

## 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).

The purpose of the Yoga and Wellness program is to introduce elementary school students to the practice of yoga, mindfulness, and self-regulation techniques that support their physical, emotional, and mental well-being. The program is designed to help students improve focus, reduce stress, and enhance overall wellness through age-appropriate yoga poses, breathing exercises, and mindfulness activities. Workshops will incorporate creative arts, journaling, and games to foster engagement and make the learning process fun and effective. The goal is to equip students with tools to manage emotions, develop resilience, and promote a healthy lifestyle, both in and out of school.

### 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")

The monetary value of the agreement is \$17,280 and covers the Fall and Winter sessions with yoga and wellness sessions delivered twice per week. Each session will last 60 minutes. Services will be provided at the elementary schools specified in Schedule "B," focusing on classrooms, gyms, or designated wellness spaces.

### 3. WHO IN THE SCHOOL DISTRICT IS SERVED?

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

The services will be provided directly to students in grades K-8th. The program may also include optional workshops for teachers and staff to help them implement mindfulness strategies in the classroom and support student well-being.

### 4. WHO WILL PROVIDE SERVICES?

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

The services will be provided by certified yoga instructors from InnerBeing LLC, including Karen D. Faulkner (certified children's yoga instructor with 6+ years of experience in youth wellness) Annette Kirlew, Elana Master, and Xenia Vazquez all certified yoga and mindfulness teachers. All instructors have extensive experience working with children and are trained in trauma-sensitive yoga and mindfulness practices.

### 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.

No.

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?)

Progress and results will be communicated to the school district through monthly advisory board meeting reports detailing student engagement, attendance, and qualitative feedback on improvements in focus, behavior, and emotional regulation. Parent-teacher conferences will include optional reports on individual student progress, and there will be an end-of-year summary report that highlights the overall program impact and outcomes.

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

The school district will evaluate the quality of services through a combination of qualitative and quantitative measures. This includes pre- and post-program assessments of student well-being and classroom behavior, teacher feedback forms, and observations of student participation. Additionally, feedback from students, parents, and teachers will be gathered via surveys to ensure the program meets its intended goals of improving focus, reducing stress, and promoting overall wellness.

7. INDIVIDUALS RESPONSIBLE FOR ADMINISTERING THE CONTRACT.

Vendor Name: Inner Being LLC

Vendor Address: 13 Louis Ct, Peekskill, NY 10566

Vendor Phone No.:914-610-0937

Vendor Business Status: (corporation, non-profit individual, unincorporated) - LLC

Vendor Contact Name: Karen D. Faulkner

Vendor Contact Email: Karenfaulknerpme@gmail.com

Tax ID No.:84-1928062

School District Administrator Name: Dr. Jason Baez

School District Administrator Title: Executive Director

School District Administrator Phone No.: 914-376-8183

School District Administrator Email: JBaez@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. The 21<sup>st</sup> Century Grant-students will be introduced to breathing exercises and yoga poses that will increase strength, flexibility, confidence and boost self-esteem.

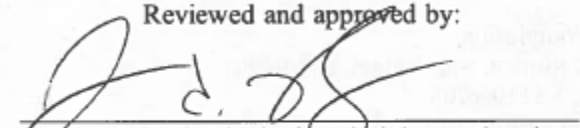
9. WILL THE CONTRACTOR BE RECEIVING ANY STUDENT DATA OR OTHER DATA FROM YONKERS PUBLIC SCHOOLS? IF YES, PLEASE DESCRIBE. IF STUDENT DATA IS BEING SHARED, PLEASE PROCEED TO QUESTION 10 BELOW.

Ella Fitzgerald Academy will provide Inner Being, LLC with the names, ages, and contact information for participating students.

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

Performance Based Guidelines  
Reviewed and approved by:

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

Jason C. Bell  
\_\_\_\_\_  
(Printed Name)