



Beach Cities
Health District



**Redondo Beach Unified School District
Health Report:**

2018-19

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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 Unified 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 2018-19 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.

The table below shows the 2016-2019 Youth Health Priorities. Identified through collaboration with RBUSD leadership and the BCHD Board of Directors, these Youth Health Priorities act as a guide for BCHD Youth Services programming and planning.

Beach Cities Health District's Youth Health Priorities:



- Nutrition and Physical Activity
- Mindfulness, Social-Emotional Learning & Stress Reduction
- Bullying Prevention
- Substance Use Prevention
- Support of Evidence-Based Tobacco Policies



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, Manhattan Beach Unified School District and Redondo Beach Unified School District – 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 is aggregated across the three school districts. The key indicators of health are included below.

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

15%

of Beach Cities
11th graders

Source: California Healthy Kids Survey, 2017-18

Bullying



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

Beach Cities	California
40%	34%

Source: California Healthy Kids Survey, 2015-2017 and 2017-18

Suicide



16%

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

Source: California Healthy Kids Survey, 2017-18

Sleep

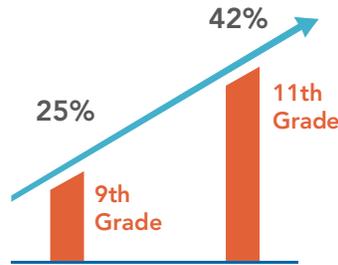


24%

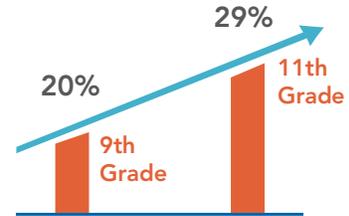
of **Beach Cities 11th graders** reported missing school due to not getting enough sleep in the past 30 days

Source: California Healthy Kids Survey, 2017-18

Alcohol



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 2017-18

Vaping



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

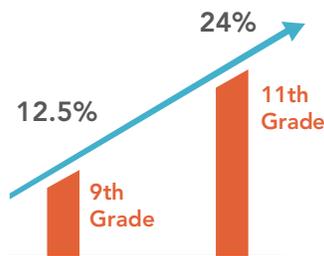
Location	Percentage
Beach Cities	28%
LA County	7%
California	10%

Source: California Healthy Kids Survey, 2015-17 and 2017-18



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.

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 2017-18



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 current childhood obesity rate for RBUSD students in the 2018-19 school year remains at 6.4%. Below is a breakdown of BMI results for RBUSD, including county, state and national comparisons:

RBUSD BMI Results

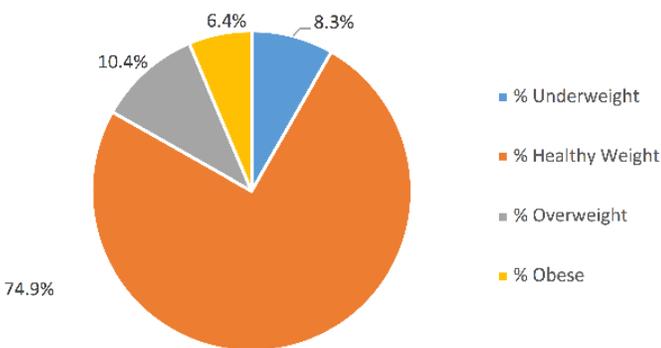


Figure 1: BMI results for RBUSD Elementary Schools from 2018-2019 BMI Assessments.

Comparing Obesity Prevalence

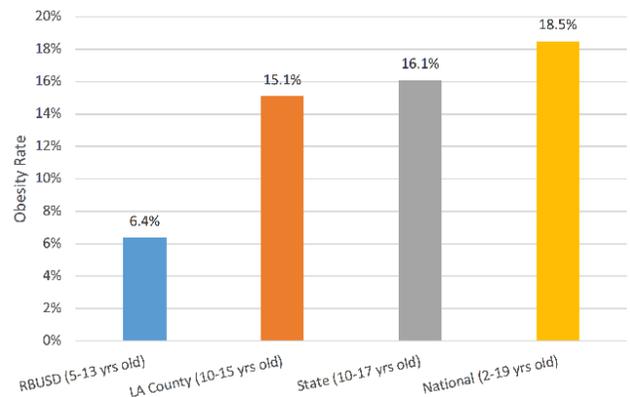
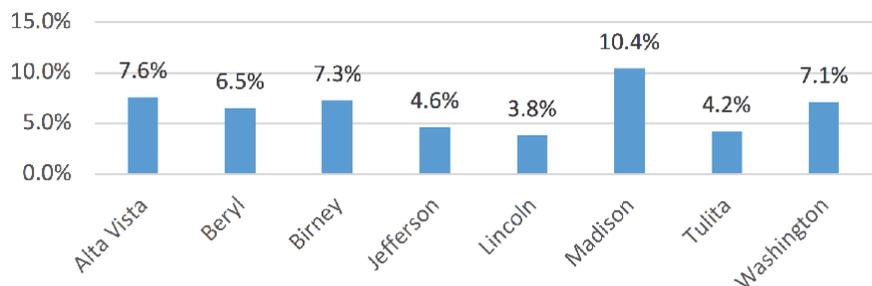


Figure 2: Comparing obesity rates of the district (RBUSD) to county (Los Angeles), state (CA) and national (US) rates. Note: National obesity rates are available for the 2-19 years age range, state is available for 10-17 years age range, LA County is available for 5th, 7th and 9th graders, and RBUSD collected data in the 5-13 years age range.

RBUSD BMI Obesity By School

Figure 3: Comparing obesity rates for RBUSD Elementary Schools from 2018-2019 BMI Assessments.



BMI Trends in Redondo Beach Unified School District

Overall, obesity rates among RBUSD kindergarten, 1st, 3rd and 5th grade students have been declining since 2007, and are far below the county, state and national childhood obesity rates. Since 2007, there has been a 68% decline in RBUSD student obesity. 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.

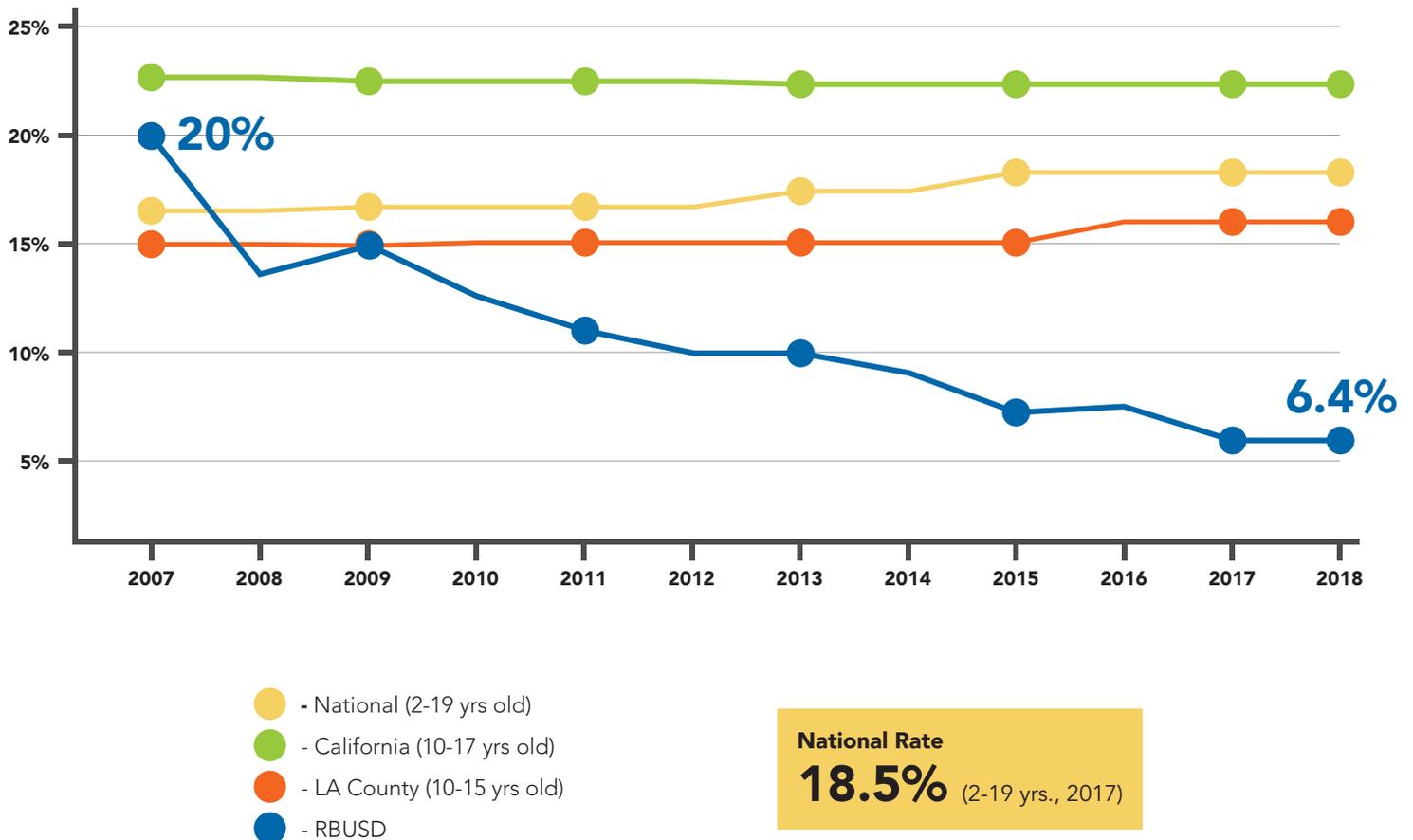
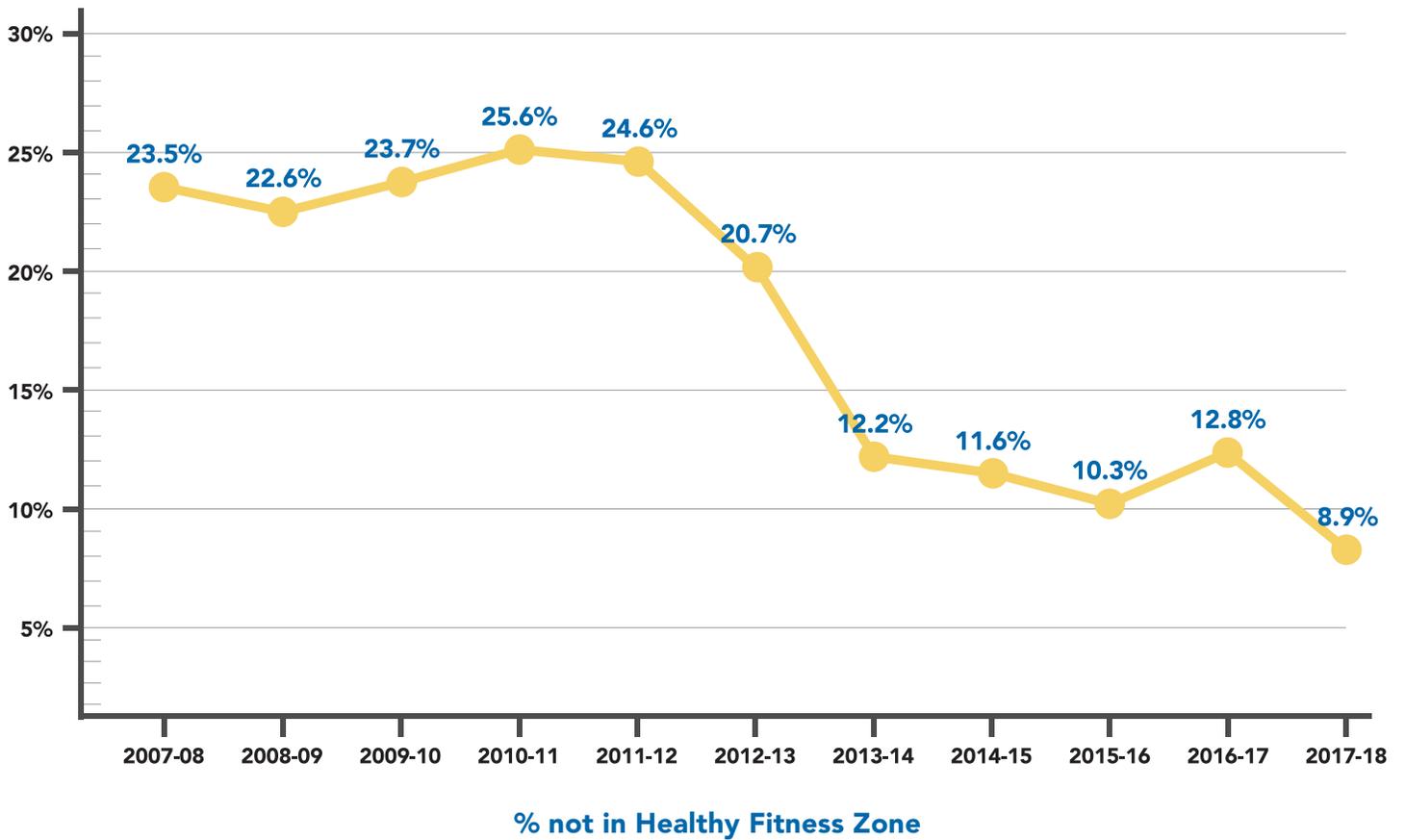


Figure 4: BMI trends of overweight and obesity rates since BMI assessments began in 2007.

RBUSD 5th Grade FitnessGram Data



Source: <http://www.cooperinstitute.org/healthyfitnesszone>

**Most students who perform regular physical activity will be able to achieve a score that will place them within or above the Healthy Fitness Zone on most FITNESSGRAM test items. If children are in the Healthy Fitness Zone they are considered to have sufficient fitness for good health.

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 and Physical Activity.** The Garden Lessons include **Mindful Harvest in the Garden, Planting for the Cool Season, Composting, Winter Harvest and Planting for Warm Season.**

To help maintain the school gardens, approximately 20 Garden Angels volunteer in elementary school gardens every week resulting in more than 1,800 volunteer hours this year.

More than **2,000 fruits and vegetables** were consumed by RBUSD elementary school students in 2018-19!

RBUSD elementary students experienced **five LiveWell Kids Nutrition lessons with a total of 15 unique tastings** in the 2018-2019 school year.

196: Number of LiveWell Kids nutrition docents in the 2018-19 school year

"I was really impressed by all the kids have learned about being mindful and what they knew about mindfulness."
– **Lincoln Elementary School LiveWell docent**



303: Number of RBUSD Garden Docents in the 2018-19 school year

"I'm so impressed with the program Beach Cities Health District has put together. These kids have a vocabulary on health and nutrition that I didn't develop until I was in my 30s. What a gift for them. Thank you and keep up the good work!"

-Tulita Elementary School nutrition docent

"The children always enjoy the garden, especially harvesting and making the salad. They love to help and they're always happy to be in the garden."

-Alta Vista Elementary School garden docent



8-Minute Morning Exercises

BCHD partners with RBUSD to increase physical activity throughout the school day. 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

8-Minute Morning Exercises are 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.

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!



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

In 2018-2019, the following schools hosted a Bike & Pedestrian Safety Education Event:

- Adams Middle School
- Beryl Heights Elementary School
- Birney Elementary School
- Lincoln Elementary School
- Madison Elementary School
- Tulita Elementary School
- Washington Elementary School



Walking School Bus

The Walking School Bus program rolled into elementary schools in the Beach Cities in 2010 to increase daily physical and social activity while promoting community health. Each year, Walking School Bus participants save unnecessary car trips and help start children's and volunteers' days with physical activity. Participants also gain valuable social connection and interaction with their peers.

Current Walking School Bus Routes (2018-19):

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

Total number of Walking School Bus volunteers: **17**

Number of miles walked per month: **304.6**

100: Number of unique participants in Walking School Bus

Walking Wednesdays

Launched in 2017-18, Walking Wednesdays is an active transport program that encourages families to walk to school. This helps reduce traffic and increases social connections among peers. Since it does not require volunteers or involve structured routes or schedules, the program provides an option for those who do not participate in the Walking School Bus. The kickoff was on International Walk to School Day on October 10, 2018, which continues to be a highly popular signature event. A cohort of 50 BCHD staff along with local elected officials, police officers and volunteers supported every RBUSD elementary school. Additionally, Madison Elementary participated in a Spring Walk to School event on May 17, 2019.

International Walk to School Day student participants across Beach Cities: **3,164**





Social-Emotional Wellness

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 = Purpose¹.

In the 2018-19 school year, the Purpose Series continued at Redondo Union High School, Patricia Dreizler Continuation School and Redondo Beach Learning Academy. This year, the Purpose Series expanded to Parras Middle School. 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

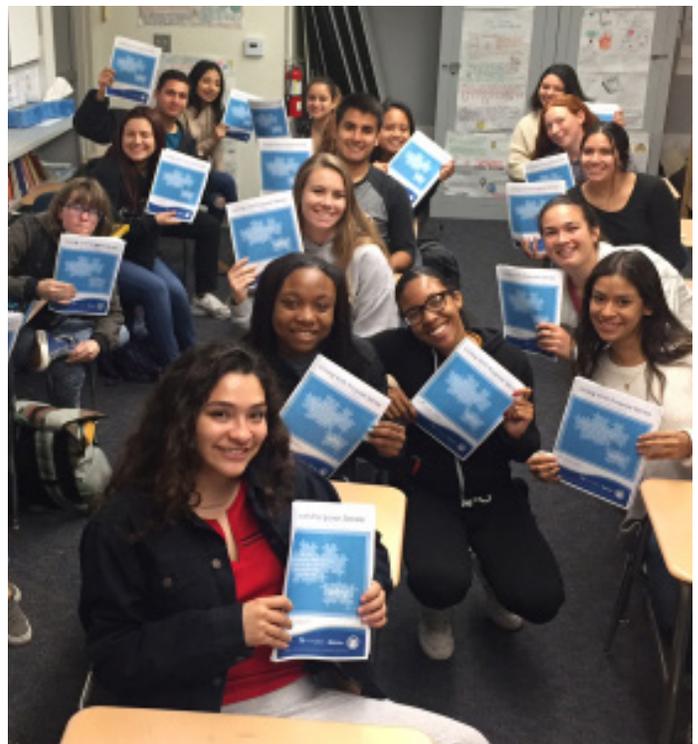
2018-19 District-wide Reach

404
Students

Parras Middle School: **150**
Patricia Dreizler Continuation High School: **36**
Redondo Beach Learning Academy: **8**
Redondo Union High School: **210**

“My purpose is to bring joy to people by showing trust, expressing humor and educating people.”
– Redondo Union High School student

“My purpose is to surround myself with those who I love and provide for the people I love. And learn as I go along.”
– Redondo Union High School student



¹ 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.

“My purpose is to help others learn and guide them through tough times. I want to use my creative powers to find ways to bring joy into the lives of those who need it. I consider it an honor-filled task to help others realize what they don't know and guide them to a purpose they have never seen.”
 – Redondo Union High School Student

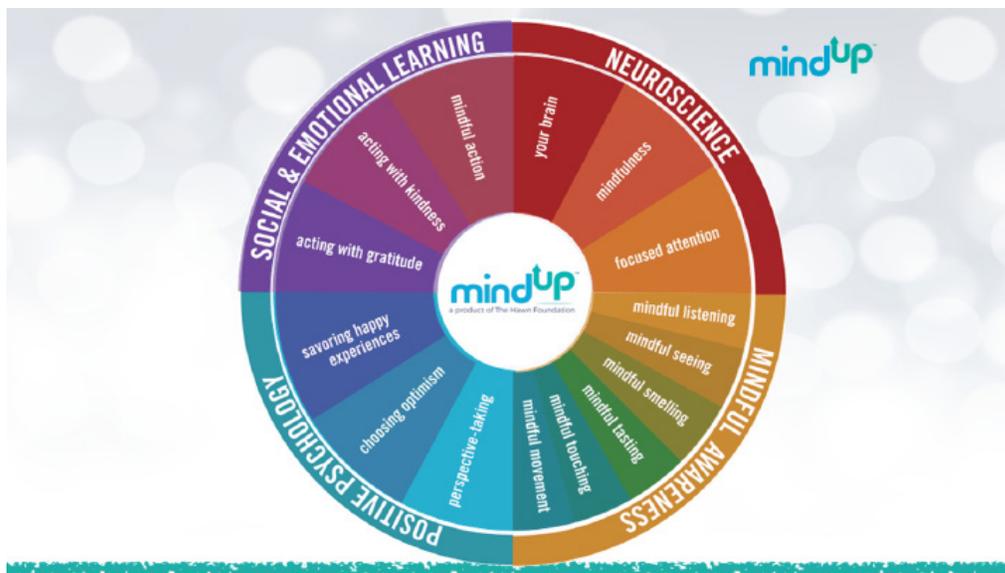


MindUP

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.



Research shows that children who receive social-emotional learning programs with mindfulness increase their resilience and ability to cope with stress; report greater empathy, optimism, mindfulness and support of the school environment; show decreases in self-reported symptoms of depression; and were rated by peers as being more social.²

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

² Schonert-Reichl, et al. (2015). Enhancing cognitive and social-emotional development through a simple-to-administer mindfulness-based school program for elementary school children: A randomized control trial. *Developmental Psychology*. 51(1), 52-66.



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 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 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.

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.

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

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

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 HEALTH

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

- 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

Implemented in all elementary schools

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

Implemented in middle schools

- Second Step
- Digital Detox Week

Implemented in high schools

- Purpose Workshops
- Challenge Success
- 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
- Kindness rocks
- Lunch music and games run by counselors

PARENT ENGAGEMENT

Implemented across all 3 school districts

- Families Connected Speaker Series, Parent Chat, Parent Advisory Group, Parent Connection Group
- South Bay Families Connected website with parent education and newsletters
- PTA Health & Wellness Liaisons

Implemented in all RBUSD elementary schools

- Mindfulness newsletters
- WATCH DOG Program

Other parent engagement strategies

- Health and mindfulness parent education events
- Conscious discipline parent workshops
- Wellness e-blasts and newsletters
- Walking Moais
- Multicultural Night Honorary Service Awards by the Parent Teacher Student Association
- Yearly student/parent technology usage agreements

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
- Museum of Tolerance field trip
- "Sprigeo" for anonymous tips

SUBSTANCE USE PREVENTION

Implemented across all 3 school districts

- Beach Cities Partnership for Youth Coalition
- Families Connected Speaker Series
- Parent Connection Group
- Red Ribbon Week

Implemented in RBUSD middle schools

- Project Alert
- Freedom4U education series

Additional substance use prevention strategies

- TUPE Grant through the Los Angeles Office of Education
- Marijuana Education Initiative Student & Parent Events
- Thelma McMillen Center substance use prevention groups
- Upstanders for Health and the Environment initiative

MINDFULNESS

Implemented in all RBUSD elementary schools

- MindUP

Additional mindfulness strategies

- Mindful Mornings
- 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

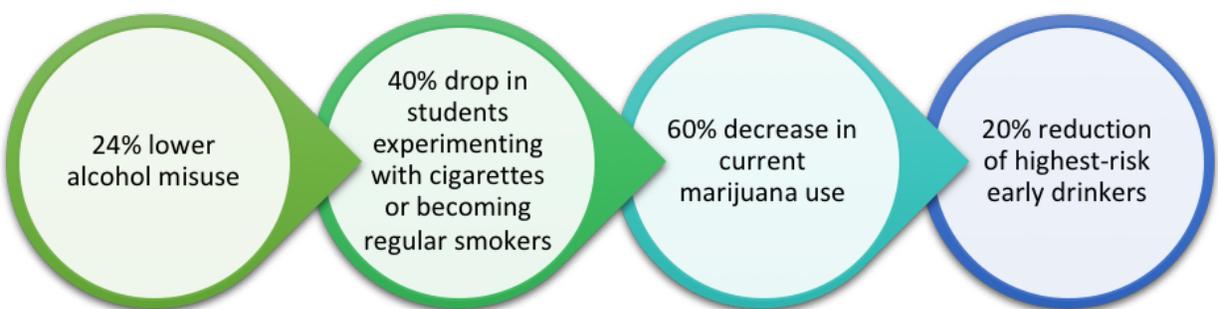
The purpose of the state-funded Tobacco-Use Prevention Education (TUPE) Program is to reduce youth tobacco use by empowering students in grades 6-12 to make healthful decisions through tobacco-preventative instruction, intervention, cessation programs and reinforcement activities through youth development. RBUSD utilizes TUPE grant funding to support WEB and Link Crew training, Project EX Tobacco Cessation program, Positive Coaching Alliance, South Bay Families Connected and addictionpros.org.

RBUSD uses TUPE grant funding for Project Alert and Second Step programs.

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 21.³

³ Substance Abuse and Mental Health Services Administration. (2014).

South Bay Families Connected



South Bay Families Connected is a not-for-profit organization whose mission is to improve the social and emotional wellness of youth by supporting parents in their efforts to help their children reach their full potential and live healthy, fulfilled lives. South Bay Families Connected offers parents free resources, education and opportunities to connect around parenting issues and challenges, including helping kids navigate the new social media landscape and reducing the likelihood that they will use drugs and alcohol.

RBUSD is a partner school district. Parent resources are available on RBUSDFamiliesConnected.org and through a monthly newsletter.

Families Connected Parent Chat

Families Connected Parent Chat is held at BCHD every Monday and is a free support group led by a licensed professional from the Thelma McMillen Center at Torrance Memorial Medical Center.

There were more than **320** parent drop-ins during Families Connected Parent Chat sessions in 2018-19 school year

2018-19 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 variety of free, monthly parent education events.

Number of total parents reached – 2000





Additional Parent Engagement

Parent Connection Group

The Parent Connection Group is an informal monthly walking group that gives parents an opportunity to connect with other parents on a range of topics. Groups are led by parent volunteers from the Families Connected Parent Advisory Group.

25 parents, caregivers and community members participated in the Parent Connection Groups in 2018-19



Small-Group Parent Workshops

A series of Small-Group Parent Workshops were offered throughout 2018-19 to supplement the Families Connected Speaker Series. The sessions, facilitated by members of the Student Mental Health Task Force, gave parents an opportunity to learn more about and discuss topics such as cyber safety (e.g., Instagram, Snapchat and YouTube) and adolescent anxiety and depression.

More than 170 parents and community members attended the Small-Group Parent Workshops in 2018-19



Beach Cities Partnership for Youth

The Beach Cities Partnership for Youth Coalition (the Coalition) kickoff took place on January 10, 2019 with more than 100 stakeholders to formalize into an official community Coalition with the goal of improving student mental health and well-being while reducing substance use and bullying in the Beach Cities.

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 Working Group — 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.



SCHOOL ADVISORY BOARD

1. Conduct an environmental scan of all social-emotional wellness efforts and programs in 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 destigmatizing 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

Youth Advisory Council

Students on the Youth Advisory Council serve as touchstones for health issues on the minds of teens and provide recommendations and feedback on youth-centered programming provided by BCHD. The Council includes nearly 50 students from Redondo Union High School, Mira Costa High School, Adams Middle School, Perras Middle School, Hermosa Valley School and Manhattan Beach Middle School. The Council meets quarterly to discuss the top three teen-identified health issues including stress, party culture and social media.

Students from the Youth Advisory Council worked together to coordinate Mental Health Awareness events at both Redondo Union High School and Mira Costa High School to bring awareness to and reduce the stigma of mental health issues facing Beach Cities students.



Families Connected Parent Advisory Group

In the 2017-2018 school year, Beach Cities Health District 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 pertinent topics at individual school sites, district-wide and throughout the Beach Cities community.

The Families Connected Ambassador role is:

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

22 active members in the Families Connected Parent Advisory Group

Social-Emotional School Advisory Board

Beach Cities Health District partners with Hermosa Beach City School District, Manhattan Beach Unified School District and Redondo Beach Unified School District to convene the Social-Emotional Wellness School Advisory Board. With leadership representatives from all three school districts, the Social-Emotional Wellness 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.



Student Mental Health Provider Task Force

Beach Cities Health District convened a Student Mental Health Task Force in 2018 as a part of a Beach Cities-wide effort to address student stress and substance use. The Student Mental Health Provider Task Force is made up of 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 Student Mental Health Provider Task Force meets 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.

A list of the Student Mental Health Provider Task Force can be found at bchd.org/taskforce.



Volunteer Support

More than 700 volunteers support school health programs and events, providing nearly 13,500 service hours this school year. Our volunteers play an integral role in helping improve the health and well-being of students, 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.⁴ 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

Below is a summary of volunteer hours that support school programs and services:

ROLE	# OF VOLUNTEERS	# OF VOLUNTEER HOURS
Garden Service Project (including Beach Cities Volunteer Day)	175	509
School Events Volunteers	3	4
BMI Volunteers	14	103
Walking School Bus	17	373
Garden Angels	29	1,414
Student Mental Health Task Force	83	475
Families Connected Parent Advisory Group	52	103
Youth Advisory Council	48	397
Youth Services Interns	8	1,196
Admin Services Volunteers	10	150

Volunteers provided **4,724** service hours this year. That is equal to 2.3 full time employees.

⁴ Substance Abuse and Mental Health Services Administration. (2014). New SAMHSA Treatment Episode Data Set (TEDS) available. PsycEXTRA



Healthy Schools Grant

The purpose of the Healthy Schools Grant is to support and encourage schools to implement health and wellness practices in support of their efforts to pursue Alliance for a Healthier Generation designations. 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 table below highlights wellness strategies and successes at each school:

SCHOOL	WELLNESS STRATEGIES
Alta Vista Elementary School	<ul style="list-style-type: none"> Recognize student/class participation in Running Club Extend LiveWell Kids education to parents and teachers Lead two-week Look for the Gratitude Campaign
Beryl Heights Elementary School	<ul style="list-style-type: none"> Pedestrian and bike safety education for all students Engage staff in relationship mapping to find connections with every student
Birney Elementary School	<ul style="list-style-type: none"> Increase student awareness of good environmental practices by creating a system to sort lunch trash properly Implement “Waste Not Wednesdays” where students are encouraged to bring a trash-free lunch
Jefferson Elementary School	<ul style="list-style-type: none"> Host a “Clean & Green” spaces event on Earth Day with gardening, clean up, yoga and outdoor reading Host a Farmers Market in conjunction with Science Night

SCHOOL	WELLNESS STRATEGIES
Lincoln Elementary School	<ul style="list-style-type: none"> Organize a step challenge for staff and yoga instruction for students Bring in a guest speaker to support parent education around social-emotional wellness topics Engage staff in mindfulness/healthy eating during meetings
Madison Elementary School	<ul style="list-style-type: none"> Early childhood physical activity development School-wide hydration challenge
Tulita Elementary School	<ul style="list-style-type: none"> Host a National Screen-Free Week with a Family Yoga Night to promote family time and mental health/well-being Promote a fruit or vegetable of the month in partnership with Child Nutritional Services
Washington Elementary School	<ul style="list-style-type: none"> Promote kindness and gratitude through implementation of Yoga 123 Host Look for the Good campaign and have a guest speaker (kindness ninja) Promote a shared food table to encourage students to not waste food and make healthy choices
Adams Middle School	<ul style="list-style-type: none"> Host a "Digital Detox Challenge" to increase student awareness of time spent online and involve parents in the process Offer a staff fitness day with instructors teaching barre, yoga, aerobics, spin and Zumba Mental Health Awareness Month Activities
Parras Middle School	<ul style="list-style-type: none"> Host a "Technology-Free Challenge" to encourage students and staff to abstain from using devices for 24 hours Conduct training for peer counseling program for students Mental Health Awareness Month Activities
Patricia Dreizler Continuation School	<ul style="list-style-type: none"> Implement a recycling, composting and garbage collection campaign Mindfulness training for staff to provide mindfulness methods in the classroom
Redondo Union High School	<ul style="list-style-type: none"> Host Mental Health Awareness Week Include mindfulness practices in the classroom Offer yoga to students and encourage teachers to include movement breaks in the classroom

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 is 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 2018-19:

Redondo Beach Unified School District	\$361,091
Redondo Beach Unified School District-Principal Healthy Schools Grant	\$36,000
Redondo Beach Unified School District-School Attendance Review Board	\$14,892
South Bay Families Connected (for all three school districts)	\$40,000
Alta Vista Elementary School – water filling station (Micro-enrichment grant)	\$500
Madison Elementary School – digital lap counting system (Micro-enrichment grant)	\$950

Total: \$453,433



Healthy School Events

Throughout the 2018-19 school year, BCHD is proud to have supported the following events that promote and encourage a healthy school environment:

SCHOOL	EVENT
District	<ul style="list-style-type: none"> • International Walk to School Day • Families Connected Speaker Series • School Nurse & Health Aide Trainings • Student Mental Health First Aid Training • State of Education • Redondo Beach Coordinating Council Luncheon
Alta Vista Elementary School	<ul style="list-style-type: none"> • Chase Stecyk Fun Run • Alta Vista Family Carnival • Field Day • Bike Safety Event
Beryl Heights Elementary School	<ul style="list-style-type: none"> • Annual School Carnival • Reading Incentive Award Celebration • Field Day • Running Club End of Year Celebration • Bike Safety Event
Birney Elementary School	<ul style="list-style-type: none"> • Jog-a-thon • Bike Safety Event
Jefferson Elementary School	<ul style="list-style-type: none"> • Jog-a-thon • Kids Hearts Challenge • Farmers Market • Green Spaces, Happy Faces (Earth Day) • Bike Safety Event
Lincoln Elementary School	<ul style="list-style-type: none"> • Jog-a-thon • Jump Rope for Heart Event • Jump Rope for Heart Celebration • Bike Safety Event

SCHOOL	IN-KIND SUPPORT
Madison Elementary School	<ul style="list-style-type: none"> • Jog-a-thon • Bike Safety Event
Tulita Elementary School	<ul style="list-style-type: none"> • Cupid's Dash Jog-a-thon • Screen Free Week • Bike Safety Event
Washington Elementary School	<ul style="list-style-type: none"> • Jog-a-thon • PTA Membership Incentive Drive • 5th Grade/Teacher Kickball Game • Earth Day Fair
Adams Middle School	<ul style="list-style-type: none"> • Fall Fitness Festival • Spring Staff Fitness Event • Bike Safety Event • Cyber Safety Assemblies
Parras Middle School	<ul style="list-style-type: none"> • Purpose Workshop Series • Cyber Safety Assemblies • Stress-less workshops
Redondo Union High School	<ul style="list-style-type: none"> • Health Fair • RUHS Career Day • Rainbow Run • Mindfulness Workshops • Vaping Town Hall • Purpose Workshop Series • Cyber Safety Assemblies



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