



# Teaching Well Offerings for Making Waves 2020 - 21 Snapshot



Goal of Partnership: As Making Waves continues to develop excellent environments for youth, it is necessary for adult staff to personally grow and unpack what's in their invisible backpacks to help them continue to evolve in service to the Making Waves Community. The partnership with The Teaching Well will provide tools for all adult staff to explore their identities, communication styles, and their natural responses to stress/trauma in order to be more effective, resilient leaders for Making Waves' students and families.

Workshops	Description	Time	Cost
<b>Executive Team Introduction to Educator Sustainability</b>	This workshop uses research and design thinking processes to consider what it means to be a Making Waves leader and how to powerfully lead educators and support students while managing the stress and uncertainty of this time.	90 minutes	\$2,000
<b>Mindful Mentoring for 21 Educators</b>	<p>One-on-one Mindful Mentoring sessions for Teachers, School Leaders and Office Staff allow wellness to be fully-integrated into your school culture.</p> <p>Non-evaluative sessions are uniquely catered to each educator's learning style and experience level.</p> <p>One of these slots must be held for the school leader as this will allow our support to be aligned with school vision and support lines of communication between leaders and staff.</p> <p>** MWA has the option to reduce to 14 teachers being mindfully mentored and repurpose these funds to other endeavors**</p>	Up to 6 Days per Month	\$38,047
<b>2 Part Workshop Invisible Backpack: Exploring how our experiences impact how we</b>	<p>As educators, we come to teaching with visions for our students and a backpack of our own experiences, that unconsciously impact how we engage with our students and colleagues.</p> <p>Over the course of this 2-part experiential session, we will work together to explore the contents of our backpack and how this interacts with how we show up for our community.</p> <p>*Note: Whole-staff time is critical to foster the most effective support for 1-1 mindful mentees.</p>	4 hours	\$6,000

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<b>Workshops</b>	<b>Description</b>	<b>Time</b>	<b>Cost</b>
<b>Mini-Workshops</b>	Over the course of the year, we will offer three 15-45 minutes sessions of mindfulness or wellness strategies to your whole team. <i>This will be offered at no cost.</i>	90 minutes	\$0
<b>Spring Research for Mindful Mentees and their grade level or Dept colleagues (&lt;30% of staff)</b>	<p>A 3rd party doctoral research consultant will meet with teachers at your school two times per year to collect data around administrator support, colleague interactions, and teacher agency.</p> <p>Research report will then be given to leadership to course correct mid-year/or for 21-22 school year and create cost-efficient solutions for their team, rooted in sustainability.</p> <p>This will be research to prove efficacy of Teaching Well’s impact as well as determine systematic stressors in the work environment within the pilot cohort.</p>		\$6,000
<b>Quarterly Executive Leadership Meeting</b>	These 60 minute sessions are a way to connect the needs of the school community, hear the context of school leaders and facilitate systems of well-being from the top down. We will use this time to reflect on spring research and ensure alignment between staff-level and leadership-level work.	4 hours	\$4,000
<b>Total</b>			<b>\$56,047</b>

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## **Contract Agreement**

### **Making Waves Academy + The Teaching Well**

### **2020-2021 School Year**



This agreement describes the mutual responsibilities and commitments of Making Waves Academy (MWA) and The Teaching Well to reach the goals set forth in this document.

#### **Overview**

The Teaching Well is a 501c3 tax-exempt nonprofit organization. (EIN: 83-3026062)

#### **The Teaching Well's Mission and Vision**

We believe that the health and wellness of educators makes a critical difference in school culture, teacher retention, and the lives of students. We are committed to cultivating healthy, resilient educators. To achieve this, we provide a variety of leadership, mindfulness and nutrition offerings for your community site or district.

#### **Goals of this Project**

This project seeks to support the health and wellness of the Making Waves Academy educator community.

#### **Deliverables**

- ↪ The Teaching Well shall facilitate, co-create and manage up to 9 hours of Whole Professional Development for MWA educators and leadership
- ↪ The Teaching Well shall provide MWA with bi-weekly Mindful Mentoring sessions to a select group of up to twenty-one teachers as determined by Executive Leadership
- ↪ The Teaching Well shall provide one action research cycle to identify MWA educator ethos and systems or interactions that disconnect staff from embodying MWA values.
- ↪ The Teaching Well shall provide Quarterly review meetings with Executive Leadership to build fluency around educator well-being, collective wellness systems and difficult communication practice.

#### **Commitments by The Teaching Well**

- ↪ Our commitment is to provide the best possible support to our Partner Sites. On a regular basis, The Teaching Well will solicit formal and informal feedback from

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participants in The Teaching Well programs and from leaders in Partner Sites, and we will use this data and information to improve our work.

- Sensitive matters discussed by school staff with The Teaching Well employees shall be held in strictest confidence.

### **Commitments by Making Waves Academy (MWA)**

- MWA will provide The Teaching Well with access to a private room suitable for both Workshops, Mindful Mentoring and Professional Development.
- MWA will honor the time of mindful mentoring by ensuring that teachers have the space and time to engage 100% and will not be asked to do alternative tasks.
- MWA will honor the planning time needed by scheduling professional development at least two months in advance. If the professional development needs to be rescheduled it must be within a two-week window of the originally scheduled time or it cannot be renewed.

### **Scope of Work**

See pages 1-2 of this document

### **Payment Terms**

The following payment terms will be noted in the contract once the scope of work has been approved:

- Making Waves Academy will receive this agreement from The Teaching Well by June 1st, 2020 and has 1 week to sign the agreement. Once the agreement is signed and received by The Teaching Well, the Teaching Well will send a final copy of the signed agreement and invoice for 50% of the total cost (\$28,024) within two weeks. This invoice will be due within 10 business days.
- Based on the needs and request of MWA leadership through the year the allocation of funds may be adjusted, re-organized and re-structured. This budget may also be increase with an addendum contract, but may not be decreased after the signing of this contract.

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Dr. Evangelia Ward Jackson

Date

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Kelly Knoche

Date

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