

Yoga and Wellness Club Constitution

Article I Name

1.01 The name of this organization shall be Yoga and Wellness Club.

Article II Purpose

2.01 The purpose of this club is to create a community that promotes an informed and mindful mentality and balanced body. Yoga and Wellness aims to be a club for students of all interests and has a strong focus on volunteer service, mental wellbeing, community health, and a profound appreciation for life.

2.02 Yoga and Wellness represents four different aspects: Yoga, General Health, Mental Health Awareness, and Community Service.

2.03 The Yoga aspect strives to explore and embrace a more reflective and relaxed consciousness through a series of meditation and physical exercises. By thriving on the art of letting go and valuing the importance of the present moment, Yoga aspect hopes to cultivate inner strength and a profound appreciation for life.

2.04 The General Health aspect strives to provide students with health information through seminars, visitors, and materials that will be helpful for any medical careers they may aspire to pursue. Through activities such as Health Fair, Health aspect provides MAST students with the opportunity to learn about the medical field and general health.

2.05 The Mental Health aspect provides students with a safe environment to approach mental health issues for awareness. This is done through key speakers, HIP, school activities, etc.

2.06 The Community Service aspect helps coordinate the club's community service activities and reaches out to the Red Cross and other local non-profit organizations for certain community projects and volunteer opportunities.

Article III Membership

3.01 Membership shall be open to all MAST Academy students in grades 6-12. Membership opportunity must comply with federal laws prohibiting discrimination on the basis of race, sex, handicap, sexual orientation, or political or religious affiliation. Compliance with these laws means that membership, benefits, and the election of officers will not be made on the basis of these factors.

3.02 Other member of the MAST Academy community (such as current faculty, staff, administrators, and alumni) may attend the club's meetings and activities but may not conduct business on behalf of Yoga and Wellness club, vote, hold positions of responsibility including but not limited to elected, appointed, or volunteer positions or be involved in the finances of the club.

3.03 Although grades 6-8 may participate in Yoga and Wellness activities, there are certain restrictions due to age. Middle schoolers may not run for office or attend certain activities such as certain community service events.

3.04 Membership is subject to termination if members do not participate, comply to rules, or disrupt the environment.

3.05 Although there is no membership fee, this is subject to change every new school year at the discretion of the board as needs change and the club evolves.

3.06 Misconduct, whether committed by individuals or groups, reflects negatively on the entire club, as such, is treated in both a serious and fair manner by the Board.

3.07 destruction of property, violence in any form (physical, verbal, or mental), or any other criminal act will not be tolerated and will result in automatic suspension of the offending member's rights and privileges as a club member.

3.08 If a member allegedly violates the club regulations and bylaws, the Board will contact the member for clarification. The board will rule on the case, and decide on appropriate punishment, including probation, suspension, or expulsion from certain activities. This decision cannot be appealed.

- Probation: Club member who has committed an infraction is given a verbal or written warning for a specified time period, yet is allowed to continue participating in all club activities and meetings.

- Suspension: Club member who has committed an infraction, or has violated probation, is given a written letter explaining the reason for suspension and clarification of suspension terms.

- Expulsion: This member is no longer allowed to participate in club events or meetings and is not allowed to use club equipment. This person is no longer considered a member of Yoga and Wellness Club.

3.09 Members must participate in at least one (1) activity per quarter hosted by each aspect to stay in Yoga and Wellness. If this requirement is not met, probation is likely.

Article IV Board of Representatives

4.01 Club board positions include Yoga Aspect Representative, General Health Aspect Representative, Mental Health Awareness Aspect Representative, Community Service Aspect Representative, Yoga/Mental Health Aspect Assistant, General Health/Community Service Aspect Assistant, Treasurer, and Secretary.

4.02 The Executive Board member represents all aspects of the clubs and is responsible for ensuring every aspect is active and well represented. They must be in close contact with the club sponsor and make sure every aspect is up to date with their fundraising and activities. The Executive Board member must show an interest and respect for all aspects of Yoga and Wellness. In moments of conflict, the Executive Board member and Sponsor may serve as the ultimate jurisdiction. The Executive Member shall preside at all meetings of the club and of the Board.

4.03 Aspect Representatives are responsible for providing their members and the MAST community with in-school activities and out of school opportunities.

4.04 Aspect Assistants are responsible for helping their aspects with paperwork, information dissemination, aspect promotion, and activity ideas.

4.05 The Secretary must keep an accurate record of all meetings, keep track of minutes, monitor member participation, assist in the promotion and development of the club, and provide the MAST Activities Director with any forms requested.

4.06 The Treasurer must monitor all money transactions and keep an accurate record of expenses.

4.07 If an activity is monitored by a specific club aspect, the representative and assistant are responsible for keeping proper records of activities and consistently monitoring it. 1

4.08 Board members shall have a proposed list of activities to be sponsored by the club for the school year.

Article V Elections

5.01 The officers of this organization shall be elected annually at a general meeting of the active membership. A majority vote shall be required for elections.

5.02 Each Member shall have one (1) vote.

5.03 Only current enrolled active members are eligible to hold office.

5.04 Students in grades 6-8 are not allowed to run for office but are able to vote.

5.05 Board representatives must maintain a GPA of at least a 3.00.

5.06 If there is no majority vote, the person may be chosen by the Sponsor and Executive member.

5.07 Officers shall be elected for one year or until their successors are elected or appointed, and their term of office shall begin at the close of the general meeting at which they were selected.

5.08 A vacancy in any office, other than that of the Executive member, shall be filled by appointment by the Executive member with the approval of the Sponsor. Should the office of Executive member become vacant, a re-election must be held or the Sponsor may decide.

5.09 Board representatives may be removed if a general club meeting is held and most the club members agree.

5.10 No board member can oversee more than 1 aspect. However, the Executive board member may also oversee representing a specific aspect.

5.11 Aspect founders may serve consecutive years without an election. They may be removed from office if the members hold a meeting to remove the representative from office or if they graduate.

Article VI Meetings

6.01 Monthly general meetings will be held; all club aspects will meet at once.

6.02 The Executive member shall meet with the Sponsor on a daily basis and plan Board meetings.

6.03 Board meetings with all Board members must be held every month in between general club meetings to discuss activities, issues, and discussions to be held during club meetings.

6.04 No meeting shall be called with the intent to exclude anyone member or any portion of the membership.

6.05 The first meeting of the Board shall be held immediately following election to discuss goals for the future school year.

Article VII Club Sponsor

7.01 The Club Sponsor monitors all club activities and is present for meetings. Must provide direction in the area of parliamentary procedure, meeting facilitation, group-building, goal setting, and program planning. Must inform club members of those factors that constitute unacceptable behavior on the part of the club members, and the possible consequences of said behaviors.

7.02 The Club Sponsor is expected to maintain close contact with the Executive Board member and is expected to fairly represent all club aspects.

7.03 Must abide by Miami-Dade Public Schools “Club Advisor Guidelines”.

7.04 The Sponsor to the club must be a full-time staff member of MAST Academy. The Club Sponsor shall serve as a non-voting member of the Board and shall provide guidance and administrative assistance in the preparation of a program of events to be pursued by the club in the forthcoming academic year.

Article VIII Fundraising

8.01 Money fundraised goes towards equipment for club meetings. Another portion of funds would be used for club sponsored projects centered around unity and community. Outreach to the community gives members the opportunity to give back and become involved on different levels.

Article IX Miscellaneous

9.01 This constitution may be amended by at least a two-thirds (2/3) majority vote (must be decided in a general meeting with more than 50% of members present).

9.02 This Constitution and any amendments and changes hereto shall be filed by the club with the Office of Student Activities and shall be available to any member of the club for inspection during school hours.

9.03 The Constitution on file in the Office of Student Activities shall be the official Constitution of the organization.