The GSED Office Staff would like to make an official statement regarding Catamounts Care and COVID guidelines. It is the expectation from the staff that all chapters and members maintain physical distancing, wear their masks, wash their hands regularly, and do not gather in groups of more than 10 inside and 25 outdoors (or the changing numbers that federal regulations outline). If you want to remain on campus, stay healthy, and feel some sort of normalcy, you must abide by these guidelines and do everything in your power as organizations to keep people safe. We 100% believe that you all have the power to be creative and set an example to other students regarding how to still have fun while being responsible. Help show the rest of campus that it can be done!
The difficulty we have in accepting responsibility for our behavior lies in the desire to avoid the pain of the consequences of that behavior." - M. Scott Peck

**Major Highlights and Announcements**

**Engage**

Last week it was communicated to all chapter presidents that they need to have their organization's Engage page re-registered and the RSO Agreement Form completed by 5pm today (August 14th). If they fail to do so, the chapter will no longer be recognized as a RSO, will no longer be able to reserve rooms at the RSO price and have the other benefits that come with the association, and have to restart the process of applying to be a Registered Student Organization.

All chapters have re-registered their organization's Engage page! Thank you!

The following organizations have not yet provided proof of completing the RSO Agreement form:
- Alpha Chi Omega
- Alpha Xi Delta
- Alpha Sigma Phi
- Pi Kappa Alpha
- Pi Lambda Phi
- Sigma Phi Epsilon

In order to provide proof of completing the RSO Agreement form, the presidents have been instructed (and reminded throughout this past week) to send a screenshot of their submission to Shelby (419-202-1815 or sgerwin@wcu.edu).

**Mental Health**

We want to recognize that the world we are in right now is stressful, unpredictable, and very new. With that being said, GSED wants to remind you all of a few tips to share with your chapters to make sure that you are looking after yourselves regarding your mental health.

- Start your day off with something that is familiar and brings you comfort - whether that’s with a cup of coffee, a walk to class with headphones in, etc.
- Take breaks from stressful situations or work by distracting your mind and focusing on something easy - coloring, a dance party, a walk with a friend (distantly)
- Take time to laugh. Watch movies or comedy skits or talk with friends you haven't connected with in a while. Laughter has been proven to help reduce anxiety.
- Use journaling as a way to get your anger and feelings out on paper. Write about all achievements and fears.
- Dark chocolate is thought to improve alertness and mental skills because of the flavonoids, caffeine, and theobromine. Have a piece every few days!
- Try prepping your meals and clothes for the week. This simple trick removes time, energy, and extra effort that will need to be exerted later.
- The optimal temperature for sleeping is between 60 and 67 degrees. Sleep is so important. Take naps if you feel you need it. Listen to your body.

**R&R Update**

The GSED Office is letting you know that we have updated the R&R Expectations and Requirements for the 2020-2021 academic year. We have attempted to make these expectations as bare minimum as possible, keeping COVID in mind, but still want to encourage chapters to live up the oaths they took and perform the tasks they promised their organizations they would. This will be sent out once we receive the document back from marketing and will be reviewed at the Leadership Retreat on September 12th.

Remember to email Shelby by September 4th at 5pm to let her know who from your chapter will be in attendance.

**GSED Website Revamp**

GSED is excited to announce that we will soon begin revamping and editing our web page. We will be adding new resources, reorganizing the layout, and hopefully making the page even more user-friendly and accessible. We will also be posting all GSED Weekly Newsletters on the site to keep parents, students, and volunteers updated! If you have any suggestions please feel free to reach out to us!