



Bullitt County Public Schools

1040 Highway 44 East
Shepherdsville, Kentucky 40165

502-869-8000
Fax 502-543-3608
www.bullittschools.org

MEMO

To: Jesse Bacon, Superintendent

From: Sarah Smith, Director of Safe Schools 

Date: Thursday, July 15, 2021

Re: Southern Charm Yoga Contract - Staff Support for Mental Health Wellness

This contract for service is for board approval for the partnership between Bullitt County Public Schools and Southern Charm Yoga. This local company will provide stress relief and promote mental health wellness available for all staff on Bullitt Days and PD days at the end of the contracted work days. Two courses will be offered, one that focuses on stress management by doing "Chair Yoga," a practice that is minimal in effort and focuses on mindfulness and breathing techniques in a calm, relaxed setting. The other course will be after the contracted work day for staff, but will be available for any staff member interested in a one-hour basic yoga class that is free of charge.

Stress is a barrier to learning and work productivity and to success in life. This program will provide an outlet and opportunity for staff to relax and decompress at the end of Bullitt Days.

Your consent and approval is greatly appreciated as this funding assists Bullitt County Public Schools to continue health and wellness efforts as well as break down barriers for staff to achieve success in their work life. Joe Mills, Buckman and Farris, has reviewed this agreement.

Attached: Contract for Services for Southern Charm Yoga
Certificate of Liability Insurance

cc: Adreinne Usher, Assistant Superintendent for Student Learning


7.15.21

SOUTHERN CHARM YOGA



STEPHANIE JACKSON 502-773-0582

This Statement of Work Contract is agreed to by the following parties:

Contract Date	The Presenter	BCPS
8-1-20 thru 6-1-21	Stephanie Jackson Southern Charm Yoga 502-773-0582 scyoga18@yahoo.com	Sarah Smith Bullitt County Public Schools

PROGRAM DETAILS

Program Title: Yoga for Beginners

Description: A gentle form of yoga practiced on a mat on the floor. Yoga poses will be demonstrated with class participation. Mindfulness and breathing techniques will be taught as stress coping mechanisms are learned. Relaxing music will accompany the session. This class is for all fitness levels, body types and abilities. Yoga for beginners will teach poses, muscle isolation, balance techniques and overall body wellness.

No yoga experience needed to attend class.

Class length is one hour. Yogi students will need to bring their own yoga mat and yoga block and bottled water. Mats and blocks can be found at Walmart/TJ Maxx and online.

PROGRAM SCHEDULE

9-7-20
10-11-20
1-3-21
2-21-21
3-14-21
4-1-21
4-11-21
5-17-21

Class length will be from 3:30-4:30.

FEE SCHEDULE

The presenter will be paid the following fee in the form of multiple checks issued by Bullitt County Public Schools. The presenter will conduct a total of 8 Yoga Stress Relief Sessions over the time period listed above at a cost of \$100 per session. The presenter will email an itemized statement after each session has been completed wherein payment will be remitted within 15 days.
Presenter Fee Total \$800.

PRESENTER RESPONSIBILITIES

- *Presenter will provide W-9 to BCPS
- *Presenter will provide music.
- *Presenter will provide promotional materials if requested and gives BCPS permission to promote classes, use photography for promotions for Southern Charm Yoga.
- *Presenter will contact BCPS as soon as possible should there be any change to the session content, schedule or availability.

BCPS RESPONSIBILITIES

- *BCPS will promote session to teachers and staff
- *BCPS will handle the location of sessions
- *BCPS will contact presenter as soon as possible should there be any change to the session schedule or location.

BY SIGNING BELOW, Bullitt County Public Schools and Stephanie Jackson (Southern Charm Yoga) cause the contents of the contract to be effective as of the contract date first written above.

Stephanie Jackson
Southern Charm Yoga
Certified Yoga Instructor

Sarah Smith
Bullitt County Public Schools

SOUTHERN CHARM YOGA



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Contract Date	The Presenter	BCPS
8-1-20 thru 6-1-21	Stephanie Jackson Southern Charm Yoga 502-773-0582 scyoga18@yahoo.com	Sarah Smith Bullitt County Public Schools

PROGRAM DETAILS

Program Title: Yoga Stress Relief

Description: A gentle form of seated yoga where the chair is used for support and relaxation. Yoga poses will be demonstrated with class participation.

Mindfulness and breathing techniques will be taught as stress coping mechanisms are learned. Relaxing music will accompany the class along with battery operated candles and homemade organic lavender spray to create proper ambiance. Class will end with a warm lavender cloth while practicing quiet comfort. This class is for all fitness levels, body type, abilities ect.

No yoga experience needed to attend class.

Class is one hour long, as stated above a chair will be used all other equipment will be provided.

*Please note that all cloths will be dipped in lavender. If there are allergy restrictions notice will need to be given so plain cloths can be provided.

PROGRAM SCHEDULE

9-7-20
10-11-20
1-3-21
2-21-21
3-14-21
4-1-21
4-11-21
5-17-21

Class length will be from 2:30-3:30 with Stephanie Jackson having access to enter the location a half hour earlier at 2pm for preparation.

FEE SCHEDULE

The presenter will be paid the following fee in the form of multiple checks issued by Bullitt County Public Schools. The presenter will conduct a total of 8 Yoga Stress Relief Sessions over the time period listed above at a cost of \$100 per session. The presenter will email an itemized statement after each session has been completed wherein payment will be remitted within 15 days.

Presenter Fee Total \$800.

PRESENTER RESPONSIBILITIES

- *Presenter will provide W-9 to BCPS
- *Presenter will provide all cloths and items used to create proper setting
- *Presenter will provide promotional materials if requested and gives BCPS permission to promote classes, use photography for promotions for Southern Charm Yoga.
- *Presenter will contact BCPS as soon as possible should there be any change to the session content, schedule or availability.

BCPS RESPONSIBILITIES

- *BCPS will promote session to teachers and staff
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