



**Contract For Services:**

**Magnolia Elementary School Magnolia SEL and Mindfulness Program**

**Date of program:**

October 6,2021 to May 31, 2022

***“Building Healthy Minds and Bodies”***

*Provided by Christy Jones, Health and Mindfulness Educator*

***When children learn to be in the present moment by relaxing their mind and body, they open their mind to fully engage in the learning process.***

*A personal message from Christy Jones:*

*This Mindfulness and SEL (Social Emotional Learning) program is and resources are fun and inspiring while teaching life tools on how to create more emotional harmony and physical wellness in this challenging time.*

*These tools are able to invite adults and students alike into new perspectives of self-care. I have mastered breaking this down in simple and easy-to-apply steps for students, parents and education professionals to use to create more peace of mind, a deeper connection to themselves and others. This includes inner joy in the most important areas of life: self, health, relationships and career.*

*I also understand how the brain wires the body by continually releasing toxic stress chemicals that weaken the immune system. Our mental, emotional and physical health are dependent on each other. Especially in these times. I am providing unique mind, heart and body resources to help adults and children build a healthy brain and mind.*

*Imagine how these tools taught early on can powerfully impact a child's life. By knowing their value and having a clear vision of who they are and what they want, they trust themselves, they feel confident to go after what they want. They know how their mind works, how to regulate and balance their emotions. They value others and know how to communicate and collaborate with ease.*

*Also, their relationships will be healthy, their bodies will be healthier, their marriages will be healthier and they will raise happy, confident children. I believe that the love and care of all the amazing people in this district along with the mindset tools can start creating the beautiful world we want for ourselves, our students and their families.*

*I am continually updating and improving these programs to make them the most beneficial for all involved so they get massive results in living a joyful and purpose-filled life.*

***The vision is to fully integrate SEL and mindfulness and resources into the culture of the schools so it is part of what is practiced daily. This program includes:***

- *3 -in person SEL and Mindfulness lessons with each class.*
- *Interactive weekly zoom lessons for all students.*
- *Weekly Mindfulness activities during recess*
- *On-going teacher and school staff trainings on how to incorporate SEL and Mindfulness in their classrooms.*
- *4- Parent Education Workshops*

***Starting in October 6,2021 through May 31,2022***

### ***Teacher training to support SEL and Mindfulness Practices in the Classroom***

On-going monthly trainings for teachers to have support for themselves and how to continue to create a SEL and Mindfulness foundation in their classes:

- *Supporting SEL in the classroom.*

- *Breathing and mediation techniques to help children regulate their emotions*
- *Understanding the brain and body connection*
- *Strengthening resilience*
- *Mindfulness brain breaks*
- *Cultivating imagination*
- *Creating positive self-dialog and self-image.*
- *How eating healthy, exercises and sleep support emotional wellness*
- *On-going resources will be provided (slide decks and handout*

### ***Elementary School visits: Build Healthy Minds and Bodies In- Person Lessons***

- *3 -30 min lessons per class T-k to 6<sup>th</sup> grade introducing relaxing and fun mindfulness tools and brain breaks to support SEL.*
- *Students will learn about their brain and how to be more aware of their emotions, this increases self-awareness and self-management.*
- *Creating connection and building healthy relationships with others.*
- *How to create a healthy self-dialog and self-image.*

### ***Weekly Healthy Mind and Body Zoom Lessons***

- *To have a bigger reach, we are utilizing Zoom to be able to have on-going SEL and Mindfulness education.*
- *15- min interactive classes (first class is 9:45 to 10 am (kinder-3) second zoom (10:40 am to 11 am (4-6 grades)*
- *Lessons can be recorded*
- *Being on campus I can interact with students at lunch and recess.*

### ***Parent and family Workshops:***

*These workshops can be offered in person or on zoom. Slide deck included to share with all parents as a resource.*

### ***Workshop #1: Mindfulness Tools for Creating More Peace of Mind***

- *Mindful awareness practices to approach life situations*
- *Easy to apply steps to build a health mindset*
- *Mindfulness breathing, mediation and movements.*
- *Changing limiting thinking to empowered thinking*

- *Building self-reliance and self-determinism*
- *Building joyful connections and relationships with others*

### **Workshop #2: Tools for Supporting Your Families Health**

- *How to cultivate daily practices to boost the immune system*
- *Healthy eating tips to support optimal health*
- *Tips for staying hydrated*
- *Ways to improve sleep for children and adults*
- *Breathing and meditations practices*
- *The benefits of laughter, play, celebration and imagination on our health.*
- *How reducing stress supports health*

### **Workshop#3 Building a Mindset of Success and Connection**

- *Continued SEL learning foundations*
- *Mindset practices the most successful people have used in challenging times and thrived.*
- *Understanding the unique way, the brain learns to enhance your child's learning.*
- *How to create thoughts and feelings that build a healthy mindset*
- *How to help your children create a vision for their future.*
- *Tapping into our unlimited imagination.*

### **Workshop #4 TBD Based on feedback from the parents and the needs expressed.**

All lessons and trainings will be presented by Christy Jones, Health and Mindfulness Educator.

#### **Cost of this program:**

**\$2,000 per month, to be paid at the end of each month for the services provided.**

**The full program is \$16,000 for services rendered from Oct 6, 2021 thru May 31,2022**

**Budget for supplies recommended to range from \$750 to \$1,000**

For: Breathing Balls  
Energy Sticks  
Bubbles  
Brain Games  
Art Supplies

**Payment is made to**  
Christy Jones Health and Mindfulness Educator  
222 S Worthy Dr. Glendora  
Ca 91741  
**(626)825-5029**  
[Christylivehealthy@gmail.com](mailto:Christylivehealthy@gmail.com)

*A final thought...*

*I was first introduced to Christy Jones at a staff meeting in November. Christy was introduced to help the staff learn tools to overcome stressors. During virtual learning and the roller coaster of the unknown of when students and teachers would return to campus, Christy's tools were extremely helpful. Christy was additionally a great leader when it came to assisting students with tools to overcome mental blocks in life. Students at Royal Oak Middle School were learning about social emotional wellness, but Christy's tools helped them go past learning about SEL to taking action for their own social emotional wellness. Christy visited many leadership classes at Royal Oak (Broadcast Journalism/'Runner TV, ASB, AVID, and Basic Living), but it was her enthusiasm during the weekly Mindfulness Mondays segment on 'Runner TV that really helped students. Students not only were able to learn from social emotional lessons from the counselors, but learn how to be mentally and physically healthy through this segment.*

***Respectfully,  
Larissa Mireles***

*Having Christy Jones work with my students was a game-changer. This past school year many of my students were struggling to maintain a healthy mindset. Her positive vibe was seriously contagious, my students fed off her energy! She explained to them the connection between their brains, heart, and gut in a way they could relate to, she also gave them specific tools and strategies they could easily use every day to help maintain a healthy mindset. "One thing I liked was that she showed us how to just stay calm and relax, that is sometimes hard to do ourselves." Delia Gomez, 8th grade. I saw a notable improvement in many of my student's effort and attitude in the weeks following her presentation. Her message is one we can all benefit from. I can't wait to have her back again next year!*

Ann Stark

Charter Oak Leadership and Avid Teacher

July 10, 2021

Middle School can be a challenging time for most students, however, when students come to school with learning disabilities, attention issues, or trauma, the challenge and impact on learning increases.

After working with Christy Jones and learning more about mindfulness, I started using mindfulness movement and breathing exercises with my special education classes. We start the period with a mindfulness movement or breathing activity and then do another activity halfway through class. These activities never take more than a few minutes, yet the difference in my students' level of stress, their ability to focus, and their level of learning is nothing short of amazing. I was able to incorporate this during our zoom classes also.

Students remembered doing many of the activities with Mrs. Jones during elementary school. Many of my students also remind me when we need to take a mindfulness break or they ask if they can choose/lead the class in the activity. The adult support staff (including me) not only notice the differences in the students, but also in themselves.

Mindfulness movement and breathing exercises are now a part of my classroom routine.

Mitzi Farricker  
Goddard Middle School

*My name is Maria and I have been teaching at Glendale High School for 25 years. In the last three years, I've incorporated Christy's mindfulness strategies into my 9th grade Health classes, my summer school classes, as well as my 9th and 10th grade PE classes. In the last 35 weeks since the Covid lockdown began in So Cal, I believe these strategies have helped my students and provided them with tools to help themselves feel better during a challenging time to all. Specifically, during remote learning in the beginning of the pandemic, I took a survey with my students and the majority of them really enjoyed the brain breaks and exercises and found them emotionally beneficial! As for me, as an experienced educator, I found these brain breaks and exercises rewarding and effective for me too. I believe my school district would greatly benefit from Christy's staff training and resources for students.*

*Maria Sansui, M.A.*

*Glendale High School Educator*

***The current schools I am contracted with:***

*I have worked with the Glendora School District for 15 years as their Healthy Living Educator.*

For the 2019-2020 school year and this year I've worked closely with Charter Oak and Claremont school districts.

Each district has set a contract that any of those school sites can contact me anytime so they get the resources they need to support their staff, students and families. My services are paid through the district contract.

They have found this is the easiest way to make sure each school has support. This allows more access and consistent implementation of the SEL resources.

***Some of the services I provide to both districts:***

- *Start of the School Year PD Days for teachers and certified employees*
- *Ongoing Teacher workshops at each school site*
- *District and per school parent workshops*
- *25 min Weekly Mindset and Mindfulness Zoom workshop for all high school and middle school.*
- *30 min Live Wellness Wed Zoom with elementary students (SEL)*
- *Series of training for the leadership students and video broadcasting students*
- *This year I'm starting some in person classes with students*
- *Collaboration with school counselors*
- *Administrator in-services*

*The vision is to fully integrate the mindfulness and mindset resources into the culture of the schools so it is part of what they do daily.*

*Both districts have increased my contracts to make sure students are getting the resources they need. My agreed contract rate is \$400 per hour. I have adjusted this rate to offer more services to Magnolia in this time, and have agreed to a monthly payment to offer more hours of service in this time.*

*I offer slide decks with each training session to be used as an on-going resource for all schools and districts I work with.*