



AUGUST 2021: ISSUE #12 FINISHING OFF THE SUMMER

IMPORTANT RRUSA DATES

Next Council Meeting:
Sept 2, 2021

Zoom Meeting - 7 pm - 9:00 pm

Last Council Meeting: August 5, 2021

Minutes can be found [here](#)

THE COMMUNITY SERVICE LEADERSHIP PROGRAM

Beat the end-of-summer blues by staying active and volunteering. Do you want to enrich your learning experience while serving the community? [Join the Community Service Leadership Program \(CSLP\)](#)

FREE MENTAL HEALTH RESOURCES- WELLNESS TOGETHER CANADA

The Government of Canada funded [wellness Together Canada \(WTC\)](#) in response to the unprecedented rise in mental distress due to the COVID-19 pandemic. If you need help in any way, don't be afraid to reach out.

SEND US YOUR WORK!

Have something you think everyone would love to see or read? We would love to hear from you - send us your:

- Funny memes
- RRU Stories and/or Experiences
- Creative Artwork or Photography

Email us at: RRUSA-VPCommunications@royalroads.ca



END-OF-SUMMER BLUES

As quickly as it came, summer is leaving us already. Hopefully students were able to go out and enjoy the good sunny weather this year.

Although summer does not technically end until September 22, for most people, summer finishes when August ends. To help beat any end-of-summer blues read [End of Summer Blues Got You Down? Tips to brighten your mood](#) to help combat any sad feelings and get you ready for the autumn season. As a reminder, Royal Roads offers a wide range of [support services](#) available to students.

IN OTHER NEWS

We have some big news! Get your game face on and your appetite ready, for RRUSA's very own orientation day on Sept 29: Foliage Festival! Come and meet the RRUSA council and enjoy some tasty food, fun games and learn more about RRUSA. We look forward to meeting you all! For more information, stay connected and follow [@RRUSAED](#) on Instagram or visit the [RRUSA site](#).

RRUSA PRESENTS
FOLIAGE FESTIVAL

CARNIVAL PARTY
11 am - 2 pm
Sept 29

FOOD, INFLATABLE INTERACTIVE GAMES, A PHOTO BOOTH,
INFO BOOTH TABLES AND MORE!
EVENT OPEN TO ALL RRU STUDENTS
LOCATION: HATLEY CASTLE TERRACE LAWN

"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."

