



Manhattan Beach Unified School District
Health Report:

2017-18



Index

Introduction	3
Key Indicators of Health	4
Social-Emotional Wellness	6
MindUP	
Second Step	
WEB: Where Everyone Belongs	
Challenge Success	
Purpose Series	
Substance Use Prevention - Straight Up Days	
Manhattan Beach Coordinating Council	
South Bay Families Connected	
Advisory Groups	
State of Our Youth's Health: Stress & Substance Use Summit	
Environment Scan	
Physical Activity	24
International Walk to School Day	
Bike to School Day	
Healthy School Grant	26
Grants	28
Healthy School Events In-Kind Support	29

Beach Cities Health District (BCHD) partners with Manhattan Beach Unified School District (MBUSD) 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 MBUSD 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 Manhattan Beach Unified School District (MBUSD) 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 MBUSD 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 MBUSD 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



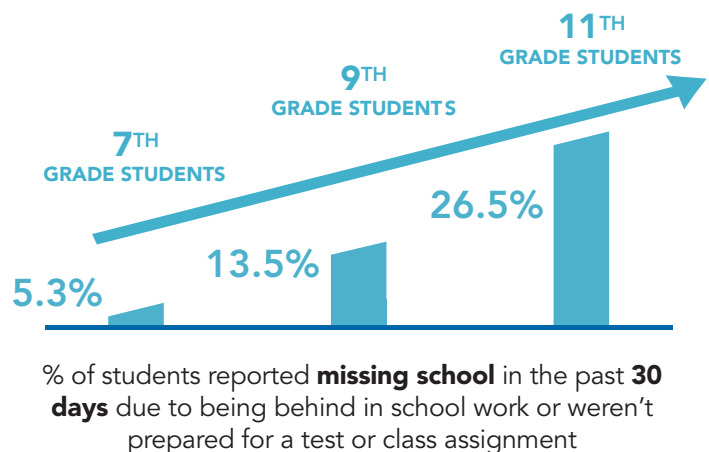
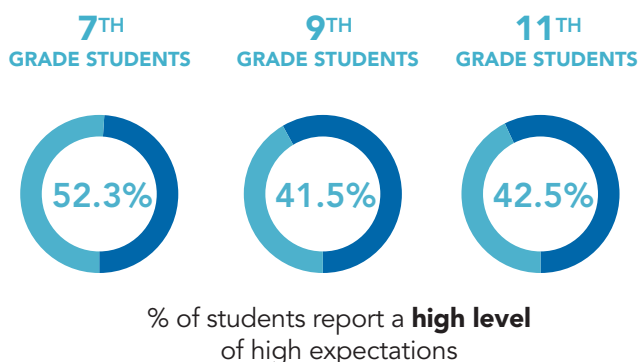
Key Indicators of Health

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

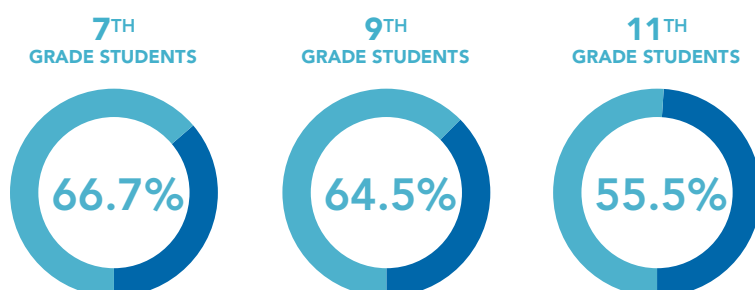
(HBCSD, MBUSD, RBUSD)



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., Nonnemaker, 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, RBUUSD)

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, RBUUSD)

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**

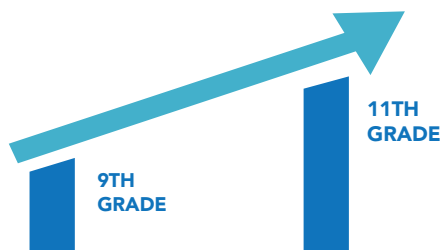
• **29.6%** reported experiencing harassment on school property for any of the following reasons: race, ethnicity or national origin, religion, gender, being gay or lesbian or someone thinking they were, physical or mental disability

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, RBUUSD)



% 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.



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.



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.

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.

Second Step

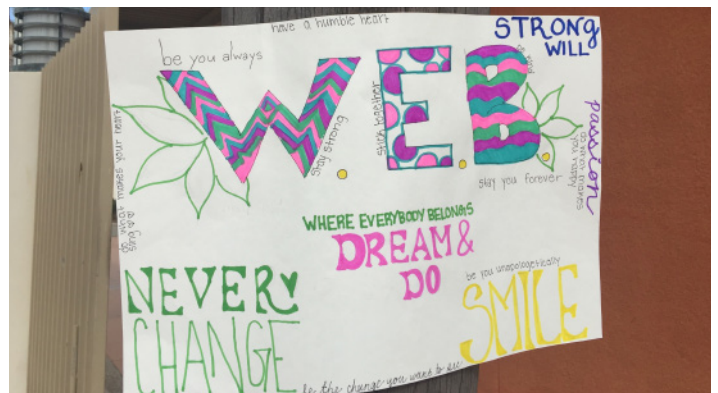
Second Step is a research-based middle school program designed to increase students' school success and decrease problem behaviors through social-emotional learning and competencies. The lessons help develop positive peer relationships, manage strong emotions, create balanced decision making and increase 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.

Second Step is implemented at Manhattan Beach Middle School.



WEB: Where Everyone Belongs

Manhattan Beach Middle School held a WEB Orientation Day, where 40 eighth-grade students led team-building activities for more than 500 incoming sixth grade students. WEB is a peer mentoring program designed to promote inclusion and decrease bullying. WEB leaders serve as mentors and advisors to younger students throughout the school year.



Social-Emotional Wellness

Challenge Success

Mira Costa High School became a Challenge Success School starting in the 2016-17 school year. The partnership with Challenge Success, a Stanford-based, non-profit organization, is helping students to gain research-based academic, social and emotional skills needed for success. A Mira Costa team attended the Challenge Success conference where they heard presentations by Challenge Success researchers and worked on a plan for their school. Mira Costa, in partnership with Challenge Success, is working toward re-defining the meaning of success to emphasize the journey more than the destination.

Since partnering with Challenge Success, Mira Costa has implemented student surveys about scheduling, homework and sleep, parent engagement events, shadow days and Fishbowl activities. During shadow days, parents, teachers and administrators were partnered with 30 students and followed them to experience a day-in-the-life of a Mira Costa student in its entirety to raise awareness about how it feels to be a high school student today.

A Fishbowl offers an opportunity to listen in as small group of students share their experiences on a particular topic. Mira Costa conducted a student and teacher Fishbowl so that each group had the opportunity to hear each other's perspectives on stress, challenges and pressures.

On April 17, 425 parents attended the Families Connected Speaker Series and Parent Resource Expo. Dr. Denise Pope, co-founder of Challenge Success presented "Helping Students Find Balance in the South Bay Pressure Cooker," discussing the stressors that students face and how to find balance in today's fast-paced culture. The following day, 100 staff, 30 counselors and 20 administrators learned and practiced strategies to incorporate these ideas into the school days.

Mira Costa continues to work with Challenge Success to compile data from this year's activities and then work with the Mira Costa's Social-Emotional Wellness Committee to look at strategic goals and action items for next year.



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.¹

The Purpose Series was offered to Mira Costa for the first time this year. During the Purpose Series, students reflect and discuss the following topics over 4-6 weeks:

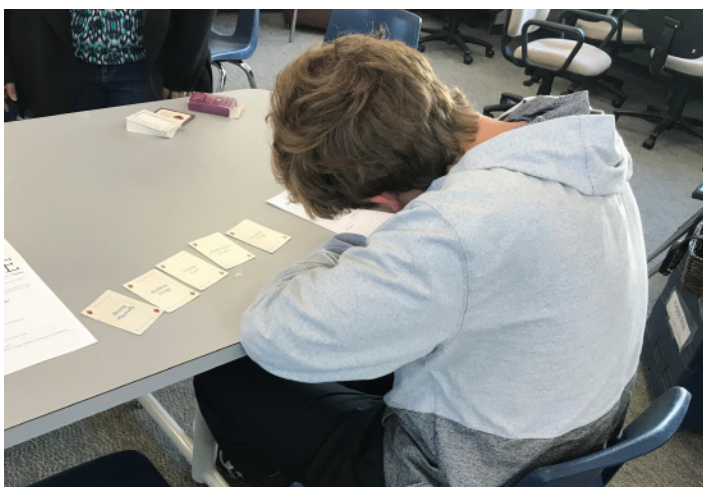
- Identify purposeful moments and opportunities to thrive
- Explore natural aptitudes, values and supports in their community
- Create a purpose statement and action plan toward leading a purposeful life

2017-18 District-wide Reach

64 Students completed the Purpose Series in the Student Academic Support class. BCHD also hosted purpose activities in the college and career center.

Purpose Statistics

- 48% said that since the Purpose series, they have made decisions aligned with their personal values.
- 47% said the Purpose Series helped them discover new things about themselves.
- 33% reported that since the Purpose Series, they have connected more with their classmates.
- 55% said they would recommend the Purpose Series to a friend or classmate.



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

Social-Emotional Wellness

PURPOSE SERIES 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, and how those are currently being expressed at school, at 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. They create 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.



Mira Costa Students – Purpose Statements:

- My purpose in life is to create things and bring joy and humor to others.
- My purpose is to create an environment/platform for others to express themselves.
- My purpose is to bring happiness and equality to the world.

Mira Costa Students – Testimonials:

- I would recommend the Purpose Series because it opens you up to see a better version of yourself.
- I would recommend the Purpose Series because it is helpful to young people especially when college is right around the corner.
- Purpose series helped me start working at my skills and it made me connect with more people.



Substance Use Prevention - Manhattan Beach Middle School Straight Up Days

Manhattan Beach Middle School partnered with Straight Up, a Behavioral Health Alcohol and Drug prevention program, and BCHD for two days of substance use prevention events that reached all 470 8th graders. The events promoted social change related to underage and binge drinking, impaired driving and substance use by using improvisation and interaction techniques to engage youth. Additionally, parents attended a similar education event to learn how to implement boundaries and reinforce the messages at home.

BCHD supported the event by organizing community mental health professionals from the Student Mental Health Provider Task Force to facilitate discussions around marijuana, vaping, alcohol and prescription drugs. Participants included:

- Behavioral Health Services, Inc.
- Sarah Straton, We Are Evergrowing
- Manhattan Beach City Prosecutor's Office
- Positive Coaching Alliance
- South Bay Children's Health Center
- South Bay Families Connected
- Laurie Angress, Mindful Yoga Therapy
- Whitney Boole, LMFT
- Marina Braff, MFT
- Tristan Coopersmith, LMFT
- Virginia Green, PhD, Stillwater Family Therapy
- Shauna Letvin, LCSW
- Linda Maul, LMFT
- Leah Niehaus, LCSW
- Anna Pirkel, LMFT
- Danielle Radl, MBUSD teacher
- Linda Reeves, LMFT
- Kevin Sousa, LMFT
- Abby Withee, LMFT

Students took a pre-test testing their knowledge of vaping, marijuana and alcohol use. Pre-test results were 48.32%. After Straight Up day, students could answer 87.98% of the questions correctly. Students also wrote essays on how they would handle situations involving drugs or alcohol and included implementing tactics that were discussed in the Straight Up day event.



Social-Emotional Wellness

Manhattan Beach Coordinating Council

The Manhattan Beach Coordinating Council (MBCC) is a non-profit organization that provides a forum to promote networking, communication and information exchange among government, business, schools and community members.

MBCC holds sponsored luncheons throughout the year to honor outstanding Manhattan Beach students for academic and community excellence. BCHD sponsored the November 2017 luncheon and recognized students from Manhattan Beach elementary schools, American Martyrs School, Manhattan Beach Middle School and Mira Costa High School. The end of the year Scholarship Reception Luncheon in May highlights student accomplishments and presents scholarships to graduating seniors from Mira Costa High School.

To provide recognition and college scholarships to students, MBCC relies on community sponsors. All proceeds support MBCC's annual scholarship fund. Since 2004, the MBCC has awarded \$175,000 in scholarship money.



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.

Manhattan Beach Unified School District is a partner school and parent resources are available through a monthly parent newsletter and online at:

- mbmsfamiliesconnected.org - Manhattan Beach Elementary Schools and Manhattan Beach Middle School
- mchsfamiliesconnected.org - Mira Costa High School



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 touch points** during Families Connected Parent Chat sessions in 2017-18 school year

Social-Emotional Wellness

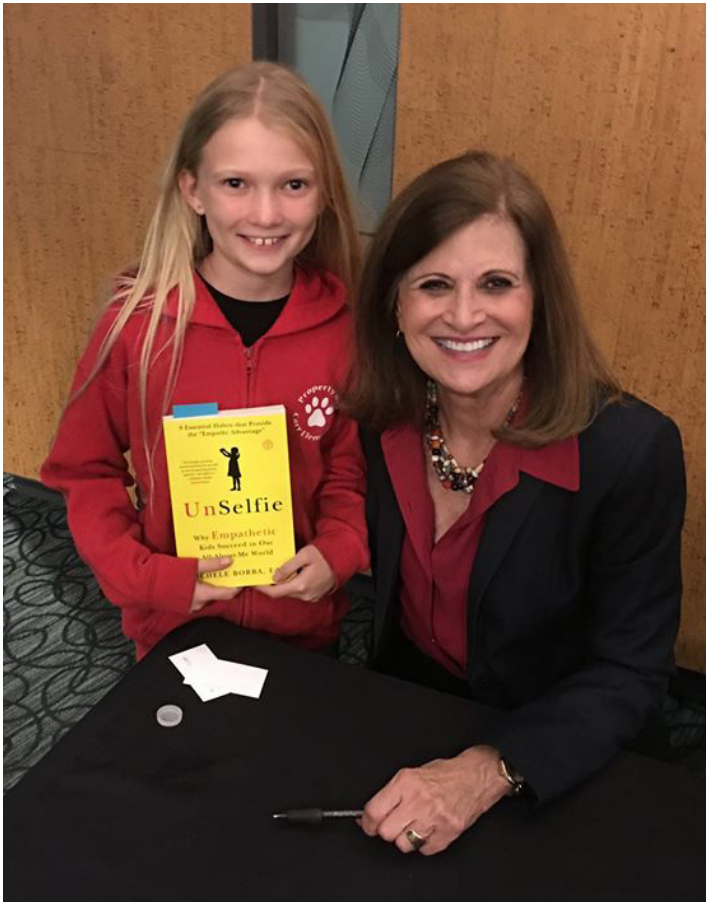
2017-18 Families Connected Speaker Series

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

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 School Advisory Board

Beach Cities Health District (BCHD) 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 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, as well as mindfulness and social-emotional learning.

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

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. Nicole Wesley, Executive Director of Student Services at Redondo Beach Unified School District. "This is a powerful room of people actively seeking to improve social emotional wellness, diminish stress, and end substance abuse with our youth," said Matthews. "We are working with students, parents, BCHD, our partner districts, our local therapists and health community. . . for anything we can do to connect and help our students lead healthy productive lives."

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

Manhattan Beach Unified School District: Environmental Scan of Social-Emotional Support

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

SOCIAL-EMOTIONAL HEALTH

Implemented across all Beach Cities 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 MBUSD

- Positive Behavioral Intervention and Supports (PBIS)
- Health and Safety Committee
- Medical Advisory Board

Implemented in all elementary schools

- MindUP
- Character assemblies with student recognition
- Garden of Gratitude/Kindness Garden
- Social-emotional committees
- Pride Day
- Buddy Bench
- Character Counts
- Kindness Week
- Run Club

Implemented at Manhattan Beach Middle School

- Second Step
- Anti-bullying club
- A.M. Wave-messaging
- Quiet room
- Substance use prevention education days
- Student assembly on tolerance
- Field trip to Museum of Tolerance
- Where Everyone Belongs (WEB)

SOCIAL-EMOTIONAL HEALTH (CONTINUED)

Implemented at Mira Costa High School

- Challenge Success
- Purpose workshops
- Signs of Suicide (SOS) Prevention Plan
- HEART Club
- Student Fishbowl
- Shadow days
- Alternate schedule
- Link Crew

Additional social-emotional learning strategies

- I Set The Standard
- Wellness library
- Parks and recreation positive peer games
- Social clubs: Good Guys, Girl Power, Student Council, Champions 4 Character, Social Skills Club, Friendship Club, Sign Language Club, UR Strong
- Peaceful Playground
- Sign language lessons with deaf students
- Sportsmanship codes development
- Positive behavior recognition awards (Every Dragon Roars, Riptide, etc.)
- Show the Love jar
- Gratitude circles

BULLYING PREVENTION

Implemented across MBUSD

- Inclusion pledge
- Social Inclusion Grant (MBEF)

Implemented in all MBUSD elementary schools

- Inclusion lessons
- Buddy Bench
- Student ambassadors
- Mix It Up Day
- Acts of Kindness
- Cross grade level buddy program

Implemented at Manhattan Beach Middle School

- Where Everybody Belongs (WEB)
- Anti-bullying club
- Student Assembly on tolerance
- Museum of Tolerance field trip

Implemented at Mira Costa High School

- Link Crew

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 MBUSD

- Medical Advisory Board
- Principal e-blasts on health topics

Implemented Manhattan Beach Middle School

- Get Pumped Parent University
- Book club
- Parent education series
- Substance use prevention night

Implemented in all elementary schools

- Mindful newsletters
- MindUP parenting tips
- URStrong workshops

MINDFULNESS

Implemented in all MBUSD elementary schools

- MindUP
- Mindful newsletters
- MindUP parenting tips

Additional mindful strategies

- Calm/MindUP corner
- Mindful Minute, Mornings and Days
- Mindful lounge/quiet room
- Kids yoga
- Class dojo

SUBSTANCE USE PREVENTION

Implemented across all three school districts

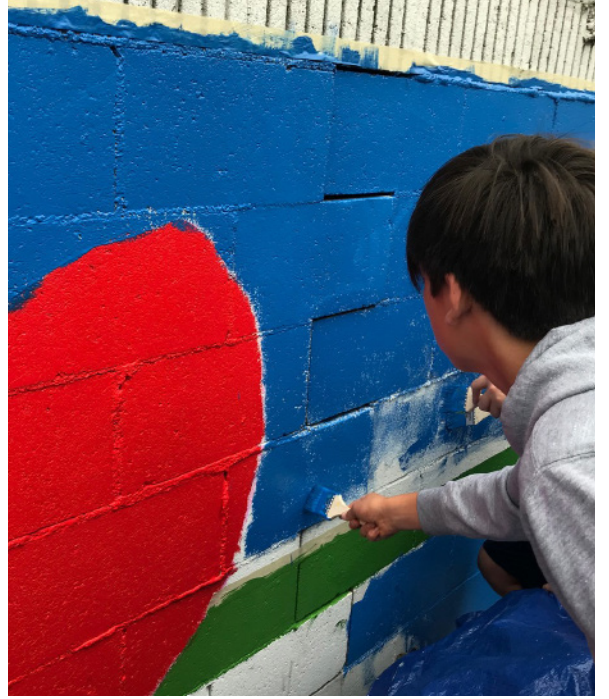
- Families Connected Speaker Series
- Red Ribbon Week
- Student Stress and Substance Use Summit

Implemented at Manhattan Beach Middle School

- Second Step
- Substance use prevention education days

Additional substance use prevention strategies

- Parent Education events





Physical Activity

International Walk to School Day

International Walk to School Day took place on October 4 and 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 elementary school across the three Beach Cities.



<p>MBUSD International Walk to School Day student participants: 742</p>	<p>International Walk to School Day student participants across the Beach Cities: 2,999</p>
--	--

Bike to School Day

In partnership with Beach Cities Cycling Club, Manhattan Beach Police Department, Leadership Manhattan Beach and the South Bay Bicycle Coalition, BCHD supported Manhattan Beach Middle School's Bike to School Day on May 9. Students were encouraged to bike to school and stopped by the BCHD welcome booth to claim a prize and take a photo. Leadership Manhattan Beach also debuted a bike fix-it station at MBMS.





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 achieving sustainable, short-term and long-term success.

Upon completion of Healthy School Grant deliverables, schools are eligible to receive \$3,000 of Beach Cities Health District 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.

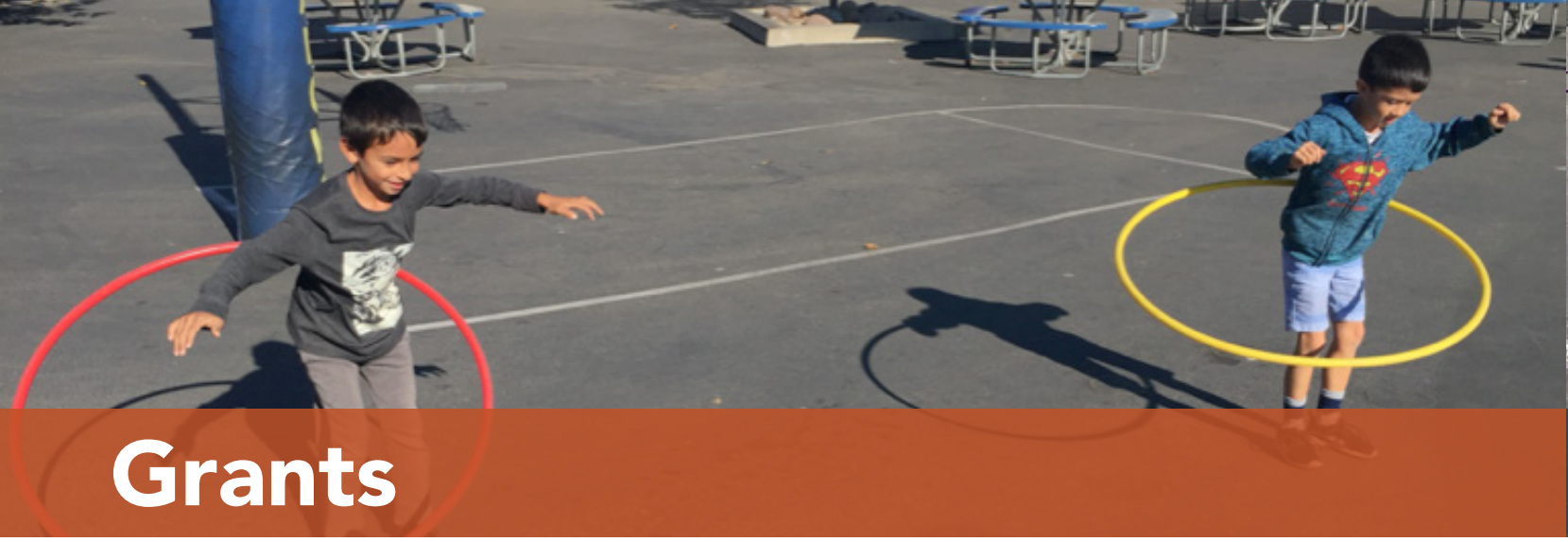
Social-emotional learning, employee wellness, parent education, physical activity and nutrition are a few examples of programs that councils have put in place over the years.

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

SCHOOL	WELLNESS STRATEGIES	GRANT FUNDS USAGE
Grand View Elementary School	<ul style="list-style-type: none"> Boost structured recess activities Social-emotional wellness 	<ul style="list-style-type: none"> Playground equipment, games, storage and shade
Meadows Elementary School	<ul style="list-style-type: none"> Boost structured recess activities and increase physical activity Social-emotional wellness 	<ul style="list-style-type: none"> Playground equipment
Pacific Elementary School	<ul style="list-style-type: none"> Create a culture of mindfulness for staff and students Offer Positive Behavior Interventions and Supports (PBIS) training for staff and parents 	<ul style="list-style-type: none"> Run Club costs

Pennekamp Elementary School	<ul style="list-style-type: none"> • Initiate a School Wellness Council, assess priorities and discuss inclusion • Partner with URSTRONG to host district-wide workshops 	<ul style="list-style-type: none"> • Playground equipment • Good Guys and Girl Power sessions
Robinson Elementary School	<ul style="list-style-type: none"> • Improve school environment by adding water stations • Enhance garden program and offer student yoga 	<ul style="list-style-type: none"> • Refillable water station • Support for gardening program • Pilot yoga classes for 4th and 5th graders (Namast'ay at Lunch)
Manhattan Beach Middle School	<ul style="list-style-type: none"> • Distribute anti-bullying campaign through AM Morning Waves • Launch Where Everyone Belongs (WEB) and create supporting curriculum to promote an inclusive environment 	<ul style="list-style-type: none"> • Create a quiet room / space on campus
Mira Costa High School	<ul style="list-style-type: none"> • Create a communication strategy for social-emotional wellness program for students, staff and parents • Host Costachella event to promote inclusiveness • Teacher Fishbowl 	<ul style="list-style-type: none"> • Enhance social-emotional support on campus





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 Manhattan Beach Unified School District in 2017-18.

Manhattan Beach Unified School District	\$189,520
Manhattan Beach Unified School District-Principals Healthy School Grant	\$21,000
South Bay Families Connected (for all three school districts)	\$40,000
Meadows Elementary School – water bottle filling station (micro-enrichment grant)	\$1,700
Grand View Elementary School – running club (micro-enrichment grant)	\$1,000
Pacific Elementary School – run club and classroom materials (micro-enrichment grant)	\$5,000
Mira Costa High School – Grad Night	\$1,000
Manhattan Beach Coordinating Council	\$350

Total: \$259,570



Healthy School Events

In-Kind Support

Throughout the 2017-18 school year, Beach Cities Health District (BCHD) 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"> • International Walk to School Day • School nurse & health aide trainings • Representation on Health & Safety Committee and Social – Emotional Learning Committee • Coordinating Council Luncheon
Grand View Elementary School	<ul style="list-style-type: none"> • AdventurePlex passes • Grand View Gator Run
Robinson Elementary School	<ul style="list-style-type: none"> • Yoga instructors for teachers • AdventurePlex inflatable • Fun Run support
Pacific Elementary School	<ul style="list-style-type: none"> • AdventurePlex passes • Fitness instructor for Run Club • Run Club incentives
Pennekamp Elementary School	<ul style="list-style-type: none"> • AdventurePlex passes
Meadows Elementary School	<ul style="list-style-type: none"> • AdventurePlex passes • Bike safety event
Manhattan Beach Middle School	<ul style="list-style-type: none"> • Substance Use Prevention Day • Bike to School Day • Get Pumped Parent University
Mira Costa High School	<ul style="list-style-type: none"> • Back to School Night • SOS Day • Costachella



bchd.org