

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.

Twenty Classes will be hosted at Cross Hill Academy to students, parents and staff.

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")

Classes will be held at \$150 per hour.

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 directly to all identified students, staff members and parents.

4. **WHO WILL PROVIDE SERVICES?** (If individual providers are contemplated, set forth the names and qualifications of the service providers)

Ms. Chandra Sookdeo: President of the Yonkers Wellness Center will be the provider of all services. M.A. Education, M.A.M.S., Reiki Master, Holistic Health Practitioner, 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?)

Checklists of students' progress and results will be sent to district personnel and school administration.

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 participants. Administration will be asked to observe students and complete a Child Progress Rubric, after their fifth/sixth session

7. INDIVIDUALS RESPONSIBLE FOR ADMINISTERING THE CONTRACT.

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

School District Administrator Name: Elaine Shine
School District Administrator Title: Executive Director
School District Administrator Phone No.: 914-376-8183
School District Administrator Email: eshine@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?

The services are pursuant to the 1003 Targeted grant. The grant requires a robust ELT program with an SEL component.

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 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?

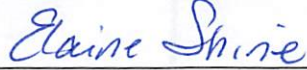
IF YES, PLEASE SPECIFICALLY DESCRIBE.

No student data will be used for any purpose.

Performance Based Guidelines
Reviewed and approved by:



(Signature of School District administrator/employee)



(Printed Name)