

ENTER LOGO

MEMORANDUM OF UNDERSTANDING BETWEEN  
SCHOOL AND ORGANIZATION

The purpose of this Memorandum of Understanding (MOU) between ORGANIZATION and SCHOOL is to delineate the relationship among the parties related to the delivery and implementation of the mindfulness opportunity. The term of this MOU shall be two semesters, beginning MONTH/YEAR.

SCHOOL WILL:

- Provide champion/s who will meet with Mindfulness Trainer and Implementation Coach as necessary.
- Provide space and a supportive environment for ongoing mindfulness practice.
- Encourage and incentivize commitment of staff to attend and participate in six-session course.
- Develop a school plan to integrate mindfulness practice for staff and students.
- Complete surveys/evaluations related to quality of training, use of practice, impact on self-care and coping strategies, use with students, and perception of student use of coping strategies, etc.
- Report selected Youth Risk Behavior Survey data.
- Complete mindfulness activities as outlined in the application.
- Commit to two semesters of participation, beginning MONTH/YEAR.
- Meet with Project Director a minimum of two times per grant period.

SCHOOL MINDFULNESS CHAMPION/S WILL:

- Meet with Mindfulness Trainer prior to class start to determine a schedule for mindfulness training to occur and confirm rosters of staff participation.
- Participate in the six-session mindfulness course when offered in the school.
- Cultivate own mindfulness practice for stress reduction, wellbeing, and support.
- Connect with other school champions implementing mindfulness.
- Hold regular weekly mindfulness practice sessions for building staff.
- Integrate mindfulness practice into staff/building meetings to support a mindful school climate and support building staff.
- Serve as building resource for mindfulness.
- Maintain communication with grant staff.
- Play a role in the development of the school plan to foster and sustain mindfulness practice.
- Assist with completion of staff surveys/evaluations related to quality of training, use of practice, impact on self-care and coping strategies, use with students, and perception of student use of coping strategies, etc.
- Report monthly progress and activities related to mindfulness practice in the school.
- Provide attendance for six-session trainings and implementation workshops.

ORGANIZATION WILL:

- Provide training in mindfulness-based practice for up to 30 teachers and school staff (six-session course; 90 minutes per session, over a 6-12 week period.)
- Provide Mindfulness Implementation Coach to assist in the development of a plan to integrate mindfulness practice for staff and students at school.
- Provide a AMOUNT stipend for School Mindfulness Champion, following school policies and procedures for payment. Stipend may be split among more than one champion. Stipend may be paid to ORGANIZATION for distribution to School Mindfulness Champions.
- Distribute pre-post surveys/evaluations related to quality of training, use of practice, impact on self-care and coping strategies, use with students, and perception of student use of coping strategies, etc.

The undersigned individuals represent and warrant that the parties to this MOU on whose behalf they are signing have delegated signature authority.

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NAME, School Mindfulness Champion Date  
SCHOOL

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NAME, Principal Date  
SCHOOL

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NAME, Superintendent Date  
SCHOOL

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NAME, POSITION Date  
ORGANIZATION

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NAME, Project Director Date  
ORGANIZATION

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NAME, Position Date  
ORGANIZATION