



**Hermosa Beach City School District
Health Report:**

2017-18

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Beach Cities Health District (BCHD) partners with Hermosa Beach City School District (HBCSD) to offer programs to increase physical activity, improve nutrition and promote social-emotional well-being. This summary report includes programmatic outcomes and measurable results for HBCSD schools grades K-12 for the 2017-18 school year.



Creating a Healthy Beach Community

Beach Cities Health District (BCHD) is among the largest preventive health agencies in the nation, and 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 Hermosa Beach City School District (HBCSD) 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 2017-18 school year. This health snapshot includes best practices that HBCSD 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 HBCSD leadership and the BCHD Board of Directors, these Youth Health Priorities act as a guide for 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



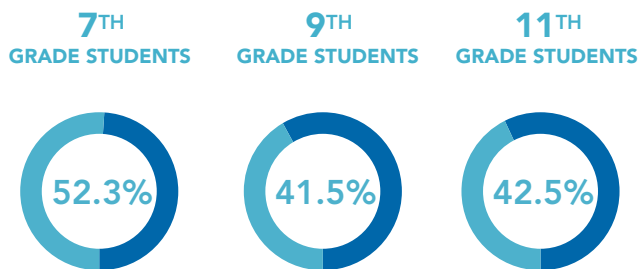
Key Indicators of Health

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

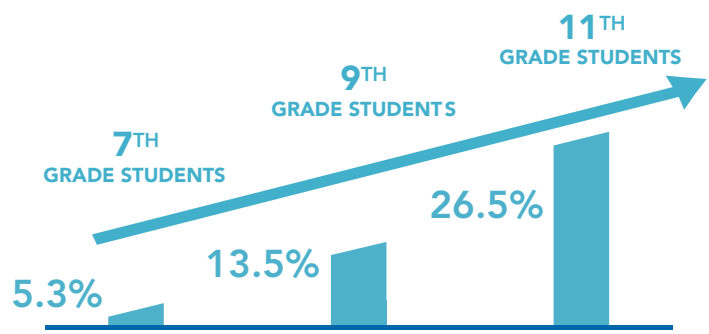
Beach Cities Health District partners with the three school districts in the Beach Cities – Hermosa Beach City School District, Manhattan Beach Unified School District and Redondo Beach Unified School District – to offer programs that increase physical activity, improve nutrition and promote social-emotional 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. Hermosa Beach City School District is a K-8 district, so data from 7th grade is included below.

Academic Pressure

(HBCSD, MBUSD, RBUSD)



% of students report a **high level** of high expectations

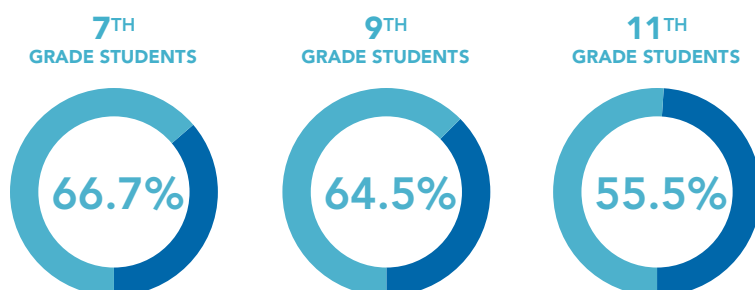


% of students reported **missing school** in the past **30 days** due to being behind in school work or weren't prepared for a test or class assignment

Why it matters: Research suggests at the middle and high school level, students should increase academic and social competence by developing self-efficacy, assertiveness, communication, reinforcement of anti-drug attitudes and peer relationships to strengthen personal commitments against drug use.⁹

Connectedness

(HBCSD, MBUSD, RBUSD)



Why it matters: Connectedness with others is tied directly to academic performance and student motivation. Fostering school connectedness can potentially reduce bullying.

1. Karcher, M. J. The Effects of Developmental Mentoring and High School Mentors' Attendance on Their Younger Mentees' Self-Esteem, Social Skills, and Connectedness. *Psychology in the Schools*, 2005; 42: 65-77.
 2. Eisenberg, M. E., Neumark-Sztainer, D. and Perry, C. L. Peer Harassment, School Connectedness, and Academic Achievement. *Journal of School Health*, 2003; 73: 311-316.
 3. McNeely, C. A., Nonememaker, J. M. and Blum, R. W. Promoting School Connectedness: Evidence from the National Longitudinal Study of Adolescent Health. *Journal of School Health*, 2002; 72: 138-146.
 4. National Institute on Alcohol Abuse and Alcoholism. *The Scope of the Problem*. 2016.
 5. U.S. Department of Health and Human Services. *The Surgeon General's Call to Action to Prevent and Reduce Underage Drinking*. 2007.



Mental Health

(MBUSD, RBUSD)

11TH
GRADE
STUDENTS



Up to **45%** reported missing school due to not getting enough sleep in the past 30 days



1 in 4 reported missing school due to feeling sad, hopeless, stressed or angry in the past 30 days

16%

Reported seriously considering attempting suicide in the past **12 months**

Why it matters: 1 in 5 students may struggle with a mental health condition. Social-emotional learning equips students with the emotional skills to help them develop the flexibility and resilience they need to flourish, even during hard times.



Bullying

(HBCSD, MBUSD, RBUSD)

7TH
GRADE
STUDENTS

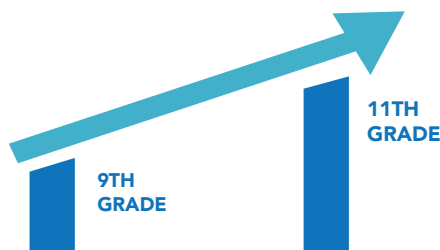
- **38%** reported experiencing harassment or bullying within the past 12 months
- Reported the **highest rate** of having mean rumors or lies spread about them
- Reported the highest rates of experiencing cyber-bullying once within the past **12 months**
- **29.6%** reported experiencing harassment on school property for any of the following reasons: race, ethnicity or national origin, religion, gender, being gay or lesbian or someone thinking they were, physical or mental disability

Why it matters: Prevalence of bullying is highest among middle school youth, with both bullies and victims more likely to report substance use.⁷ Bullying can also lead to increased risk for depression, anxiety and sleep difficulties.



Alcohol & Drug Use

(MBUSD, RBUSD)



% of students that report using alcohol or drugs in the past 30 days **nearly doubles** between 9th and 11th grade

36%

of 11th graders have **used drugs or alcohol** in the past 30 days, on average

Why it matters: Early alcohol use is associated with greater likelihood of abuse or dependence in adulthood. 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.

6. National Research Council and Institute of Medicine Committee on Developing a Strategy to Reduce and Prevent Underage Drinking. Reducing Underage Drinking: A Collective Responsibility. 2004.
7. Radcliff et al. Illuminating the Relationship Between Bullying and Substance Use Among Middle and High School Youth. Addictive Behaviors. 2012; 37: 569-572.
8. CASEL. 2017.

9. Child Welfare Information Gateway. Promoting Protective Factors for In-Risk Families and Youth: A Guide for Practitioners. 2015.



Nutrition and Physical Activity

LiveWell Kids

Launched by Beach Cities Health District in 2005, LiveWell Kids is a childhood obesity prevention 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.

Hermosa View Elementary School students receive five LiveWell Kids nutrition lessons and five LiveWell Kids garden lessons each year.

Nutrition Lessons:

- **Mindful Eating Behaviors:** Mindful eating behaviors, recognizing signs of hunger and portion control.
- **Fruits and Vegetables:** Importance of eating fruits and vegetables every day and trying new foods.
- **Food Labels and Marketing:** Eating whole foods and understanding food labels and marketing tactics.
- **Water:** Benefits of drinking water and reducing sugar-sweetened beverage consumption.
- **Physical Activity:** Physical activity and how it connects to overall health.

Garden Lessons:

- **Mindful Harvest in the Garden:** Mindful behaviors while harvesting and tasting summer crops that were planted.
- **Planting for the Cool Season:** Soil preparation and planting cool season crops.
- **Composting:** Processed foods versus foods from nature and the benefits of composting and recycling.
- **Winter Harvest:** Health benefits of cool season vegetables; harvesting and tasting cool season crops.
- **Planting for Warm Season:** Soil preparation and planting warm season crops.

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

LiveWell Kids docents have contributed **9,150 hours** this year supporting nutrition and garden programs

Number of fruit and vegetable tastings during LiveWell Kids Nutrition lessons this year: **1,875**

Number of Hermosa View Nutrition Parent Volunteers: **31**

As someone who has been in the nutrition and wellness industry developing and leading workshops on these very topics for almost 10 years, I was extremely pleased with the material that is incorporated in this program. It really is wonderful!
– **Katie, Hermosa View LiveWell Nutrition Docent**



Nutrition and Physical Activity

35 Hermosa View Elementary School docents taught garden lessons this year

300 vegetables and herbs were grown during LiveWell Kids garden lessons this year at Hermosa View

We had a great first day in the garden. They loved picking the tomatoes and basil and they all wanted seconds of the salad! What a great program! – Traci, Hermosa View LiveWell Garden Docent



Hermosa Valley School Garden Program

Hermosa Beach City School District and BCHD, in partnership with Palos Verdes School Gardens, launched the first-ever middle school garden program in the Beach Cities at Hermosa Valley School in 2017. BCHD and Palos Verdes School Garden staff and volunteers created a new garden space, including new garden boxes and an outdoor learning area in preparation for the new garden program. The hands-on and experiential program focuses on sustainable gardening and farm-to-table practices while providing students with opportunities for advocacy in creating healthy eating habits. Lessons are taught by a dedicated garden specialist and supported by parent volunteers.

The success of the Hermosa Valley Garden Program was recognized as part of the California Department of Education award for Exemplary Program in Nutrition and Physical Activity.

Hermosa Valley School students participated in the following culminating end of the year gardening events:

- 4th grade native plant walk and sand dune restoration project
- 5th grade farm stand
- 6th grade visit to Hermosa Beach Community Garden
- 7th grade local chef makers lab
- 8th grade Iron Chef competition



Nutrition and Physical Activity

Physical Activity

Beach Cities Health District partners with HBCSD 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

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.



Walking Wednesdays

Launched in the 2017-18 school year, Walking Wednesdays is an active transport program that encourages families to walk, which helps reduce traffic and increases social connections. Since it does not require volunteers or involve structured routes or schedules, the program provides an option for those who don't participate in the Walking School Bus. The kickoff took place on International Walk to School Day on October 4, an event that continues to be highly popular. A cohort of 50 BCHD staff along with local elected officials, police officers and volunteers supported every elementary school across the three Beach Cities. Additionally, BCHD hosted a Walking Wednesdays promotion event in spring at Hermosa View Elementary School.

International Walk to School Day student participants at HBCSD: **266**

International Walk to School Day student participants across the Beach Cities: **2,999**

Walking Wednesday spring promotion student participants at HBCSD: **60**





Social-Emotional Wellness

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 expected to incorporate MindUP strategies throughout the school day.



Hermosa Valley School was named a 2018 California Distinguished School. The school's success with the BCHD-funded social-emotional program, MindUP, was recognized as a part of the award.

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 more social.¹

8,040 students received MindUP lessons this year in Beach Cities schools.

MasterMind and Connectivity

In addition to the MindUP curriculum, Hermosa Valley 6th graders receive the Mastermind program, which is focused on the transition to middle school. Mastermind promotes organization, prioritization and stress reduction while increasing self-awareness. Hermosa Valley students, grades 6th-8th, created advisory based activities as an extension of MindUP called "Connectivity", which included six growth mindset activities to build connections, develop a better understanding of students and create a more inclusive school environment.

MindUP Day

In addition to the MindUP curriculum, Beach Cities Health District and Positive Coaching Alliance partnered with Hermosa Valley School to facilitate two MindUP days for 7th and 8th grade students.

MindUP Day Seminars Included:

- Team building activities focusing on perspective taking, communication and collaboration.
- A Purpose Workshop where students identified their interests, values and gifts, explored their individual purpose and drafted a purpose statement.
- Inclusion and Compassion breakout session discussing upstanders, bystanders and appreciating each other's differences.
- Kindness and Gratitude breakout session discussing ways to identify and show gratitude and kindness.

More than **310 Hermosa Beach 7th and 8th grade students** participated in MindUP day.



Testimonials

- A random act of kindness I can do for a peer is to tell them how much I care for them.
- An act of kindness I can do for myself is to take time to relax and not be hard on myself.

Student Purpose Statements:

- My purpose is to create things that will benefit everyone in the world.
- My purpose is to help others by empowering them and making them laugh.

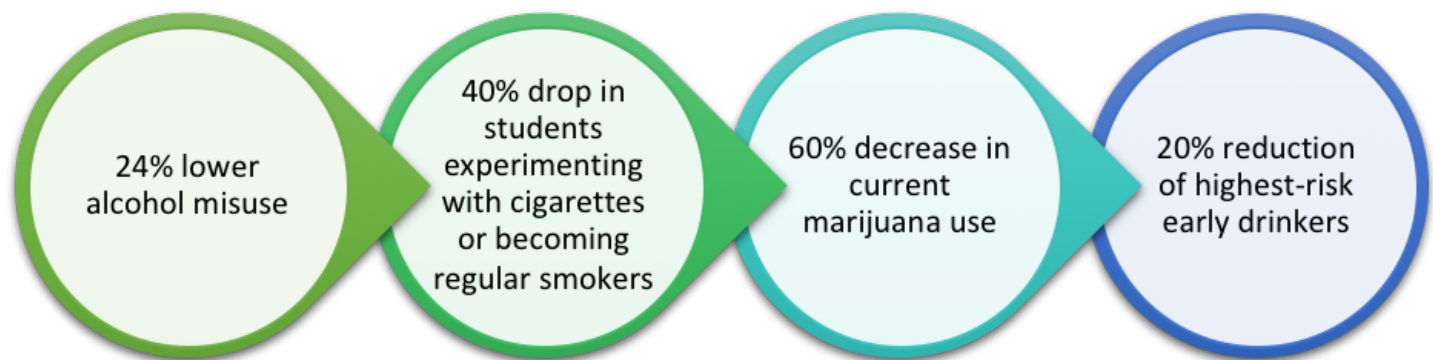



¹ Schonert-Reichl, et al. (2015). *Enhancing cognitive and social-emotional development through a simple-to-administer mindfulness-based school program for elementary school children: A randomized control trial. Developmental Psychology. 51(1), 52-66.*

Substance Use Prevention - Project Alert

Project Alert is a skills-based curriculum provided to 7th and 8th grade students at Hermosa Valley School to provide education and skill-building to decrease substance use. Project Alert consists of lessons that 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.

National data shows that 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 21.¹

¹ 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.



Hermosa Beach City School District is a partner school and parent resources are available on southbayfamiliesconnected.org/hbcsd and through a monthly parent newsletter.

HBCSD hosted two Families Connected Speaker Series events, "Parenting in the Age of Social Media" and "Issues on the Minds of Teens" and partnered with MBUSD and RBUSD on additional parent education events.

Families Connected Parent Chat

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



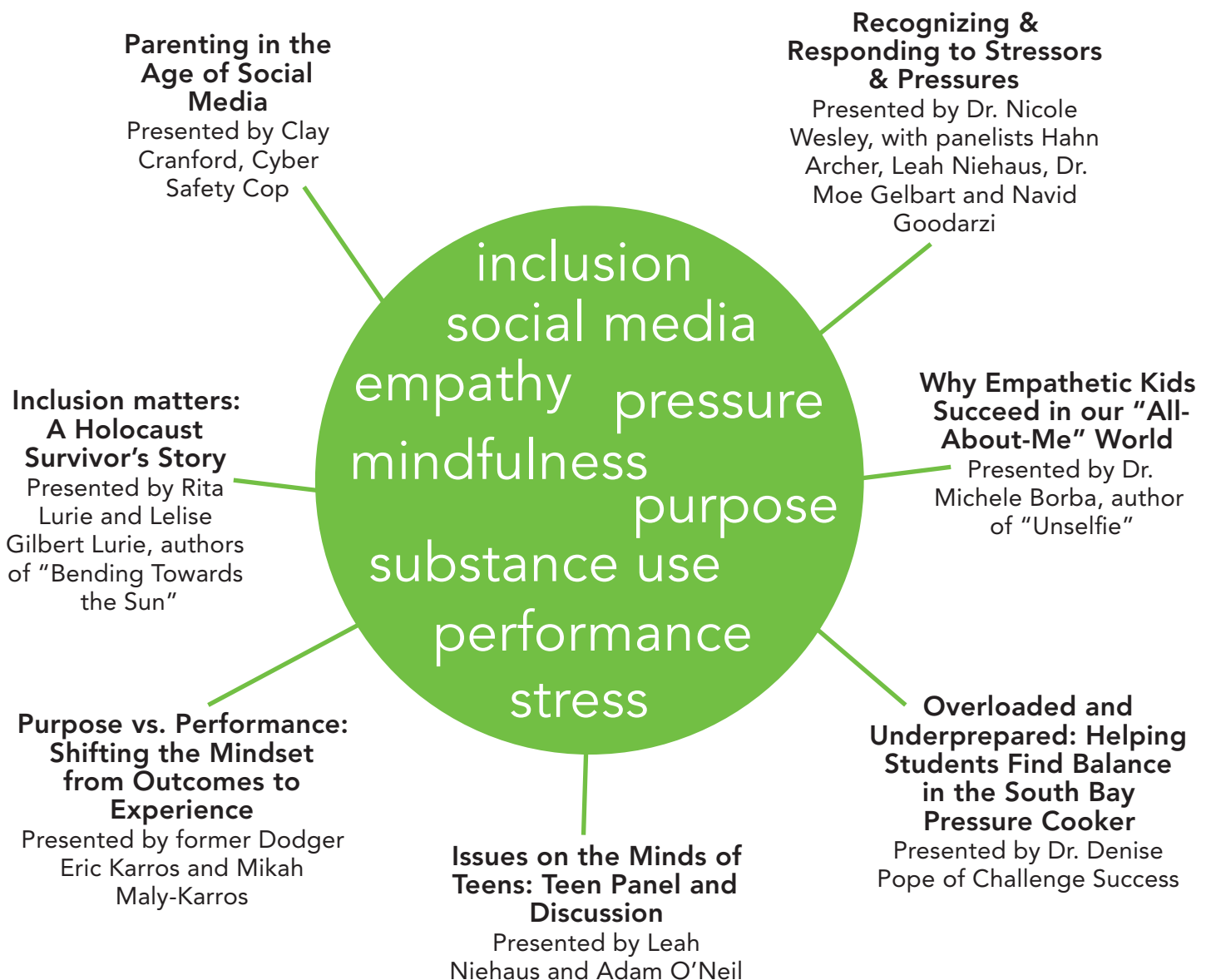
There were more than **400 parent drop-ins** during Families Connected Parent Chat sessions in 2017-18 school year.

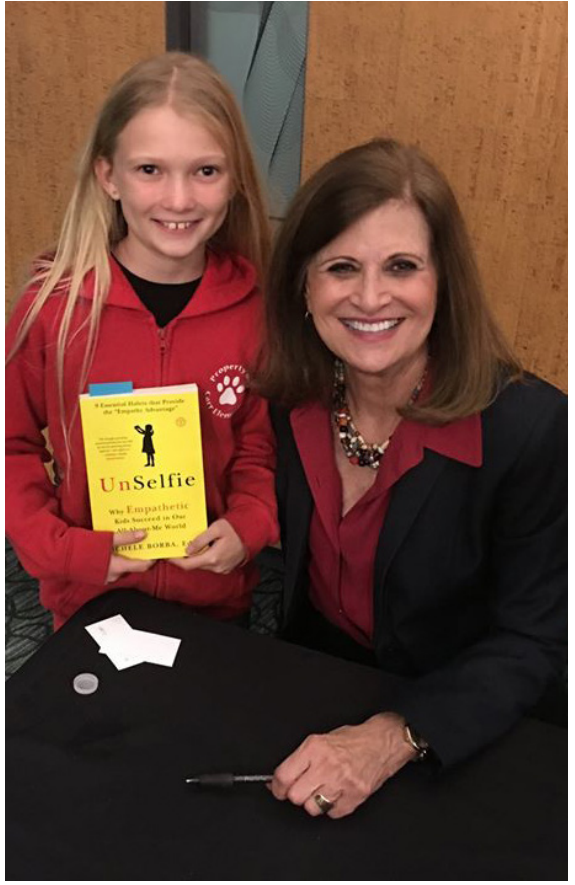
Social-Emotional Wellness

2017-18 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 - 3,000





Social-Emotional Wellness

Social-Emotional Wellness Committee

Hermosa Beach City School District convened a social-emotional workgroup in 2018. HBCSD administrators, parent representatives and community partners met to discuss topics and issues related to the social-emotional wellness of students, staff, families and the school environment.

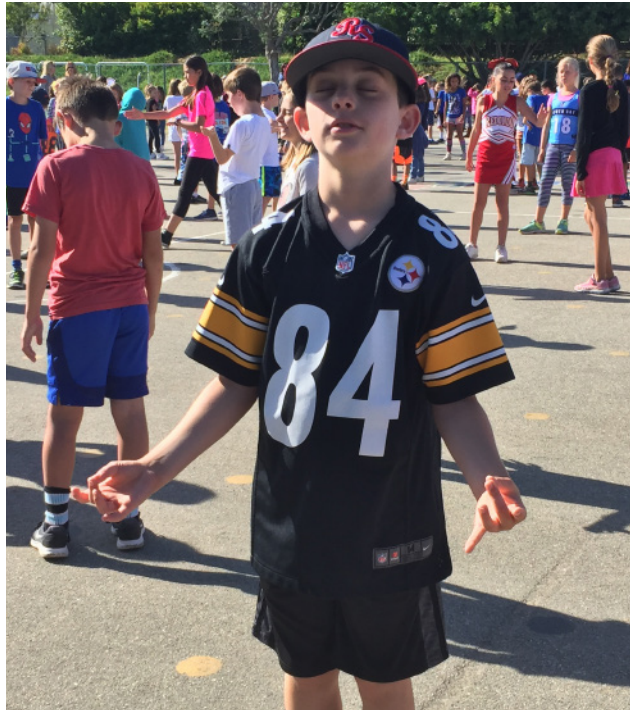
The Hermosa Empathy Project

The Hermosa Empathy Project is a communitywide effort to create more opportunities for students, parents and Hermosa Beach residents to display and model empathy. Spearheaded by the Hermosa Beach City School District's Social-Emotional Wellness Committee, the Project is inspired by Dr. Michele Borba's book, "Unselfie: Why Empathetic Kids Succeed in an All-About Me World." The Project will include a communitywide book club, and school and civic partners can sign on to support the effort. Additionally, school-based activities will include a peer-mentoring program – WEB, Where Everyone Belongs; a MindUP docent pilot where trained parent volunteers will teach mindfulness lessons to support the MindUP curriculum; rollout of the Sandy Hook Promise program to recognize the signs of gun violence; and enhanced "Connectivity" activities focused on empathy and perspective taking.

Books Before Bedtime

The Hermosa Empathy Project kicked off with "Books Before Bedtime," a family literacy night for families on June 1st. Families participated in a book swap and bookmark making station. Author Amy Ephron read an excerpt from her book "Carnival Magic" to students while author Katie Hurley gave a presentation to parents based on her book "The Happy Kid Handbook, How to Raise Joyful Children in a Stressful World."





Social-Emotional Wellness

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 Task Force

BCHD 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 Task Force is made up of more than 75 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 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, mindfulness and social-emotional learning.

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

Families Connected Parent Advisory Group

In the 2017-2018 school year, Beach Cities Health District (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.

Families Connected ambassadors are critical to the success of the South Bay Families Connected project. In partnership with BCHD, 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 thrive — in and out of school.



The Families Connected ambassador 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

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 teen health issues and provide recommendations and feedback on youth-centered programming provided by BCHD. The Council includes 22 students from Hermosa Valley School, Manhattan Beach Middle School, Adams Middle School, Perras Middle School, Mira Costa High School and Redondo Union High School. The Council meets quarterly to discuss the top three teen-identified health issues including stress, party culture and social media.



Social-Emotional Wellness

State of Our Youth's Health: Stress & Substance Use Summit

Beach Cities Health District convened more than 180 students, parents, schools, healthcare providers, community leaders, law enforcement and local businesses on May 24 for a community conversation on mental health and substance use prevention.

The event included a student panel about the stress, peer pressure and substance use; a keynote address by Hon. Mary Bono, former U.S. congresswoman from California and substance abuse prevention advocate; and a breakout session on mental health.

City of Manhattan Beach Mayor Amy Howorth emphasized the importance of breaking down the barriers and stigmas associated with mental health. Additional presentations were made by school leadership, including Pat Escalante, Superintendent of Hermosa Beach City School District; Dr. Michael Matthews, Superintendent of Manhattan Beach Unified School District and Dr. Nikki Wesley, Executive Director of Student Services at Redondo Beach Unified School District.

The Stress & Substance Use Summit was part of Mental Health Awareness Month, and was presented in partnership with local school districts, South Bay Families Connected and the L.A. County Department of Mental Health to raise awareness of mental health and well-being in our community.





Social-Emotional Wellness

Hermosa Beach City School District: Environmental Scan of Social-emotional Support

An environmental scan was completed to capture activities and best practices being done by Hermosa Beach City School District to support social-emotional health for students, families and staff.

SOCIAL-EMOTIONAL HEALTH

Implemented across all three school districts

- California Healthy Kids Survey
- Student Mental Health Provider Task Force
- Youth Advisory Council
- Social-Emotional Wellness School Advisory Board
- School nurse and health aide training
- District-wide Social-Emotional Wellness Committee

Implemented across HBCSD

- MindUP
- Operation Gratitude candy collection for troops
- Community service drives for coats, school supplies and books
- Principal visits to 3rd grade classroom to discuss social-emotional learning topics
- Nutrition and garden education
- Student Council for grades 4-5 and 6-8
- Valley assistant principal classroom discussion on leadership
- Annual cyber education assembly
- Middle school Love Your Brain safety video and discussion
- Grade level community service learning projects: Adopt-A-Family, Adopt-A-Athlete, Native Sand Dune Restoration Project
- Rotary recognition for students of the month
- School service points program for 6th-8th graders
- Middle school outdoor education experience
- New student welcome luncheon
- Builders Club: Kiwanis
- Student study teams
- Safe School Ambassadors
- Social-Emotional Wellness Committee
- 3rd grade buddy books made by 8th grade students
- The Hermosa Empathy Project

SUBSTANCE USE PREVENTION

Implemented across all three school districts

- Families Connected Speaker Series
- Red Ribbon Week
- Student Stress and Substance Use Summit

Implemented in Hermosa Valley Middle School

- Project Alert
- Freedom4U education series

PARENT ENGAGEMENT

Implemented across all three school districts

- South Bay Families Connected website with parent education and newsletters
- Families Connected Speaker Series, Parent Chat, Parent Advisory Group, Parent Resource Expo
- Prevention Community Council marijuana education events

Implemented across HBCSD

- MindUP lessons take home tips
- PTO weekly Surf Reports
- Principals/school site Twitter feeds with wellness topics and tips
- Parent volunteers for nutrition and garden programs
- Principal coffee talks
- Principal social-emotional learning topic e-blast

MINDFULNESS

Implemented across HBCSD

- Flag ceremonies and student recognition focusing on mindfulness and wellness champions
- MindUP
- Mastermind elective 12-week course for 6th grade
- MindUP seminar and Purpose Building Day for 7th and 8th Grade
- Brain Breaks built in throughout the day
- Mindful slips for demonstrating positive mindful behaviors
- Morning announcements with mindfulness quotes and tips
- Connectivity Advisory for middle school homerooms

BULLYING PREVENTION

Implemented across HBCSD

- Unity Day, Stand Up to Bullying
- Kindness Week
- Lunch Bunch small group counseling for students

Implemented in Hermosa View Elementary School

- Friendship Bench
- Friendship Circle
- Lunch time social and activity clubs

Implemented in Hermosa Valley Middle School

- Safe School Ambassadors
- Cyber-safety assembly
- 6th grade elective: digital literacy - on digital stewardship, internet safety, cyber bullying and creating a positive digital footprint
- Homeroom Connectivity advisory activities
- Museum of Tolerance field trip



Volunteer Support

More than 700 volunteers support school health programs and events across the Beach Cities, providing nearly 13,500 of 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.

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
- Evidence suggests the best way to prevent poor health in the future is to volunteer
- 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 across the Beach Cities:

VOLUNTEER PROGRAM	# OF VOLUNTEERS	# OF VOLUNTEER HOURS
LiveWell Kids Nutrition and Garden Docents	523	9,150
Walking School Bus Volunteers	28	800
Garden Angels	23	1,800
Families Connected Parent Advisory Group	22	176
Youth Advisory Council	22	176
Admin Support Volunteers	10	150
Youth Services Interns	2	1,144
School Event Volunteers	65	70
Total	716	13,466

Volunteers provided **13,466 service hours** this year. That is equal to 6.5 full time employees.

I've enjoyed being a nutrition docent. Every lesson allows me a chance to connect with the kids and teach them something new. Their eyes light up when they see us walk in the class-room. It's especially rewarding when the kids ask for a second serving of the food sample when they thought they would not like it. – Jennifer, Hermosa View Nutrition Docent

I love being a garden docent. Working with kids of all ages in the garden is a necessary counter balance to the stresses of today's digital age. Sharing the wonder of mother nature and the hands-on activities from LiveWell Kids' farm-to-table program is something all of us will treasure always. – Christine, Hermosa View Garden Docent

Thank you for teaching us about the garden.
Thank you for teaching us to try new things, to do our bests and to teach us to love and eat our greens.
Thank you for everything you have done. I'm thankful that someone decided to make time for usk kids. Thank you!
Love, Sienna



I hank you for helping us Garden you inspired me and my Mom to start GARDENING!
From, Kellan.





Healthy Schools Grant

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

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	GRANT FUNDS USAGE
Hermosa View Elementary School	<ul style="list-style-type: none"> • MindUP program expansion with 15 deliverable lessons K-5 • Mindful awareness recognition at flag ceremonies • Lunch bunch small group counseling and individual counseling to students • Pilot student lunch clubs 	<ul style="list-style-type: none"> • Professional development for staff • Physical education equipment • Assemblies with health experts
Hermosa Valley School	<ul style="list-style-type: none"> • Middle school Connectivity throughout the school year through homerooms • 7th-8th Grade MindUP seminar days • Hermosa Valley school counselor will explore WEB (Where Everyone Belongs) and Link Crew for middle school connectedness opportunities and collect data on the Safe School Ambassador program • Pilot student lunch clubs 	<ul style="list-style-type: none"> • Professional development for staff • Physical education equipment • Assemblies with health experts



Grants

Beach Cities Health District (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. Grants are awarded to organizations that provide health-related services and are awarded based upon evidence of program effectiveness, existing need and alignment with BCHD health priorities.

The following funding was provided to Hermosa Beach City School District in 2017-18:

Hermosa Beach City School District	\$94,091
Hermosa Beach City School District – Principals Healthy School Grant	\$6,000
South Bay Families Connected (for all three school districts)	\$40,000
Palos Verdes School Gardens (Hermosa Valley)	\$7,000

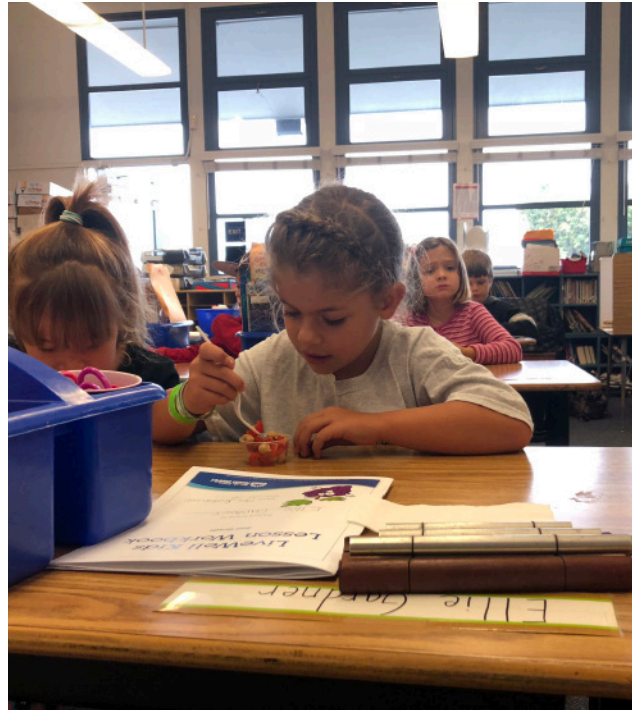
Total: \$147,091



Healthy School Events In-Kind Support

Throughout the 2017-18 school year, Beach Cities Health District is proud to support the following events that promote and encourage a healthy school environment:

SCHOOL	IN-KIND SUPPORT
District	<ul style="list-style-type: none"> • Back to school picnic raffle prizes • International Walk to School Day • School nurse & health aide trainings
Hermosa View Elementary School	<ul style="list-style-type: none"> • AdventurePlex passes for Accelerated Reader • Dr. Robert Grossman Garden • Dolphin Dash • Field Day • Books Before Bedtime
Hermosa Valley School	<ul style="list-style-type: none"> • Hermosa Valley School Garden Program • MindUP Day workshops • Field Day





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