



FOSSA

NO. 18

Dadu Shin

Editors: Shunit
Waisenberg and
Sanyog Surana

December 3rd, 2025

INTERNATIONAL DAY OF PERSONS WITH DISABILITIES

This day promotes awareness, understanding, and acceptance of disability issues and the rights of people with disabilities, specifically raising awareness for the 8 million Canadians living with a disability.



CLUB SPOTLIGHT

WLU Pre-Vet Society

December 2025



WHAT DO WE DO?

The WLU Pre-Vet Society is a club that offers means of communication between students who share an interest in attending a post-secondary career in veterinary medicine. We want to encourage students to share their personal experiences, as well as opportunities for others to gain hands-on experience in the field of animal care. This club provides a platform for students to work as a team and discuss ways in which we can improve our resumes and prepare for interviews.



OUR TEAM

The WLU Pre-Vet Society also aims to act as a voice that speaks against animal cruelty. To do this, we will work toward raising money and awareness for programs/charities that rehabilitate and/or rescue animals in need. Feel free to visit our instagram page to learn more about the club and keep up with future events!



For More Information

@wluprevetsociety

RESEARCH SPOTLIGHT

ZARA BELANGER-PEPPER

3RD YEAR | PSYCH + NEUROSCIENCE



Summary of Research:

Drowning is the third leading cause of accidental death worldwide. More than 450 people drown in Canada each year. When looking at water-related fatalities, children are particularly vulnerable, with nearly 80% of drowning-related emergency visits involving children. Swim safety is important to prevent childhood drowning. Thus, the goal of this research is to learn more about children's swim-related behaviours to understand the areas that most need to be targeted for swim safety-related programs and interventions. Additionally, the experiment is going to explore if this type of semi-structured intervention will improve parent awareness of swim safety, alternatively to other forms of swim education. It is hypothesized that the interviews being conducted will indeed improve parent education and awareness of the safety precautions their child should be taking in swimming environments.

Approximately 20 adults (18 years and older) who have a child between the ages of 4 and 17.5 years will be recruited for this study. First, the participants are sent a Qualtrics Survey where they are able to answer some simple screening questions about them and their child, and if they consent to participating in an interview. Once this is completed, the research is conducted through online semi-structured interviews via Zoom. During the interviews, the parents are asked questions about themselves and their child, including relevant factors to their child's development, as well as information about their and their child's swimming experiences.

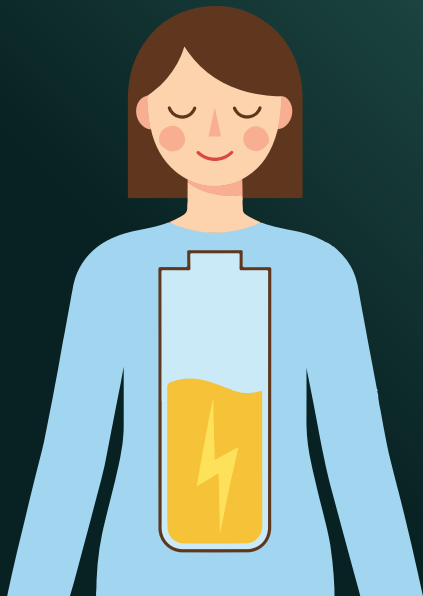


Need to Recharge?

Exam season can drain your energy.

Free MONSTER in the
FOSSA Office - Science
Building, 2nd floor

Starting December 4th
**while supplies last*



CHECK OUT...



November 29, 2025 - January 3, 2026 | Laurier/Waterloo Park

INTERNATIONAL HUMAN RIGHTS IS ON THE WAY!

EDII

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The Missing and murdered Indigenous women and girls in Canada (MMIWG) is a current human rights crisis that highlights the systemic neglect and disproportionate levels of injustice shown by our legal systems. At its core, the fundamental human right to life and safety is being denied.

Although there is minimal support demonstrated by the Canadian government, it is important to note that growth in human rights advocacy has led to meaningful progress. One example is the Native Women's Association of Canada (NWAC) which was successful in securing funds in 2005 for research from "Status of Women Canada" and awareness of the MMIWG act to be reported throughout Canada. With this, this association continues their work with the creation of a national database to document cases, give a platform to victims to tell their story, and provide policy recommendations. Overall, the formation of these types of organizations are essential to help capture and move towards solutions that can mitigate against underrepresentation of human right crises when there is limited action being taken.

That's right, this December 10th is International Human Rights Day!

Adopted by the United Nations in 1948, it serves as a reminder that we are all worthy of protection, safety, and freedom every day. It commemorates the anniversary of the Universal Declaration of Human Rights (UDHR) that encompasses rights that are important for everyone as a human being regardless of race, colour, religion, sex, language, political, national or social origin. It is important that we reflect and find ways to take action during this month as there are many places in the world that currently face inequities such as those rooted in systemic discrimination and deny access to basic needs. In Canada, one of the most prominent forms of human right violations are found within most Indigenous communities.



The first step towards helping to bring awareness to the importance of human rights is to be open to new information, educate yourself and expand your knowledge! During the month of December, spend some time to research about important topics such as your rights through the Canadian Charter of Rights and Freedoms. International Day of Persons with Disabilities and Human Solidarity Day

Additionally, during this month you can take action by volunteering at food banks, shelters, and community groups in order to support others in gaining equitable access to basic needs. In Waterloo these could include volunteering at The Foodbank of Waterloo Region, Grand River Hospital or Habitat for Humanity (Waterloo Region).

Nonetheless, even the smallest of actions can help strengthen our communities by emphasizing the importance of inclusivity and right to equitable access for all! Human rights belong to ALL of us





Win free FOSSA merch!!

DECEMBER CHALLENGE

Can you guess what the
3 zoomed-in pictures
are showing?

Google Form Link: Found in Newsletter Description

