

# AUBSU Newsletter



Hey all! October has been a busy month for all and it has been amazing seeing all students start the academic year with such enthusiasm despite all the challenges. As its now November winter months are fast approaching, lockdown 2.0 is starting and projects are now in full swing. It is important that in the midst of it all you remember to practise self-care, self-love, and mindfulness. Also don't forget to look out for each other. Compassion and kindness can make all the difference. 'I will love the light for it shows me the way, yet I will endure the darkness for it shows me the stars,' Og Mandino

Kindest Regards,  
Lou and Kam

