



2019 Hilltop Hall Report

Compiled by:

Marina van Zyl & Genean Catto

Contributors:

Calata House: Koatile Monaheng

Hilltop 7 House: Johan Botha

Hilltop 8 House: Elaine Konjore

Sisulu House: Daisy Morapedi, Julian Yeates, Namhla Tukulu

Table of Contents

Hilltop Hall

1. Calata House	9
2. Hilltop 7 House	11
3. Hilltop 8 House	12
4. Sisulu House	14

Hilltop Hall

- **Encourage potential and cultivate academic success and excellence**

Mid-year training:

The second semester in Hilltop hall has been a very busy one. Each residence met for a day on Sunday 21 July or on a date suitable for their unique requirements for mid-year training and reflection.

Hall Academic Talk: Hosted by Calata House

On Wednesday 24 July, Calata House hosted the Term 3 academic talk for all students in the hall to attend.

The academic talk was an introduction given by Liam Head, then handed over to Koale Monaheng who spoke about G7 warning and what it entails as well as how one can recover from receiving one; delivering his own experiences. Emphasizing the importance of balance and shared a framework (The Triple S Triangle on study, social and sleep) of how to measure your performance within the model in order to live a balanced university life. The floor then was open for questions.



Following Koale, Yamkela Ntshakaza Spoke on Artisan Subjects. He gave quite an inspiring talk, sharing his own experiences before Rhodes at the University of the Free State and what led him along his path to study what he loves and his passion. He explained the availability of artisan subjects (subjects that aren't aimed directly at the corporate realm) and how they are a valid option to explore for those who are not studying what they love/want to. Yamkela's talk allowed one to really think deeply around what drives and motivates us to wake every day and work.

Following Yamkela's Q&A session Koale introduced the next guest, Robin Nxele a Doctoral student in the Chemistry Department, studying a Joint (PhD) enrolled in here at Rhodes University, South Africa and at the Chimie Paris Tech, in Paris France. Robin's talk was the most interactive, she gave her advice on overcoming the difficult moments, soldiering through and having a vision of where you are going. She also gave a brief talk on her own experiences with the audience; they were free to ask her any questions they could think of.



Liam Head then concluded the talk; thanking the guests and gift hand over. Final study tip with the acronym, FAST for memory and information retention. We thanked the audience for attending and Cake and Hot Chocolate was served. Just over 40 people attended the talk.

Hall Academic Talk: Hosted by Hilltop 8 House

On Tuesday 1 October, Hilltop 8 House hosted the fourth and final academic talk of the year for all students in the hall to attend. This particular talk focused on Studying for Exams Tackled differently.

There were 5 groups with academic portfolio representatives from the four residences of Hilltop Hall facilitating the relevant topics that were brainstormed and discussed and feedback and question session held.

- 'How to survive a G7 warning' by Yamkela (Head Student, Calata)
- 'How to take care of your mental health during exams' by Liam (Academic Rep, Calata)
- 'How to take care of your physical health during exams' by Gabriel (Academic Rep, Hilltop 7)
- 'Taking breaks during exams' by Elaine (Sub-warden, Hilltop 8)
- 'Study Tips' by Julian (Sub-warden and stand-in Academic Rep, Sisulu)



• Develop ethical leaders and responsible citizens

Consent talk for Hilltop 7 and Calata Houses: Sunday 21 July

The Consent talk was very informative and insightful. The people felt very comfortable and free. They asked quite a few questions as Dr. Mkhize presented scenario-based examples. The attendance of both residences could have been better but those who were there gained a lot of vital information. I think these talks are a matter of concern and should be taken more seriously as Calata House has always been associated with this behavior over the years to the point where our residence has been labeled to be the problematic male residence. It is important that our male students are well informed however, the onus is on them to also take the initiative to attend these talks.

The following topics were discussed:

1. Laws pertaining to Harassment and Assault
2. Classification of terms pertaining to Sexual Assault, Harassment, and the degree in which these terms apply.
3. The situational circumstances whereby a party will not have the capacity to CONSENT
 - I.e. How when capacity to act is lost when intoxicated
 - I.e. Coercion vs. Consent (the meaning of coercion)
4. CONSENT withdrawal
5. The definition of Rape (the unlawful sexual intercourse or any other sexual penetration of any human orifice with or without force by a sex organ, other body parts or foreign objects without the consent of the victim)
6. What counts as Harassment beyond physical (verbal, text, social media ("inappropriate DMs" or comments?))
7. The reporting procedure.

Consent Talk for Hilltop 8 and Sisulu Houses: Monday 29 July

Dr. Zethu Mkhize spoke mainly about consent concerning sexual activities. She explained a couple of points such as:

- One is allowed to revoke consent during a sexual. That is, if one has initially consented to having sex, and for whatever reason, they feel uncomfortable or they change their mind, they are well within their rights to revoke their consent.
- Dr. Mkhize mentioned that consent is required every time people engage in sexual acts, be it kissing or sex. If one allows the other to kiss them today, it does not necessarily give permission for the other to kiss them again the following day.
- She also made mention of the fact that Stealthing is a crime and that people are not allowed to remove protection if both parties have not agreed to doing so.

Dr. Mkhize then gave us the possible ways to handle sexual harassment issues after reporting which are:

- One could choose to report a case for record sake. In the event the same perpetrator is reported again, then you would have to become a witness, as they will have a trial.
- The case may be dealt with internally. This involves the university's prosecutors. Unfortunately, this is only limited to cases where the perpetrator is a student in the university.
- The case may be dealt with externally by being reported to the SAPS whereby it is investigated and the case may be taken to court and tried.

Dr. Mkhize made mention of the fact that the high court does supersede the institution's prosecutors. She also said that it could not be contained or kept private once the case is handled externally.

She then gave us the acronym FRIES, which means:

F: Freely given

R: Reversible

I: Informed

E: Enthusiastic

S: Specific

Which essentially describes consent.

Hall Transformation Talk: Hosted by Hilltop 7 House

The Transformation Talk was held on 19 September 2019 at the Hilltop Dining Hall.

- The theme of the talk was linguistic transformation at Rhodes, what it entails, why it is important and using the politics department as a case study given that they have successfully implemented it within their department.
- Attendance was quite low with approximately 20 people excluding Hall Committee members in attendance. The reason was there various tests on the day and there had been another talk two days prior.
- There was great support from the Hall Com as all the residences were represented, including Koale who assisted with getting the guest speaker and the acting Hall Warden, Marina.



- The guest speaker was Mr. Nqubeko Ngubo from the Politics department. He touched on the need to have trans-language citing how most students are not natural English speakers as such they should not be prejudiced on that. He outlined how the politics department has implemented it and how it has worked and ways to improve the program. He also drew on his experiences as a tutor and marker.

- The talk went well; there was participation and engagement from the students in attendance. It started at 7pm and ended at 8pm with cake afterwards.

In closing, despite the low attendance it was a successful talk with no problems and hiccups on the evening.



• Value and celebrate diversity

Hilltop Hall celebrated its “Under African Skies” Leavers Dinner on Wednesday 11 September. As the welcome dinner was an informal cocktail type event, it was decided to have a formal sit down meal with awards, followed by a bit of dancing at the end for our Leavers Dinner. This was well attended and enjoyed by all and the traditional inspired clothing worn was so inspiring and truly celebrated our diversity.



**Hilltop Hall Leavers' Dinner
A Night Under African
Stars**



- **Promote personal growth and resilience**

On Saturday 21 September, student volunteers visited our community engagement partner, Cozy Nest Pre School to assist with painting the classroom and bringing some much-needed color into the space.

There was a great turnout of student volunteers and they enjoyed giving back and making a difference to our community and to the teachers and children that work and learn there.



Hilltop Hall Student: Uthandile Samela was also awarded the Community Engagement Award. Uthandile was largely involved in the activities arranged for the Cozy Nest Pre School and continues to be actively engaged with them. She has learnt so much through doing this work that she applied and was voted in as the new Hilltop Hall Head student for 2020.



On Friday 20 September, we invited our Community Engagement Partner, Cozy Nest Pre-School teachers to join us for lunch as we felt it very important to build on the relationship between the hall and their school. It was a lovely, happy lunch and positive feedback was exchanged along with some ideas on how to continue to grow things for 2020.



• Cultivating sporting participation and excellence

While sport in general is lacking in Hilltop Hall, there have been some students who have participated in various sports this year and have excelled such as Brent Smith, a student from Hilltop 7 House who went participated in the WUKF World Cup for Budo Karateka in Bratislava, Slovakia.

We also have a number of students in Hilltop hall who will be representing Rhodes University during the December USSA Tournament. We have at least three participating in soccer, one in chess and one in pool.



• Promote a wellness approach to life

While no activities as such were arranged from a wellness point of view for the students in our hall, we did encourage our students to attend various activities hosted elsewhere on campus, such as various Wellness Talks and Yoga sessions and made sure to notify them when these events took place.

Some of our residences also contributed to this by having relaxed weekend breaks in the common rooms where students could take some time out to get to know one another over a game of pool or had fun as a group playing board games some evenings.

In closing

In 2020, we will have the exciting opportunity to be involved in the naming ceremony for our hall, from Hilltop Hall to Hugh Masekela Hall. With this in mind, our focus will be on building our hall culture and values as identified by our student leaders. The values they felt are important are as follows in this order:

1. Encourage potential and cultivate academic success.
2. Promote personal growth and resilience.
3. Promote and encourage diversity.
4. Embracing human and civil rights to promote safety and comfort.
5. Community upliftment and engagement.
6. Encourage participation and comerade in Sport, Cultural and Community Engagement.
7. Promote stewardship by caring for resources.

1. Calata House

1.1 Encourage potential and cultivate academic success and excellence

Following the receipt of the June Marks, the House Committee decided to have voluntary talks in residence about academic performance as well as university life as we do annually after an exam term. This allows our students to open discussions what went wrong regarding their examinations and self-asses their areas of improvement. As a warden, I also arranged compulsory one on one sessions for students to come and see me to discuss their academic journey.

This year we decided as a house committee in consultation with our residence to end the residence entertainment event earlier in term 4 to allow the residence to get into exam mode with 3-week early. The common rooms were transformed into study venues from early October, as well as house rules regarding the exam protocol of noise and silence came into effect as well.

1.2 Develop ethical leaders and responsible citizens

This semester, we had many challenges as a residence, which tested the leadership of Calata House. However, if experiences do not challenge you, then they do not change you. When the term began, our mid-year leadership training allowed us to reflect on areas of improvement within the various portfolios as well and this strengthening is working well. Our biggest challenge was cohesion; each house member was representation of a different segment of residence.

The challenges we faced as a house were regarding the water issue protocol in residence and we developed a 'call-out culture' regarding the adhering to the rules of the protocol. This call-out culture mean that it was not only sub-wardens who were tasked with ensuring that the rules are followed, the house committee as leaders also took it upon themselves to ensure that rules were followed and when they were not they reported to the sub wardens. This developed into other members of the residence taking ownership of the communal spaces of the bathrooms to organize weekly meetings regarding cleanliness and the water protocol.

Another challenge that we are still working with as residence is the general calling out of our fellow men in their drunk disorderly behavior. With students who have been behaving badly during res, events and weekends we has a house constantly had meetings regarding this behavior. In particular, discussions around how this behavior could be detrimental to academic, social and personal life.

It is a culture that as a house has led to Calata having an unfavorable reputation particularly towards women and it is one that we are desperately attempting to remedy with each New Year of residence members. We highly prioritized the attendance of the various consent and sexual harassment talks presented by Dr. Zethu Mkhize from the Equity & Institutional Culture Office. In addition, we took these conversations back with us into our residence as we try to instill the ethos and values of Calata House in each individual who comes into Calata.

1.3 Value and celebrate diversity

Our residence events, were geared to catering for all individuals, our entertainment rep diversified the kind of events were partook in, such as games night with other residence, quiz nights with in residence and together with the sports rep arranged sports afternoons within the residence (touch rugby/ soccer matches). However, in recognition of diversity the house also promoted board games, indigenous games (moraba-raba) during our events to touch as many diverse residence members we could. We also omitted alcohol/ punch at the majority of our events in an attempt to do-away with the drinking culture. In addition, this year for the first time in our history, Calata House opened its doors by hosting an extravaganza of music, culture and dance. The aim was to promote the sanitary drive but also allow for a space or social function that did not have an emphasis on drinking and partying. The extravaganza, allowed our members to display their musical talents, poetry and dance for a good cause.

1.4 Promote personal growth and resilience

At the beginning of the year during orientation week, each house comm. member was assigned a group of first years to mentor throughout the year. Casually conferring and assisting as well guiding first years through the university academic and social system.

1.5 Cultivating sporting participation and excellence

The Sports and entertainment rep. came together to fix and restore the residence pool table and the table tennis tables. The res participated in tournaments and social game days. These activities added to the coherence in residence that also propelled momentum into the inter-res sports. We competed against 51 residences and placed overall Top 3.

1.6 Promote a wellness approach to life

Whilst most talk we have in residence focused on academics throughout the year, our transformation rep ensured that we also focused the conversations in residence to touch on various social issues that affect our students, sexual violence, gender-based violence, university pressure and background expectations, which were aimed at wellness. The first year academics talks that took place on Monday were also used as a platform for our residence members to partake in a plenary session and discuss issues that were specific to our Calata residence experience.

In addition, light of the water issues this year in Grahamstown us as a residence placed a big emphasis on environmental awareness and safety. Whilst the water protocol was in place, we went further to promoting the use of eco-bricks in the residence with individuals winning tuck shop hampers for the most eco-bricks built. There were also competitions for the various floors in residence regarding who saves the most water by checking the weekly use of the grey water tanks in the bathrooms. We also had the health and safety officer advise us on how to better take care of the residence smoking section through cleanliness and accountability.

2. Hilltop 7 House

2.1 Encourage potential and cultivate academic success and excellence

As seen with the significant improvement of the house about the June examination results, we have found that one of the key contributors was in ensuring the study room was strictly for studying purposes. The committee also converted the upper common room into a study venue has ensured that there are more facilities within the residence dedicated towards studying. As a committee, we have also made available to house that the dining hall is also a space in which one can study, lastly promoting and encouraging attendee and asking for help has also been key into ensuring our progress as a house.

2.2 Develop ethical leaders and responsible citizens

All members of the house are continuously encouraged to familiarize themselves with acceptable kinds of behaviors and habits that are in line with the university's ethos. We have endeavored to ensure that our house rules (and university rules) are upheld at all times. Students are also encouraged to attend transformation talks and workshops, which are arranged internally in the house or hall context, as well as by the university.

2.3 Value and celebrate diversity

As a house, we have shown a sense of integration and community forged through house events like the braai as well as having house braais with other residences. Games night with other residences as well as independently has ensured that we celebrate our diversity and acknowledge that we all come from different backgrounds. As a committee, we have really collaborated to ensure our house events do not exclude anyone by either race, language, gender, class etc.

2.4 Promote personal growth and resilience

One of the key aspects about this is that personal growth and resilience is connected to one's wellbeing. Therefore, as mentioned, creating awareness of the supportive structures that are available within the university has been key in ensuring that we can promote personal growth and resilience as a residence. As a community, we have been very aware of the fact that we come from different backgrounds that inform our personal growth thus we have placed a huge significance in ensuring that people within the hill top community know about the professional help they may have access to.

2.5 Cultivating sporting participation and excellence

One of the core goals, as a committee was to ensure access to the various sporting activities was available either through the platforms of social media and posters available in key areas of the house like the common room, study room etc. Furthermore, understanding that not everyone is committed to playing competitive sports so in cultivating sports participation, we have held residence-sporting competitions as per the different floors and corridors would compete in indigenous games and indoor games, for pizza. As the 2019 committee have generally tried to infuse those who play competitive sport and those who are not interested in competitive sport.

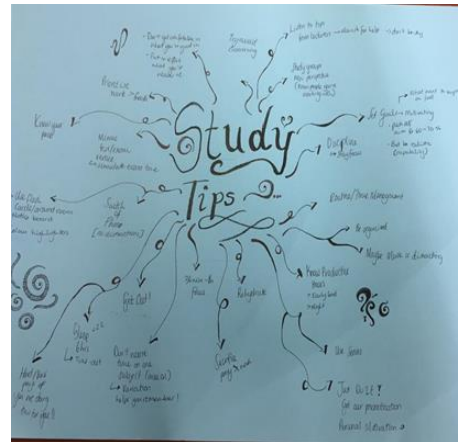
2.6 Promote a wellness approach to life

As the 2019 community, we in essence found that awareness is the first key to promoting wellness within the residence. Availing information about the counselling center has been our key mandates. We believe that in future training of community members will allow community members to be first respondents. Furthermore, this was made evident in the passing of one of our own at the beginning of the year. As well as the passing of Uyinene shed light in the importance of training comm. with the basic skills.

3. Hilltop 8 House

3.1 Encourage potential and cultivate academic success and excellence

Hilltop 8 hosted an Academic Talk in the Hilltop Hall, in which we included different individuals from the brother and sister residences namely Calata, Hilltop 7 and Sisulu House. The Academic Talk took more of an interactive approach and consisted of a study technique discussion that included themes such as Time-Out, Mental Health, G7 warnings and study tips.



3.2 Develop ethical leaders and responsible citizens

The 2020 Sub-Wardens and full House Committee was chosen. The new leaders were able to shadow individuals that are currently in the respective position to gain a better sense of what the portfolio entails and the challenges that come along with it. There was an open and heartfelt 'girls night' that took place in which the current leaders bonded with the new house leaders.



3.3 Value and celebrate diversity

Hilltop Hall had an African themed Leavers' Dinner in which the Hilltop 8 women dressed the part and proudly represented their different backgrounds. Moreover, The Hilltop 8 House residence attempts to take cognizance of the differences that the women inevitably face. This is through encouraging the students to attend Transformation Talks as well as attempting to create an inclusive environment. The current Rugby World Cup in which South African triumphed as winners was a momentous event that all the women could enjoy together in the lower common room, putting aside any differences they may have.

3.4 Promote personal growth and resilience

Hilltop 8 celebrated Women's day with a lovely day event that consisted of tasty homemade cocktails and delicious food. This was in celebration of the resilient character that a woman naturally exudes and encouraged empowerment and togetherness amongst the women.

The women also went on a beach trip on which they bonded further and took the time to unwind and de-stress before exam season.



3.5 Cultivating sporting participation and excellence

Unfortunately, sporting participation has been lacking in the residence throughout the year although, the women have attempted to play indigenous games and attend the gym together.

3.6 Promote a wellness approach to life

There was a very informative and necessary Talk in the Hall about the sexual assault policy employed by the University. The Talk was compulsory and facilitated an essential conversation between an expert and young men and women, answering any blurry areas concerning sexual assault and harassment. Moreover, the Sub-wardens handed out sexual policy booklets to everyone.

4. Sisulu House

4.1 Encourage potential and cultivate academic success and excellence

Compiled by Julian Yeates

In Hilltop Hall, we held a new type of academic talk. In this talk, we separated academic reps and head students from the four different reses and gave them an individual topic to unpack. Students were allocated to a random table with an academic rep and an academic related topic. The aim of the talk was to encourage participation from students to uncover what they were struggling with academically and their solutions to it. The topics were;

- 'How to survive a G7 warning' by Yamkela (Head Student, Calata)
- 'How to take care of your mental health during exams' by Liam (Academic Rep, Calata)
- 'How to take care of your physical health during exams' by Gabriel (Academic Rep, Hilltop 7)
- 'Taking breaks during exams' by Elaine (Sub-warden, Hilltop 8)
- 'Study Tips' by Julian (Sub-warden and stand-in Academic Rep, Sisulu)

This wide range of topics covered the main anxieties of students and a lot of student participation occurred, as the groups were small and intimate enough so everyone had a chance to contribute while simultaneously being well facilitated by the group leader. The students learned the importance of staying healthy mentally and physically and



received advice to mediate and take walks daily. The students realized how to overcome a G7 warning psychologically and within the university itself. Finally, they were educated on how to effectively study through understanding their strengths and weaknesses and learning the importance of taking regular breaks. The information distributed during the talk was indispensable and many students gained new insight into how to deal with their problems through learning from other students' methods. Students are currently compiling the topics into a little document for future reference.

In Sisulu specifically, academic excellence is encouraged during house meetings. We distribute Top 10 certificates and prizes to celebrate our top students. This celebration inspires others as it proves that it is possible to do well academically in university and that achievements are rewarded. Secondly, during a meeting at the beginning of 3rd Term, our Warden, Marina, read out Sisulu's academic standing in relation to the rest of the residences in the university. Sisulu scored high or mediocre overall and this encouraged a sense of comradery as students were also achieving academically for the betterment of the residence and not just themselves. At Sisulu we set up the common room to be a study room where students feel comfortable to work with little disruption and noise. We also institute 'Sisulu SWOT Week', which is a mock SWOT week during the last week of term. During this time, we ensure that the res is quiet to allow for more conducive studying. Sisulu encourages academics to be taken seriously without pressuring students, we give them opportunity to study as well as a comfortable environment to do it in, but ultimately it is up to the student to work hard. In the future, we aim to

continue to inspire students academically through continuing our tradition of the Top 10 and encouraging more participation from students in academic talks.

4.2 Develop ethical leaders and responsible citizens

Compiled by Marina van Zyl



House Committee Mid-Year Training | Sisulu and Hilltop 8 - Hilltop Hall

Date: Friday 16 08 2019 Time: 18:00-21:00



- ✓ 18:00-18:45 Supper
- ✓ 18:45-19:00 Break
- ✓ 19:00-20:45 Discussing and defining Leadership - Group work and feedback
- ✓ 20:45-21:00 Dessert time!

"Leadership belongs to those who take it" - Sheryl Sandberg

A combined Mid-year training workshop with Sisulu and Hilltop 8 Houses was held with great team building and integration of the two sets of House Committee members.

We enjoyed supper in the Sisulu Common room where the workshop then followed and it was completed with delicious ice cream and toppings for dessert.

The aim was to discuss and brainstorm important leadership qualities

in groups consisting of both Residences and then provide feedback and discuss.

The leadership qualities was discussed to understand what it means to have these qualities and how it fits in to student leadership and add value to students' lives in Residence. It was clear that all the attendees really enjoyed the discussions.

The below leadership, qualities were discussed by the groups consisting of nine pairs:

1. Honesty and Integrity – Namhla [S] and Ruvimbo [HT8]
2. Confidence – Lindo [HT8] and Michelle [S]
3. Inspire others – Keo [S] and Khwezi [HT8]
4. Commitment and passion – Tenhlanhla [HT8] and Julian [S]
5. Effective communicator – Ethel [HT8] and Lelo [S]
6. Decision-making capabilities – Elaine [HT8] and Hlumisa [S]
7. Accountability – Daisy [S] and Minah [HT8]
8. Delegation and empowerment – Tshiamo HT8] and Tumisho [S]
9. Creativity and Innovation [ALL]
10. Empathy –Lucy [S] and Neli [S]



An icebreaker exercise was done; to demonstrate the impact of effective communication as an impact on successful leadership:

The leaders were grouped in to pairs and sat back to back with one person knowing what she wants to explain without being able to show hand signals, and the other person had to draw what was explained it was very interesting they displayed their pictures and explained what they think was expected in the end.

The person who had to explain the item to be drawn did not know what the instruction was going to be until an object was written on a piece of paper, e.g. Diamond Ring, Hand Cuffs, Champagne fountain, Ice cream, Treadmill, The sun, Water, Pestle and mortar and a globe.



A questionnaire for self-assessment and reflection was given to the group after the workshop. This they had to complete electronically and send back to Marina.

This entailed the 10 leadership qualities, whereby they had to define the quality from their own point of view and aligned with their House Committee portfolio. They had to comment if they felt they needed improvement and how it will be done, or felt they were doing well at that.

4.3 Value and celebrate diversity

Compiled by Daisy Morapedi

Hilltop hall has promoted this through events and creating an atmosphere, which allows students to stand strong in their uniqueness. The leavers' dinner had a cultural theme, 'Night under the African stars'; students of the hall were encouraged to wear their traditional attire to celebrate leavers and a successful year. This theme was important as it reflected the importance cultural inclusivity and a love for Africa, which is crucial in the current climate of xenophobia. The hall comprises of students from all walks of life and a significant number of international students.

Creating a space for a celebration of diversity allows for understanding. The hall also hosted a multilingual talk, which aimed to create a space for communication and understanding.



Sisulu house hosted an end of year event themed 'Flourish'; students received personalized awards that celebrated their diversity. Each house member was also awarded a flower power, which spoke to a unique characteristic that brings positivity to the house. Speaking to the celebration of individualism. We try to encourage everyone to be themselves and respect one another regardless of differences. Residents were given the opportunity to design a board for their door, reflecting their unique personality and subject choice. The House Committee and Warden ensure this tone is introduced at the very beginning in O-week. A warm welcome are given to first years and their families as they arrive. Through hurdles, we have realized the importance of redistributing this energy amongst returners and first years at the start of the year. The demographics of the House Committee are diverse and include a variety of race, culture and religion; this is a representation of South Africa as a Rainbow Nation.



4.4 Promote personal growth and resilience

Compiled by Namhla

It is always believed that the main aim of coming to university is to get a degree and then get a job. As the leader of Sisulu House, we have tried to show our students that in fact there is more to that can be achieved. In other words, the university has many opportunities that could equip them, to develop the person that they wish to become. These opportunities are there to promote personal growth and resilience, and they include; the opportunity of joining the house comm. and be a leader, where one serves their fellow students and get the opportunity to acquire skills. Being registered as an engaged citizen under Rhodes Community Engagement, where they learn to give back, and also to be responsible engaged individuals in the growth of their society. Furthermore, as the leaders of Sisulu House, as means of promoting growth and resilience, we have also held talks, and conversations, a safe space, where individuals could share their lifetime experiences thus far, that could inspire and motivate a fellow sister.

4.5 Cultivating sporting participation and excellence

Compiled by Julian

This year we had many fun sporting activities. Our sports rep put up sign-up lists on the main door to encourage students to participate in the various activities. We always had women eager to participate but they were mostly first years. Our aim for next year is to encourage more returning students to participate in the sports. This can be done through giving more publicity to the sporting events and being more excited for it in house meetings. Another plan is to make it compulsory for a member of House Comm. 2020 to participate in at least one of the weekend sporting activities as well as support the students. This will show that the leaders of the house are involved and they do care about sports. It would be a good idea to also celebrate our students' sporting achievements, at the middle or end of the year, to show the importance of sport and encourage participation. At Sisulu, we realize we were not the strongest sporting residence but it is our goal to change that for 2020.

4.6 Promote a wellness approach to life

Compiled by Namhla

As the leader within the house, we have noted how students take a lot of strain caused by academics and the social factors that are outside academics. With the guidance from the counselling center, and the skills that we have acquired in the trainings that were well, we took it upon ourselves the responsibility of encouraging students to balance out their lifestyle. We have used different strategies to ensure that all this is achieved within our residence, this includes; promoting a culture of sisterhood, where we encourage students to work hand-in-hand with the house comm. members by keeping an eye on each other. Secondly, we have also encouraged students to have corridor meetings occasionally, the house comm. members that are in each res, in that way, organize these meeting and we are able to easily monitor the wellbeing of the students.

In additions, for our first years, we have established a mentor/mentee programme. Where the house members become mentors to our first years to ensure that they easily adjust to the new environment and that they are equip with the appropriate coping mechanism in their academic career. We have also been successful in embracing the importance of taking care of oneself. Whereby as the house comm. of Sisulu House we had taken upon ourselves to hold events such as the spa day. The main purpose of this event was to remind the student about the importance of taking care of himself or herself. In the event, as house comm. members we rendered spa services to the house. The highlight of this spa day event is that we managed to fundraise for give 5 as each service had a small fee, whilst on the other hand we also managed to achieve the goal of encouraging students to take a break, relax.



Lastly, another event that was held as means of promoting a wellness approach to life I the event that we had as a hall, the community engagement event. The event was more of a mechanism that promotes wellness in the sense that, it was therapeutic, and the students were encouraged to go outdoors and do activities that are also coping mechanism. From the event, we have also learnt the importance of being an engagement citizen, and how both parties working together are given the opportunity to develop and benefit from the relationship. The event was painting at our partners, which is Cozy Nest Day Care.



4.7 Environmental awareness and challenges combined with the water restriction protocols

It would be beneficial to include an environmental aspect to this report to stay up to date with how residences are combating the water crisis and climate change. At Sisulu, we are implanting the Eco Tank system but it is difficult as students are not comfortable with the unhygienic nature of it. We produce a lot of plastic waste and do not have a proper recycling place to dispose of it. This goes for glass too. It may be wise to implement a 3 or 4 bin system in reses to reduce waste and encourage recycling.

There were many challenges with recycling this year, as we feel that Rhodes University does not have the capacity to regularly assist with separated recycled items.

