**UHS Mindfulness Proposal**

In accordance with the Needs Assessment data related to student wellness and input from parents and students who were present at the last School Council and UHSPA meetings when Jordan Wiley-Hill presented on Mindfulness, UHS administration would like to make a recommendation to our finance sub committee. We recommend that we utilize non-designated tax credit funds not to exceed $2,880 for Mindfulness training in our 6 Health classes this school year. These sessions would directly benefit approximately 200 students in the area of wellness.

In addition to the monies requested, we would like to recommend that a pre and post survey/assessment be given to students in an attempt to determine the benefit students demonstrate through this format of Mindfulness training. We would seek student, parent, Mindfulness trainer, and school staff input for the creation of the survey/assessment that would be utilized.

**Semester 1 (24 sessions X $60 = $1,440)**

Period 4 – 8 sessions during 60 minute class periods (Thursday &/or Friday)

Period 5 – 8 sessions during 60 minute class periods (Thursday &/or Friday)

Period 6 – 8 sessions during 60 minute class periods (Thursday &/or Friday)

**Possible dates for the 8 sessions semester 1:**

October 27

October 28

November 3

November 4

November 10

November 17

November 18

December 1

December 2

December 8

December 9

December 15

December 16

**Semester 2 (24 sessions X $60 = $1,440)**

Period 4 – 8 sessions during 60 minute class periods (Thursday &/or Friday)

Period 5 – 8 sessions during 60 minute class periods (Thursday &/or Friday)

Period 6 – 8 sessions during 60 minute class periods (Thursday &/or Friday)

**Possible dates for the 8 sessions semester 2 though the earlier the better so students can utilize their new skills:**

January 19

January 20

January 26

January 27

February 2

February 3

February 9

February 16

March 2

March 3

March 9

March 10

March 16

March 30

March 31

April 6

April 7

April 13

April 20

April 21

April 27

April 28

May 4

May 5

May 11

May 18