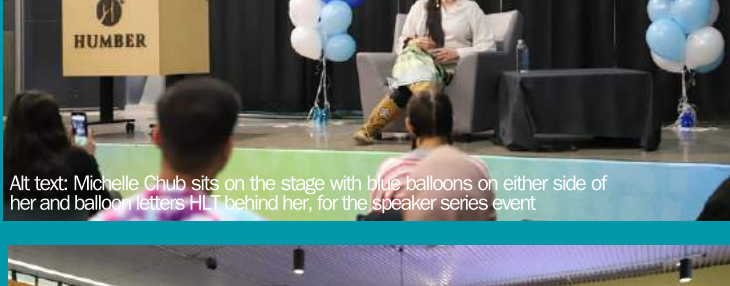


MONTHLY Splash

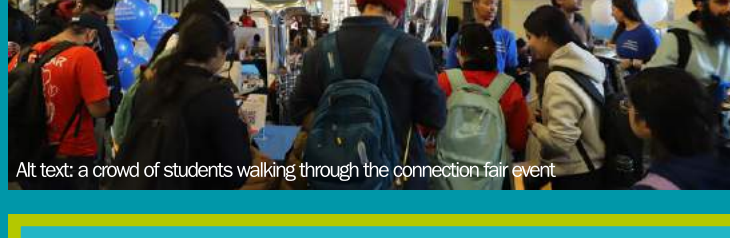
EVENT HIGHLIGHTS



Alt text: two students registering for the kick-off event, being helped by staff



Alt text: Michelle Chubb sits on the stage with blue balloons on either side of her and balloons that spell HLT behind her, for the speaker series event



Alt text: a crowd of students walking through the connection fair event

HUMBER: LET'S TALK CONNECTION

Centered around the theme of 'connection' Humber Let's Talk provided us a week filled with inspiration and meaningful conversations to raise Mental Health awareness and action. This inaugural event, inspired by Bell Let's Talk, left a lasting impact on all who participated. The week began with a dynamic kick-off event, featuring speed-friending, a fun photobooth, and the captivating photovoice project.

A key component of the event was the speaker series, headlined by Michelle Chubb, an Indigenous influencer, better known as @indigenous_baddie, who joined us on campus to share empowering insights around her mental health journey.

The Connection Fair brought together hundreds of people from our Humber community to engage in different opportunities to connect.

The week ended off on an inspiring note after hearing from student panelists who shared their experiences in navigating the complexities of student life.

It was an impactful week bringing 604 students together across all events, and we extend a heartfelt thank you to all who contributed and supported Humber Let's Talk! Let's continue the conversation all year long! #LetsTalkConnection

Source: registration forms and clicker count

COOKING WORKSHOP

As part of the Welcome Month Orientation programming, the recent cooking workshop with Chef Lisa Dickie was a downstream initiative aligned with Humber's Well-Being Strategy and the enactment of the Food Strategy. Hosted by SWAC and FYE, the event aimed to fulfill the feedback received from the Student Advisory Committee where students expressed a keen interest in learning how to eat healthy on a budget.

At North Campus, 40 students, and at Lakeshore Campus 45 students, gathered to witness Lisa in action as she prepared and served vegetarian chilli, all while emphasizing cost-effective ingredient choices and efficient cooking methods. The session provided valuable insights into crafting nutritious and affordable meals, aligning with the students' feedback and the broader well-being initiatives of our college.

Source: Clicker count



Alt text: Chef Lisa Dickie is being introduced by Humber staff.



Alt text: Close up shot of Chef Lisa Dickie cutting vegetables.



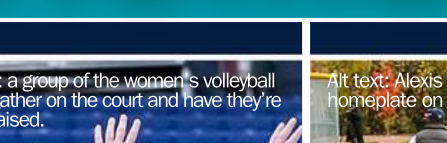
Alt text: a crowd of Humber students sitting and observing the chef.

FLU & VACCINE CLINIC

Alt text: A group photo of the North Campus nursing team.



Alt text: a Humber student sitting next to a nurse, preparing to get her flu shot.



In January, Humber College organized COVID-19 and flu vaccine clinics at North and Lakeshore campuses. Led by the dedicated nursing team, a total of 102 shots were administered. Lakeshore campus saw 12 COVID-19 and 16 flu shots, while North campus recorded 36 COVID-19 and 38 flu shots. Participants braved the winter chill, emphasizing the collective effort in safeguarding themselves and others. The success of these clinics reflects Humber's commitment to promoting wellness and resilience amidst challenging times.

Source: Consent & registration forms completed on the date of each clinic.

HUMBER HAWKS



Alt text: a group of the women's volleyball team gather on the court and have their arms raised.



Alt text: Alexis Ferreira, approaches homeplate on the baseball diamond.



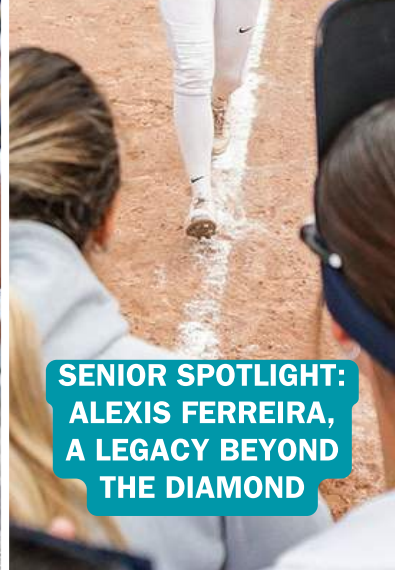
Alt text: A member of the men's basketball team is about to shoot the basketball with his right hand while an opponent tries to block him.



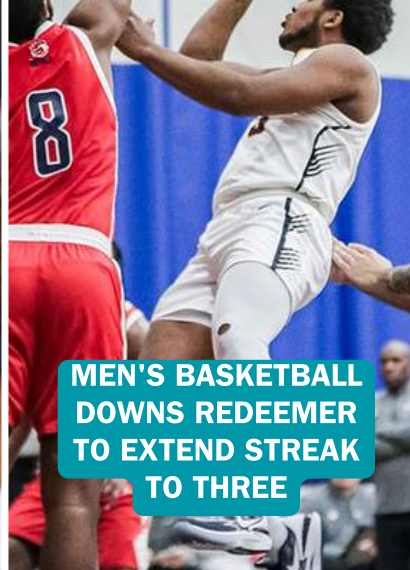
Alt text: A member of the women's basketball team is running and dribbling with the basketball as an opponent tries to catch up to her.



NO. 3 WOMEN'S VOLLEYBALL DOWNS CAMBRIAN TO EXTEND WIN STREAK



SENIOR SPOTLIGHT: ALEXIS FERREIRA, A LEGACY BEYOND THE DIAMOND

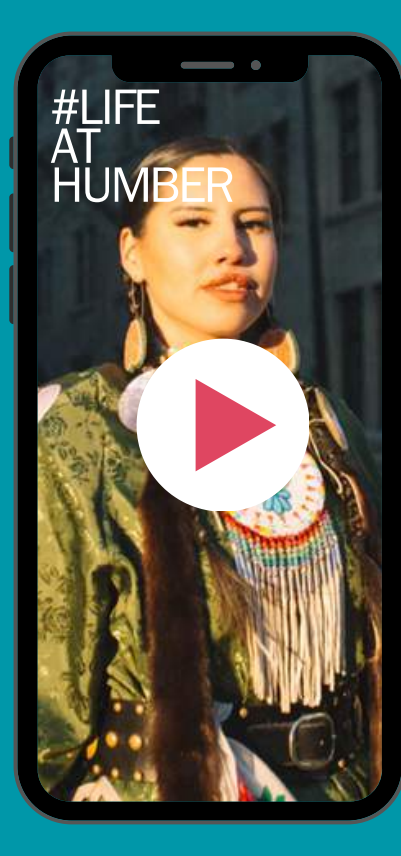
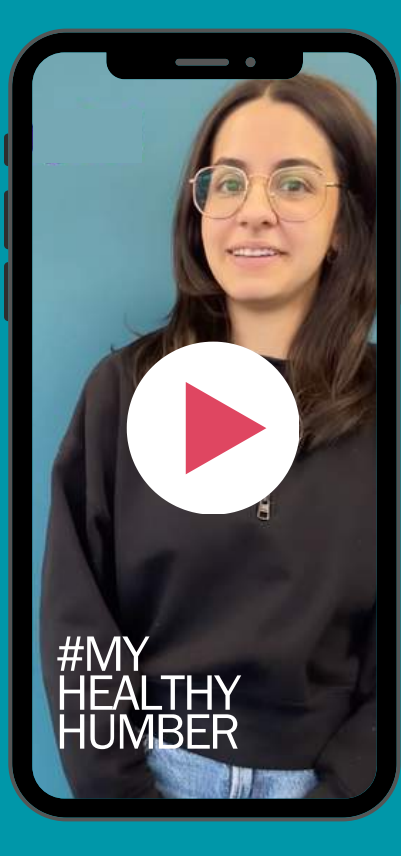


MEN'S BASKETBALL DOWNS REDEEMER TO EXTEND STREAK TO THREE



WOMEN'S BASKETBALL OPENS SECOND HALF WITH WIN OVER REDEEMER

TOP VIDEOS



UPCOMING EVENTS

*EVENT LINKS HYPERLINKED WHERE AVAILABLE



FROM FEB 1ST TO MARCH 5TH! [CLICK HERE TO SEE ALL EVENTS.](#)

FEBRUARY CALENDAR

7	LUNAR NEW YEAR 12:00 pm - 1:30 pm North, E Concourse	8	LUNAR NEW YEAR 2:00 pm - 4:00 pm Lakeshore, G Commons
9	ACCOUNTING AND FINANCE CAREER FAIR 2:00 pm - 4:00 pm Lakeshore, G Commons	13	FROM SURVIVING TO THRIVING WORKSHOP 5:00 pm - 6:00 pm Online Registration info to be shared on @lifeathumber
14	CONNECTION CLUB: COUNSELLING WORKSHOP 1:30 pm - 3:00 pm No entry after 1:45pm North, NX111	14	ASD (Autism Spectrum Disorder) Social Group 2:30 pm - 4:00 pm North, LRC2037
14	ASD (Autism Spectrum Disorder) Social Group 2:30 pm - 4:00 pm Lakeshore, WEL2028	14	VALENTINE'S HUG A HAWK PHOTO BOOTH 11:00 am - 2:00 pm North, L Building
15	NERF GAMES 11:00 am - 2:00 pm North, Main Gym	15	FROM SURVIVING TO THRIVING WORKSHOP 11:00 am - 12:00 pm North Campus Registration info to be shared on @lifeathumber
20	LEARN TO PICKLEBALL (ALL SKILL LEVELS WELCOME) 12:00 pm - 2:30 pm North, Main Gym	28	ASD (Autism Spectrum Disorder) Social Group 2:30 pm - 4:00 pm Lakeshore, WEL2028
28	ASD (Autism Spectrum Disorder) Social Group 2:30 pm - 4:00 pm North, LRC2037		



Alt text: A medium shot of Dan Harris in a plaid button-down shirt.

#QUOTE OF THE MONTH

"Make the present moment your friend rather than your enemy. Because many people live habitually as if the present moment were an obstacle they need to overcome in order to get to the next moment."

-Dan Harris, Ten Percent Happier

INTERESTED IN SHARING YOUR HIGHLIGHTS & EVENTS IN OUR NEWSLETTER? Email us at tannaz.barati@humber.ca