



ST. FRANCIS XAVIER
UNIVERSITY

COVID-19 Response Plan

Return to Campus — Students

MODIFIED JULY 13, 2020

This plan places the safety of StFX faculty, staff, students, and the broader community as its top priority. More specifically, it describes the rules and expectations of StFX students related to public safety and efforts to reduce the spread of COVID-19 on campus and in the surrounding communities. This plan applies to all students accessing campus, living in residence and off-campus in the Town of Antigonish and in the surrounding communities and will be in effect for the duration of the pandemic and in compliance of the Nova Scotia Health Protection Act.

This plan augments the Community Code of Conduct with specific protocols related to the pandemic and the university's objective to promote shared responsibility amongst all members of the campus community to protect the Town of Antigonish and surrounding communities, including the StFX community, from COVID-19.

This plan is specific to Residence, Ancillary and Student Services.

This plan will be combined with the other working documents used in the reopening of the university including the Reopening of Campus Framework, Return to Campus—Employees, Return to Research & Fieldwork, and various Academic Plans to create an integrated plan for fall 2020.

Principles for Services Planning:

- A combination of approaches will be used to ensure a broad consideration of needs:
 - Establish and promote public health practices through a robust communication plan;
 - Proactively manage and respond swiftly when students become symptomatic or ill;
 - Provide supportive interventions through health promotion (physical health and mental health) and intervention when individuals require more support; and,
 - Find new ways to preserve our unique, vibrant campus culture as an essential element of the plan.
- These approaches will provide a positive campus experience for students, while maintaining infection surveillance capability, a sound prevention and control strategy, a means to quickly identify, isolate, treat, and refer students to mitigate a community spread of infection.
- The university will operate under the “Public Health” directives issued by Nova Scotia Public Health under the Provincial Emergency Act to contain the spread of COVID-19. These directives can change with time as the effect of the pandemic changes. StFX takes direction from Public Health and reserves the right to impose additional measures for the health and safety of communities, both on and off campus.
- The StFX Office of Student Life will advise students should there be any changes to the Public Health regulations and/or these guidelines. Information about changes and current requirements will be posted to the StFX website <https://www.stfx.ca/coronavirus>.
- The university will bring an equity lens to its operations by protecting our most vulnerable populations (medically susceptible, underrepresented student groups) by providing options for accommodations and physical distancing.

Overview:

1. General Protocols
2. Fall 2020 Residence Reopening Plan
 - a. Food Service Plan
 - b. Residence Occupancy
 - c. Residence Health and Safety
 - d. Residence Community
 - e. Draft Staffing Model
 - f. Arrival and Move-in to Residence Processes
3. Plan for safe return of Off-Campus Students
4. COVID-19 Student Wellness and Student Experience Plan
 - a. Establish health and wellness protocols
 - b. New Service Model for incoming students
 - c. Build capacity to respond to students in distress
 - d. Promote/communicate existing and new wellness supports and protocols
 - e. Develop resiliency and health programming resources
 - f. Enhance stress reduction programs
 - g. Enhance responsive service and care
 - h. Enhance parent communications
 - i. Student Experience Plan
5. Communication
6. Books and Supplies

1. General Protocols

For students to be on campus, they must follow the following these seven protocols, which will be expanded upon.

1. Be Symptom-Free
2. Practice Diligent Hygiene
3. Maintain Physical Distancing (MPD)
4. Proximity Work: When MPD is not possible
5. Non-Medical Masks (NMM)
6. Limit interaction
7. Respect and care for yourself, your peers, and your community

ONE: Be Symptom-free

Anyone accessing campus must be without the symptoms noted below. To prevent the spread of COVID-19 and reduce the potential risk to the community, please conduct this questionnaire daily (before you come to campus or leave your residence room):

1. Do you have a fever greater than 38°C or 100.4°F?
2. Do you have a new cough or a cough that is getting worse?
3. Do you have a sore throat or hoarse voice?
4. Do you have a runny nose or sneezing?
5. Do you have a headache?
6. Do you have shortness of breath?
7. Do you have muscle aches or unusual fatigue?
8. Do you have diarrhea?
9. Do you have a loss of smell or taste?
10. Do you have red, purple, or blue lesions on your toes?
11. Have you, or anyone in your household, been asked to self-isolate by a healthcare professional or has anyone in your household tested positive for COVID-19?

If the answer to any one of the self-checks noted above is “YES”, or the student thinks they may have been exposed to COVID-19, they should consult 811.ca <https://novascotia.ca/coronavirus/when-to-seek-help/#symptoms> and follow the advice presented.

- Students living in residence who are required to self-isolate because of symptoms, exposure or a positive test must inform the Director of Student Life by emailing isolate@stfx.ca.
- Students living off-campus who are required to self-isolate because of symptoms, exposure or a positive test must immediately inform the Office of Student Life by emailing isolate@stfx.ca.
- Students who test positive for COVID-19 will be contacted by Public Health with further instructions.
- For students living in residence, a positive test will trigger a series of steps including notification of Facilities Management and protocols for parent notification that will be documented under Protocol for Students who are ill.
- Students who test positive must cooperate with contact tracing. Contact tracing is the process of gathering information about everyone the student with the virus had contact with during the time the virus could have been spread to others.
- While in isolation and/or recovery, residence students will be supported with meal delivery and any other assistance measures we are able to provide. Off-campus students may, capacity permitting, access these services through the Housing Office on a prorated fee basis. Assistance will be prioritized to residence students.
- The Director of Student Life will work with Dean's Offices on return to study plans as required for students in isolation and/or recovery.
- The university will work with Public Health to determine if the criteria for community spread are activated and will follow their instructions.

TWO: Diligent Hygiene

Students must wash and/or sanitize their hands frequently. Hand sanitizer will be available in office buildings near common areas used for work. Students using shared surfaces and equipment will be required to sanitize their hands prior to use (photocopier/door handle, study spaces, etc.) and again after use of a common area. Students will be provided wipes to use on contact areas within their residence/study area.

It is noted that the use of sanitizers and cleaners can have a negative impact on some students. The Office of Risk Management will work with students to find appropriate solutions to minimize such impact and will ensure the required training is in place to use the products. Students will be reminded not

to touch their faces and continue to have proper respiratory etiquette (e.g. coughing into their arm, wearing a non-medical mask (NMM), etc.)

Students are encouraged to bring ample supplies of hand soap, hand sanitizer, non-medical masks, and prescriptions/medications to last the duration of the term.

Custodians will clean common building spaces daily and will clean high contact areas (doors, washrooms) twice daily. FM will post a checklist displaying the date, time and the name of the employee who cleaned the facility.

THREE: Maintain Physical Distancing (MPD)

One of the main ways to prevent the spread of the virus is to limit close exposure to others. Everyone must **maintain physical distancing of two metres** whenever they can. Current Public Health directives require that all Nova Scotians follow physical distancing guidelines to help limit the spread of COVID-19 and reduce the risk of getting sick.

FOUR: Proximity Work—When MPD is not possible

When MPD is not possible and two or more people are required to be within two metres of each other, each person must wear a non-medical mask.

FIVE: Non-medical Masks (NMM)

It has been recognized by Public Health authorities around the world that the proper use of non-medical masks can help prevent the spread of COVID-19. Wearing such masks is considered part of personal preventive measures that should be employed to assist in keeping everyone safe and healthy. A mask acts as a barrier. It reduces the chance of spreading respiratory droplets to others and prevents droplets from landing on surfaces when you cough, sneeze, talk or laugh.

StFX will require NMMs be worn by all employees, students and visitors to campus. The university will define parameters around NMM use in a Safe Operating Procedure (SOP), and will train students about correct use, care, and their limitations.

Non-Medical Masks are a form of administrative controls and are not Personal Protective Equipment (PPE). They are a preventive measure to protect those

around the wearer by helping to capture breath emissions from the wearer in order to prevent the emissions from reaching other people and commonly touched surfaces. Students are expected to bring a minimum of two NMMs for use at StFX. The SOP for NMM is under development and will include specifics about when and where NMMs will be worn on the campus. This measure represents a significant change in day-to-day routine of most people, and may require specific accommodations. Accommodations will be based on a hazard assessment of each person's work and learning environment and duties.

SIX: Limit interaction

Face-to-face meetings should be avoided wherever possible. In cases where face-to-face meetings are unavoidable, the number of people may not exceed the current public health regulations, and those meeting must maintain a two-metre distance between people. In some situations, it may not be possible to ensure two-metre distance; in such cases, NMM should be worn by all present.

SEVEN: Respect and care for yourself, your colleagues, and your community

Our region of the province has been successful in preventing infection and the spread of COVID-19 since the pandemic was declared. All members of the StFX community have a responsibility to follow the mandatory measures and each do their part to contain the spread of the virus. We have all been impacted by COVID-19 and want the university to return to its vibrant, productive ways. To get back to campus, we need to look out for each other and make the adjustments included herein. We all have a personal responsibility must commit to following these rules.

All students are required to respect the Public Health and StFX directives regarding:

- Quarantine requirements;
- Self-isolation requirements;
- Self-assessment of symptoms;
- Personal mask wearing;
- Social gathering group sizes;
- Physical distancing; and,
- Other StFX protocols listed in this plan and yet to be developed.

All students will be required to successfully complete training and a quiz on the various protocols utilizing the university's Moodle platform before coming to campus.

The StFX Community Code of Conduct

The StFX Community Code of Conduct, which applies to all students whether they are living on or off-campus, will govern the handling of violations of protocols covered in this Return to Campus Plan for Students and that will be developed during the course of the university's response to the COVID-19 pandemic.

The Community Code of Conduct has been amended to include the behavioural expectations of students related to the COVID-19 Public Health Order and the University Guidelines and protocols by adding a major offence under section 17 of the Community Code identified as term (x):

x) Failing to adhere to the university's COVID-19 Pandemic Plan or exhibiting behaviours that are in violation of any local, provincial or federal legislation that relate to COVID-19 health and safety concerns shall be deemed to be in violation of this policy, investigated and adjudicated by the university.

Any alleged violations to this addition to the Community Code will be investigated and adjudicated with procedural fairness as described in the Code. Disregard for these guidelines that endanger the health and safety of the community are taken seriously and considered a major violation of the Community Code of Conduct. Offences with a finding of 'responsible' may result in outcomes up to residence suspension or university suspension for up to one (1) year.

All community members are encouraged to notify the university of any concerns about behaviour that violates this policy or the Public Health regulations by contacting studentlife@stfx.ca or 902-867-2276. Reports can be made in confidence.

2. Fall 2020 Residence Reopening Plan

The following plan details the recommendations and requirements to reopen residences and related services for the 2020 fall term.

A) Food Services on Campus (Detailed Operational Plan has been developed with Sodexo Canada)

- Elimination of self-serve and buffet style service
- Rearranged seating to meet space requirements for social distancing
- Limiting capacity to 50% (no more than 220 people at a time)
- Limited time in Meal Hall
- Scheduling mealtimes per residence (if above measures become problematic)
- Meal delivery and ordering system to support isolated students (tbd)

NOTE: the Meal Hall operational plan has been reviewed and approved by the local Public Health Inspector.

B) Residence Occupancy

We have twelve residence buildings that could be occupied in the fall: Somers, Power, Riley, O'Regan, Maclsaac, Governors, Mount St. Bernard (MSB), Bishops, Cameron, MacKinnon, Coady, MacNeil and International House. Two of them, Cameron and MacKinnon, are traditional-style with double bedrooms and shared, semi-private stall washrooms. Residence assignments will be adjusted with the following measures:

- Elimination of double bedrooms, reducing overall capacity by approximately 300 beds.
- Students who must be relocated by University Housing as a result of the changes will be charged the lower residence fee where there is a difference between the original assignment and the new assignment.
- Cameron and MacKinnon Hall washrooms will be restricted to one-person occupancy at a time, to ensure physical distancing.
- Maclsaac Hall washrooms will have a reduced number of sinks available to ensure two metres of space between users.
- Signage will be added to residence room, study areas and lounges to denote maximum occupancy per Public Health Guidelines.

- Residence common spaces require consideration (specific guidelines TBD per building). For example:
 - Lounges and study areas will have reduced seating and occupancy will be limited per Public Health guidelines. If this proves to be difficult to enforce, the lounges may be closed.
 - Kitchenettes and laundry spaces will have cleaning protocols with appropriate cleaning materials provided. These spaces may be closed if cleanliness is not managed.
 - Foyers, hallways, and stairwells will be for pass through only, with no lingering or gathering permitted in open areas.

C) Residence Health and Safety

Physical modifications and monitoring systems will be required to ensure that building entrance capacity is controlled and safety measures are respected by all students and staff.

- The fitness centres will be closed in O'Regan Hall and Riley Hall; Residence Life may repurpose these spaces for safe programs that are consistent with Public Health regulations.
- Every residence building will have a designated entrance. All other exterior doors will be fitted with an alarm to prevent outside entrance, let-ins and/or tailgating.
- Cleaning wipes will be installed in all shared washrooms, lounges, laundry rooms, and kitchens and students will be asked to wipe down surfaces after each use.
- Procedures for symptomatic, sick and exposed students that will include protocols for self-identification of illness, isolation, appropriate personal protection where interaction is necessary, testing, and tracing exposure will be confirmed in collaboration with Public Health.
- Students who live in Cameron, MacKinnon, MSB, Bishops, or MacIsaac who test positive for COVID-19 will be isolated on a designated floor of FX Hall (Coady-MacNeil building). Symptomatic or exposed students will be isolated in their own residence with a designated washroom until they are cleared or test positive. The exception to this is for students in Cameron and MacKinnon where the set up in the washrooms is such that it is not possible to designate separate washrooms for isolated students. They will be placed in a room in StFX apartment-style housing.
- Students who live in a suite or apartment in Riley, O'Regan, Governor's, Somers, or Power Hall will isolate in their assigned residence space.

- Designated floors of FX Hall will have extra cleaning protocols, directed by the guidelines of the Campus Reopening Committee procedures and Public Health.
- Students with medical conditions such as asthma, diabetes, immunosuppressive drug therapy including chronic systemic corticosteroid treatment, heart disease, HIV, and morbid obesity are at high risk for COVID-19 illness and complications. Students who require health accommodations should contact the Housing Office with their documented needs. It is recommended that students consider a later arrival date after other students have completed their mandatory self-isolation and may request suite-style rooms with separate washroom facilities.

D) Residence Community

- Residences will be closed to guests. Other than residents of the building, only approved facilities and custodial staff, contractors, security and Student Services/Residence Life/University Housing staff are permitted to enter. Only those with swipe or key access may enter the building. Allowing unauthorized guests into a residence is a serious violation of this policy.
- All entries must go through the designated entrance door. Approved staff are required to sign-in and out.
- Consumption of any intoxicating substances on StFX property, with the exception of the Golden X Inn during operating hours, including alcohol, cannabis, and any illegal substances, may be strictly prohibited during the early part of the semester. Specific guidelines in this respect are under review and will be communicated to all residents before they arrive on campus in the fall. Residence Life may lift any restriction that may be in place when residents demonstrate that they are able to consistently adhere to the required protocols.
- Other than at the Golden X Inn during operating hours, students who possess or consume alcohol or drugs including cannabis while restrictions prohibiting such substances remain in place, are in violation of this policy.
- Intoxication or being under the influence will not excuse behaviour that puts the community at risk. Students must be aware that they are accountable for their actions if they return to residence under the influence/intoxicated.
- Lounges will be open and restricted by the Public Health regulations regarding occupancy and physical distancing.

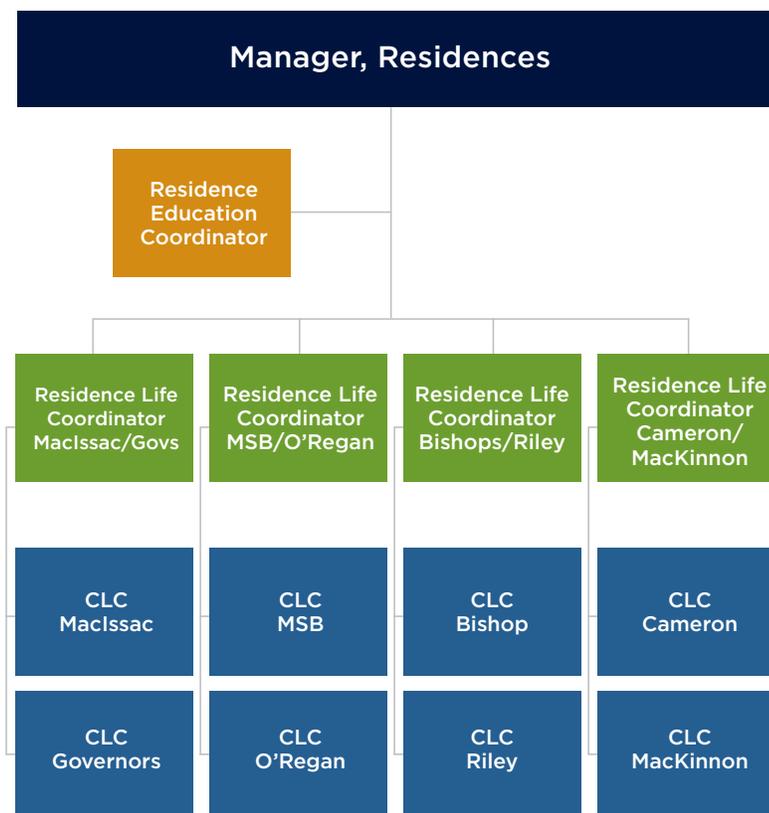
- Residence Life will assess the extent to which residents are adhering to the guidelines on an on-going basis and adjust measures accordingly. For example, if students are gathering in ways that violate this policy, the lounge may be locked. Alternatively, if there is full cooperation and no incidents of policy violations, and as Public Health regulations permit, restrictions in residence may be lifted gradually.

E) DRAFT and Provisional Staffing Model

The expectations described in this document require students to behave and interact in new ways that are outside established social norms of the student population. Therefore, monitoring and enforcement of this plan and protocols will be critical for the safety of the entire community. The functions of monitoring and enforcing the requirements of this plan should not be the role of the student leaders — their focus is on building a strong connected community, on providing peer support, in modeling behavioural standards and personal accountability for safety, and for referral to campus resources. An approach under consideration is to initiate new positions identified as Community Life Coordinators (CLC), to provide support in the residences for community health, safety, monitoring and enforcement.

Additional resources required for residence could include a Case Manager for health promotion and patient care, and additional mental health resources.

The needs of students living in residence will be different from normal circumstances. Residence Life Coordinators will have a case load of new students who they will directly support. They are required to regularly check in with every student to ensure their needs are met. The student leaders (Community Advisors, Hall Directors, and Residence Council) will have additional programming requirements to provide safe activities and engagement opportunities for students. To create the capacity for the additional expectation of the existing roles, the Community Life Coordinator position will take some responsibilities from each.



Community Life Coordinator

- Professional staff or graduate student, live-in position
- 2 staff per building, working an alternating schedule of 4 days on and 3 days off
- Supervised by RLC on call and RLC for their building (and Manager Restorative Practices and Student Conduct)
- Responsible for enforcing safety measures and monitoring building access/occupancy (ie guests)

CLCs would be focused mainly on behaviour management with a restorative approach where appropriate. The live-in component makes them an integral part of the community.

F) Arrival and Move-in to Residence Processes

StFX is prepared to accommodate a limited number of students in self-isolation at one time on campus. Approximately 40% of students (680) who are confirmed for residence this fall are coming from outside of the Maritimes.

Because of restrictions related to COVID-19 we are not taking student ID photos on campus. This means in order to receive an ID students must upload a photo before July 31, 2020. After this date, we cannot guarantee that your ID card will be ready upon your arrival to campus. Upload photo at <https://my-photo.stfx.ca/MyPhotoV2.0/>

Student arrival requiring on-campus self-isolation:

- Students arriving on campus who are required to self-isolate will be contacted in July to schedule their arrival date and time with University Housing, on August 27 or 28, two weeks before September 12th, the official residence opening date.

- Student staff and Residence Community Life Coordinators complete training and begin work the week of August 24th to support the move-in and self-isolation support procedures (meal delivery, supplies, etc.).
- Student staff who are required to self-isolate would not be able to work until they have completed the self-isolation requirement. If extra support is needed, some student staff may be asked to move into residence earlier during the week of August 10th to be available to assist.
- All Residence staff training will be completed online.
- All arrivals on campus will be screened for COVID-19 symptoms by a staff member, using the guidelines provided by the Province's 811 online assessment tool.
- Students who are not-symptomatic and to their knowledge have not been exposed to COVID-19 will be able to move into their assigned residence.
- Students who require further assessment by 811 will be provided with an isolation space and given support for Provincial testing assessment, as outlined in the Return to Campus policies.
- Students who are not required to self-isolate or who have completed the isolation period will be issued a green wrist bracelet.
- For the month of September 2020, all students must wear the StFX issued green wrist bracelet to enter any academic or administrative building on campus.
- Students will be asked to bring two – five masks to campus and we will have supplies of disposable masks available for purchase at pharmacy/dining outlets/bookstore. All staff, faculty and students must wear a non-medical mask or face covering when on campus grounds and in buildings, unless otherwise permitted. Masks are not required to be worn by anyone unable to remove a mask on their own, or anyone who has trouble breathing.

Student arrival on campus where self-isolation is not required:

- Students will be health screened by a staff member using the COVID-19 Health questionnaire upon arrival and will be provided with information about 811, the importance of handwashing, physical distancing, and masks which will be expected on an ongoing basis will be reiterated.
- We are expecting 1100 students to arrive under the regular arrival process. Check-in will be centralized at the Keating Centre Main Arena for student IDs and residence check-in.

- New students will be scheduled to arrive in two-hour blocks of 50 students over the 10th and 11th of September.
- Returning students to residence will be scheduled in two hour blocks of 50 over the 12th and 13th of September.

3. Plan for safe return of Off-Campus Students

Background:

- Under current Public Health guidelines, entry into the Province of Nova Scotia is not restricted to essential services only. Individuals entering the province are required to self-isolate for 14 days.
- Individuals from within the Maritime or Atlantic Provinces (NB, PE, NS, NL) are able to travel freely in the region without the requirement for self-isolation.
- Approximately 60% of our student population comes from the Atlantic Provinces
- Typically 85-90% of first-year students live in residence. The self-isolation requirements for any of these students who are not from Atlantic Canada has been addressed in the fall 2020 Residence Reopening Plan described in this document. It is assumed that most of the remaining first-year students are NS based and within commuting distance of the campus.
- There are approximately 1200-1400 non-Atlantic Canadian returning students. Of these, approximately 300 live in residence. It is also assumed that some of these students will not return due to circumstances linked to the pandemic (travel restrictions, safety concerns, and financial limitations). That leaves the potential of 800-1000 non-Atlantic Canada returning students living off-campus.
- It is in the best interests of the campus and the community to support these off-campus students in adhering to the 14-day isolation period.

Procedures for non-Atlantic Canadian off-campus students:

- Students will be provided with details of the self-isolation requirements (as defined by Public Health) and encouraged to make plans to arrive in Antigonish so that their self-isolation period will be completed prior to Monday, September 14 (first day of classes).

- Prior to travel all students must submit a health and travel declaration (form to be developed) which attests that they:
 - Do NOT have symptoms or a diagnosis of COVID-19;
 - Are NOT in close contact with someone with symptoms or a diagnosis of COVID-19;
 - Are NOT subject to a federal, provincial or local public health order requiring them to remain in isolation;
 - Agree to comply with the Public Health Order to begin 14 days of self-isolation immediately upon arriving in Antigonish;
 - Agree to be tested for COVID-19 at day 10-12 after arriving in the province if/as determined by Public Health; and,
 - Have not travelled from their home province in the past 14 days.
- If students are exhibiting any of the COVID-19 symptoms, travel must be delayed until they are healthy.
- Students must submit a Self-Isolation Plan (form available on the COVID-19 section of the StFX website) that includes the following:
 - Date they will be arriving in Antigonish
 - Mode of transportation used to arrive
 - Details of who will be accompanying them (eg. parents)
 - Where will they be completing their 14 day self-isolation?
 - Who will they be living with during this time?

Note: Students are encouraged to coordinate arrival times and follow the self isolation guidelines provided by the province.

- Upon arrival to Antigonish, students who are not required to self isolate must check-in at a designated central site. Each student's Health and Travel Declaration will be reviewed and the details of their self-isolation plan will be reviewed to ensure no changes. Students who are required to self isolate must check in virtually with the Office of Student Life.
- A local support person will be assigned by the university. It will be the responsibility of the local support person to deliver groceries and other essential items (on-line ordering of groceries is available through PC Express) and to check-in on students at least three (3) times per week to offer support with any issues during the self-isolation period. All costs associated with groceries and other items are the responsibility of the student.
- The university will perform random checks on students living off-campus during the 14-day isolation period to promote adherence to guidelines.

- Off-campus students who are not required to self-isolate or who have completed the isolation period will be issued a green wrist bracelet. Note: if someone living at the same address is in self-isolation, no student living at that address will be issued a green bracelet until the self-isolation period is completed.
- For the month of September 2020, all students must have a green bracelet to enter any academic or administrative building on campus.

4. COVID-19 Student Wellness Plan

- A) Establish health and wellness protocols (as outlined elsewhere in this document)
- B) Introduce new service model for first-year students: Every incoming student has an assigned student services advisor. This will be their “person” to go to for proactive transition support, ongoing guidance, monitoring and informed referral to appropriate services.

We will:

- Survey students regularly to assess student needs and comfort levels (early alert).
 - Prioritize outreach to those who can benefit from an “Early Supports Plan”.
 - Build relationships with students before they arrive on campus.
 - Engage students with advisors and peer supports over the summer.
 - Promote incoming NS high school student opportunity to access the eMental Health suite of online resources.
 - Enhance high impact practices in residences, including regular individual peer and advisor check-ins with students.
- C) Build capacity among faculty and staff to recognize and respond to students in distress: continue to offer optional programs and resources from evidence-based sources such as the Mental Health Commission of Canada and develop additional online resources that will assist faculty and staff in supporting student mental health.

D) Promote existing and new wellness supports, and protocols. A recent survey showed that 60% of students are unaware of the eHealth tools and available resources. Those who did access the services gave solid positive feedback. We will develop a communication and promotion plan to connect students with available resources. A Student Services Communications Task Force is assessing the business requirements and will work with Marketing and Communications concerning the approaches to be implemented.

E) Develop resiliency and health programming resources:

- Public Health and Safety in-person programs (hygiene, physical distancing, masks, etc) (also supported by communications — print, social media, digital signs).
- Supplement and consolidate the self-help resources online so students can access them easily:
 - CAMH Hub and self-assessment tools;
 - NS Mental Health and Addictions resources;
 - Therapy Assistance Online (TAO): self-help materials that can help with stress, anxiety, depression, relationships, anger management, problem solving, communications and evaluating alcohol and drug use;
 - The Inquiring Mind COVID-19 Self Care and Resilience Guide provided by the Mental Health Commission of Canada;
 - jack.org: provides youth with information they need to understand mental health, tackle stigma, and seek help;
 - BeThere.org: provides resources to understand how to take care of your own mental health and look after each other;
- Provide healthy community workshops and groups: building mental health literacy, reducing stigma, encouraging help seeking behavior, bringing an equity lens to mental wellness promotions and interventions, physical health, spiritual wellness, substance programming.
- Supporting transitions at every stage (eg.: transition awareness and programming to normalize emotional and mental experiences (especially in the first year), opportunities to build resilience, a sense of belonging, and to develop a growth mindset.
- Delivery via social media, virtually and in person (when social distancing can be maintained).

F) Enhance stress reduction programs: An integrated team of Health and Counselling, Athletics and Recreation, Diversity and Engagement, Student Life, Residence and Student Union staff are collaboratively developing stress reduction programming that align with Public Health guidelines.

G) Enhance responsive service and care:

- Embed and front-load mental health and substance programming and services within the residence community, extending to the off-campus community through residential linkages.
- Services for equity seeking groups — Deveau Fund student positions established
- Clinical Therapist position added with a focus on first year supports
- Recommend Case Manager for students under isolation and quarantine who can also lead health promotion programming

H) Enhance parent communications: while recognizing that the university relationship is with students, we will offer proactive targeted communication with parents. The VP Students will offer regular online update sessions through the summer and during the academic year for students and parents where the Director, a Clinical Therapist, and/or Nurse and other university staff will provide presentations and answer questions about health and safety and other pertinent topics of interest to parents.

I) Student Experience Plan

Finding new ways to preserve our unique, vibrant campus culture is an essential element of the plan. This will involve partnerships between all areas of the university. The Welcome Day/Student Orientation Committee, the VP Students and Student Union are actively engaged in planning.

Many contingencies have been developed and once a direction for fall is settled, we will develop ways to engage with community, to innovate and collaborate in order to create a vibrant campus experience this fall.

5. Communication

Communication with students is key to the success of this reopening plan.

Methods of

communication will include:

- The COVID-19 interactive webpage, on StFX.ca (<https://www.stfx.ca/coro-navirus>)
- Keeping You Informed emails from the President
- News You Can Use weekly bulletins
- Parent and Student Advisory Panels
- Important announcements and news shared through the X and U community mixer events
- University social media
- Residence and Off-Campus community group social media sites

6. Books and supplies

StFX Store The safest and quickest way to get books in the hands of students will be to have all orders done online, packed and then picked up in the MacKay Room or can be shipped to your home address.