

## **CUPE 3906 – Health & Safety Report**

**Reporting Period:** January-February 2026

**Prepared by:** Mahnaz Tajik

Health & Safety officer

### **1. Overview**

This month's work focused on two main areas:

1. Wellness programming for CUPE 3906 members, including planning a Zumba for Mental Health event.
2. Advocacy and support for international students, particularly Iranian students, through participation in the LMS meeting.

### **2. Wellness Initiative: Zumba for Mental Health**

#### **2.1 Coordination with Puls Studio and Instructor**

- Communicated with Puls Studio to confirm availability, safety requirements, and logistical needs.
- Coordinated with the Zumba instructor regarding session structure, accessibility, and warm-up/cool-down protocols.
- Ensured the activity aligned with CUPE 3906's health and safety standards.

#### **2.2 Registration and Promotion**

- Created a registration form for the planned February 12 session.
- Promoted the event through CUPE 3906 social media (Caleb Help with that).
- Monitored registration numbers and maintained communication with the studio.

#### **2.3 Outcome**

- The event was **postponed** due to insufficient registration.
- All stakeholders were notified.
- No safety or financial concerns arose.

### **3. Advocacy & Support: LMS Meeting on Iranian Students**

#### **3.1 Participation in LMS Meeting (Jan 2026)**

- Attended the LMS meeting as part of CUPE 3906's commitment to member wellbeing.

- Raised concerns regarding the **current situation in Iran** and its impact on Iranian students at McMaster.
- Highlighted the emotional, financial, and academic pressures Iranian students are facing due to ongoing instability and restrictions in their home country.

### **3.2 Key Discussion Points**

- The need for **mental health support** tailored to international students experiencing geopolitical stress.
- Challenges related to **visa delays, financial barriers, and family safety concerns**.
- The importance of creating a supportive environment within CUPE 3906 and the university.

### **3.3 Proposed Supports**

- Increasing awareness of available mental health resources and ensuring they are culturally sensitive.
- Advocating for flexible academic accommodations for affected students.
- Exploring emergency financial support options or referrals.
- Strengthening communication channels so Iranian students feel heard and supported.

## **4. Health & Safety Considerations**

- Ensured all planned wellness activities met safety standards.
- Emphasized mental health as a core component of member wellbeing, especially for international students under stress.
- Continued monitoring of student needs and potential risks related to isolation, stress, and academic pressure.

## **5. Next Steps / Recommendations**

- Reschedule the Zumba event with improved promotion and timing.
- Continue collaborating with LMS and CUPE 3906 leadership to support Iranian students.
- Develop a small working group or consultation session to better understand the needs of international members.
- Explore additional wellness initiatives that combine physical activity with community building.

### **In solidarity**

Mahnaz Tajik

Health and safety officer