

## **CONTRACT NAME: AGREEMENT BETWEEN MINDFUL SCHOOLS AND DAVIS JOINT UNIFIED SCHOOL DISTRICT**

**BRIEF DESCRIPTION OF CONTRACT:** This agreement is between Mindful Schools and DJUSD. This is an online course for staff to teach awareness of thoughts, emotions, bodily sensations and surrounding environment. It includes a variety of research-backed impacts, including a reduction in toxic stress, and an improvement in job satisfaction, emotional regulation, focus and executive functioning.

These courses are adaptable for classrooms and after-school programs and gives staff the tools to integrate mindfulness in connecting with youth and working with student behaviors.

The course will be used by Korematsu Elementary School at a cost of \$4,800 and by Holmes Junior High School at a cost of \$1,450. Site discretionary funds will be used to pay for the courses.



## Privacy Policy

Mindful Schools believes that your privacy is very important. This Policy outlines the types of personally identifiable information and other data that we will collect from you through the website at [mindfulschools.org](http://mindfulschools.org) ("Website"), and how we will use and when we might disclose such information and data to third parties. Your use of the Website and submission of information to us constitutes your consent to this Privacy Policy. This Privacy Policy is effective as of May 1, 2014 and has not been modified since that date.

### Personal Information and Usage Data that we collect

If you choose to contact us through the Website, we may collect your name, email address, physical address, phone number, and/or company name. If you choose to enroll in a course or make a donation through our Website, we, or a third party credit card processor, may also collect your credit card information. The foregoing information is referred to herein collectively as your "Personal Information." We will not collect any Personal Information from you simply by virtue of your visiting our Website; we only collect it if you choose to submit it to us. You represent and warrant that all Personal Information you provide us is true and correct and relates to you and not to any other person.

We also may collect standard usage information by virtue of your visiting the Website ("Usage Data"), such as your computer's IP address, a device ID, date and time of your visit to our Website, the type of browser you use, the URLs you visited before landing on the Website and to which you went afterwards, and other usage information, whether or not you submit Personal Information to us. Usage Data will not reveal your identity or be linked to you personally.

Our servers, which may be hosted by one or more third parties, will store your Personal Information and may record your Usage Data.

## Use of the Personal Information and Usage Data that we collect

We may use your Personal Information to enhance your experience. We may also use your Personal Information in order to contact you regarding Mindful Schools, including programs and events. In the event that we send you advertising or marketing materials, we will provide you with the opportunity to opt-out of receiving such materials in the future. You may also opt-out of receiving such materials at any time in accordance with the instructions provided in this Privacy Policy.

Usage Data may be used by us for administrative, analytical, research, optimization and other purposes, and this data in aggregated, anonymous form may be shared with third parties who provide such analytical, search and other optimization services.

In connection with the foregoing, we may also use cookies (tiny text files that are stored on your computer's hard drive when you visit certain web pages that identify your computer and may store information about you) and other technologies to learn more about your preferences, so that we can improve our Website and services. From this we may learn what web pages you visit and how long various features of our Website are used (if any). The foregoing Usage Data and cookies will not reveal your identity or be linked to you personally.

## Disclosure of the Personal Information and Usage Data that we collect

We will not sell, rent or transfer your Personal Information, except as otherwise indicated herein. We will not store your credit card information. In order to

process credit card payments, we will use the service of a secure, third party credit card processor.

We use the services of third parties who will have limited access to your Personal Information to be used for specific purposes. These purposes may include credit card processing, event planning, marketing assistance, customer service, and data analysis. The third parties we contract with for these purposes will be authorized to use your Personal Information only for the purposes for which the party was engaged.

We may disclose your Personal Information or other information collected if required by law or court order, if the information relates to actual or threatened harmful conduct, to investigate and/or take action against illegal activity, suspected abuse or unauthorized use of the Platform, or to protect the property or safety of others.

In connection with any sale of Mindful Schools or any portion thereof (including the assets relating thereto), customer information generally is one of the transferred business assets, and such customer information (including your Personal Information) will be transferred or sold to the acquirer in the event of any such sale or disposition of any or all of our business.

## Credit Card Transactions

If you choose to enroll in a course or donate through our Website, you represent and warrant that all credit card information you provide will be accurate and correct and that you are authorized to use such credit card. In no event will you provide us with any false or fraudulent information.

## Your Rights

We ask that you keep the Personal Information that you provide to us current and that you correct any information you have provided us by contacting us at **[privacy@mindfulschools.org](mailto:privacy@mindfulschools.org)**.

If you wish to opt out of further communications from us, or if you wish to review, delete and/or revise the Personal Information we have stored about you, please contact us with your specific request at **[privacy@mindfulschools.org](mailto:privacy@mindfulschools.org)**; provided, however, that we reserve the right to retain an archive of such Personal Information for a commercially reasonable time to ensure that its deletion does not affect the integrity of our data and we further reserve the right to retain an anonymous version of such information.

You can decline to permit cookies in your browser, but in that case we cannot promise you that all features of the Website will function properly as a result.

If you use the Website, you are responsible for maintaining the confidentiality of your account and for restricting access to your computer, and you agree to accept responsibility for all activities that occur under your account.

## Partnerships and External Sources

Our Website may link to external sites beyond our control, such as those of your employer and our charity and non-profit partners. This privacy policy covers only the way we treat the Personal Information and Usage Data we collect through our Website. By accessing any external sites, you are agreeing to the privacy policies of those sites. Please understand that the external sites may have different policies with respect to the collection, use and disclosure of your Personal Information. We have no control over and are not responsible for the privacy practices of such third parties. Therefore, you are encouraged to review the privacy policies of all third party websites. Without limiting anything in the following section, we are not liable in any way for the actions, inactions or policies of any external website.

## Children

The Services are not intended for the use of children. We do not knowingly collect or use any Personal Information from children under the age of 13 and hereby specifically prohibit any user under the age of 13 from providing us with any Personal Information. If you are a parent of child under 13 years of age and you believe your child has provided us with Personal Information, please

contact us at [privacy@mindfulschools.org](mailto:privacy@mindfulschools.org) and we will delete the information from our system.

If you are between the age of 13 and 18, please obtain your parents' permission prior to registering with our Platform or providing us with any Personal Information.

## Changes

We reserve the right to change this Privacy Policy at any time. In the event we make material changes to this Privacy Policy, such policy will be re-posted in the "Privacy" section of our Website with the date such modifications were made indicated on the top of the page. Therefore, please review this Privacy Policy from time to time so that you are aware when any changes are made to this Privacy Policy. Your continued use of the Website after such change constitutes your acceptance of any such change(s), and if you do not accept any changes, you may choose not to use the Website or opt out by sending us an appropriate notice.

## Platform Security

It is entirely your choice whether or not you provide Personal Information to us. We and/or our third party partners have put in place physical, electronic, and managerial procedures to attempt to safeguard and help prevent unauthorized access, maintain data security, and correctly use the Personal Information collected through the Website. We take, or obligate applicable third parties to take, reasonable precautions to protect our customers' Personal Information against loss, misuse, unauthorized disclosure, alteration, and destruction. However, please remember that no transmission of data over the Internet or any wireless network can be guaranteed to be 100% secure. As a result, while we strive to protect your Personal Information, we cannot ensure or warrant the security of any information that you transmit to us or from us, and you do so at your own risk. We cannot ensure or warrant the security of any information you transmit to us by email and you do so at your own risk.

When we use third parties to assist us in processing your Personal Information or credit card information we take reasonable steps to require that they comply with this Privacy Policy and otherwise protect your Personal Information (including any credit card information).

If there is a breach of security involving your credit card information from our Website, we will inform you immediately and take commercially reasonable steps to rectify such breach.

If you believe your Personal Information is being improperly used by us or any third party, please immediately notify us via e-mail at:  
**[privacy@mindfulschools.org](mailto:privacy@mindfulschools.org)**.

In the event you choose to establish an account with us, you should not share your login information with anyone.

## Legal Disclaimer

This Services operate AS-IS, and we do not represent or warrant that the Website will be available at all times, or that your use of the Website will be uninterrupted or error-free. We are not responsible for your ability to access the Website or for matters beyond our control. This Privacy Policy is governed by California law, excluding its provisions on choice of law. The Website is intended for the use of US entities and individuals and runs on US-based servers, and we make no attempt to comply with the privacy (or security) policies of any country other than the United States. We will use commercially reasonable efforts to protect your Personal Information, but cannot assure that it will not be inadvertently disclosed.

If you have any general questions about our Privacy Policy, please contact us at  
**[privacy@mindfulschools.org](mailto:privacy@mindfulschools.org)**.

## Courses

### Our Courses

Mindfulness Fundamentals  
Mindful Educator Essentials  
Year-Long Certification

### Group Enrollment

### Course Login

## About

### Mindfulness in Education

Why Mindfulness is Needed in Education  
Our Solution: Mindfulness  
Benefits

### Our Approach

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### Research on Mindfulness

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Reading Lists  
Certified Instructor Directory  
Mindful Schools Articles

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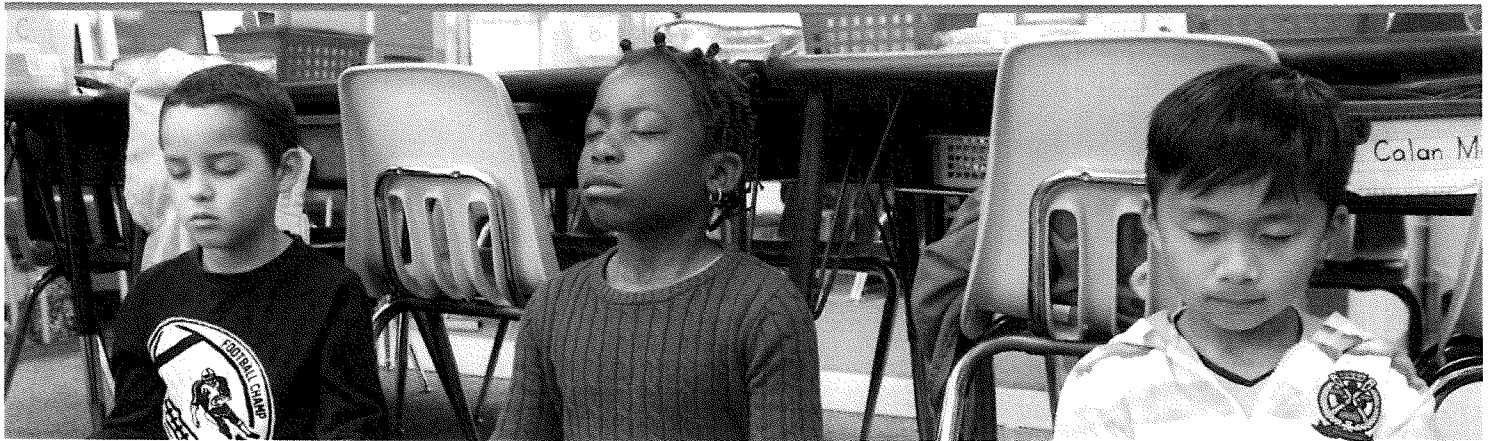
## Join Our Mailing List

Sign up for our newsletter. Track Mindfulness in Education news, research and courses.

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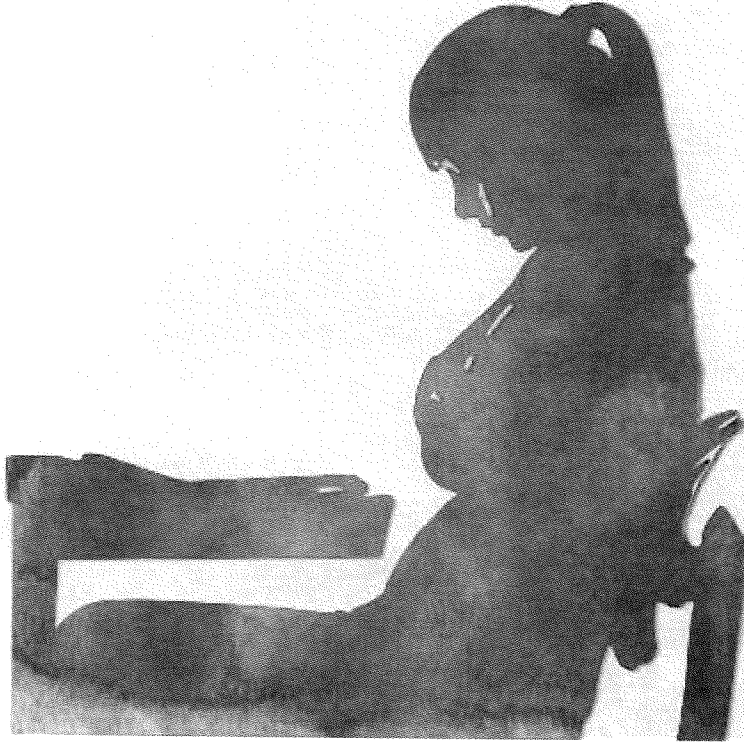
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## Why Mindfulness is Needed in Education

### The Impact of Toxic Stress on School Communities

*Healthy stress* is a natural part of life, including childhood. Children and adults alike need to be challenged in order to grow and develop. However, in the modern education system, *healthy stress* is frequently displaced by *toxic stress*. Toxic stress occurs when life's demands *consistently outpace* our ability to cope with those demands.



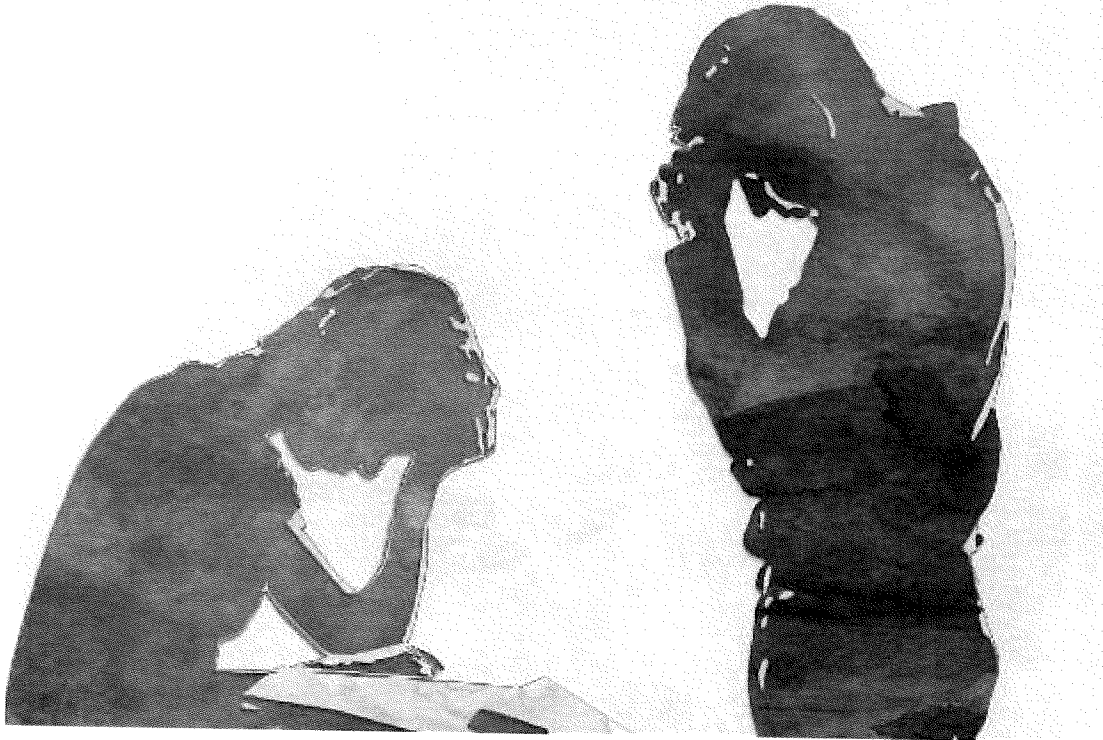
## STUDENTS

Toxic stress impairs attention, emotion and mood regulation, sleep, and learning readiness daily in American classrooms. Even more troubling, prolonged exposure to childhood toxic stress has lifelong impacts on mental and physical health.



## EDUCATORS

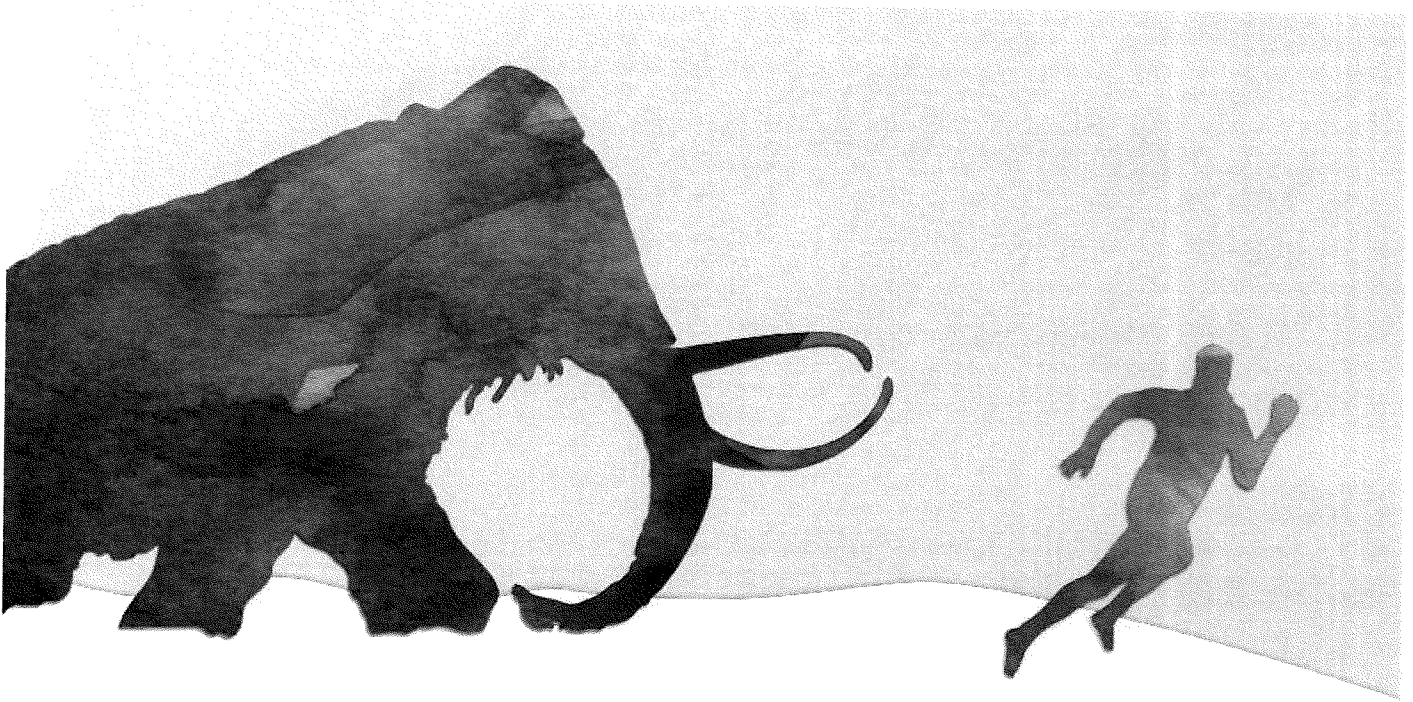
Toxic stress starts as decreased productivity and creativity, escalating to more serious symptoms like frequent anxiety, dissociation, frustration, and, eventually, *burnout*. Roughly *half a million* U.S. teachers leave the profession each year – a turnover rate of *over 20 percent*.



## PARENTS

Toxic stress can lead to a parenting style that looks more like a “to-do” list, rather than an empathic, present-centered relationship with a developing child. Exposure to parental stress in early childhood has been shown to *impact gene expression* even years later in adolescence.

## The Difficulty of Working with Toxic Stress



Toxic stress is challenging to work with because our stress response taps into some **very old survival hardware** in our evolutionary biology.



When a 4th grader reports that she felt she “was going to die” from test anxiety, she’s telling the truth. The responses of her autonomic nervous system are the same whether she’s taking a math test or sensing actual physical danger.

Even children who have not suffered adverse childhood experiences may struggle with frequent “mismatches” between the severity of a stimulus (a routine pop quiz) and

their response (loss of peripheral vision, sweating, nausea, terror and immobility). In children suffering from trauma, these “mismatches” become chronic and habitual.

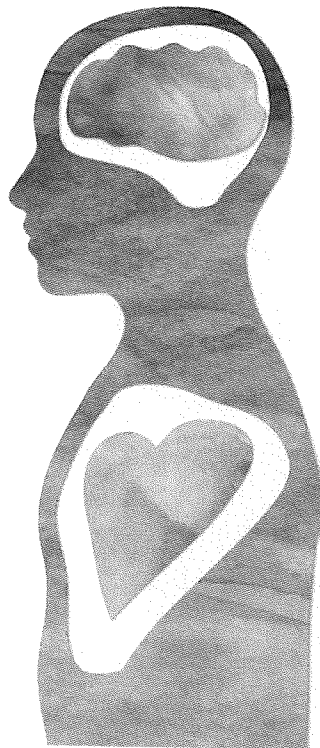
## Our Solution: Mindfulness

Because the roots of toxic stress lie deep in the nervous system, we need tools that go beyond the conceptual mind to directly target that system. To transform our habitual responses, we need to regularly practice our skills when we are not in “fight – flight – freeze” mode.

*“Under duress we don’t rise to our expectations, we fall to our level of training.”*

*-Bruce Lee*

**Our courses establish two forms of training as the foundation for teaching other methods of stress management, emotion regulation and interpersonal skills.**



## The Development of Mindfulness

The development of mindfulness, a moment-by-moment awareness of our thoughts, emotions, sensations and surrounding environment.

## The Development of Heartfulness

The intentional nurturing of positive mind states such as kindness and compassion.

These two trainings improve our ability to manage a number of significant psychological challenges associated with stress, including:

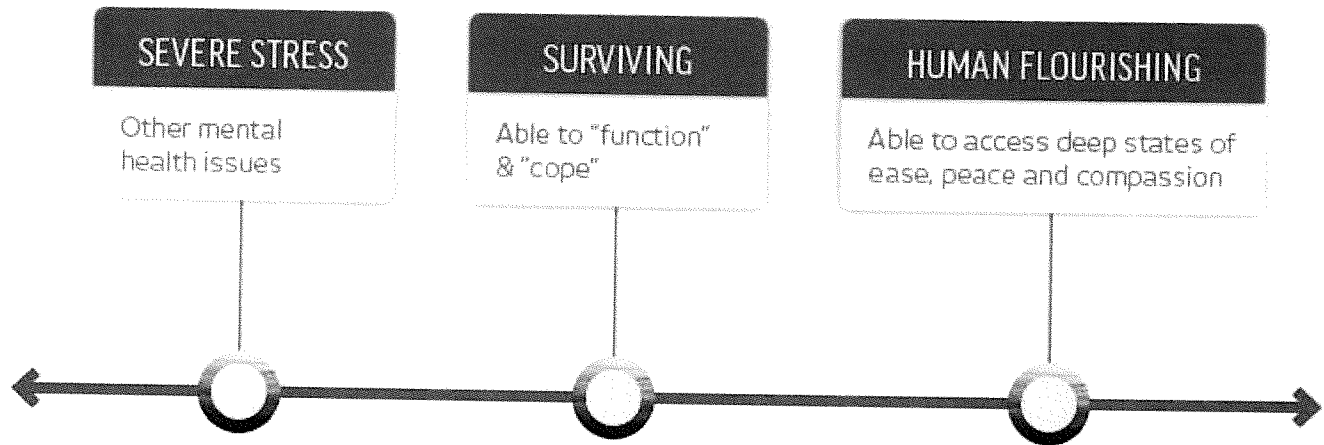
- **Overwhelm.** The sense that life – and particularly your own thoughts and emotions – is “too much to handle.”
- **Busyness.** The sense that “doing things” has become compulsive – that you are constantly avoiding simply being with yourself.
- **Rumination.** The sense that the same stressful thought patterns “loop” over and over again in your mind without being questioned.
- **Dissociation.** The sense that you maintain unhealthy psychological distance from life and from people, cut off from your own and other people’s emotions.
- **Narcissism.** The sense that life is about defending, protecting and enhancing one’s sense of self. A lack of empathy for the needs of others and an inability to take compassionate action.

### Not Just Coping. Thriving.

In discussing how mindfulness practice addresses stress and other problems in education, we don’t want to lose sight of the fact that mindfulness can take us beyond the terrain of *managing symptoms* to a place where we are developing the *deepest capacities* of the human mind.

We can think of the process as a spectrum:

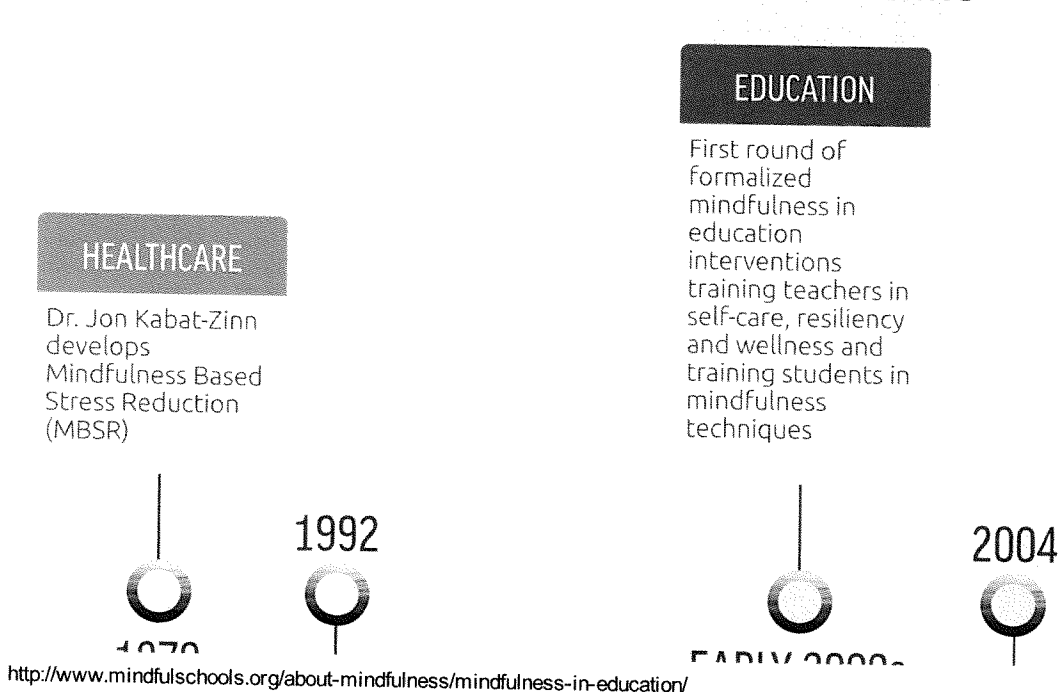




## Modern Mindfulness - A Brief History

Mindfulness-Based Interventions (MBIs) have nearly 35 years of research & development supporting them, and have moved progressively through three large institutional cultures: *health care, mental health, & education*. The timeline below gives some important milestones in this progression.

## Mindfulness Timeline



1979

**MENTAL HEALTH**

Development of  
Mindfulness Based  
Cognitive Therapy  
(MBCT)

EARLY 2000S

**MENTAL HEALTH**

MBCT endorsed by  
the United  
Kingdom's National  
Institute for Health  
and Clinical  
Excellence

**HEALTHCARE**

MBSR in more than 200  
medical centers,  
hospitals and clinics;  
more than 1,300  
published studies show  
symptom reductions  
across a wide range of  
diagnoses as well as  
neurobiological impacts

**EDUCATION**

Inaugural  
Mindful Schools  
in-class program

2010s

**EDUCATION**

More serious  
research designs  
initiated.  
Publication of  
first meta-  
analyses of  
mindfulness in  
education

2015

**EDUCATION**

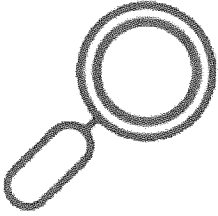
Students and  
teachers  
worldwide have  
access to  
mindfulness  
programs

2007

2013

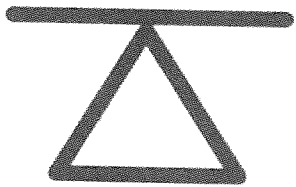
**Benefits**

Solid scientific evidence suggests that mindfulness interventions improve attention, self-control, emotional resilience, recovery from addiction, memory and immune response. Here's a summary of benefits particularly relevant to educators:



### **Attention**

Strengthens our "mental muscle" for bringing focus back where we want it, when we want it.



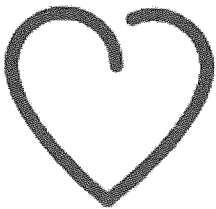
### **Emotional Regulation**

Observing our emotions helps us recognize when they occur, to see their transient nature, and to change how we respond to them.



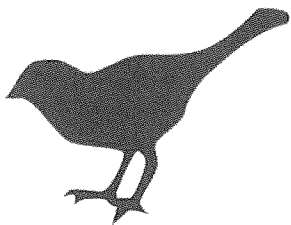
### **Adaptability**

Becoming aware of our patterns enables us to gradually change habitual behaviors wisely.



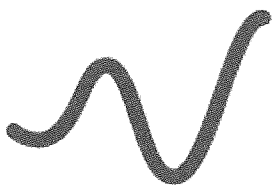
### **Compassion**

Awareness of our own thoughts, emotions, and senses grows our understanding of what other people are experiencing.



### **Calming**

Breathing and other mindfulness practices relax the body and mind, giving access to peace independent of external circumstances.



### **Resilience**

Seeing things objectively reduces the amount of narrative we add to the world's natural ups and downs, giving us greater balance.