

Mark your Calendar!

FRI MAR 15-SAT MAR 16	★ 17 th Annual Crossroads Interdisciplinary Health Research Conference
FRI MAR 29	★ Undergraduate Research Conference in Kinesiology & Physical Education – see Issue 19
SAT MAR 30	★ Roundtable on Racism in Hockey – see Issue 21.
MON APR 1	★ Application deadline for <i>Fitness & Sports Instructor</i> CFMWS (18 mths) – see issue 21. ★ Applications due for RMC Student Athletic Trainers – see Issue 17.
TUE APR 30	★ Last date to apply in SOLUS to graduate in Spring 2018 – see Issue 15.
MAY 18 – 26	★ Med Life Dental Clinic Service Learning Trip – see Issue 20.
TUE JUN 4	★ SKHS Graduation at 1:00 p.m. in Grant Hall. See Spring 2019 Convocation .
SUN JUN 16 – SAT JUN 22	★ Leadership Academy Alcohol Harm Prevention – see Issue 19.
MON JUL 15	★ Application to apply to graduate in Fall 2019 opens on SOLUS.

In the News

Zane Grossinger (KIN '21)

[Grossinger named U SPORTS All-Canadian](#), Gaels News, March 14, 2019

Chidera Ekeanyawu (GNDS/HLTH '21) and Ampai Thammachack (KIN '20)

[Celebrating student leaders](#), Queen's Gazette, March 12, 2019

Jaden Lindo (HLTH '21)

[Lindo and Boljkovac named Gabriel Pizza Varsity Athletes of the Week](#), Gaels News, March 11, 2019

Shane Gabel (KIN '22), Zane Grossinger (KIN '21), Dylan Hunt (PHE '19) Mitchell Neuert (KIN '21)

[Gaels End McMaster's Reign, Winning Forsyth Cup at Home](#), Gaels News, March 10, 2019

Jaden Lindo (HLTH '21)

[Gaels head to University Cup as No.3 seed, will meet StFX Friday night](#), Gaels News, March 10, 2019

Susan Belyea (SKHS Adjunct)

Susan Belyea named director of Ban Righ Centre, Queen's Gazette, March 11, 2019

Tanner Graham (KIN '19)

[Tanner Graham named U SPORTS Ken Shields Award Recipient](#), Gaels News, March 7, 2019

Fall-Winter 2019-20

HLTH/KNPE 352 *Research Skills Development Practicum*

1. Review [2019-20 Research Practicum Opportunities](#). This provides information about the labs accepting research interns; descriptions of current research projects; number of positions available; application contact information; and, deadline.
2. Apply directly by the deadline of **FRI MAR 22, 2019** to the research lab. The contact information and steps to follow are in the *Research Practicum Opportunities* document above. Copy your application to the [Education and Lab Coordinator](#).
3. Fill out the HLTH/KNPE 352 [Research Practicum Form](#) with your professor and submit it to the SKHS UG Office who will arrange to register you into the course.

The 2019–20 PHE/KIN team is now at the KIN Games. Queen's brought home the trophy in 2015, 2016, 2017 & 2018. What will happen this year?!



<https://www.facebook.com/KinGames2019/>

SKHS Runs for Mental Health

FRI MAR 8

*Sponsored by the:
PHE/Kin Equity and Wellness Committee*



Members of the SKHS community gathered to focus on mental health by listening to speakers, participating in a drumming circle and going for a 30-minute run/walk followed by snacks.





KNPE 338

EXPLORING

HEALTHY

ACTIVE

URBAN

COMMUNITIES

Introducing KNPE 338/3.0

Week before Fall Term classes.

Exploring Healthy Active Urban Communities

A new third-year course offering for 2019-2020

Information Session

WED MAR 27, 5:30-6:30 in KHS Room100

2019-2020 REGISTRATION INFORMATION SESSIONS HLTH, KIN & PHE

2

GOING INTO 2ND YEAR

Tuesday, March 19th

4:30 - 5:30pm

KINE 100

3

GOING INTO 3RD YEAR

Wednesday, March 20th

4:30 - 5:30pm

KINE 100

4

GOING INTO 4TH YEAR

Monday, March 18th

4:30 - 5:30pm

KINE 101

What are some of the advantages of attending?

- Understand your degree program so that you are selecting the courses that you will need to graduate.
- There have been changes to the KIN and HLTH degree requirements which may work to your advantage.
- Not every course is offered each year. Find out which HLTH/KNPE option courses are being taught in 19-20. Some courses have changed and some are new!
- There are important timelines for registering (especially for YR4!).
- Learn tips & hints that will make registering for 2019-20 less stressful.

See you there!



Disability and Physical Activity (DIPA) Certificate

- Gain hands-on experience working with people with disabilities in the Revved Up Exercise Program
- Develop communication, leadership and transferable skills
- Extra-credential that is noted on your Queen's transcript



- For more information go to <https://skhs.queensu.ca/prospective-students/undergraduate-studies1/hands-on-opportunities/certificate-in-disability-and-physical-activity-dipa/>
- **NOTE:** SKHS application deadline is Fri Mar 22, 4:00pm
- Questions? Email Chris Hall (Revved Up Coordinator) at ch148@queensu.ca

QUEEN'S STUDENT DISCOUNT FOR SUMMER PROGRAMS ABROAD WITH [OPERATION GROUNDSWELL](#)

This summer, learn from inspiring people around the globe.

Operation Groundswell will give you the tools you need to create meaningful change in the community you call home. We'll connect you with inspiring local farmers, artists, educators, and activists who are making incredible change in their communities.

Led by two experienced leaders, our small teams dive straight into life on the ground through immersive homestays and ethical volunteer work. **Local change-makers lead us** in improving their communities - sharing their stories along the way.

We've loved having Queen's students on our programs! To show our appreciation and to help make our programs more accessible, we're offering you between **\$500-750 off** our summer programs with the code **QUEENS2019**. More information about the offer and our granting program [here](#).

*Offer available for students who apply before **March 31st***

QUEENS SCHOOL OF MEDICINE PRESENTS

LIFESTYLE AS MEDICINE SYMPOSIUM

Tuesday, Mar 19, 2019

5:30 PM - 7:30 PM

New Medical Building, 132A

Light refreshments provided

SPEAKERS:

**CANADA'S NEW FOOD GUIDE AND
PLANT-BASED NUTRITION**

JESSICA BERTRAND BASC, MAN, RD

CHARLES KO B.SC, BASC, RD

**THE CHALLENGES OF EATING A
HEALTHY DIET ON A LOW INCOME**

DR. ELAINE POWER PHD, MSC, BSC, BA

FEATURING:

**INTERVAL TRAINING FOR HEALTH:
HIIT VS HYPE**

DR. MARTIN GIBALA PHD





Congratulations to the KIN '22 teams **KICKIN CANCER'S PHEKIN BUTT** for exceeding their target fundraising goal of \$1,000 last Friday!

Well done!



Health Studies Students' Yoga

**UPDATE: Thursday, March 14/21/28 & April 4 ---
5:30-6:30pm**

Location: ARC, Combatives Rm 1

Gentle, restorative yoga, suitable for everyone, all bodies. No previous experience required.

Yoga mats provided.

Led by Karina Gerhardt-Strachan,
HLTH Studies alumna & MA from SKHS.

Any questions? Email Karina: Oskag@queensu.ca



Tom Courchene Distinguished Speaker Series



The Spirit Bear Plan to End Inequalities in Public Services for First Nations Children, Youth and Families

Cindy Blackstock

Executive Director, First Nations Child and Family Caring Society of Canada

**Thursday March 21, 2019
4:30 PM**

**Robert Sutherland Hall, Room 202
138 Union Street, Kingston, ON**

First Nations children and families living on reserve and in the Territories receive public services funded by the federal government, and since confederation, these services have fallen significantly short of what other Canadians receive. This injustice needs to end and Spirit Bear's Plan will do just that.

A member of the Gitksan First Nation, **Cindy Blackstock** has 25 years of social work experience in child protection and Indigenous children's rights. Her promotion of culturally based and evidence informed solutions has been recognized by the Nobel Women's Initiative, the Aboriginal Achievement Foundation, Frontline Defenders and many others. An author of over 50 publications and a widely sought after public speaker, Cindy has collaborated with other Indigenous leaders to assist the United Nations Committee on the Rights of the Child in the development and adoption of a General Comment on the Rights of Indigenous children.



Live Stream
Available

Ask the speaker questions in real time: www.sli.do #MPA19

**Free Public Lecture.
All Are Welcome.**

RECEPTION TO FOLLOW

RAISE THE BAR AND EXERCISE IS MEDICINE



HEALTHY PERSPECTIVES

March 23, 2019

9:00 am - 5:00 pm - School of Kinesiology and Health Studies

\$10.00 admission



REHABILITATION RESEARCH COLLOQUIUM

MAY 23-24 2019



CALL FOR ABSTRACTS IS NOW OPEN!

We are now accepting abstract submissions for poster and oral presentations at the 21st Annual Rehabilitation Research Colloquium.

Deadline for abstract submission is April 1st 2019 at 11:59 pm.

Registration is now open – Early Bird \$45.

Link here: <https://www.rehab.queensu.ca/academic-programs/rhbs/colloquium>





ASUS
FURF

NO PROJECT IS
TOO BIG OR
TOO SMALL

ASURF Applications Open Now!

The Arts and Science Undergraduate Research Fund (ASURF) seeks to foster a community of undergraduate scholars and promote a greater investment in undergraduate research. This \$60,000 fund is open to undergraduate research and experiential learning projects of all kinds, no project is too big or too small.

Through a partnership between ASUS and the Faculty of Arts and Science, ASURF will assist in funding research projects at the undergraduate level and support costs to a supervisor associated with the Undergraduate Student Summer Research Fellowships (USSRF) program.

- If you have any questions about the ASURF, please contact the ASUS President at president@asus.queensu.ca.
- All grant applications are due by **March 20, 2019 at 4:00pm**. Visit <https://www.queensasus.com/asurf/> to apply!



LEGACY

An Annual Culture Show

Friday March 15 - 6:30pm

Culture Show is a family-friendly event and one that is open to all members of the Queen's community, not just students. The attendance of administrators, faculty, staff, and your families and friends helps to forge and strengthen connections between cultural groups like ACSA, the institution, and the surrounding communities.

Our Culture Show helps to display the rich diversity in on-campus groups and within community organizations through the movements of dance, the sounds of spoken words and songs, and under the colourful displays of lights and vibrant sounds with other presentations. It is my hope that you will leave the event having gained something new.

To purchase your tickets, click the CheddarUp link below:

<https://my.cheddarup.com/c/acsa-culture-show-legacy?fbclid=IwAR1nb2S7u6UL5SmXgOp8Qf14x6ATKK1piSx1UFSKG6ahT8O0tYgGu8QWDco>

WYNCHEMNA - TEACH ENGLISH or FRENCH IN CALGARY or VANCOUVER

Well if you enjoy teaching, talking and doing recreational activities all day with kids or youth, then you might want to apply as a teacher to work at Wynchemna. I like to point out that the hours are long, but the job is a lot of fun, very rewarding if you enjoy teaching English or French, doing many recreational activities and talking to international students all day long. If you consider going skating or to the movies, or chatting with students for breakfast, lunch, supper or on the bus for example as work, then this job is not suitable for you. Because the hours are long, you do not have time to go out and spend your money, which means you can save some money over the summer vacation.

Take a look at the following job description and at the image colour schedule at: www.wynchemna.com
Please email your resume if you are interested in working as a teacher for Wynchemna to:
wynchemna.calgary@gmail.com

JOB DESCRIPTION

Looking for an unusual and fun summer job? Wynchemna is looking for people who are enthusiastic, energetic, creative, **extremely flexible**, positive, hard working, able to deal with culture differences, enjoy laughing and have a great sense of **humour**.

Positions available: 10

Number of weeks: 3 to 10

Beginning: June 26, 2019

Ending August 28, 2019

- degree or studying English, French, Education, Communication, Physical Education, etc.
- interested in teaching English or French as a Second Language
- Standard First Aid
- experience working and having fun with students

- enjoys talking and listening to STUDENTS

Wynchemna students receive 2 or 3 weeks of English or French training in Calgary or Vancouver followed by a one-week tour through the National Parks of Banff and Jasper or Vancouver Island. Kids 10 to 14 and Youths 15 to 20 years old from around the world attend Wynchemna. The teachers and the students reside at residences during their stay in Calgary and Vancouver.

DUTIES OF TEACHERS: Wake up Call. Have breakfast with the students from 9:00 - 9:40. Teach English/French/Recreational Class I from 9:45 - 10:55 (on average 8 students per class). Teach English/French/Recreational Class II from 10:55 - 12:05. Have lunch with the students from 12:10 to 1:00. Teach English/French/Recreational Class III from 1:00 - 2:10. Participate in afternoon recreational activities such as canoeing, kayaking, rock climbing, etc. from 2:15 to 5:45. Have supper with the students from 6:00 to 7:00. Participate in evening recreational activities from 7:30 to 10:00 such as going to the movies, Loose Moose, roller-skating, etc. Apartment checks by the teachers are also expected. The final week is spent camping in tents with the students in Rocky Mountains or Vancouver Island. These courses are three or four weeks long; this includes Saturday and Sunday. (7 days a week). We expect teachers to: obey the laws, co-operate with other Wynchemna teachers and staff, be friendly and respect fellow teachers, staff, fellow Canadians and students from different countries as well as understand cultural difference among students, take care of their health. Any serious breach of these rules will result in the immediate dismissal of the teacher.

Successful applicants with a degree will be paid \$3200 (without a degree \$2720) for a four-week course. On top of this, employees will receive free room and board, and all entrance fees to the recreational activities, such as canoeing, going to the movies, horseback riding, etc., which works out to be worth more than \$1500.

On June 12, 13, 14, 15, 16 and 17, 2019 there will be an ESL/FSL/Activity fun orientation information session. Successful candidates will receive a honorarium of \$250 for the session.

Personal Support Job Opportunity

Assisting paralyzed from chest down client and/or nursing in care

Position Title: Personal Support Position

Start Date: March 2019

Rate of Pay: \$18.00–\$19.00/hour

Multiple Positions Available

- Full-time or part-time
- Permanent or temporary

Average Hours Per Week

- Multiple daily shifts of typical length 1.5–4.0 hours

How Should Applicant Apply?

- E-mail or phone

Job Description

Client is paralyzed from chest down. Assist with daily living.

- Peri-care and personal hygiene of client
- Transfer utilizing ceiling lift and sling bed to commode/wheelchair &/or back to bed
- Meal prep and deliver to client
- Assist nursing when required (bowel care, suprapubic care or replace, etc.)
- Linens/washing
- Restocking medical & consumables supply cabinet and alert client of any shortages requiring repurchase
- Occasional driving of client to Doctors or related appointments.

Employer: Darrin McCaffrey (Reved Up participant)

1341 Andersen Drive, Kingston On K7P 0C6

Phone Number: 613-929-5764

Email: darrin_4@icloud.com



Overnight Sleep Attendant

Temporary Part-Time

\$14.00/hr + 18% in lieu of benefits and vacation

Reference#: 18-628

The Overnight Sleep Attendant is responsible for reinforcing the goals and enabling improved quality of life, increased independence and productive activity of the Supported Living Program for our Brain Injury Clients by ensuring the safety and security of our clients at night. The Overnight Sleep Attendant is able to sleep during normal night time hours once clients have settled for the night but must be immediately available for the needs of the clients during the night. We will work with incumbents to schedule shifts as appropriate

- Based on reports from evening staff, reviews any particular needs of residential clients and ensures that all clients are safely accounted for
- Provides direction, prompting or physical assistance, as required by residential clients, for various areas of life skills, such as assisting with taking medication, transferring clients, attendant care needs as required, making breakfast, setting alarm clocks, or completing late evening house chores such as tidying kitchens and common areas
- Ensures safety and security of residential clients by completing staff shift checklist each night
- Communicates any unusual events, particular needs of residential clients, or lack of follow through with program rules of participation in communication book and to staff arriving for duty in the morning

Required Qualifications and Experience:

- Full-time Community College or University student currently enrolled in an area of Human Studies
- Voluntary or paid work experience in a helping capacity
- Current First Aid and CPR Certificate

Located in Kingston, Providence Care is Southeastern Ontario's leading provider of aging, mental health and rehabilitative care. Continuing the legacy of our Founders, the Sisters of Providence of St. Vincent de Paul, Providence Care provides care and services at Providence Care Hospital, Providence Manor Long-Term Care home and community locations across Southeastern Ontario.

Providence Care is Fully-affiliated with Queen's University and St. Lawrence College; Providence Care is a centre for health care, education and research, and a member of the Council of Academic Hospitals of Ontario.

To apply for this position please email your Covering Letter and Resume quoting reference number in subject line to work@providencecare.ca

We are committed to inclusive and accessible employment practices – Please notify the above if you require an accommodation to fully participate in the hiring process or require recruitment documents in French.

QYourFuture

Are you in your final-year of your undergraduate degree? QYourFuture with 10 things to do before you graduate. Visit the website at careers.queensu.ca/qyourfuture

Workshops This Week

Monday March 20th

- *Ramp Up Your Resume*, 1:30pm-2:20pm (3rd Floor Gordon Hall, Room 324)
- *Conquer the Cover Letter*, 2:30pm-3:20pm (3rd Floor Gordon Hall, Room 324)

Thursday March 21st

- *Winning Interviews, Part 1*, 11:30am-12:20pm (3rd Floor Gordon Hall, Room 324)
- *Winning Interviews, Part 2*, 12:30pm-1:20pm (3rd Floor Gordon Hall, Room 324)

Information Sessions This Week:

Wednesday March 20th

- **External:** *Consulting Challenge - PwC Office*, 4:00pm-7:30pm (18 York, Toronto)



Can't get (or wait for) an appointment? Come to:

Drop-in Career Advising

Monday to Thursday 1:30 pm to 3:30 pm on the 3rd floor of Gordon Hall

Obtain immediate help with career or further education-related questions from a career advisor. No appointment required.

In addition to our regular drop-in career advising, we offer:

QUIP Advising

Want to learn more about QUIP, the Queen's Undergraduate Internship Program?

Every Tuesday and Thursday, 11:00 am - 12:00 pm

Location: Please check in with reception (Gordon Hall, 3rd floor)

INTERNSHIP PROGRAM (QUIP)

Want to spend a year getting paid professional experience? Would you like to "Test-Drive a Career?" Find out everything you need to know about doing a 12-16 month, professional, paid internship after your 2nd or 3rd year of undergraduate studies through the Queen's Undergraduate Internship Program (QUIP). To learn more about the program, visit careers.queensu.ca/QUIP.

GO GAELS GO! Support your fellow students!!

Please send any missing SKHS athlete names to [UG News](#)



Men's Hockey

Jaden Lindo (HLTH '21)

The Gaels Men's Hockey team head to the U SPORTS national championship in Lethbridge where they will play St. FX X-Men on Friday, March 15 at 9 PM. Visit www.usports.ca for full details on the seeding and schedule.

Men' Volleyball

Shane Gabel (KIN '22), Zane Grossinger (KIN '21), Dylan Hunt (PHE '19) Mitchell Neuert (KIN '21)

The Gaels Men's Volleyball team head to the U SPORTS national championship in Quebec City where they will play Laval on Friday, March 15 at 8 PM. Visit www.usports.ca for full details on the seeding and schedule.



Student Academic Success Services (SASS)

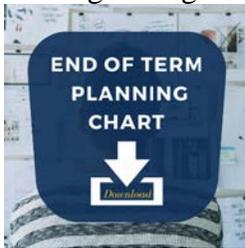
Behind in your work? Aiming to finish your term work by the last day of class?
Looking for a plan? Use our '[End of term planning chart](#)'

Make a plan today!

Book a learning or writing appointment [online](#).

 **The Writing Centre offers free one-to-one consultations!** Writing consultants can help you with:

- understanding an assignment
- brainstorming ideas
- developing an argument or thesis statement
- organizing main points



- revising a draft
- improving grammar and style
- integrating research

 **Take charge of your learning needs!**

Learning strategists can help with:

- managing your time
- increasing motivation
- reading from texts efficiently and effectively
- coping with academic stress
- presentation skills.



Book an individual 25-minute appointment with a Peer Writing Assistant

Monday-Thursday, 6:30-8:30 pm, Saturdays 12:00-2:00 pm, and Sundays from 10:00 am-12:00 pm using our convenient online booking system: <http://queensu.mywconline.com>.

Science Peer Writing Assistants help with written assignments from **any science discipline**—biology, chemistry, engineering, kinesiology, physics, computer science, etc. In the calendar, you'll see them listed as Name (Sciences).

Sign up for workshops to get coaching to improve your academic performance!
Check out our [events calendar](#).