

Sacramento City Unified School District
Board of Education Meeting

February 1, 2024

Written Public Comments

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| Name: | Michele Godwin |
| School: | N/A |
| Agenda Item # | 7.0 |
| Comment: | <p>Hello! I'm wondering what the timeline is for selecting the search firm that will work to bring on the new superintendent.</p> <p>Thank you!</p> |

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| Name: | Janina Loncar |
| School: | N/A |
| Agenda Item # | 7.0 |
| Comment: | <p>Hello All,</p> <p>I hope this message finds you well. My name is Janina Loncar, and I'm reaching out to propose my program, Breathe4Release, a Social and Emotional Learning Program designed to enhance self-awareness and mindfulness through yoga and breathwork among your students and educators.</p> <p>Over the past few years, there has been growing awareness of the significance and benefits of Social and Emotional Learning (SEL). This importance is particularly emphasized in the United States, where there has been a noticeable increase in school shootings, student suicides, incidents of bullying and racial injustice. In response to these challenges, Social and Emotional Learning is considered crucial in the U.S. as it effectively addresses the diverse needs of students, contributes to academic success, and prepares individuals to navigate complexities in school and throughout life.</p> <p>In 2022, my spouse and I relocated from Germany to the United States. Having grappled with anxiety and related disorders since childhood, I was advised to explore Self-Awareness and breathing techniques as coping mechanisms. Through various styles of yoga, breathing (meditation), and body awareness practices, I discovered a profound sense of strength and calm. This transformative journey inspired me to complete my 200-hour certified Yoga Teacher Training and 100-hour Kids Teacher Training. Now, fully dedicated to teaching, I aim to pass on what I've learned to future generations. I believe that the coping mechanisms taught through Breathe4Release can contribute to the holistic well-being of every individual.</p> <p>Breathe4Release is designed to teach students and educators the skills necessary to lead an emotionally and mentally balanced life. Age-appropriate self-awareness, mindfulness and breathing techniques have proven benefits for physical health, stress reduction, and mental focus. In fact, the National Library of Medicine states that programs, such as</p> |

Breathe4Release, can contribute to the development of critical skills in children. The implementation of Breathe4Release at your Schools can be helpful to students as well as educators who may be struggling with issues such as anxiety, stress, inattention, internal conflict, anger, low self-esteem, etc., contributing to a positive and beneficial learning environment for both teacher and student.

I would love an opportunity to discuss this proposal with you.

Thank you for your consideration, and I look forward to the possibility of contributing to the well-being of your students.

Sincerely,

Janina Loncar

Owner | Manager

www.trustyoga.com

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|---------------|---|
| Name: | Samuel Hartsell-Jenkins |
| School: | The Met |
| Agenda Item # | 7.0 |
| Comment: | <p>A CBS News article from December 20th, 2023 states that the SCUSD board of education is considering discontinuing the multi-school CIF agreement. I am a student at the Met Sacramento and a Varsity Volleyball player for McClatchy. The fact that 7,700\$ and competition against worse teams are the main concerns that we it is irrefutably more harmful than anything else. It decreases the enrollment of students in charter schools, which are already underfunded and can't have intermural sports because we don't have money for equipment. I spent a year playing sports at the Met Sacramento High School before I became too good to enjoy the low-level volleyball that occurs amongst our small schools. The reason that the intermural leagues aren't as competitive is that we don't have as much funding.</p> <p>The article by CBS News on the board's meeting describes one of the problems being that 7,700 dollars is being spent on 2% of students from small charter schools who are taking advantage of the district's opportunity. How much of that money has been spent on the sports programs at small schools? More students may come to the Met and other small schools if we had money to advertise and create viable, competitive sports teams. This is not just me, but so many other students that the board is undermining by discontinuing the program. There is more I could address that would be easier to say than write. Please let me speak at the next meeting. I will be there.</p> |

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| Name: | Samuel Greenlee |
| School: | N/A |
| Agenda Item # | 7.0 |
| Comment: | <p>Good Afternoon,</p> <p>I am currently attending a conference that has highlighted forthcoming funding opportunities from the federal government's Greenhouse Gas Reduction Funding. It was mentioned that items such as converting school bus fleets to electric or hydrogen, building hydrogen fuel stations for school bus fleets, etc., are priorities. I wanted to make sure this is on the radar for the district and suggest that a collaboration with Paratransit to build a shared hydrogen fuel station for both fleets might be particularly attractive.</p> |