

## **PERFORMANCE BASED CONTRACT GUIDELINES**

1. WHAT IS THE PURPOSE AND SCOPE OF THE SERVICE? (Describe in detail any services to be provided or materials to be purchased)

Classroom management has always been a challenge for most teachers. A growing body of research indicates that Yoga and Meditation for children may be an effective strategy for proactively managing classroom behavior and efficiently boosting student learning and performance.

Yoga and Meditation have been described as a discipline for focusing and connecting mind, body, and spirit. Studies prove yoga and meditation as a regular practice can help lower blood pressure, reduce heart disease, improve strength and balance, and deal with depression and other maladies of mental health. Yoga and meditation help manage stress, improved fitness, attitude, and self-confidence. Yoga and meditation offer a potential means to address a wide range of challenges in the classroom.

Anti-bullying, health and wellness, and character education are common themes in American Schools today, all focusing on educating the whole child, mind, body, and spirit. Yoga, by nature, supports this learning.

The following are some of the benefits of yoga to support the education of the whole child, thus maximizing the learning process:

- Provides students healthy ways to express and balance their emotions.
- Promotes a more relaxed, comfortable state of being - the perfect state for teaching and learning.
- Brings students' minds into the present moment – the most basic requirement for learning.
- Encourages community and connectedness within the classroom.
- Helps to create an atmosphere of confidence, enthusiasm, and non-competitiveness where everyone can succeed.
- Provides opportunities for beneficial motor breaks throughout the day.
- Eases anxiety and tension (such as pre-test or performance jitters).
- Enhances focus, concentration, comprehension, and memory.
- Provides opportunities for reflection, patience, and insight, reducing impulsivity and reactivity.
- Supports social and emotional learning.
- Improves listening skills.
- Wakes up sluggish minds and creativity as needed.
- Enhances organizational and communication skills.

- Improves posture, assisting students to sit comfortably for long periods.
- Enhances motor skills and balance.
- Improves mind/body awareness and connection.
- Improves confidence and self-esteem.
- Encourages respect for oneself and others.
- Creates a calm, harmonious classroom.

Yoga helps children see the beauty and light within themselves, thereby boosting their self-confidence, allowing them to feel more comfortable with their bodies, thus helping them get in touch with who they are inside. A child who learns yoga, mindfulness and relaxation will be developing essential skills for a lifetime of health and wellness in mind, body and spirit.

2. AMOUNT OF SERVICE?

(Set forth the monetary value of the proposed agreement and quantities and/or amounts of time required to be devoted to the contract and describe where services are to be provided as specified in Schedule "B")

See Attachment (Appendix A)

3. WHO IN THE SCHOOL DISTRICT IS SERVED?

(Describe whether services are to be provided directly to students, to staff, etc.)

Services will be provided to students directly and to staff members when with the students.

4. WHO WILL PROVIDE SERVICES?

(If individual providers are contemplated, set forth the names and qualifications of the service providers)

Chandra Sookdeo, President of the Yonkers Wellness Center and retired Special Education Teacher will be the provider for all services. M.A. in Special Education, M.A.M.S Reiki Master, American Drugless Drugs Practitioner, Holistic Health Practitioner, Chakra Balancing, Sound Baths and Life Coach.

4a. WILL THE CONTRACTOR BE UTILIZING ANY SUBCONTRACTORS OR VOLUNTEERS IN FURTHERANCE OF THIS AGREEMENT? **IF YES, PLEASE LIST ALL OF THEIR NAMES AND CONTACT INFORMATION.**

N/A

5. WHAT WILL BE COMMUNICATED TO DISTRICT PERSONNEL, PARENTS, OTHERS ABOUT PROGRESS AND RESULTS OF THE SERVICES?

(How specifically will the contractor report to the School District (or parents, if applicable) about their progress towards achieving the goals of the contract?)

Check list will be given to the teacher, also teachers and caregivers will notice a change of behaviors during the session.

6. HOW WILL THE SCHOOL DISTRICT JUDGE THE QUALITY OF SERVICES? (Set forth the method which will be used to evaluate contractor's performance)

Quality of service will be judged by feedback from teacher/caregiver.

Quality of services will be judged by feedback from parents and teachers.

7. INDIVIDUALS RESPONSIBLE FOR ADMINISTERING THE CONTRACT.

Vendor Name: Chandra Sookdeo  
Vendor Address: 10 Palisade Ave, 2nd Floor, Yonkers, NY 10701  
Vendor Phone No.: 914-374-4863  
Vendor Business Status: Corporation  
Vendor Contact Name: Yonkers Wellness Center Corp  
Vendor Contact Email: yonkerswellness@gmail.com  
Tax ID No.: 45-4964987

School District Administrator Name: Dr. Michelle Yazurlo  
School District Administrator Title: Assistant Superintendent  
School District Administrator Phone No.: 914.721.8822  
School District Administrator Email:myazurlo@yonkerspublicschools.org

8. ARE THE SERVICES PURSUANT TO A GRANT AGREEMENT? IF YES, WHAT IS THE GRANT, AND WHAT ARE THE GRANT REQUIREMENTS RELATED TO THIS AGREEMENT?

**Yes, these services are pursuant to the Every Student Succeeds Act Title IIA.  
Objectives are: increasing student achievement consistent with NYS academic standards.  
Improving the quality and effectiveness of teachers, principals, and other school leaders.**

9. WILL THE CONTRACTOR BE RECEIVING ANY STUDENT DATA OR OTHER DATA FROM YONKERS PUBLIC SCHOOLS? IF YES, PLEASE DESCRIBE. IF STUDENT DATA IS BEING SHARED, PLEASE PROCEED TO QUESTION 10 BELOW.

**No student personal data will be collected.**

10. WILL THE STUDENT DATA BE USED FOR THE PURPOSE OF DEVELOPING, VALIDATING, ADMINISTERING STUDENT AID PROGRAMS, OR IMPROVING INSTRUCTION? IF YES, PLEASE SPECIFICALLY DESCRIBE.

**No student personal data will be collected.**

Performance Based Guidelines  
Reviewed and approved by:



\_\_\_\_\_  
(Signature of School District administrator/employee)

Dr. Michelle Yazurlo

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(Printed Name)