



SOUTH SAN ANTONIO INDEPENDENT SCHOOL DISTRICT

Agenda Item Summary

Meeting Date: August 4, 2025

Agenda Section: Consent

Agenda Item Title: Head Start Quote from Yoga Day for Social Emotional Learning Support

From: Dr. Gutierrez, Deputy Superintendent

Additional Presenters if Applicable: Rebecca Herrera, Program Administrator

Description: "Yoga Days" for pre-K self-support offers a unique and highly beneficial approach to early childhood development. These dedicated days provide a structured yet playful environment for young children to explore and understand their emotions, build body awareness, and develop crucial self-regulation skills. Through simple poses and mindful breathing exercises, pre-K children learn to calm themselves, focus their attention, and cope with common frustrations, laying a vital foundation for emotional resilience and academic readiness. Moreover, the group setting of Yoga Days fosters a sense of community and empathy, encouraging children to support each other and develop positive social interactions, all while promoting physical health and flexibility.

Historical Data: "Yoga Days" have been increasingly integrated into educational settings for their benefits. For three years now, SSAISD has embraced this collaboration, recognizing the positive impact of yoga on student well-being and academic readiness. This sustained partnership reflects a commitment to providing holistic support, fostering a mindful environment for students to thrive by enhancing their focus, self-regulation, and emotional resilience—all crucial components that directly contribute to improved concentration, memory, and overall academic achievement in the classroom. The continued engagement signifies a successful integration of these practices into the district's broader educational strategy.

Recommendation: SSAISD strongly recommends that the Board of Managers continue our invaluable partnership with Yoga Days. This collaboration directly supports the Social Emotional Learning of our pre-kindergarten students. The program's proven effectiveness in fostering mindfulness, self-regulation, and body awareness through engaging, age-appropriate activities perfectly aligns with our commitment to delivering high-quality, evidence-based early childhood education.

Goal 3: SSAISD will ensure all students are provided a learning environment centered on their well-being that impacts their learning and success.

Funding Budget Code and Amount: 205 E 11- Head Start funds \$16,800



Yoga Day Foundation 203

E. Sunset

San Antonio, TX 78209

Quote #453 for FALL 2025

Mindful movement classes for children focus on standing poses for concentration and balance, movements designed to increase strength and flexibility, breathing exercises that encourage self-control and stress management, games that provide an element of fun and play, and mindfulness techniques that students can use any time. Yoga Day is a TEA accredited organization.

Pre-K classes will be paid for by South San ISD. Two additional classes will be donated by Yoga Day for Kindergarten and first graders.

Hutchins ES –

17 classes for PreK from 9/3/25 – 12/15/25 @ \$150 = \$2550

31 additional classes provided by Yoga Day = (\$4650)

Benavides ES

17 classes for PreK from 9/3/25-12/15/25 @\$150 = \$2550

31 additional classes provided by Yoga Day = (\$4650)

Armstrong ES

17 classes for PreK from 9/3/25-12/15/25 @\$150 = \$2550

31 additional classes provided by Yoga Day = (\$4650)

Carrillo ES

17 classes for PreK from 9/3/25-12/15/25 @\$150 = \$2550

31 additional classes provided by Yoga Day = (\$4650)

(Total Value: \$18600)

TOTAL COST: \$10200



Yoga Day Foundation 203

E. Sunset

San Antonio, TX 78209

Quote #454 for SPRING 2026

Mindful movement classes for children focus on standing poses for concentration and balance, movements designed to increase strength and flexibility, breathing exercises that encourage self-control and stress management, games that provide an element of fun and play, and mindfulness techniques that students can use any time. Yoga Day is a TEA accredited organization.

Pre-K classes will be paid for by South San ISD. Two additional classes will be donated by Yoga Day for Kindergarten and first graders.

Hutchins ES –

11 classes for PreK from 1/10/26 – 4/30/26 @ \$150 = \$1650

25 additional classes provided by Yoga Day = (\$3750)

Benavides ES

11 classes for PreK from 1/10/26 – 4/30/26 @ \$150 = \$1650

25 additional classes provided by Yoga Day = (\$3750)

Armstrong ES

11 classes for PreK from 1/10/26 – 4/30/26 @\$150 = \$1650

25 additional classes provided by Yoga Day = (\$3750)

Carrillo ES

11 classes for PreK from 1/10/26 – 4/30/26 @\$150 = \$1650

25 additional classes provided by Yoga Day = (\$3750)

(Total Value: \$15000)

TOTAL COST: \$6600