

To Nolan Atkins:

On Thursday, October 8th, the student leaders of Northern Vermont University met with the Executive Team and discussed the morale on both campuses. During this meeting, students of NVU expressed concerns about the well-being of their peers and themselves. On, Tuesday, October 13th, both Student Government Associations held a joint Town Hall with the student body where similar concerns were shared about this exhaustion. Although we are grateful for the opportunity to be in-person this semester, both on-campus and remote students are reporting being overwhelmed with assignments and the feeling of burnout which has been impacting their overall experience.

In previous years, students would use the October break as a time to mentally and physically recharge and refine their academics. With the elimination of the October break, students have been unable to catch up on their academics or receive a breather, resulting in the deterioration of our students' mental health.

We, the students at Northern Vermont University, represented through the Student Government Associations of NVU-Johnson and Lyndon, are in full support of a two to three-day break at the end of October, allowing us to have a chance to rest and reassess our academics before approaching the conclusion of the semester. The expectation will be that students remain on-campus and follow travel restrictions.

Sincerely,

**Northern Vermont University–Johnson
SGA**

Melissa Ann Clark, *President*
Chrystal Cox, *Vice-President*
Zoe Clark, *Senator*
Lauren Havill, *Senator*
Luke Buglion-Gluck, *Senator*
Sara Fordham, *Senator*
Devin Libby, *Senator*
Garrison French, *Senator*

**Northern Vermont University-Lyndon
SGA**

Gillian MacDonald, *President*
Kaitlin Flannigan, *Executive Vice-President*
Renee Chaples, *Administrative Vice-President*