

MT. DIABLO UNIFIED SCHOOL DISTRICT
1936 Carlotta Drive
Concord, CA 94519

**AGREEMENT BETWEEN
MT. DIABLO UNIFIED SCHOOL DISTRICT
AND INDEPENDENT CONTRACTOR**

THIS AGREEMENT is made this 1 day of July, 2021, by and between the Mt. Diablo Unified School District (hereinafter "District") and Mindful Life Project (hereinafter "Contractor").

District hereby engages Contractor to render services under the terms and conditions of this Agreement.

1. Performance of Services

- (a) Contractor agrees to perform the services described on Exhibit "A" (hereinafter "Services") on page 5 of this Agreement as an independent contractor. Contractor will determine the means, manner, method, and details of performing the Services. Contractor shall be responsible for providing the materials, tools and transportation necessary for the performance of the services. Contractor may, at Contractor's own expense, use non-District employees to perform the Services under this Agreement. Subcontractors may be used only with the written approval of the District.
- (b) Contractor represents that Contractor has the qualifications and ability to perform the Services in a professional manner, without the advice, control, or supervision of the District. Contractor shall be solely responsible for the professional performance of the services, and shall receive no assistance, direction, or control from District. Contractor shall have sole discretion and control of Contractor's services and the manner in which they are performed.

2. Compensation. District agrees to compensate Contractor for the performance of the services on the following basis:

Not to exceed \$127,500.00 for Services.

The basis of the fee for Services shall be as follows:

a. \$ _____ per hour, b. \$ _____ per day, or c. \$ _____ per engagement.

01 - 7425 - 5001 - 3120 - 34250 - 000 - 505 - 002 - 5800 \$ 15,000.00

01 - 3182 - 1110 - 1000 - 32820 - 000 - 273 - 273 - 5800 \$ 37,500.00

01 - 3010 - 1110 - 2420 - 30700 - 000 - 231 - 231 - 5100 \$ 37,500.00

01 3010 1110 2420 BUDGET CODE(S) 30700 000 152 152 5100 37,500.00

Check One:

Partial Payments: Contractor shall invoice District on a monthly basis or as agreed to for all hours worked pursuant to this Agreement.

Partial Payments: District shall make a payment per schedule detailed in Exhibit A. District Administrator will verify invoice indicating that all required services have been performed by each timeline.

Payment in Full: Contractor shall invoice District on completion of services. District Administrator will verify invoice indicating that all required services have been performed.

Contractor shall be responsible for all expenses incurred in association with the performance of the Services.

3. Term and Termination. This Agreement will become effective on 06/18/2021. This Agreement will terminate upon the completion of the Services or when terminated as set forth below.

Either party may terminate this Agreement at any time by giving thirty (30) days written notice to the other party. Should either party default in the performance of this Agreement or materially breach any of its provisions, the non-breaching party may terminate this Agreement by giving written notice to the breaching

party. Termination shall be effective immediately on receipt of said notice. Upon termination of this Agreement, District will compensate Contractor only for services satisfactorily rendered to the date of termination.

4. Relationship of the Parties. Contractor enters into this Agreement as, and shall continue to be, an independent contractor. Under no circumstances shall Contractor be considered an employee of District within the meaning of any federal, state, or local law or regulation including, but not limited to, laws or regulations governing unemployment insurance, old age benefits, workers' compensation, industrial illness or accident coverage, taxes, or labor and employment in general. Under no circumstances shall Contractor look to District as his/her employer, or as a partner, agent, or principal. Contractor shall not be entitled to any benefits accorded to District's employees, including, without limitation, workers' compensation, disability insurance, vacation, or sick pay. Contractor shall be responsible for providing, at Contractor's expense, and in the Contractor's name, disability, workers' compensation or other insurance, as well as licenses and permits usual or necessary for conducting the Services hereunder.

Contractor shall pay, when and as due, any and all local, state and federal income or other taxes incurred as a result of Contractor's compensation hereunder, including estimated taxes, and shall provide District with proof of said payments upon demand.

5. Fingerprinting and Criminal Records Check of Contractor's Employees. Contractor shall comply with the provisions of California Education Code §45125.1 regarding the submission of fingerprints to the California Department of Justice and the completion of criminal background investigations of the contractor and/or its employees. To the extent Education Code §45125.1 is applicable, Contractor shall not permit any employee to have any contact with District pupils until such time as Contractor has verified in writing to the governing board of the District that such employee has not been convicted of a felony, as defined in Education Code §45125.1. Contractor shall provide the certification document attached hereto as Exhibit ____ prior to commencing work under this Agreement.

6. Rules and Regulations. All rules, policies, and regulations of the Mt. Diablo Unified School District Board of Education and all federal, state, and local laws, ordinances and regulations are to be observed strictly by Contractor pursuant to this Agreement.

7. Indemnification. Contractor shall hold harmless, defend and indemnify District and its officers, elected and appointed officials, employees and volunteers from and against any and all liability, loss, damage, expense, costs (including without limitation costs and fees of litigation) of every nature arising out of or in connection with Contractor's performance of work hereunder or its failure to comply with any of its obligations contained in this agreement, except such loss or damage which was caused by the sole negligence or willful misconduct of the District.

8. Insurance. Contractor shall procure and maintain for the duration of the agreement insurance against claims for injuries to persons or damages to property which may arise from or in connection with the performance of the work hereunder and the results of that work by the Contractor, his agents, representatives, employees or subcontractors. Insurance is to be placed with insurers with a current A.M. Best's rating of no less than A:VII, unless otherwise acceptable to the District.

Coverage shall be at least as broad as:

1. **Commercial General Liability (CGL):** Insurance Services Office Form CG 00 01 covering CGL on an "occurrence" basis, including products and completed operations, property damage, bodily injury and personal & advertising injury with limits no less than **\$2,000,000** per occurrence. If a general aggregate limit applies, either the general aggregate limit shall apply separately to this project/location or the general aggregate limit shall be twice the required occurrence limit (with aggregate limit no less than **\$4,000,000**). **EXCEPTION:** Contracts of less than \$7,500 need only provide general liability insurance of \$1,000,000 per occurrence.
2. **Automobile Liability:** ISO Form Number CA 00 01 covering any auto (Code 1), or if Contractor has no owned autos, hired, (Code 8) and non-owned autos (Code 9), with a limit no less than **\$1,000,000** per accident for bodily injury and property damage.
3. **Workers' Compensation:** as required by the State of California, with Statutory Limits, and Employer's Liability Insurance with limit of no less than **\$1,000,000** per accident for bodily injury or disease.

4. **Other Coverages When Applicable:**

Purchase Requisition # _____

- a. **Professional Liability/Errors & Omissions Liability:** \$1,000,000/occurrence, \$2,000,000/aggregate.
- b. **Sexual Abuse and Molestation Coverage:**
- c. **Cyber Insurance:**
- d. **Other:**

If the contractor maintains higher limits than the minimums shown above, the District requires and shall be entitled to coverage for the higher limits maintained by the contractor.

The insurance policies are to contain, or be endorsed to contain, the following provisions:

Additional Insured Status

The District, its officers, officials, employees, and volunteers are to be named as additional insured by endorsement to the Commercial General Liability policy with respect to liability arising out of work or operations performed by or on behalf of the Contractor including materials, parts or equipment furnished in connection with such work or operations.

Primary Coverage

For any claims related to this contract, the Contractor’s insurance coverage shall be primary insurance as respects the District, its officers, officials, employees, and volunteers. Any insurance or self-insurance maintained by the District, its officers, officials, employees, or volunteers shall be excess of the Contractor’s insurance and shall not contribute with it.

Notice of Cancellation

Each insurance policy required above shall provide that coverage shall not be canceled, except with notice to the District.

INSURANCE REQUIREMENTS

No waiver will be granted to eliminate the insurance requirements outlined in this contract. However, in special circumstances, certain insurance requirements may be modified or waived. The following items in Insurance, Section 8, are hereby waived or modified as follows (note, a waiver for one type of insurance does not constitute waiver for all):

Limits: _____

Other: _____

The initials of the Superintendent, or his/her designee, and the General Counsel, are **required** to waive or modify any Insurance requirements in this Agreement:

Superintendent or
his designee

General Counsel

- 9. Ownership of Designs and Plans. Contractor agrees that all designs, plans, reports, specifications, drawings, schematics, prototypes, models, inventions and all other information and items made during the course of this Agreement and arising from the Services shall be owned by and assigned to District as its sole and exclusive property.
- 10. Limitation of District Liability. Other than as provided in this Agreement, District’s financial obligations under this Agreement shall be limited to the payment of the compensation provided in this Agreement. Notwithstanding any other provision of this Agreement, in no event, shall District be liable, regardless of whether any claim is based on contract or tort, for any special, consequential, indirect or incidental damages, including, but not limited to, lost profits or revenue, arising out of or in connection with this Agreement for the services performed in connection with this Agreement.
- 11. Notice. Any notice required or permitted to be given under this Agreement shall be deemed to have been given, served and received if given in writing and either personally delivered or deposited in the United States mail,

Purchase Requisition # _____

registered or certified mail, postage prepaid, return receipt required, or sent by telegram, overnight delivery service, or facsimile transmission, addressed as follows:

DISTRICT

CONTRACTOR

Mt. Diablo Unified School District
1936 Carlotta Drive
Concord, CA 94519-1397
Attn: Superintendent

Bus. Name: Mindful Life Project
Attn: JG Larochette
Address: 124 Washington Ave, Suite B
Richmond, CA 945801
Phone: 510-517-6290
Fax: _____
Email: ig@mindfullifeproject.org
Tax ID #: 47-5066819

Any notice personally given or sent by telegram or facsimile transmission shall be effective upon receipt. Any notice sent by overnight delivery service shall be effective the next business day following delivery thereof to the overnight delivery service. Any notice given by mail shall be effective three (3) days after deposit in the United States mail.

- 12. Entire Agreement of Parties. This Agreement constitutes the entire agreement between the parties and supersedes all prior discussions, negotiations and agreements, whether oral or written. This Agreement may be amended or modified only by a written instrument executed by both parties.
- 13. California Law. This Agreement shall be governed by and the rights, duties and obligations of the parties shall be determined and enforced in accordance with the laws of the State of California. The parties further agree that any action or proceeding brought to enforce the terms and conditions of this Agreement shall be maintained in Contra Costa County, California.
- 14. Attorneys' Fees. If either party files any action or brings any proceedings against the other arising out of this Agreement, the prevailing party shall be entitled to recover, in addition to its costs of suit and damages, reasonable attorneys' fees to be fixed by the court. The "prevailing party" shall be the party who is entitled to recover its costs of suit as awarded by a court of competent jurisdiction, whether or not suit proceeds to final judgment. No sum for attorneys' fees shall be counted in calculating the amount of a judgment for purposes of determining whether a party is entitled to its costs or attorneys' fees.
- 15. Waiver. The waiver by either party of any breach of any term, covenant, or condition herein contained shall not be deemed to be a waiver of such term, covenant, condition, or any subsequent breach of the same or any other term, covenant, or condition herein contained.
- 16. Equal Employment Opportunity. It is the policy of the District that, in connection with all work performed under District agreements, there shall be no discrimination against any employee or applicant for employment because of race, color, religious creed, national origin, ancestry, marital status, sex, sexual orientation, age, disability or medical condition and therefore the Contractor agrees to comply with applicable federal and state laws. In addition, the Contractor agrees to require like compliance by all subcontractors employed on the work.

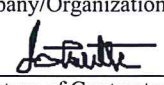
IN WITNESS WHEREOF, the parties hereto have executed this Agreement on the date first above written.

MT. DIABLO UNIFIED SCHOOL DISTRICT

Mindful Life Project

Name of Company/Organization or Independent Contractor/Consultant

By:  _____
Signature of Principal/Budget Administrator Date

By:  6/18/2021
Signature of Contractor/Consultant Date

Title: Wendi Aghily, Chief - Pupil Services and Sp
Print Name and Title

Title: JG Larochette
Print Name and Title

Purchase Requisition # _____

Authorized and Approved by:

Wendi Aghily 6/23/21
Superintendent/Designee Date

Prior to commencement of service, sign and forward completed original contract packet to Purchasing.

Wendi Aghily 6/23/21
Originator's Signature Date
Wendi Aghily, Chief - Pupil Services and Special Education
Print Name of Originator and Title

Pupil Services and Special Education
Site/Department Originating this Contract

Billing Address if reimbursed by outside agency—i.e. ASB, PTA, PFC

Distribution
original: Purchasing with Purchase Order
copy: Contractor
copy: Accounts Payable/Fiscal
copy: Originator/Budget Administrator

Purchase Requisition # _____

EXHIBIT "A"

LIST OF SERVICES, INCLUDING DATE(S), TO BE PERFORMED BY CONTRACTOR

IF PARTIAL PAYMENTS ARE TO BE MADE TO CONTRACTOR ON A SCHEDULE
AS INDICATED ON PAGE 1, PLEASE LIST PAYMENT SCHEDULE HERE
(NOTE THAT ALL PAYMENTS ARE GENERATED FROM AN INVOICE).

See Attached

EXHIBIT "B"

Contractor REQUIRED to Complete

FINGERPRINTING AND CRIMINAL BACKGROUND CHECK CERTIFICATION

Name of Contractor:	Mindful Life Project
Services to be performed under the Agreement:	Virtual Training for Staff, Students and Families
School(s) and Specific Location(s) where services will be performed:	District-wide
Term of Agreement:	July 1, 2021 - June 30, 2022
<i>Check the applicable box(es) and fill in any blanks.</i>	
1	<input checked="" type="checkbox"/> <p>The Contractor hereby certifies that it has completed the criminal background check requirements of Education Code (EC) section 45125.1 and that none of its employees that may come into contact with District students have been convicted of a violent felony listed in Penal Code section 667.5(c) or a serious felony listed in Penal Code section 1192.7(c). The following employees have successfully completed fingerprinting and criminal check clearance in accordance to law: (attach and sign additional pages, as needed)</p>
2	<input type="checkbox"/> <p>The Contractor hereby certifies that its employees/subcontractors will have NO CONTACT with pupils. (No school-site services will be provided.)</p>
3	<input type="checkbox"/> <p>The Contractor hereby certifies it qualifies for a waiver of the Department of Justice (DOJ) fingerprint and criminal background investigation for the following reason: Contractor and its employees/subcontractors will have LIMITED CONTACT with pupils. (Attach and sign additional page(s) with information about length of time on school grounds, proximity of work area to pupil areas; whether Contractor/its employees will be working by themselves or with others, whether Contractor will be under continued monitoring/surveillance by a District employee (provide name and title of District employee) and any other factors that substantiate limited contact.) [EC 45125.1 (c)]</p>

Certification by Contractor

"I certify under penalty of perjury that the information provided herein is true and accurate. I further acknowledge that during the term of my Agreement with the District, if I learn of additional information which differs from the responses provided above, I promise to forward this additional information to the District immediately."



Authorized Contractor Signature

JG Larochette

6/18/2021

Print Name

Date



Mindful Life Project

Healing Communities One Breath at a Time

124 Washington Ave., Suite B, Richmond, CA 94801

MDUSD and MLP Potential Scope of Work: Processing the Past, Cultivating Presence and Building for the Future

Dear MDUSD Leadership,

It has been such an honor to be in partnership with the schools we are lucky to serve in MDUSD as well as our mindfulness for whole communities programming we did in the Fall. The last year has brought some of the most challenging times in recent history for everyone and in overwhelming ways for districts, their employees and for parents/caregivers and their kids. We would be humbled and honored to be of service to your district and school staff in June to process, heal and be empowered to start the upcoming school year with optimism, mission oriented and minimizing the thoughts and emotions of worrying about the future. The importance of mental and emotional well-being supports has never been so high so we are honored to be considered to be a partner in supporting this important need during this critical time.



Our Work

Mindful Life Project is an educational nonprofit that supports the mental and emotional wellbeing of students, teachers, school leaders, families and other partnering organizations, through our highly regarded mindfulness based social emotional learning programming. We create a strong foundation of wellbeing at the individual level which leads to healthy school cultures where all students feel safe, welcomed, valued, and can thrive socially and academically. MLP has quickly become the largest direct service mindfulness organization in the country and has been highlighted as a premier organization both nationally and internationally.

Mindfulness

Mindfulness is a science based practice that gets individuals to experience life in the present moment through a nonjudgmental lens, where one can notice emotions, thoughts, physical sensations, and all of life's experiences in a healthy non-reactive way. Mindfulness has been scientifically proven to improve the brain's optimal functioning. Studies show that mindfulness rewires the brain and specifically decreases activity in the area of the brain most affected by stress and trauma, "MRI scans show that after an eight-week course of mindfulness practice, the brain's 'fight or flight' center, the amygdala, appears to shrink. This primal region of the brain, associated with fear and emotion, is involved in the initiation of the body's response to stress. As the amygdala shrinks, the prefrontal cortex – associated with higher order brain functions such as awareness, concentration, and decision-making – becomes thicker. Mindfulness literally changes the architecture of the brain so it can provide mental and emotional well-being.

Scope of work

Mindful Life Project will:

Phase 1 (July-September, 2021):

- MLP will bring our highly regarded Mindful Educator Training (MET) to the different MDUSD leadership groups. This training will be for a total 5-6 hours over two to three weeks or five to six weeks depending on what MDUSD sees as being the best fit for their time frame needs. The training will be focused on improving all staff wellness, and simultaneously planting ideas on early implementation into departments and school site for building a community of practice. This training will provide an in-depth understanding of what mindfulness is, the brain science, trauma informed best practices, and encompass a thorough understanding emphasis on how to lower teacher stress and reactivity and increase wellness. The training creates an overall understanding of how stress impacts the individual and how that can impact student learning. Teachers will learn science based practices that increase mindfulness, compassion, trust, and safety between teachers and students. This training can be done in person or virtually.
Cost: \$2,500 per cohort

Phase 2 (September-October, 2021):

- After completion of the MET, MDUSD and MLP will work on strategic planning for the best implementation of mindfulness based emotional intelligence training for MDUSD staff. Options include:
 - Weekly optional mindfulness sessions for everyone
 - Weekly or bi-weekly mindfulness per department group
 - Monthly “Feeder School Group” mindfulness sessions
 - Mindfulness videos by MLP for daily practice
 - Mindful Leadership Course
 - and more!

We are thrilled and honored to be considered as a potential partner in collaborating with you on creating extremely strong supports for staff mental and emotional wellness.

In gratitude,

JG Larochette
Founder and Director
Mindful Life Project
jg@mindfullifeproject.org
510.517.6290

Our Mission

Mindful Life Project's mission is to empower students, educators and families through mindfulness based social emotional learning programming to gain self-awareness, confidence, self-regulation and resilience, leading to lifelong success.

The Need

Mindful Life Project's partner school students and families often encounter heightened exposure to Adverse Childhood Experiences (ACEs) due to generational poverty and violence. This exposure contributes to primary or secondary trauma in the students we serve as well as the educators that work with them. Additionally, people who are exposed to ACEs are much more likely to have symptoms of toxic stress. "Toxic stress, unlike manageable stress, refers to the long-term changes in brain architecture and organ systems that develop after extreme, prolonged and repeated stress goes untreated. Exposure to ACEs may put our children at higher risk for learning difficulties, emotional problems, developmental issues and long-term health problems."

(<http://www.centerforyouthwellness.org>). Mindfulness creates the deep awareness of seeing life experiences through a nonjudgmental lens, where individuals can notice emotions, thoughts, physical sensations, and all of life experiences in a healthy non-reactive way. Mindfulness has been scientifically proven to improve the brain's optimal functioning. Studies show that mindfulness rewires the brain and specifically decreases activity in the area of the brain most affected by trauma, "MRI scans show that after an eight-week course of mindfulness practice, the brain's 'fight or flight' center, the amygdala, appears to shrink. This primal region of the brain, associated with fear and emotion, is involved in the initiation of the body's response to stress. As the amygdala shrinks, the prefrontal cortex – associated with higher order brain functions such as awareness, concentration and decision-making – becomes thicker (<https://blogs.scientificamerican.com/guest-blog/what-does-mindfulness>) Our programs not only improve social-emotional skills but also can promote healthy physiological change.

Mindful Life Project uses a multi-layered approach to improve educational experiences not only through transformative services with students, but also by supporting parents, teachers and administrators. As a result, in the short term, Mindful Life Project alleviates student trauma, decreases discipline incidents, improves classroom learning environments and improves academic achievement. We do this through our two direct service programs and staff and family trainings.

Our Direct Service Programs

Mindful Community

In Mindful Community, students and teachers learn mindfulness-based social-emotional skills in engaging and culturally relevant ways designed to connect with everyday experiences. Lessons are 25-minutes long and delivered once per week to every classroom in a partner school. Teachers are also trained to provide mindfulness in their classroom on a daily basis to compliment our direct services for maximum impact. This

year, we are serving over 11,000 students at 25 Title 1 schools across the Bay Area through Mindful Community.

Rise-Up

To complement Mindful Community's whole school approach, we support the most "at-risk" students in our deeper intervention and prevention pullout program, Rise-Up. In Rise-Up, we support eight students per grade level to deepen their mindfulness practice and use expressive arts, yoga and performing arts to release stress and trauma so that they can thrive in the whole school community. These Sessions are often twice per week and are 45-minutes long. Students are referred to the program by principals, teachers, COST teams, and counselors. This year, we are serving 750 students at the same 25 schools as Mindful Community.

Staff and Family Mindfulness: At Mindful Life Project we believe that the only way to serve is serving the whole child and the whole community. We lead weekly mindfulness sessions for each of our partners school staff as well as for parents in both English and Spanish at all of our direct service partner schools. Additionally, we would love to support your Wellness Room for both students and staff as part of our programming.

MLP Impact

Over our eight years of providing direct service programs we have made a deep impact on students and school communities. Some of this impact is represented by our data:\

- Suspensions have **declined on average by 54 percent** at our partner schools.
- 86 percent of classroom teachers have reported that our programs have created **21 minutes of additional quality academic teaching time per day.**

Percentage of teachers who saw improvement in their students due to MLP programs in...

- Self-awareness 88%
- Ability to pay attention 79%
- Ability to settle down 86%
- Impulse control 78%
- Relating to one another 84%

Direct Service Programming Costs:

- 5 days a week of an MLP Coach for the whole school year (Full Mindful Community, Full Rise-Up, & teacher and family mindfulness) for Riverview Middle School, El Dorado Middle School and Meadow Homes Elementary School = **\$37,500**