



Redondo Beach Unified School District  
Health Report:

2019-20

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\* The Los Angeles County Office of Education recommended that all school districts in Los Angeles County close on March 13, 2020 due to COVID-19. For the remainder of the school year, school districts adapted to distance learning. Program modifications due to COVID-19 are noted throughout this report.



# Creating a Healthy Beach Community

Beach Cities Health District (BCHD) has served the communities of Hermosa Beach, Manhattan Beach and Redondo Beach since 1955. It offers an extensive range of dynamic health and wellness programs, with innovative services and facilities to promote health and prevent diseases in every lifespan — from pre-natal and children to families and older adults.

BCHD partners with Redondo Beach School District (RBUSD) to offer programs to increase physical activity, improve nutrition and promote social-emotional well-being. This summary report includes programmatic outcomes and measurable results from the 2019-20 school year. This health report includes best practices that RBUSD has implemented to address the health and well-being of students, families and staff.

In 2005, BCHD created a data-driven strategic planning process to prioritize and outline funding and programmatic decisions. The strategic planning goals strive to measurably improve the health and well-being of Beach Cities residents. These goals have indicators unique to the demographics of youth, adults and older adults.

## 2019–2022 Health Priorities



### Nutrition and Exercise

- Increase fruit and vegetable consumption
- Increase exercise participation
- Reduce percentage of children who are obese or overweight
- Reduce percentage of adults who are obese or overweight



### Social-Emotional Health

- Increase stress management across the lifespan
- Decrease bullying
- Decrease suicidal ideation



### Substance Use

- Reduce alcohol and drug consumption in youth
- Reduce vaping in youth
- Maintain low percentage of adult smokers



### Cognitive Health

- Promote brain health across the lifespan
- Support the cognitively frail



# Key Indicators of Health

Hermosa Beach City School District, Manhattan Beach Unified School District and Redondo Beach Unified School District

Beach Cities Health District partners with the three school districts in the Beach Cities – Hermosa Beach City School District (HBCSD), Manhattan Beach Unified School District (MBUSD) and Redondo Beach Unified School District (RBUSD) – to offer programs that increase physical activity, improve nutrition and promote social-emotional well-being. To determine the community health needs of school-aged youth in the Beach Cities, data from the California Healthy Kids Survey (CHKS) is aggregated across the three school districts. The key indicators of health are included below.

*\*In the 2019-20 school year, RBUSD administered the CHKS in Spring 2020. The results, along with the results from HBCSD and MBUSD, will be aggregated and released in Fall 2020.*

## Missed school



Percentage of students who reported missing school in the past 30 days due to feeling very sad, anxious, stressed or angry

4%

of Beach Cities  
7th graders

9%

of Beach Cities  
9th graders

14%

of Beach Cities  
11th graders

Source: California Healthy Kids Survey, 2018-19

## Bullying



34%

of Beach Cities 7th graders who reported experiencing harassment or bullying within the past 12 months

Source: California Healthy Kids Survey, 2015-2017 and 2018-19

## Suicide



17%

of Beach Cities 11th graders reported seriously considering attempting suicide in the past 12 months

Source: California Healthy Kids Survey, 2018-19

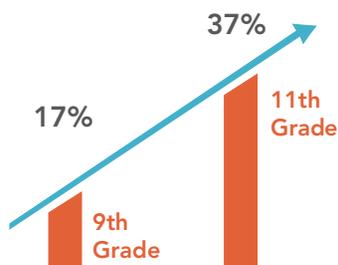
## Sleep



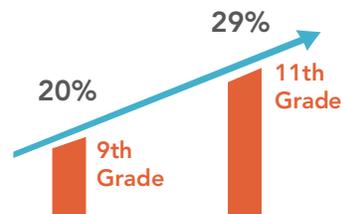
# 20%

of **Beach Cities 11th graders** reported missing school due to not getting enough sleep in the past 30 days

Source: California Healthy Kids Survey, 2018-19



Percentage of **Beach Cities students** who reported using alcohol or drugs in the past 30 days



Percentage of **California students** who reported using alcohol or drugs in the past 30 days

Source: California Healthy Kids Survey, 2015-17 and 2018-19

## Vaping



# 25%

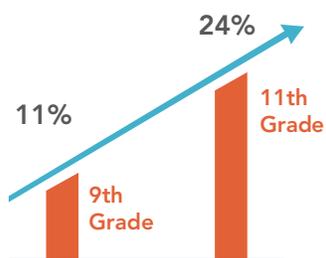
of **Beach Cities 11th graders** who reported using e-cigarettes or other vaping devices in the past 30 days



Three percent (3%) of Beach Cities 11th graders reported using cigarettes in the past 30 days. While cigarette use continues to decline among youth, vaping rates have increased.

Source: California Healthy Kids Survey, 2015-17 and 2018-19

## Marijuana



Percentage of **Beach Cities students** who reported using marijuana in the past 30 days

# 16%

of **11th graders in California** reported using marijuana in the past 30 days

Source: California Healthy Kids Survey, 2015-17 and 2018-19



# Nutrition and Physical Activity

## Body Mass Index (BMI)

Each school year, RBUSD and BCHD partner to complete Body Mass Index (BMI) assessments for all RBUSD kindergarten, 1st, 3rd and 5th grade classes. Trained staff and volunteers measure students' height and weight to calculate their BMI. These assessments also gauge the prevalence of obesity at each school site as well as across the district.

The childhood obesity rate for RBUSD students remained at 6.4% in the 2019-20 school year. Due to COVID-19, BCHD was unable to complete BMI assessments in Redondo Beach in 2019-20.

However, BCHD and RBUSD are actively working with the Los Angeles County Department of Public Health (LACDPH) to publish a community health report highlighting the significant 10-year decline in childhood obesity among RBUSD elementary students.

## BMI Trends in Redondo Beach Unified School District

Overall, obesity rates among RBUSD kindergarten, 1st, 3rd and 5th grade students have been declining, and are far below the county, state and national childhood obesity rates. Since 2007, there has been a 68% decline in RBUSD student obesity among elementary-aged students. While there may be other factors contributing to this decline, such as policy changes in school lunch programs and increased overall awareness and education of childhood obesity in the population, this decline is correlated with healthy school program implementation. Programming includes LiveWell Kids Nutrition and Garden, Walking School Bus, Walking Wednesdays, School Wellness Councils, 8-Minute Morning Exercises and Alliance for a Healthier Generation designations in 2018.



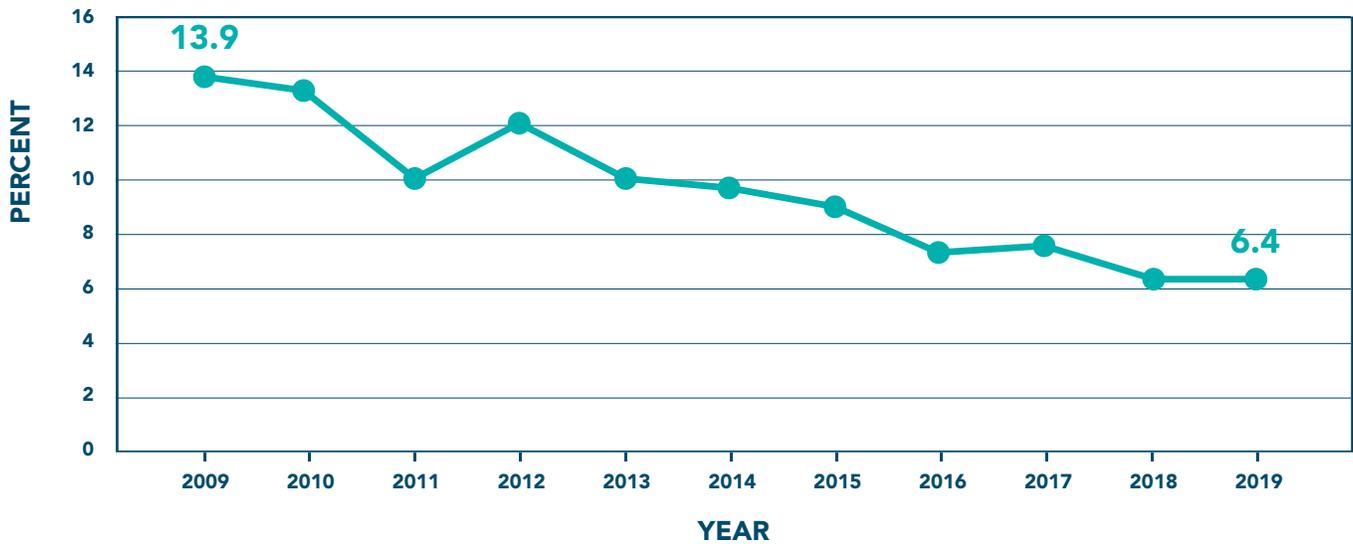
Recent Trends in Childhood Obesity Prevalence  
in the Redondo Beach Unified School District:

### A Case Study

June 2020



## Trend in prevalence of childhood obesity in RBUSD (2009–2019)



## LiveWell Kids Nutrition and Garden Program

Launched by BCHD in 2005, LiveWell Kids is a comprehensive school health program developed specifically for elementary school students. The LiveWell Kids curriculum is delivered in classrooms and school gardens by trained parent docents. The program blends nutrition lessons, physical activity, mindfulness practices and garden education to help students adopt healthy lifestyle behaviors and habits at an early age.

RBUSD elementary school students receive five LiveWell Kids nutrition lessons and five LiveWell Kids garden lessons each year.

### The Nutrition Lessons include:

- Mindful Eating Behaviors
- Fruits and Vegetables
- Food Labels and Marketing
- Water
- Physical Activity

### The Garden Lessons include:

- Mindful Harvest in the Garden
- Planting for the Cool Season
- Composting
- Winter Harvest
- Planting for Warm Season

To help maintain the school gardens, approximately 30 Garden Angels volunteer in elementary school gardens every week. These volunteers not only help prepare the gardens for upcoming lessons, but they also work to maintain the gardens over the winter break and summer months.

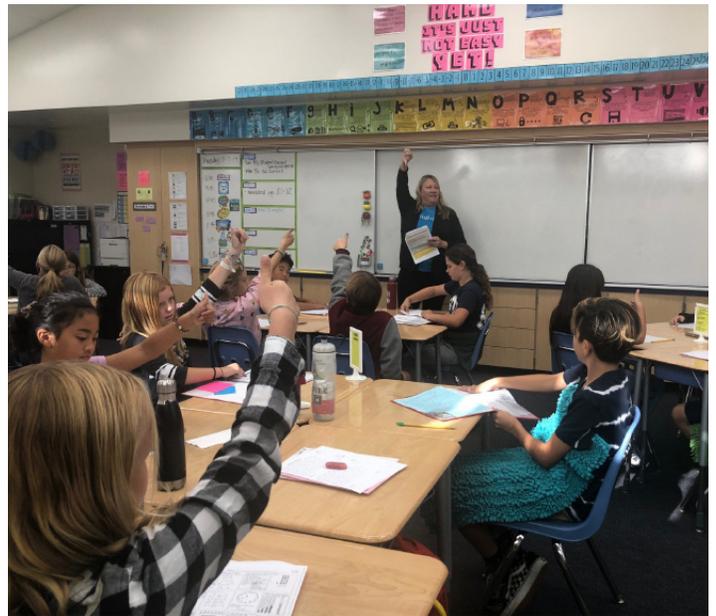
More than **2,000 fruits and vegetables** were consumed by RBUSD elementary school students in 2019-20!

More than **190 LiveWell Kids Nutrition docents** volunteered their time during the 2019-20 school year.



RBUSD elementary students experienced in-person and virtual LiveWell Kids Nutrition lessons, including healthy food samples and recipes to try at home.

“Fun lesson!... We also got into a good conversation about healthy snacks to bring to school, which I thought was a great way to make the topic feel relevant to them.”  
– Alta Vista Nutrition Docent



\* While the LiveWell Kids Nutrition Program was unable to continue in-person due to COVID-19, subsequent lessons were made available online.

More than **300** LiveWell Kids Garden docents volunteered their time during the 2019-20 school year.

BCHD and RBUSD were able to donate over 30 boxes of fresh produce from the school gardens to community members in need during COVID-19.



\* While the LiveWell Kids Garden Program was unable to continue in-person due to COVID-19, subsequent lessons were made available online. Additionally, the BCHD Garden Coordinator worked closely with RBUSD administration to continue to maintain and harvest the gardens. Through her efforts, RBUSD was able to donate produce to community members in need.

# 8-Minute Morning Exercises

The Centers for Disease Control and Prevention (CDC) recommends children ages 6-17 years participate in at least 60 minutes of physical activity per day. According to the CDC, implementing strategies that help students stay healthy and physically active is associated with the following:

- Improved cognitive performance such as attention and concentration
- Improved classroom behavior
- Improved educational outcomes in standardized test scores, reading literacy scores and math fluency

To assist with meeting the recommended 60 minutes of activity per day, RBUSD students participate in 8-Minute Morning Exercises. These exercises consist of moderate workouts that take place each morning before class. The routines involve a variety of aerobic movements, dance moves and cardio exercises set to upbeat music with an instructional voiceover to guide students and provide motivation. Each routine includes a six-minute cardio routine followed by two minutes of stretching and 25 seconds of mindful breathing.

On average, **192** additional hours of physical activity were added to the school year through the 8-Minute Morning Exercise program – **that's 8 days of continuous burpees!**

*\* Beach Cities Health District provided all Beach Cities school districts with digital 8-Minute Morning Exercise content – including soundtracks and exercise guides. During COVID-19, students were still able to start their mornings at home with 8-Minute Morning Exercises!*



# Youth Bicycle and Pedestrian Education

Beach Cities Cycling Club – supported by community partners including the Redondo Beach Police Department and local bicycle repair business Velofix – teaches children the necessary skills to be safe and confident pedestrians and cyclists. This interactive program is offered free of charge to schools and is customized for various ages, grade levels and school site needs. Activities include both in classroom instruction and skills practice. Students gain the understanding of:

- Basic pedestrian, scooter and bicycle safety principles
- How to check bicycles and bicycle helmets for safety
- Practicing bicycle skills like starting, stopping and riding in a straight line
- Learning how to scan, signal and turn on streets and intersections



# Kids Heart Challenge

Kids Heart Challenge (formerly Jump Rope for Heart), presented by the American Heart Association, aims to educate the community about the importance of cardiovascular health while also fundraising for the American Heart Association. RBUSD set a record fundraising milestone with a contribution of \$1 million toward the American Heart Association’s Kids Heart Challenge.



Students at Jefferson Elementary participated in the Kids Heart Challenge on February 21, 2020.

# Walking School Bus

Established in the Beach Cities in 2010, the Walking School Bus program aims to increase daily physical and social activity while promoting community health. Participants of the Walking School Bus program save unnecessary car trips and help start the day with physical activity and social connection.

Current Walking School Bus Routes (2019-20):

- Birney Elementary: 1
- Madison Elementary: 1
- Tulita Elementary: 3

Total number of Walking School Bus volunteers: **18**

Average number of miles walked per month: **300**

# Walk to School Day

Each year, schools throughout the Beach Cities participate in International Walk to School Day. A cohort of more than 50 BCHD staff, along with local elected officials, school administrators, police officers and volunteers supported Beach Cities schools by walking alongside students on October 2, 2019.

More than **3,000** participants across the Beach Cities took part in International Walk to School Day





# Social-Emotional Learning

## Purpose Series

People with purpose live longer, have higher performance and are happier. Purpose is one of the nine healthy lifestyle habits identified by Blue Zones Project that helps people live longer, healthier lives. For students, finding purpose is important as they discover their life goals and make career choices. **The “Purpose Formula” helps identify your gifts, passions and values: Gifts + Passions + Values = Purpose<sup>1</sup>.**

In the 2019-20 school year, the Purpose Series continued at Patricia Dreizler Continuation School, Parras Middle School and Redondo Beach Learning Academy. During the Purpose Series, students:

- Identify purposeful moments and opportunities to thrive
- Explore natural aptitudes, values and supports in their community
- Create a purpose statement and action plan toward leading a purposeful life

### 2019-20 District-wide Reach

**191**  
Students

Parras Middle School: **155**  
Patricia Dreizler Continuation High School: **28**  
Redondo Beach Learning Academy: **8**

<sup>1</sup> Leider, R, (2015). *The Power of Purpose*, Oakland, CA: Berrett-Koehler

SESSION TOPIC	KEY ELEMENTS COVERED
WHAT DO YOU LOVE?	Students are introduced to the benefits of knowing their life's purpose. Activities and discussions are centered around identifying their likes, passions and opportunities to thrive.
EXPRESSING YOUR GIFTS TO THE WORLD	Students identify their top five gifts, how those are currently being expressed at school, home and in the community.
IDENTIFYING PASSIONS & VALUES	Students focus on discovering passions and values and connecting topics to gifts to help define purpose.
PURPOSE STATEMENTS	Students discuss living with purpose by identifying ways passions can be translated into living life in a purposeful way and creating a purpose statement.
PUTTING YOUR PURPOSE INTO ACTION & LIVING A PURPOSEFUL LIFE	Students work on making a commitment to live a purposeful life by making an action plan and identifying a sounding board to continue their conversations.

## MindUP

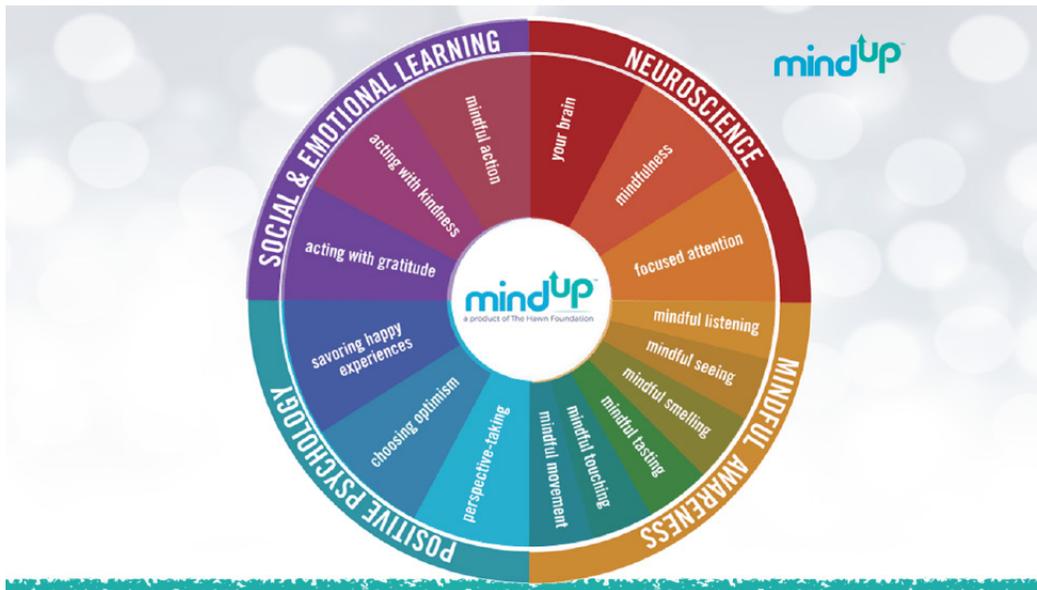
More than **8,000** students received MindUP lessons this year in Beach Cities schools.

\* Additionally, during COVID-19, all students had access to supplemental MindUP lesson materials and videos to continue their practice throughout distance learning.

MindUP is an evidence-based program grounded in neuroscience, mindful awareness, positive psychology and social-emotional learning. The four pillars focus on the following:

- **Neuroscience:** Students learn about their brain, what mindfulness is and how to focus their attention with a brain break.
- **Mindful Awareness:** Students learn how to activate mindful listening, seeing, smelling, tasting, touch and movement to fully engage in the present moment.
- **Positive Psychology:** Students learn the importance of perspective-taking, choosing optimism and savoring happy experiences.
- **Social-Emotional Learning:** Students learn to take mindful action and create connections between themselves and others by acting with gratitude and kindness.

MindUP focuses on grades K-5 and utilizes in-class exercises, lessons and mindfulness activities to help promote social-emotional learning. Teachers are encouraged to incorporate MindUP strategies throughout the school day.



Joanie Plake and Rachel Rush presented "Mindfulness for the Family While Safer at Home" as part of the 2019-20 virtual "Talk About It" Small Group Parent Workshop series.

## Second Step

Second Step is a research-based middle school program designed to increase students' school success and decrease problem behaviors through social-emotional learning and competencies. The lessons help develop positive peer relationships, manage strong emotions, create balanced decision-making and increase social and self-awareness. The four units are tailored for each grade level including mindsets and goals; values and friendships; thoughts, emotions and decisions; as well as serious peer conflicts and anti-bullying behaviors.



# Peer Mentoring

## Where Everybody Belongs (WEB)

Where Everybody Belongs is a yearlong middle school transition program to welcome 6th/7th graders and aims to make them feel comfortable throughout the first year of their middle school experience. The program trains mentors from the 8th grade class to be WEB leaders to act as mentors who guide the 6th/7th graders to discover what it takes to be successful during the transition to middle school. Adams and Parras Middle Schools currently have the WEB program for incoming and new students. Schools have reported that the WEB program has enhanced anti-bullying efforts, reduced discipline issues and increased school safety, creating an improved school climate and a greater sense of connection for the entire school.

WEB is a year-long transition program with four components:

- Middle School Orientation
- Academic Follow-Ups
- Social Follow-Ups
- Leader Initiated Contacts

## Link Crew

Link Crew is a high school transition program that welcomes freshmen and makes them feel comfortable throughout the first year of their high school experience. This high school transition program trains mentors from junior and senior classes to be Link Crew Leaders. The Link Crew Leaders are mentors and student leaders who guide the freshmen to discover what it takes to be successful during the transition to high school and help facilitate freshman success. Redondo Union High School currently has the Link Crew program for incoming and new students. Current sophomores and juniors are eligible to apply to be leaders during their junior and senior year.

Link Crew is a year-long transition program with four components:

- High School Orientation
- Academic Follow-Ups
- Social Follow-Ups
- Leader Initiated Contacts



*Link Crew leaders, together with school administration, work to host events for students on campus. Link Crew hosted "Cocoa and Cram," a final exam study session for semester 1 on January 15 and 16, 2020.*

*\* Scheduled Spring 2020 events, such as the Dance Showcase and Semester 2 "Cookies and Cram" were cancelled due to COVID-19.*



# Additional School Programs

An environmental scan was completed to capture RBUSD activities and best practices to support social-emotional learning for students, families and staff.

## SOCIAL-EMOTIONAL LEARNING

### Implemented across all Beach Cities school districts

- Beach Cities Partnership for Youth Coalition
- Youth Advisory Council
- Social-Emotional Wellness School Advisory Board
- Student Mental Health Provider Task Force
- California Healthy Kids Survey

### Implemented across RBUSD

- State of Education
- Know the Signs campaign
- Toward Balance Task Force
- Positive Behavioral Intervention and Supports (PBIS)
- Multi-tiered System Student Support (MTSS)
- Yellow Ribbon Week
- South Bay Children's Health Center partnership
- Start with Hello Week

### Implemented in all elementary schools

- MindUP
- LiveWell Kids
- Bucket Fillers
- Character recognition in student assemblies and townhalls including Wellness Champion and Student of the Month

### Implemented in middle schools

- Second Step
- Digital Spirit Week

### Implemented in high schools

- RU Ready Night
- RBUSD Unity Spirit Week
- Stress Less! Club
- Career Day
- Wellness center/calm room for fitness and mindfulness
- Wilderness Challenge and ropes course
- Character recognition in student assemblies and townhalls including Shores Award

### Additional social-emotional learning strategies

- Beach Clean Up Day
- Elective wheel with mindset, physical activity, technology and digital citizenship lessons
- Student Council service acts to school and community
- School Operation Gratitude candy and letters to military
- Strengths Academy
- Peaceful Playgrounds
- Cyber-safety lessons

## SOCIAL-EMOTIONAL LEARNING (CONTINUED)

- Kindness rocks
- Lunch music and games run by counselors
- Elementary Counseling Plan
- Redondo Shores Wellness Center

## PARENT ENGAGEMENT

### Implemented across all 3 school districts

- Families Connected Speaker Series, Parent Chat, Parent Advisory Group and “Talk About It” Small-Group Parent Workshops
- South Bay Families Connected website with parent education and newsletters
- PTA Health & Wellness Liaisons

### Implemented in all RBUSD elementary schools

- Mindfulness newsletters
- WATCH D.O.G.S.

### Other parent engagement strategies

- Health and mindfulness parent education events
- Conscious discipline parent workshops
- Wellness e-blasts and newsletters
- Yearly student/parent technology usage agreements
- Parent “meet & greet” hosted by Families Connected Parent Advisory Group representatives

## BULLYING PREVENTION

### Implemented in all RBUSD elementary schools

- MindUP

### Implemented in RBUSD middle and/or high schools

- WEB
- Link Crew
- Second Step

### Additional bullying prevention strategies

- Cyber-safety assembly and lessons
- Go Noodle videos on compassion and anti-bullying
- Buddy Bench
- Safe School Ambassadors
- Friendship Club
- Anti-bullying assemblies
- Empathy and kindness lessons
- Peer Assistance Leadership Program
- “Sprigeo” for anonymous tips

## SUBSTANCE USE PREVENTION

### Implemented across all 3 school districts

- Beach Cities Partnership for Youth Coalition
- Families Connected Speaker Series
- "Talk About It" Small-Group Parent Workshops
- Red Ribbon Week
- Youth Advisory Council

### Implemented in RBUSD middle schools

- Project Alert
- Freedom4U education series

### Additional substance use prevention strategies

- TUPE Grant through the Los Angeles County Office of Education
- Upstanders for Health and the Environment initiative

## MINDFULNESS

### Implemented in all RBUSD elementary schools

- MindUP

### Additional mindfulness strategies

- Morning yoga classes
- Mindfulness and meditation garden
- Student meditation and mindfulness videos



# Substance Use Prevention

## School-Based Prevention Programs

### Tobacco Use Prevention Education (TUPE) Grant

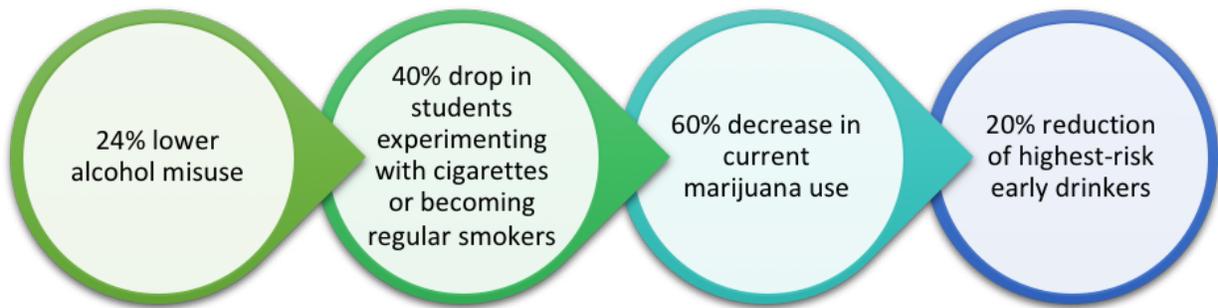
Of the Tobacco-Use Prevention Education (TUPE) funds allocated to the California Department of Education (CDE) for school-based tobacco-use prevention education programs, the California Health and Safety Code Section 104430 requires at least two-thirds of the local assistance funds be allocated to local educational agencies (LEAs) for tobacco-use prevention, intervention and cessation programs in schools as competitive grants. The TUPE program provides funding for programs in grades 6 – 12 through a competitive application process for tobacco-specific student instruction, reinforcement activities, special events and intervention and cessation programs for students.

RBUSD uses TUPE grant funding for Project Alert and Second Step programs. Participating school sites include Adams Middle School, Parras Middle School and Redondo Union High School. In addition to funding Project Alert and Second Step, RBUSD uses TUPE grant funding to fund additional counselors (e.g., intervention and Soaring Sea Hawk Program), W.E.B. and LINK Crew, an AddictionPROS.org subscription and guest speakers for both Adams and Parras Middle Schools.

### Project Alert

Project Alert is a skills-based curriculum provided to 7th and 8th grade students at Adams and Parras Middle Schools to provide education and skill-building to decrease substance use. Project Alert consists of 14 lessons delivered in the classroom. The lessons focus on motivating non-use and identifying pressures to use substances, practicing skills to resist the pressures and focusing on special issues including inhalant abuse and smoking cessation. Outcomes include reduced substance use, less experimentation and enhanced skills to decline engaging in drug use.

Students that participate in Project Alert show a decrease in the following:



Why it matters: Those who start drinking before age 13 have a 45% chance of becoming alcohol dependent, compared to 7% for those who wait until age 21.<sup>3</sup>

<sup>3</sup> Substance Abuse and Mental Health Services Administration, (2014).

## South Bay Families Connected

Originally launched and piloted within the Manhattan Beach Unified School District, the Families Connected project has now been implemented at over 90 Families Connected Partner Schools. Together, it provides families with in-person support through the Families Connected Parent Chat, Speaker Series, partner school events, the Families Connected e-newsletter and SBFC social media pages.

RBUSD is a partner school district. Parent resources are available on [RBUSDFamiliesConnected.org](http://RBUSDFamiliesConnected.org) and through a monthly newsletter.



*Families Connected Parent Advisory Group Representatives and South Bay Families Connected Board Members greeted guests as they arrived to the September 2019 Families Connected Speaker Series Event, "Media Moms and Digital Dads: a Fact-not-Fear Approach to Parenting in the Digital World" with Dr. Yalda Uhls at Hermosa Valley School.*

## Families Connected Parent Chat

Presented in partnership with Beach Cities Health District, South Bay Families Connected and the Thelma McMillen Center at Torrance Memorial, the Families Connected Parent Chat is held every Monday. Led by a licensed professional from the Thelma McMillen Center at Torrance Memorial, this free support group provides a safe, confidential space for parents and caregivers to discuss any issues, questions or concerns they may be having in their home.

*This group averages 10-12 attendees per session and switched to a virtual platform in March 2020 due to COVID-19. Dr. Moe Gelbart of the Thelma McMillen Center remains dedicated to the group, holding regular sessions so families can feel connected and supported through unprecedented times.*

## 2019-20 Families Connected Speaker Series

The Families Connected Speaker Series is presented by Beach Cities Health District and South Bay Families Connected, in partnership with Hermosa Beach City School District, Manhattan Beach Unified School District and Redondo Beach Unified School District, to offer a series of six free parent education events.

The 2019-2020 Families Connected Speaker Series reached more than **500** community members.

*The last two Families Connected Speaker Series events of the 2019-2020 school year were presented in a virtual format due to COVID-19. While this shift was unexpected, it allowed increased access to both events in real-time as well as through the recorded sessions.*

### 2019-20 EVENTS:

#### **Media Moms and Digital Dads: A Fact-not-Fear Approach to Parenting in the Digital World**

Presented by Dr. Yalda Uhls

#### **Under Pressure: Stress Resilience When the Stakes are High**

Presented by Norm Chow, Casey Jennings, Mikah Maly-Karros and Valorie Kondos Field

#### **How to Be a Good Friend: Helping Your Child Develop Healthy Peer Relationships**

Presented by Katie Hurley, LCSW

#### **How to Create a Community that Embraces Everyone**

Presented by Dr. Darin Earley and student panelists from Mira Costa High School and Redondo Union High School

#### **Vaping in 2020: What Parents Need to Know\***

Presented by Sarah Grippa, Marijuana Education Initiative

The recording of this presentation can be found on the [bchd.org/vaping](http://bchd.org/vaping) page

#### **The Journey – a Conversation About Mental Health in New, Uncertain Times\***

Presented by professional surfer Alex Gray and local clinician Kevin Sousa, MFT

The recording of this presentation can be found on the Beach Cities Health District YouTube page

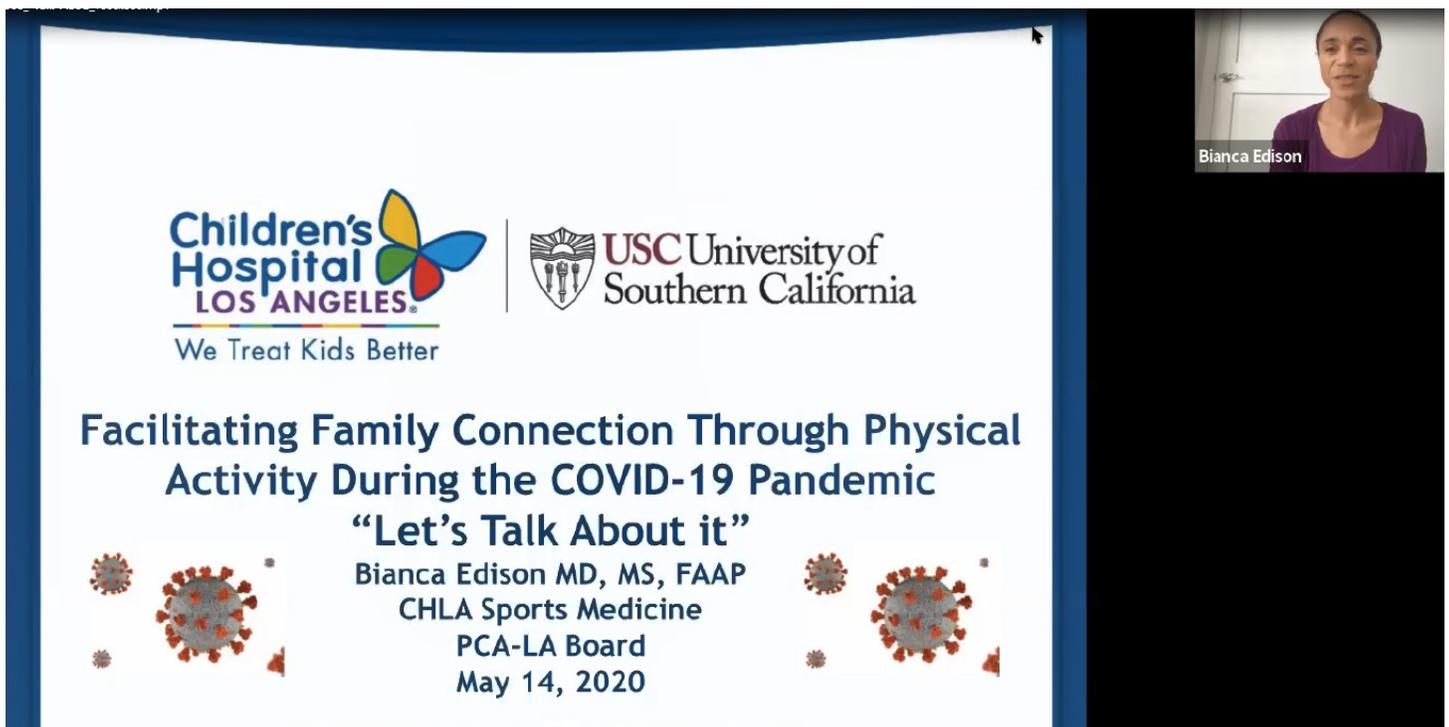
# Additional Parent Engagement

## “Talk About It” Small-Group Parent Workshops

The “Talk About It” Small-Group Parent Workshop series continued throughout the 2019-2020 school year. Facilitated by various members of BCHD’s Student Mental Health Provider Task Force, topics included social media and cyber safety, youth substance use and vaping, mental health and family engagement. Additionally, due to COVID-19, the “Talk About It” Small-Group Parent Workshops shifted to a virtual platform, enabling more parents, caregivers and community members to participate. This new, virtual format allowed for increased participation from parents, caregivers and community members throughout the Beach Cities. Topics for the virtual “Talk About It” series included:

- Youth Mental Health and the Impact of Substance Use During COVID-19, presented by Dr. Moe Gelbart and Dr. Donnie Watson of the Thelma McMillen Center at Torrance Memorial
- Facilitating Family Connection Through Physical Activity, presented by Dr. Bianca Edison of Children’s Hospital Los Angeles
- Mindfulness for the Family While Safer at Home, presented by Joanie Plake and Rachel Rush
- Managing Family Conflict & Creating Balance at Home, presented by Margot Parker
- Youth Substance Use and Vaping with Clear Recovery Center, presented by Clear Recovery Center
- Helping Your Senior: Tips for Helping Your Teen Cope with Missing Milestone Life Events, presented by Marina Braff, LMFT

Recordings of these virtual events can be found at [bchd.org/talk](https://bchd.org/talk).



The image shows a virtual presentation slide with a blue border. At the top left is the Children's Hospital Los Angeles logo with the tagline "We Treat Kids Better". To its right is the USC University of Southern California logo. The main title of the slide is "Facilitating Family Connection Through Physical Activity During the COVID-19 Pandemic" in bold blue text. Below the title is the subtitle "“Let’s Talk About it”" in a smaller font. Underneath the subtitle is the presenter's name and credentials: "Bianca Edison MD, MS, FAAP", "CHLA Sports Medicine", and "PCA-LA Board". The date "May 14, 2020" is at the bottom. There are decorative virus-like icons on either side of the presenter's name. In the top right corner, there is a small video inset showing Dr. Bianca Edison speaking, with her name "Bianca Edison" written below her.

*Dr. Bianca Edison of Children’s Hospital Los Angeles presented “Facilitating Family Connection Through Physical Activity” as part of the 2019-20 virtual “Talk About It” Small Group Parent Workshop series.*

# Beach Cities Partnership for Youth

Beach Cities Health District continues to collaborate with the Beach Cities community to achieve measurable outcomes in improving student mental health and well-being and reducing substance use. The Beach Cities Partnership for Youth is comprised of representatives from the following sectors: youth, parents, businesses, local elected officials, media, schools, youth-serving organizations, law enforcement, civic and volunteer groups, and health care professionals.

The 2019-2020 Beach Cities Partnership for Youth Coalition Meetings were held on August 15, 2019 and January 23, 2020. In August, the Youth Advisory Council presented their PhotoVoice presentation and participated in an honest conversation about what community members and parents can do to help with anti-vaping efforts. Superintendents from all three Beach Cities school districts (HBCSD, MBUSD and RBUSD) shared school-based initiatives to help address youth substance use, while members from the Student Mental Health Provider Task Force shared programming updates with the group. The January meeting included an overview of the Youth Wellness Center model, a one-stop shop for young people to access mental health programs and services, as well as breakout sessions regarding BCHD's Youth Wellness Center. Dr. Steven Adelsheim of Stanford University led both discussions and provided valuable insight on youth mental health and creating effective Youth Wellness Centers.



Most of the attendees were active members of five committees — Youth Advisory Council, Parent Advisory Group, School Advisory Board, Student Mental Health Provider Task Force and Community Workgroup — that BCHD convenes on an ongoing basis to address concerns in the community. Each of the committees reported on their accomplishments to date and brainstormed within and across sectors to set priorities.

The Community Action Plan for Student Mental Health & Substance Use Prevention outlines key programs, partnerships and policies that address BCHD's key health indicators. BCHD is just one of more than 200 local partners in the Beach Cities Partnership for Youth Coalition that are collaborating to achieve measurable outcomes.

Goals of the Community Action Plan:

- Decrease prevalence of alcohol, tobacco and other drug use in teens
- Decrease stress and bullying and improve social-emotional well-being of youth
- Increase number of parents having conversations with their children about alcohol and drugs, social media, mental health and bullying

To accomplish the goals of the Community Action Plan, each sub-group established goals for the 2019-2020 school year:

## Beach Cities Partnership for Youth Coalition 2019-20 Goals:

### SCHOOL ADVISORY BOARD

1. Conduct an environmental scan of all social-emotional wellness efforts and programs at all three school districts.
2. Take an inventory of all assessment tools used by school districts to diagnose the social-emotional wellness needs of the students.
3. Prepare a Parent Readiness Checklist for new parents that includes volunteer opportunities, engagement opportunities, recommended reading and resources. Kindergarten Roundup was identified as an ideal time to distribute the checklist to parents.

### PARENT ADVISORY GROUP

1. Enhance communications system for parents regarding events and resources.
2. Establish ambassador role at each school site and create a consistent presence at school and online.
3. Create parent activation one-sheet.

### YOUTH ADVISORY COUNCIL

1. Coordinate high school job fair with clubs and include internship opportunities for teens.
2. Create and promote substance use prevention campaign.

### STUDENT MENTAL HEALTH PROVIDER TASK FORCE

1. Attend, support and promote school and community events related to mental health and substance use prevention.
2. Share and create content related to substance use prevention and de-stigmatizing mental health issues.
3. Submit resources, referrals and calendar updates for related events through Beach Cities Health District to increase the resource database for youth and families and make connections with other support providers for youth in the Beach Cities



# Advisory Groups

## Families Connected Parent Advisory Group

Throughout the 2019-20 school year, BCHD and South Bay Families Connected convened the Families Connected Parent Advisory Group. This group, composed of parent representatives from Hermosa Beach City School District, Manhattan Beach Unified School District and Redondo Beach Unified School District, meets quarterly to discuss current youth-related issues and topics.

The Families Connected Parent Advisory Group is an integral part of the Beach Cities Partnership for Youth Coalition. This group of involved, dedicated parents works to bridge the gap between school and home. By attending Families Connected events (the Families Connected Parent Chat and the Families Connected Speaker Series), as well as hosting meet-and-greet sessions at their school sites, Families Connected Parent Advisory Group representatives are a key part in maintaining community activation.

Families Connected Parent Advisory Group representatives are critical to the success of the South Bay Families Connected project. In partnership with Beach Cities Health District, Hermosa Beach City School District, Manhattan Beach Unified School District and Redondo Beach Unified School District, South Bay Families Connected is helping parents and families connect with resources and opportunities to help kids to be healthy, happy and to thrive — in and out of school.

### The Parent Advisory Group role is three-fold:

1. Connect parents with resources, events and information
2. Communicate with parents at their school
3. Collaborate and bring back feedback and suggestions from parents, teachers and counselors to the Families Connected Parent Advisory Group
4. Serve as a liaison between BCHD, PTA and each respective school site



*Linda Buck and Sarah Stratton, Families Connected Parent Advisory Group Representatives for Redondo Union High School, volunteer at the registration table for the Families Connected Speaker Series events.*

**22 active members in the Families Connected Parent Advisory Group**

# Youth Advisory Council

In spring 2017, BCHD recruited student committee members for the Board-appointed Community Health, Strategic Planning and Finance committees. During that process, BCHD received applications from many outstanding students who were interested in improving health in the Beach Cities. In response to that interest, Youth Services convened a Youth Advisory Council.

Much like the Parent Advisory Group, these students serve as touchstones for health issues on the minds of teens and provide recommendations and feedback on youth-centered programming provided by BCHD.

The Youth Advisory Council experienced a surge of growth throughout the 2019-2020 school year with students from HBCSD, MBUSD and RBUSD making up the robust 80-plus student roster. The Youth Advisory Council includes representatives ranging from 8-12th grades, providing invaluable on-the-ground insight to Beach Cities students and schools.

In addition to planning school-based events such as Mental Health Awareness Week (on both the Redondo Union High School and Mira Costa High School campuses), members of the Youth Advisory Council worked on creating an anti-vaping PhotoVoice presentation. These students not only presented this at the Beach Cities Partnership for Youth Coalition meeting in August 2019, but also held a series of vaping-specific workshops for parents and presented at a series of City Council meetings (and tri-agency sessions).



The 2019-20 Youth Advisory Council consists of 85 students from all three Beach Cities public school districts and students range from 8th to 12th grade.



Jade McKnight, Substance Use Prevention Program Coordinator - Youth Services at BCHD, joins Students from the Youth Advisory Council following their PhotoVoice presentation to parents and community members at Adams Middle School and the Manhattan Beach Unified School District Office.

**Stay woke  
don't smoke**

**ESCAPE THE VAPE**

One JUUL pod contains the same amount of nicotine as a pack of 20 cigarettes.

Beach Cities Health District

Find resources at [bchd.org/vaping](https://www.bchd.org/vaping)

Members of the Youth Advisory Council continue to remain active with youth-based health initiatives, including vaping, stress and party culture. During COVID-19, Youth Advisory Council members contributed by writing blog posts, creating videos and continuing to promote the “Escape the Vape” campaign – a student-led and created anti-vaping campaign aimed at Beach Cities adolescents.

## School Advisory Board

With leadership representatives from all three school districts, the School Advisory Board meets quarterly to discuss social-emotional wellness topics and issues, share best practices and work together to create a safe and productive school environment for all students.

Additionally, members of the School Advisory Board comprise the “Schools” component of the Beach Cities Partnership for Youth Coalition. The goals, outlined in the Beach Cities Partnership for Youth Coalition section, act as a strategy guide for the group.

*Kim Taylor (HBCSD), Ali Steward (BCHD), Irene Castillo-Gonzalez (MBUSD) and Anthony Taranto (RBUSD) make up the Social-Emotional School Advisory Board.*



## Student Mental Health Provider Task Force

The Student Mental Health Provider Task Force includes more than 100 organizations and providers in the Beach Cities that address depression, stress, anxiety and substance use and abuse. Provider service areas include:

- Substance use
- Mental health
- Mindfulness and social-emotional learning

The Task Force continues to meet quarterly to offer recommendations on student health issues. Participants provide resources and services to Beach Cities students and families on topics including cancer support, mental health, grief counseling, substance use prevention, interventions and education, as well as mindfulness and social-emotional learning. Additionally, members of The Task Force facilitate in-person and virtual “Talk About It” Small-Group Parent Workshop sessions as well as create content for Beach Cities parents and caregivers.

A list of Student Mental Health Provider Task Force members can be found at <http://www.bchd.org/taskforce>.



# Volunteer Support

On average, more than 700 volunteers support school health programs and events, providing nearly 13,500 service hours this year. Our volunteers play an integral role in helping improve the health and well-being of students, school families and staff.

Volunteers also experience health benefits through volunteering. Research has found that participation in voluntary services is significantly predictive of better mental and physical health.<sup>4</sup> Studies show that:

- Volunteering leads to greater life satisfaction and lower rates of depression
- Older volunteers are most likely to receive greater health benefits from volunteering
- Individuals who volunteer live longer
- State volunteer rates are strongly connected with the physical health of the state's population

COVID-19 changed the landscape for BCHD and RBUSD volunteers. While physical delivery of LiveWell Kids lessons was not an option, the volunteer base continued to support the Beach Cities through Errand Assistance, Help Line Support and Meal Delivery Assistance. Due to public health restrictions, the landscape of volunteering may be shifted for an unknown amount of time. However, the strong volunteer base of more than 700 volunteers is eager to adapt and serve the Beach Cities community any way it can.





# Healthy Schools Grant

The purpose of the Healthy Schools Grant is to support and encourage schools to implement health and wellness practices. Healthy Schools Grant guidelines can be adapted for each school's strengths and areas for improvement to achieve sustainable, short-term and long-term success.

Upon completion of Healthy Schools Grant deliverables, schools are eligible to receive \$3,000 of BCHD funding.

## School Wellness Councils

School Wellness Councils are advisory groups that prioritize the health and well-being of students, teachers and staff. The council sets health priorities for the school year and collaborates with administrators, teachers, staff, students, parents and community members to create an environment that values and promotes health and wellness.

Social-emotional learning, employee wellness, parent education, physical activity and nutrition are among the examples that councils have put in place over the years.

The following table highlights wellness strategies and successes at each school:

SCHOOL	WELLNESS STRATEGIES
Alta Vista Elementary School	<ul style="list-style-type: none"> <li>• Increase student and family awareness of exercise and healthy eating through Field Day.</li> <li>• Promote mindfulness and social-emotional health by building a butterfly garden for students and staff to engage with nature.</li> </ul>
Beryl Heights Elementary School	<ul style="list-style-type: none"> <li>• Host a bike safety event for all students.</li> <li>• Conduct relationship mapping and 1-minute meetings with all students and staff. Additionally, the counselor will meet with every student two times this year to discuss connectedness and how they are doing in school, with results shared with appropriate staff members.</li> </ul>
Birney Elementary School	<ul style="list-style-type: none"> <li>• Birney students will learn how to sort their food items during snack and lunch. This will help students develop into responsible citizens who work to better the environment by understanding their impact as it relates to sorting their lunch.</li> <li>• Staff will continue to be encouraged to seek balance in their lives by exercising a minimum of 3 times per week. Administration will promote wellness by providing Yoga classes for staff.</li> </ul>

SCHOOL	WELLNESS STRATEGIES
Jefferson Elementary School	<ul style="list-style-type: none"> <li>Minutes Matter: Key-in on 'quick activities' that make an impact and difference in the lives of students, including: 1) minute check-ins conducted by counselors to help identify at-risk students (5th Grade 3x a year), 2) periodic 2-3 minute brain breaks in classrooms during long instructional blocks and 3) by focusing in on increasing participation in 8-minute morning exercises, engage and get students excited to participate.</li> <li>Host "Clean &amp; Green Spaces = Happy Faces" community event. For the event, the school will open the school on a weekend to students and families for a morning of weeding, mulching, planting campus beds and clean-up, as well as yoga and outdoor reading.</li> </ul>
Lincoln Elementary School	<ul style="list-style-type: none"> <li>The staff will participate in a wellness program led by Yoga Instructor(s) and Mindfulness Guides through staff meetings. The current instructor, Isabelle Royer, has led several mindfulness and Yoga activities during staff meeting time in order to reflect on well-being as well as our students. She models activities, leads staff and provides mini-lessons that can be replicated in the classroom.</li> <li>Continue to provide resources to support parent education and student learning. There have been several counseling initiatives taken in order to provide broader support with programs like Freedom 4U and South Bay Children's Family Center, guest speakers, a therapy dog and yoga classes.</li> </ul>
Madison Elementary School	<ul style="list-style-type: none"> <li>Increase student and family knowledge about digital citizenship and cyber safety.</li> <li>Support active and appropriate student engagement during recess.</li> </ul>
Tulita Elementary School	<ul style="list-style-type: none"> <li>Increase student and family knowledge about bullying and the growth mindset.</li> <li>Increase participation in 8-minute morning exercises, engage and get students excited to participate.</li> </ul>
Washington Elementary School	<ul style="list-style-type: none"> <li>Continue to promote school connectedness through the Start with Hello Campaign and the Gratitude Campaign.</li> <li>Host healthy eating and fitness challenges for staff, as well as showcase healthy eating at different PTA-hosted events.</li> </ul>
Adams Middle School	<ul style="list-style-type: none"> <li>Host a staff mental wellness day on a minimum day where staff can pick multiple workshops to attend including stretching, breathing exercises, art therapy, a fitness class, etc. We will also invite a therapy dog to visit with staff.</li> <li>Create a campaign focused on the power of positive thinking. Create posters with inspirational quotes, have positive messages written in chalk at the school entrance, and ask students to create videos about this topic. The top video will win a prize and air in AMS news for the entire school to view.</li> <li>Around the testing window in late April/early May, create an advisement lesson for teachers to facilitate that will include time management tips, the importance of sleep, and reducing stress. The school news team will create a segment about this, send parent communications about supporting their child with time management strategies while studying for exams, and have ASB create Instagram posts with helpful tips about time management and reducing stress.</li> </ul>
Parras Middle School	<ul style="list-style-type: none"> <li>Offer staff the opportunity to learn stress-reducing techniques, such as mindfulness and breathing exercises. Parras is participating in the WorkWell, LiveWell district initiative which will have Stress Resiliency Challenges in April and May. The plan is to schedule a mindfulness workshop during this time to offer continued health and wellness support to staff.</li> <li>Increase outreach to students and families about the dangers of vaping and tobacco, including assemblies for students and families about the dangers of vaping. In December, we hosted an assembly for 6th grade students about the dangers of vaping and subsequently sent two emails to families that included links with additional information and resources. We have also implemented a Brief Intervention model this year for our students who have been found in possession of tobacco products and/or paraphernalia. The goal is to continue to inform and support Parras students and their families while working towards ending this epidemic.</li> </ul>

SCHOOL	WELLNESS STRATEGIES
Patricia Dreizler Continuation School	<ul style="list-style-type: none"> <li>• Continue the recycling/green programs on campus by clearly marking each bin (trash, recycle, compost) with appropriate, durable, weatherproof signage (acrylic). In addition, supplies will be needed for the gardening program, such as soils, seeds, additional composters and sorting tables.</li> <li>• To continue to provide students and the learning community with relevant social emotional support via the Wellness Center, an additional step is needed to be transparent with programming and availability of the space. The need is to develop on the school's website a Wellness Center tab that provides monthly scheduling of activities during school hours. In addition, staff will have opportunities to reserve the space (need specific block of time each week) during instructional time (to support social emotional needs that require the environment of the Wellness Center).</li> </ul>
Redondo Union High School	<ul style="list-style-type: none"> <li>• Create a Calming Corner that students will be able to access during appropriate break times (before/after school and snack and lunch). Students will be provided with a safe space that will feature board games, self-help and mental-health books, craft supplies (including DIY project materials and coloring pages), and other activities that allow students to decompress.</li> <li>• Create a space where students can immediately experience calm and peace amidst the noise – both physical and emotional – that fills each day. The existing courtyard patio (accessible only through the library) will be repurposed into a mindful Wellness Garden. The space will be a dedicated silent space in an otherwise loud and busy campus that will allow students to simply unwind and be mindful without any questions or demands. All-weather cushions and drought-conscious plants will be added to this space and the space will be open for students to engage in silent activities.</li> </ul>

BCHD provides funding to public and non-profit agencies to promote health and wellness in the communities of Hermosa Beach, Manhattan Beach and Redondo Beach. Funding awarded to organizations that provide health-related services and are distributed based upon evidence of program effectiveness, existing need and alignment with BCHD health priorities.

**The following funding was provided to Redondo Beach Unified School District in 2019-20:**

Redondo Beach Unified School District	\$361,091
Redondo Beach Unified School District- Principal Healthy Schools Grant	\$36,000
Redondo Beach Unified School District-SARB	\$14,892
South Bay Families Connected (to fund programs across all Beach Cities school districts)	\$40,000
Lincoln Elementary School – Running Club (Micro-enrichment grant)	\$940.60

**Total: \$452,923.60**



[bchd.org](http://bchd.org)