



A Message from Interim President Kim Lopez

Weekly Update 4-22-22

Dear Cañada Colleagues,

Thank you to everyone who joined yesterday's Flex Day activities. Your active engagement and dialogue were so important in the workshops presented at our Flex Day event. Resources and presentation items will be posted soon on the [Flex Day website](#).

On April 16, Cañada College hosted a Career Day for 29 students from the Boys & Girls Club ranging from 9 - 12 grades. Students were welcomed by our Outreach Team and Interim President Kim Lopez before attending workshops put on by Cañada faculty from Engineering, Digital Arts & Animation, Paralegal, Social Sciences, Fashion Design, Business, Radiology and Early Childhood Education. Student Senate led a fun game of Kahoot before the high school students experienced a campus tour that included the new Kinesiology & Wellness Building. Boys & Girls Club students were engaged and asked many important questions. After lunch, students also explored a College Resource Fair which included programs such as Puente, TRIO, Outreach, EOPS and Middle College.



On Monday, I had the opportunity to meet the Disability Resource Center (DRC)'s new addition: Robbie the Robot! Cañada College is the first community college in the State to have a robot dedicated to support student accommodations. The meet and greet event was hosted by the Disability Resource Center Student Ambassador (DRCSA) initiative. The student-led college club is here to support students with disabilities and

educate faculty and staff on how to better support students who require academic accommodations. In fact, DRCSA lead the initiative to bring Robbie the Robot to campus and researched several companies before recommending partner Ohmni Lab. Under the direction of their human controllers, Robbie allows remote students to roam across campus, "sit" in classrooms, participate in group discussions in the classroom and so much more.



Final Review of the Educational Master Plan for 2022-27

Thank you to all who have reviewed our draft Educational Master Plan (EMP) for 2022-27 and submitted suggested changes and improvements. It is a stronger document for your efforts! During this week's all-college session on Flex Day, the EMP Task Force Tri-Chairs shared [a new, revised draft of the EMP](#) which incorporates all of the proposed changes the Task Force received and vetted as of April 20. We now enter the final phase of our review phase. On May 4, the Planning and Budgeting Council will be considering the EMP with a view towards adopting it by the end of the academic year. Please provide feedback on this new draft to your [EMP Task Force Rep](#), or make comments in the draft directly. This final comment period will close on April 29.

Cañada College Women's Tennis Team: Northern California Regional Champions!

The Cañada College Women's Tennis Team is the Northern California Regional Champion, with one more win away from the State Championship! NorCal Regional Dual Team Championship Match: Cañada (3) at Chabot (1). The State Championship match is set against El Camino College on Saturday, April 23 at 10:30 a.m. at the Bakersfield Racquet Club. Congratulations to Head Coach Bryan Jeong and the Women's Tennis Team. Go Colts!



Seeking LGBTQ+ Funding Strategic Plan Feedback by April 25

Through Assembly Bill 132 (the Postsecondary Education Trailer Bill), the California State Chancellor's Office will provide one-time funds to community colleges to support LGBTQ+ students. The funds will include a baseline of \$15,000 and additional allocations will be based on total student headcount and the number of students who receive Pell. Serving LGBTQ+ students is core to the California Community Colleges' mission, critical to the Chancellor's Diversity, Equity, Inclusion, and Accessibility work, Call to Action, and closely aligns with the Vision for Success goal to reduce equity gaps among traditionally underrepresented student groups. In alignment with the Chancellor Office's mission, serving and supporting LGBTQ+ students is core to Cañada College's values of being an antiracist, equitable and inclusive college for marginalized, underrepresented and BIPOC students.

Our College hopes to apply for these funds and utilize them for: LGBTQ+ awareness and professional development with an antiracism lens, ongoing leadership development support for students, and Brave Space training and capacity building for our training.

Please provide feedback to our college's LGBTQ+ Strategic Plan <https://forms.gle/kNmBTJNeV7dcTGbS6> by 9 a.m. on Monday, April 25.

Community Forums on May 4 and May 6

The San Mateo County Community College District (SMCCCD) is undertaking the development of our Districtwide Facilities Master Plan (FMP). Please join us for virtual community meetings to learn more about this effort at Cañada College, College of San Mateo and Skyline College. The Community Forums will be held on May 4 at 7 p.m. and May 6 at 4 p.m. Register at: <https://smccd.edu/communityforum/index.php> Additional information can be found on the attached flyer.

Get Engaged with Colleagues this Summer – Enroll in a Fitness Class!

It's time to take care of YOU! Personal wellness, self-care and work-life balance are so important. The Kinesiology, Athletics and Dance Division invites employees to engage in exciting, in-person fitness classes being offered this Summer in our new Kinesiology & Wellness Building (Building 1)! Connect with fellow Cañadians in a class before or after work or during your lunch break! Employees can sign up for:

Aquatics

AQUA 127.1 SWIM STROKE DEVELOPMENT I M,T,W,TH [1:10-3:15 p.m.](#) at the pools in Building 1

A swimming course designed to expose students to the benefits of aerobic exercise through swimming. The focus is on the development of stroke mechanics including the free style, butterfly, back stroke, and breast stroke. Must be able to swim one length without touching the bottom or side walls. Units: 1

Fitness Center

FITN 117 - FITNESS ASSESSMENT, STRENGTH AND CONDITIONING
M,T,W,TH DAY [10:40 a.m.-12:45 p.m.](#) or EVENING [6:10-7:35 p.m.](#) in Building 1

Improve quality of life by adopting, maintaining or increasing daily physical activity in a fitness setting. FITN 117 is an introductory course that examines the importance of both strength and cardiovascular training in maintaining healthy body composition. The course analyzes proper lifting techniques, safe operation of exercise machines, gym etiquette, fundamental exercises for each muscle group, basic human anatomy as it relates to the student's fitness/health goals, and workout structure to reach these goals. Units: 1

OR

FITN 118 BEGINNING FITNESS CENTER M,T,W,TH DAY [10:40 a.m.-12:45 p.m.](#) or EVENING [6:10 -7:35 p.m.](#) in Building 1

Continuation of FITN 117. FITN 118 is the second installment of a series of courses that promotes participation in physical activity while in a fitness setting, fostering lifelong health and wellness. Examines the importance of both strength and cardiovascular training to maintain healthy body composition. Explores the advantages of free-weight exercises, workout organization, types of strength training, aerobic versus anaerobic training, basic exercise physiology, fitness assessment and goal-setting. Units: 1

FITN 119 INTERMEDIATE FITNESS CENTER M,T,W,TH DAY [10:40 a.m.-12:45 p.m.](#) or EVENING [6:10 -7:35 p.m.](#) in Building 1

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Continuation of FITN 118. FITN 119 is the third installment of the series designed for students ready for intermediate to advanced level concepts of resistance and cardiovascular training. Examines the importance of physical activity and physical fitness to maintain healthy body composition. Students are introduced to multi-joint exercises, Olympic-style lifting techniques, functional training concepts as well as other advanced level exercises, to promote improved performance for sport, recreation and real-life activity. Students should demonstrate the appropriate strength, skill and technique to perform exercises safely. Units: 1

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Yoga

FITN 334.1 YOGA I M,T,W,TH [8:10-9:35 a.m.](#) on the rooftop of Building 1
Designed to educate students in Hatha Yoga at a beginning level. A fitness course using yoga postures to increase flexibility, strength and endurance; improve balance, posture and breathing; and teach relaxation techniques. Units: 1

FITN 334.2 YOGA II FITN 334.2 M,T,W,TH [8:10-9:35 a.m.](#) on the rooftop of Building 1

Designed to educate students in Hatha Yoga at an intermediate level. A fitness course using yoga postures to increase flexibility, strength and endurance; improve balance, posture and breathing; and teach relaxation techniques. Units: 1

To view available classes, please visit [WebSchedule](#).



Assistance Needed for Cañada Commencement: Saturday, May 28, 2022

Cañada's 54th Commencement Ceremony will be held on Saturday, May 28 at 10 a.m. There are a number of opportunities to participate and help make this event a memorable one for our graduates and their families. To assist with this special event, please click the [commencement job assignment link](#). Commencement assignments include: setup crew, graduate registration, getting grads ready, commencement usher, cleanup crew and more. Your support in this day means the world to all of us, and makes the graduation experience for students possible. Staff will have the option to choose exchange time or compensation for the hours worked at Commencement. Please inform your supervisor on your choice. I hope you will be a part of the Cañada Commencement team and appreciate your consideration.

Star Party – April 29 from 7:30-9:30 p.m.

The [Star Party](#) is back! Come for a well-earned study break. Enjoy the free food, star talks and looking through the telescopes of our observatory (Building 24) starting at 8:30 p.m. This event is open to the general public, so bring friends and family. Dress in a costume for the full party experience. Make sure you stay warm! Contact eltetoa@smccd.edu for any questions.

Thank you for your hard work this week and I wish you all a restful weekend.

Sincerely,
Kim