GIVEAWAY 5: SELF ON THE SHELF		GIVEAWAY 6: PET PICTURE CONTEST		GIVEAWAY 7: PRESENT WRAPPING
WEEK 4	GIVEAWAY 8: HOLIDAY TRADITION		GIVEAWAY 9: HOLIDAY MOVIE		GIVEAWAY 10: GINGERBREAD HOUSE
WEEK 5	GIVEAWAY 11: COVID CHRISTMAS		GIVEAWAY 12: WHAT WILL YOU DO IN 2021		

PRACTICE SOME HOLIDAY COMPASSION


Winter break and the holidays are quickly approaching.

Here's an interesting article to help with some ideas on compassion over the holidays:


[5 Ways to Practice Compassion Among Family Friends](#)

"Royal Roads University acknowledges that the campus is located on the traditional lands of the Xwsepsum (Esquimalt) and Lkwungen (Songhees) ancestors and families who have lived here since time immemorial.


This land has been part of the fabric of the life of Indigenous communities long before Hatley Castle was built, and it will be long into the future. It is with gratitude that we now learn and work here, where the past, present and future of Indigenous and non-Indigenous students, faculty and staff come together."



@rrusaed



Royal Roads University Student Association



www.rrusa.ca