Senate

of the

Student Government Association

of

The Johns Hopkins University

{ S. Bill. 18-19, 15 }

An Act Funding:
SGA Wellness Wednesday

Introduced By: Senator **Nathan Mudrak,** Senator Miranda **Bannister** considered this **XXth** day of **November** in the Year **2018**

Sponsored By: Senator **Lauren Paulet** of the **Sophomore** Class

Senator **Pritika Parmar** of the **Freshman** Class

Referred to the Senate by the **Committee on Finance** which recommends its **Passage/failure** by a vote of **X** to **X**.
Referred to the Senate by the **Health, Safety and Sustainability Committee of SGA** which recommends its **Passage/failure** by a vote of **X** to **X**.

Be it enacted by the Senate of the Student Government Association of The Johns Hopkins University assembled that:

SECTION 1. TITLE.

This Act may be referred to as the "Wellness Wednesday Bill"

SECTION 2. DEFINITIONS.

(a) SGA — The term "SGA" shall refer to the Student Government Association of The Johns Hopkins University.
(b) JHU, Hopkins — The terms "JHU" and "Hopkins" shall refer to the Johns Hopkins University.
(c) HSS — The term HSS shall refer to the Health, Safety and Sustainability Committee of SGA.
(d) Cocoa — The term "cocoa" shall refer to hot chocolate, a warm wintertime wonder.
(e) Gingerbread men — The term "gingerbread men" shall refer to the tasty, albeit somewhat patriarchal, confections that have brought delight to millions in all four quarters of the world.

SECTION 3. FINDINGS AND PURPOSES.

(a) FINDINGS

(1) Whereas the Task Force on Student Mental Health and Well-being released in February 2018 points out that college-age students are uniquely at risk for mental illness and its associated issues, for the reason that,
    a. The prefrontal cortex, implicated in higher-order executive functions, emotional control, impulsivity, and decision making, continues to mature into the mid-20s (Gogtay et al., 2004),
    b. suicide risk is often highest in the early stages of major psychiatric conditions (Hawton, 1987)
    c. suicide is the second leading cause of death for people ages 15 to 34, reflecting the majority of college student ages (CDC, 2016),
    d. young individuals tend to be more vulnerable to contagion after exposure to suicide within their community (Insel & Gould, 2008).
(2) Whereas a national survey of college students showed,
    a. Over half of undergraduate and graduate students reported feeling overwhelming anxiety in the past 12 months,
    b. Approximately 40-50 percent of students felt so depressed it was difficult to function,
    c. Approximately 5-10 percent reported consideration of suicide,
(3) Whereas the first recommendation of the Task Force on Student Mental Health and Well-being released in February 2018 reads, "The university should promote a climate of awareness and support for student mental health, wellness, and stress reduction. It is essential to create a campus climate that values the inclusion of all students and overall wellness, and that promotes resilience in the context of stressful situations and life events common among undergraduate and graduate student experiences."

(b) PURPOSES

(1) This bill furnishes funding for the Wellness Wednesday Tabling Event.
(2) This bill directly addresses Recommendation One of the Task Force on Student Mental Health and Well-Being by providing organizational programming to promote a culture of student wellbeing and stress reduction.
    a. This will be accomplished by reserving a table on Brody Terrace to serve cocoa and distribute stress balls to students.

b. An additional table will be reserved as a "gingerbread cookie decorating station", with SGA providing the cookies and decorating materials needed.

SECTION 4. FUNDING THE WELLNESS WEDNESDAY TABLING EVENT.

(a) Section 5 indicates the financial framework of the Wellness Wednesday Tabling Event.

a. The cost of the gingerbread cookies is $89.94.
b. The cost of the hot chocolate is $99.95.
c. The cost of 144 stress balls is $85.62.
d. The cost of decorating supplies will not exceed $100.
e. The total financial allocation of SGA to the Wellness Wednesday Tabling Event is $375.51.

SECTION 5. FINANCIAL FRAMEWORK OF THE SGA WELLNESS WEDNESDAY.

ITEM	EST. COST ($)	COMPANY	WEBSITE
5 Gallons of Hot Chocolate with Mini Marshmallows (total serves up to 60 people)	**$19.99 x 5= $99.95**	**Bon Appetit Catering**	https://jhucatering.catertrax.com/shopdisplayproducts.asp?subCategoryID=121&prodid=617&categoryID=120&intOrderID=&intCustomerID=
2 packs of 128 gingerbread cookies	**$44.97 x 2 = $89.94**	**Amazon.com**	https://www.amazon.com/gp/product/B00DXOOHAE/ref=ox_sc_act_title_1?smid=A271PRMRM32J4J&psc=1
6 packs of 24 Stress Balls	**$14.27 x 6 = $85.62**	**Amazon.com**	https://smile.amazon.com/Worry-Happy-Yellow-Smile-Stress/dp/B01KKX38MS/ref=sr_1_4?ie=UTF8&qid=1541355249&sr=8-4&keywords=stress+balls#customerReviews
Decorating supplies (including tablecloths)	**Not to exceed $100**	**Amazon.com**	Gold stars: $3.56 https://www.amazon.com/Wilton-Edible-Glitter-Stars-Ounce/dp/B003KK9HD8/ref=sr_1_2?ie=UTF8&qid=1541878558&sr=8-2&keywords=food+sparkles Silver balls: $3.56 https://www.amazon.com/Wilton-Silver-Sugar-Pearl-Sprinkles/dp/B00IE72BZ8/ref=pd_sim_325_4?_encoding=UTF8&pd_rd_i=B00IE72BZ8&pd_rd_r=a40623c

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SECTION 6. SEVERABILITY.

Should any provision of this Act, an amendment made by this Act, or the application of such provision or amendment to any person or circumstance be held to be unconstitutional, the remainder of this Act, the amendments made by this Act, and the application of such provision or amendment to any person or circumstances shall not be affected thereby.
Any remainder funding from the above purchases shall be returned to the SGA by the end of April.

THE BILL HEREBY **PASSES/FAILS** BY A VOTE OF **X** TO **X** WITH **X** ABSTENTIONS.
UPON PASSAGE, WE HAVE HEREUNTO SET OUR HANDS AND CAUSED THE SEAL OF THE SENATE TO BE AFFIXED TO THIS BILL INDICATING THE SENATE'S ASSENT AND THUS OFFICIALLY DESIGNATED THE BILL'S ADOPTION AS LAW.

Signatures of Enactment:

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AJ Tsang
President of the Senate
Executive Vice President of the Johns Hopkins SGA

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Noh Mebrahtu
Executive President of the Johns Hopkins SGA

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Aspen Williams
Executive Secretary of the Johns Hopkins SGA

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Mi Tu
Executive Treasurer of the Johns Hopkins SGA

Signatures of Ceremony:

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Miranda Bannister
Junior Class Senator

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Nathan Mudrak
Freshman Class Senator