



NEW HAVEN PUBLIC SCHOOLS  
**AGREEMENT COVER SHEET**

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**Please Type**

Contractor full name: Lani Rosen-Gallagher

Doing Business As, if applicable: Full of Joy Yoga (FOJY)

Business Address: 48 Norris Street Hamden CT 06517

Business Phone: 203-909-1535

Business email: Lani@fullofjoyyoga.com

Funding Source & Acct # including location code: ARP ESSER 2553-6399-56694-0200

Principal or Supervisor: Rosalind Garcia

Agreement Effective Date: 11/14/23 To 06/14/24

Hourly rate or per session rate or per day rate. \$125 an hour

Total amount: \$8070.00 (64 hours of instruction plus props)

Description of Service: Full of Joy yoga will provide student yoga and mindfulness sessions during the school day on scheduled Fridays. Here they will provide students with the tools and techniques for relieving stress and centering themselves for academic success. FOJY will also provide teacher professional development to train teachers in techniques for supporting students in their ability to self-regulate and increase focus. FOJY will also afford us with the props necessary to implement FOJY techniques in our school without their physical presence.

Submitted by: Eva Schultz Phone: 475-220-8500



NEW HAVEN PUBLIC SCHOOLS

## Memorandum

**To:** New Haven Board of Education Finance and Operations Committee  
**From:** Eva Schultz  
**Date:** October 17, 2023  
**Re:** Partnership between Full of Joy yoga and Lincoln Bassett

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Please answer all questions and attach any required documentation as indicated below. Please have someone **ready to discuss** the details of each question during the Finance & Operations meeting or this proposal might not be advanced for consideration by the full Board of Education.

1. **Contractor Name:** Full of Joy Yoga
2. **Description of Service:** Full of Joy Yoga conducts yoga classes for students in Kindergarten to fourth grade on designated Fridays to teach students emotional and stress management techniques that can be used as students have difficult moments in the classroom.
3. **Amount of Agreement and hourly or session cost:** \$8370 is the amount of the agreement including classes, props and professional development, \$125 an hour or session cost.
4. **Funding Source and account number:** ARP ESSER 2553-6399-56694-0200
5. **Approximate number of staff served through this program or service:** 10 staff members are served through this program.
6. **Approximate number of students served through this program or service:** 145 students in grades K – 4 will be served through this program.
7. **Continuation/renewal or new Agreement?**  
**Answer all questions:**
  - a. If continuation/renewal, has the cost increased? If yes, by how much? New agreement
  - b. What would an alternative contractor cost: New agreement
  - c. If this is a continuation, when was the last time alternative quotes were requested? New agreement
  - d. For new or continuation: is this a service existing staff could provide. If no, why not?  
New Agreement – There is no one on staff that is experienced or certified to teach yoga.
8. **Type of Service:**  
**Answer all questions:**

- a. Professional Development? Yes, the agreement includes 90 minutes of professional development for staff members.
  - i. If this is a professional development program, can the service be provided by existing staff? If no, why not? There is no one on staff that is experienced or certified to teach yoga
- b. After School or Extended Hours Program? No the yoga sessions will be held during the school day.
- c. School Readiness or Head Start Programs? No
- d. Other: (Please describe) Breathing exercises: This helps students self-regulate when they are feeling big emotions (anger, stress, fear, anxiety, etc). It also increases focus and sends a signal to the Bulldog Brain to calm down. Mindfulness: This is the practice of paying attention to the present moment without judgement, setting the foundation for future coping skills. Poses: builds strength and flexibility as well as help to reduce stress, build compassion and enhance learning. Helps to improve social-emotional skills. Creates a peaceful and relaxed state. Builds self esteem and increases kindness and compassion.

**9. Contractor Classification:**

**Answer all questions:**

- a. Is the Contractor a Minority or Women Owned Business?
  - i. Woman Owned Business
- b. Is the Contractor Local?
  - i. It is based in Hamden
- c. Is the Contractor a Not-for-Profit Organization? If yes, is it local or national?
  - i. No
- d. Is the Contractor a public corporation?
  - i. No
- e. Is this a renewal/continuation Agreement or a new service?
  - i. New service, last year we had the service funded through a local clinic.
- f. If it is a renewal/continuation has cost increased? If yes, by how much?
  - i. New service
- g. Will the output of this Agreement contribute to building internal capabilities? If yes, please explain: Yes, FOJY will provide teacher training around supporting students through self-regulation techniques. Teachers will utilize this training in classes, especially advisory. Moreover, students will be offered class yoga sessions with FOJY to continue practicing SEL techniques and associated skills.

**10. Contractor Selection: In this section, please describe the selection process, including other sources considered and the rationale for selecting the contractor. Please answer all questions:**

- a. What specific skill set does this contractor bring to the project? Please attach a copy of the contractor's resume if an individual or link to contractor website if a company:
  - i. [www.fullofjoyoga.com](http://www.fullofjoyoga.com)

- b. How was the Contractor selected? Quotes, RFP/RFQ, Sealed Bid or Sole Source designation from the City of New Haven Purchasing Department?
  - i. This contractor was used the last two years and lost the funding to return this year.
- c. Is the contractor the lowest bidder? If no, why? Why was this contractor selected? The contractor was selected because she already has a relationship with the teachers and students at Lincoln Bassett from previous years of service in the building.
- d. Who were the members of the selection committee that scored bid applications? N/A
- e. If the contractor is Sole Source, please attach a copy of the Sole Source designation letter from the City of New Haven Purchasing Department.

## 11. Evidence of Effectiveness & Evaluation

### Answer all questions

- a. What **specific need** will this contractor address and how will the contractor's performance be measured and monitored to ensure that the need is met? Yoga has been shown to benefit students' social emotional wellbeing. We will look for an impact in our SEL assessments. We monitor SEL standards informally and in our advisory.
  - b. If this is a **renewal/continuation service** attach a copy of the evaluation or archival data that demonstrates effectiveness. This is not a renewal.
  - c. How is this service aligned to the District Continuous Improvement Plan? This service is aligned with Goal 3: Development of the Whole Child, as it supports students' social-emotional wellness and physical wellness.
12. Why do you believe this Agreement is fiscally sound? Yes, the rate is reasonable, and the services are tailored specifically to the needs of Lincoln Bassett students.
13. What are the implications of not approving this Agreement? This agreement gives teachers tools for leading mindfulness exercises and for better supporting students' affective needs. It also provides similar tools directly to students so that they can improve their ability to self-manage and focus.



NEW HAVEN PUBLIC SCHOOLS

**AGREEMENT**  
**By And Between**  
**The New Haven Board of Education**  
**AND**

**Full of Joy Yoga**

FOR DEPARTMENT/PROGRAM:

**Lincoln Bassett Community School**

This Agreement entered into on the 17th day of November 2023, effective (*no sooner than the day after Board of Education Approval*), the 14<sup>th</sup> day of November, 2023, by and between the New Haven Board of Education (herein referred to as the “Board” and, Full of Joy Yoga located at, 48 Norris Street, Hamden, CT 06517 (herein referred to as the “Contractor”).

**Compensation:** The Board shall pay the contractor for satisfactory performance of services required the amount of \$ 500 per day, \$125 per hour or session, for a total of 16 days, hours or sessions.

The maximum amount the contractor shall be paid under this agreement: Eight Thousand Seventy Dollars (\$ 8070.00 ). Compensation will be made upon submission of an itemized invoice which includes a detailed description of work performed and date of service.

**Fiscal support** for this Agreement shall be by ARP ESSER III CO Program of the New Haven Board of Education, **Account Number:** 2553-6399-56694 **Location Code:** 0200.

This agreement shall remain in effect from November 14, 2023 to June 30, 2023.

**SCOPE OF SERVICE:** Full of Joy yoga will provide student yoga and mindfulness sessions during the school day on scheduled Fridays. Here they will provide students with the tools and techniques for relieving stress and centering themselves for academic success. FOJY will also provide teacher professional development to train teachers in techniques for supporting students in their ability to self-regulate and increase focus. FOJY will also afford us with the props necessary to implement FOJY techniques in our school without their physical presence.

**APPROVAL:** This Agreement must be approved by the New Haven Board of Education *prior to service start date*. Contactors may begin service no sooner than the day after Board of Education approval.

**HOLD HARMLESS:** The Contractor shall insure and/or indemnify the Board and its members, employees and agents against all claims, suits, and expenses, including reasonable attorney's fees, in connection with loss of life, bodily injury or property damage arising from any neglect act or omission of the Contractor or its employees or agents. Further, the Contractor covenants and agrees that it shall hold the Board and its members, employees and agents harmless against any and all claims, suits judgments of any description whatsoever caused by the Contractor' breach of this agreement or based upon the conduct of the Contractor, or its agents or its employees or arising out of in connection with their activities under this agreement.

**TERMINATION:** The Board may cancel this agreement for any reason upon thirty (30) days' written notice sent to the Contractor by certified U.S. mail, return receipt requested; provided however, that the Board shall be responsible to the Contractor for all services rendered by the Contractor through the last day of thirty (30) day notice period, as long as the Agreement was approved by the Board prior to the start date of service.

  
Contractor Signature

\_\_\_\_\_  
President  
New Haven Board of Education

October 17, 2023  
Date

\_\_\_\_\_  
Date

Lani Roscn Full of Joy Yoga Owner and Instructor Contractor Printed Name & Title



NEW HAVEN PUBLIC SCHOOLS

## EXHIBIT B

### STUDENT DATA PRIVACY AGREEMENT SPECIAL TERMS AND CONDITIONS

For the purposes of this Exhibit B "directory information," "de-identified student information," "school purposes," "student information," "student records," "student-generated content," and "targeted advertising" shall be as defined by Conn. Gen. Stat. §10-234aa.

1. All student records, student information, and student-generated content (collectively, "student data") provided or accessed pursuant this Agreement or any other services agreement between the Parties are not the property of, or under the control of, the Contractor.
2. The Board shall have access to and the ability to delete student data in the possession of the Contractor except in instances where such data is (A) otherwise prohibited from deletion or required to be retained under state or federal law, or (B) stored as a copy as part of a disaster recovery storage system and that is (i) inaccessible to the public, and (ii) unable to be used in the normal course of business by the Contractor. The Board may request the deletion of any such student information, student records or student-generated content if such copy has been used by the operator to repopulate accessible data following a disaster recovery. The Board may request the deletion of student data by the contractor within two (2) business days of receiving such a request and provide to the Board confirmation via electronic mail that the student data has been deleted in accordance with the request, the date of its deletion, and the manner in which it has been deleted. The confirmation shall contain a written assurance from the Contractor that proper disposal of the data has occurred in order to prevent the unauthorized access or use of student data and that deletion has occurred in accordance with industry standards/practices/protocols.
3. The Contractor shall not use student data for any purposes other than those authorized pursuant to this Agreement.
4. A student, parent or legal guardian of a student may review personally identifiable information contained in student data and correct any erroneous information, if any, in such student data. If the Contractor receives a request to review student data in the Contractor's possession directly from a student, parent, or guardian, the Contractor agrees to refer that individual to the Board and to notify the Board within two (2) business days of receiving such a request. The Contractor agrees to work cooperatively with the Board to permit a student, parent, or guardian to review personally identifiable information in student data that has been shared with the Contractor, and correct any erroneous information therein.

5. The Contractor shall take actions designed to ensure the security and confidentiality of student data.
6. The Contractor will notify the Board, in accordance with Conn. Gen. Stat. § 10-234dd, when there has been an unauthorized release, disclosure or acquisition of student data. Such notification will include the following steps:

Upon discovery by the Contractor of a breach of student data, the Contractor shall conduct an investigation and restore the integrity of its data systems and, without unreasonable delay, but not more than thirty (30) days after such discovery, shall provide the Board with a more detailed notice of the breach, including but not limited to the date and time of the breach; name(s) of the student(s) whose student data was released, disclosed or acquired; nature of and extent of the breach; and measures taken to ensure that such a breach does not occur in the future.

7. Student data shall not be retained or available to the Contractor upon expiration of the contract between the Contractor and Board, except a student, parent or legal guardian of a student may choose independently to establish or maintain an electronic account with the Contractor after the expiration of such contract for the purpose of storing student-generated content.
8. The Contractor and Board shall each ensure their own compliance with the Family Educational Rights and Privacy Act of 1974, 20 U.S.C. § 1232g, as amended from time to time.
9. The Contractor acknowledges and agrees to comply with the above and all other applicable aspects of Connecticut's Student Data Privacy law according to Connecticut General Statutes §§ 10-234aa through 10-234dd.
10. The Parties agree that this Agreement controls over any inconsistent terms or conditions contained within any other agreement entered into by the Parties concerning student data.





## Proposal for Lincoln Bassett 2023-2024

Lani Rosen-Gallagher, founder of **Mindful Yoga Breaks & Full of Joy Yoga**, can provide individualized program plans to help kids improve their mental well-being and thereby increase their ability to focus and succeed in school, with school-based programming. Our mission is to support social-emotional health with a holistic, comprehensive school-based plan.

Lani can provide consultation, professional development to teachers, and direct instruction to students. Schools can opt for either the PD or direct student instruction, but experience indicates that the practice is reinforced when teachers, students, and parents are all on the same page.

**Mindful Yoga Breaks Workshops:** The teachers will learn how to integrate “Mindful Yoga Breaks” directly into their own lesson plans to support their students' learning.

**Mindful Yoga Breaks Classes:** Lani will teach 25-minute lessons for each class weekly/biweekly/monthly to teach the various “Mindful Yoga Break” exercises to the students in person. These classes can be tailored to each school's needs. MYB is flexible with the length of the program, the classes involved, and the hours per week.

### **Mindful Yoga Breaks® Tools:**

- **Breathing exercises:** This helps students to self-regulate when they are feeling their big emotions (anger, stress, fear, anxiety, etc). It also increases focus and sends a signal to the Bulldog brain to calm down.
- **Mindfulness:** This is the practice of paying attention to the present moment without judgment.
- **Poses:** Builds strength & flexibility as well as helps to reduce stress, build compassion, and enhance learning.
- **Games:** Noncompetitive fun ways to encourage creative thinking, teamwork, and focus, while building community and safety.
- **Relaxation:** Helps to decrease stress and anxiety, improves emotional stability, and increases the functioning of your brain.
- **Props:** These are used as an addition to the tools above. Some examples of props used are a breathing ball, chime, books, calm-down bottle and bubble timer.



## Mindful Yoga Breaks® Benefits:

- Develops the ability to self-regulate
- Builds strength and flexibility
- Reduces stress
- Enhances focus and concentration
- Helps to improve social-emotional skills
- Creates a peaceful and relaxed state
- Builds self-esteem
- Increases kindness and compassion

## Rates:

### Professional Development

90 min Teacher Professional Development = \$300

### Materials Included (PDFs)

- [MYB Anchor Breath Poster English & Spanish](#)
- [MYB Card Decks](#)
- Comprehensive Teacher Manual

### Extra Materials - \$70/class

- [MYB Anchor Breath Poster English](#) or [Spanish](#)
- [MYB Card Decks](#)
- breathing ball
- chime

## Classes

25-min lessons - 2 classes/hour = \$125/hour

The Recommended Program for your school would include:

- 90 min PD = \$300
- 16 weeks of in-person classes = 4 hours/week = \$500 x 16 = \$8000
- Materials = \$70 x 1 = \$70

Total = \$8370