



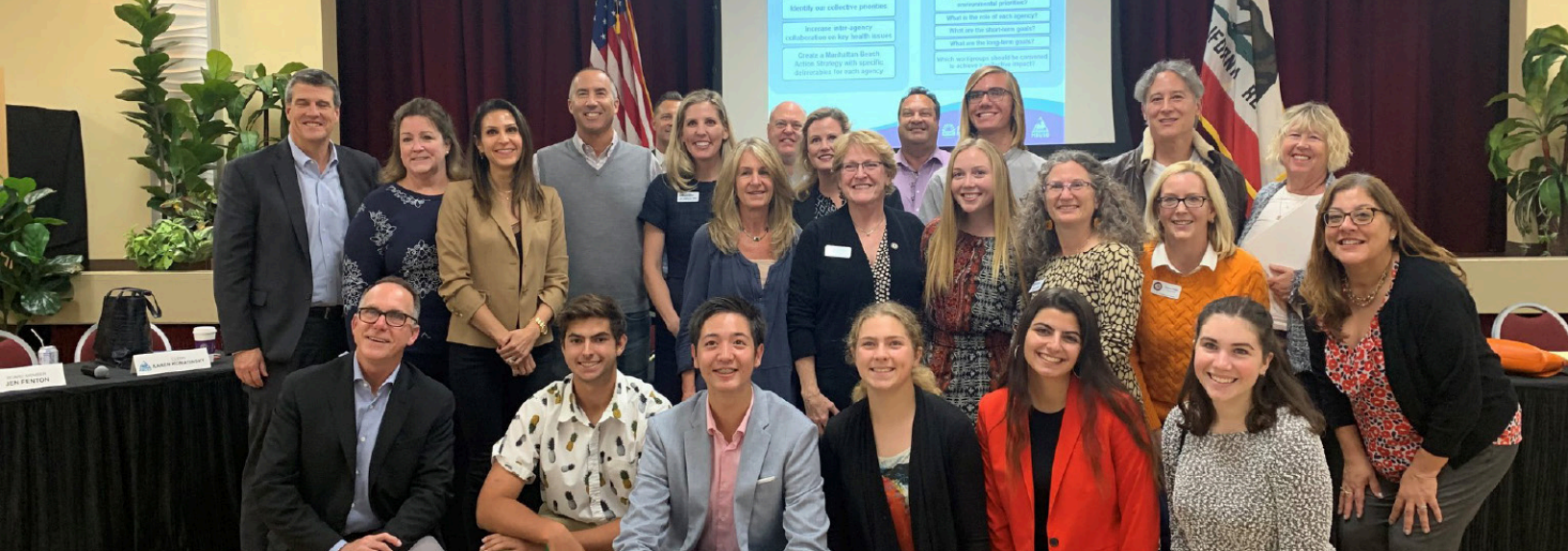
**Manhattan Beach Unified School District
Health Report:**

2019-20

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



Creating a Healthy Beach Community

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

BCHD partners with 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 2019-20 school year. This health report 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.

2019–2022 Health Priorities



Nutrition and Exercise

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



Social-Emotional Health

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



Substance Use

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



Cognitive Health

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



Key Indicators of Health

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

Beach Cities Health District continues to partner with the three local school districts in the Beach Cities – Hermosa Beach City School District (HBCSD), Manhattan Beach Unified School District (MBUSD) and Redondo Beach Unified School District (RBUSD) – to offer programs that increase physical activity, improve nutrition and promote social-emotional health and well-being. With the needs of the student population shifting from year to year, Beach Cities Health District prioritizes collecting and monitoring data from the California Healthy Kids Survey (CHKS). All three Beach Cities school districts complete the CHKS annually, providing a breadth of data that is aggregated in the Key Health Indicators shown below.

** In the 2019-20 school year, MBUSD planned to administer the CHKS in spring 2020. Students were given a virtual, supplemental California Healthy Kids Survey module in May 2020 and will receive the remaining CHKS modules in Fall 2020.*

Missed school



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

4%

of Beach Cities
7th graders

9%

of Beach Cities
9th graders

14%

of Beach Cities
11th graders

Source: California Healthy Kids Survey, 2018-19

Bullying



34%

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

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

Suicide



17%

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

Source: California Healthy Kids Survey, 2018-19

Sleep

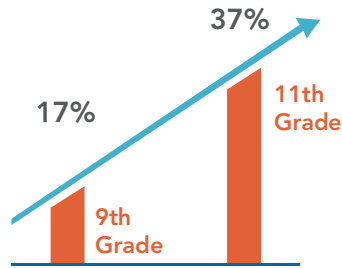


20%

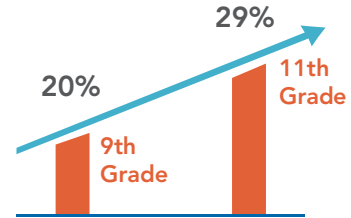
of **Beach Cities 11th graders** reported missing school due to not getting enough sleep in the past 30 days

Source: California Healthy Kids Survey, 2018-19

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 2018-19

Vaping



25%

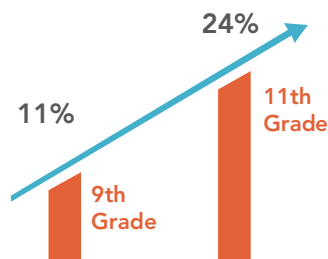
of **Beach Cities 11th graders** who reported using e-cigarettes or other vaping devices in the past 30 days



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

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

Marijuana



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

16%

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

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



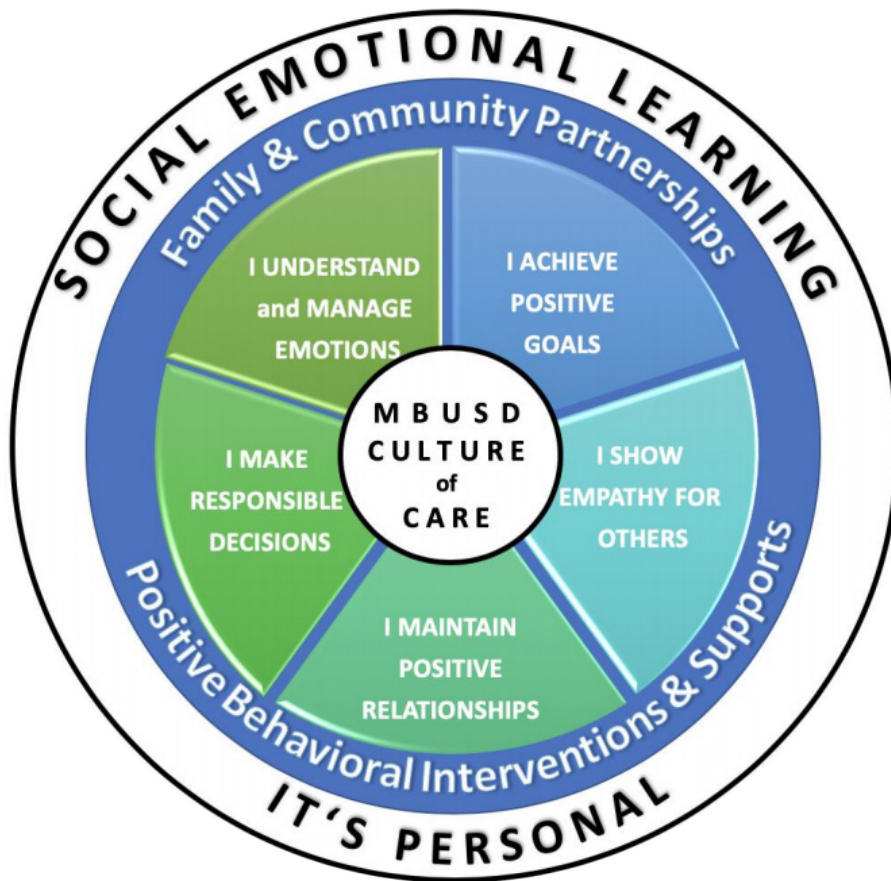
Social-Emotional Wellness

Social-Emotional Learning Pillars

MBUSD has developed **CULTURE of CARE**: Social and Emotional Learning Committee as part of their efforts to address student and staff social-emotional wellness across the district.

Goal: Create a culture of inclusion and care that supports and engages all students, staff, stakeholders and community members.

This **CULTURE of CARE** model uses the following California Social and Emotional Learning Guiding Principles:



- 1. Adopt Whole Child Development as the Goal of Education:** academic, social-emotional and physical well-being; college, career and civic life readiness; success in school, work and community.
- 2. Commit to Equity:** opportunities to build social-emotional learning skills all day every day; personalized, culturally relevant and responsive; address racism and implicit bias; build on existing strengths of all stakeholders.
- 3. Build Capacity:** build capacity of students and adults; international focus on relationship-centered learning; research-based learning experiences; cultivate core social and emotional competencies.
- 4. Partner with Families and Communities:** maximize resources of the entire school community; expand learning opportunities; family and community partnerships to advance social-emotional learning (SEL) and students' well-being.
- 5. Learn and Improve:** adopt continuous improvement practice; enhance the quality of student social and emotional learning; data-informed, evidence-based school practices.

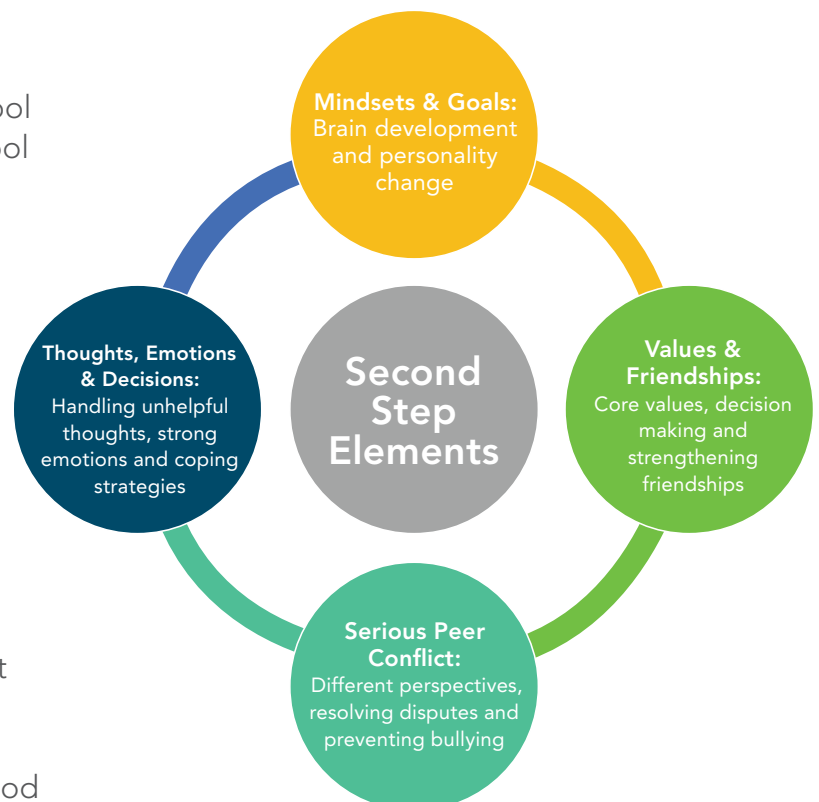
The social and emotional health of students and community members remains a major goal for MBUSD. The initiatives for 2020 included:

January	I set and achieve positive goals.
February	I feel and show empathy for others.
March	I understand and manage my emotions.
April	I establish and maintain positive relationships.
May	I make responsible decisions.

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 awareness 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 continues to be implemented at Manhattan Beach Middle School. Students in 6-8th grades received Second Step lessons throughout the year during their reading period once a week.



MindUP

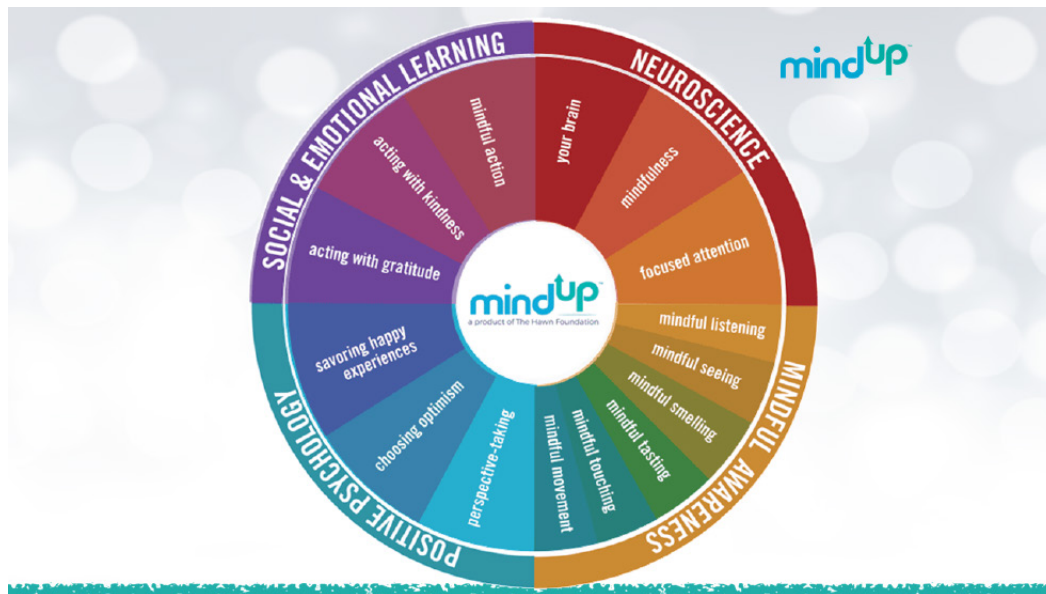
More than **8,000** students received MindUP lessons this year in Beach Cities schools.

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

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

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

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



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

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 = Purpose².**

² Leider, R, (2015). *The Power of Purpose*, Oakland, CA: Berrett-Koehler

The Purpose Series was offered to Mira Costa High School twice during the 2019-20 school year. During the Purpose Series, students reflect and discuss the following topics during two workshops – one in the Spring and one in the Fall:

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

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.

Diversity and Inclusion Events

Mira Costa High School First Day of School Assemblies

- All Mira Costa High School students participated in a series of four assemblies on August 21, 2019 - the first day of the 2019-2020 school year. Topics included: inclusion, healthy relationships and consent, school spirit and "How to Be a Mustang." These assemblies aligned with the district-wide focus on inclusion across all grades.

Infinite Flow at Pacific Elementary

- Pacific Elementary hosted "Infinite Flow" for all students on November 13, 2019. Infinite Flow is an inclusive dance company comprised of dancers with and without disabilities. This Los Angeles-based non-profit's mission is to use dance to inspire inclusion and innovation.



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.



School Wellness Councils, along with the MBUSD Social-Emotional Wellness Committee worked together to implement Kindness Week in the 2019-2020 school year. The pictures above and left show the Kindness Week efforts at Pennekamp Elementary School and Pacific Elementary School.

Additional School Programs

An environmental scan was completed to capture MBUSD 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 MBUSD

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

Implemented in all elementary schools

- MindUP
- Character assemblies with student recognition
- Garden of Gratitude/Kindness Garden
- Social-emotional committees
- 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)

Implemented at Mira Costa High School

- First Day of School Assemblies
- Purpose workshops
- Signs of Suicide (SOS) Prevention Plan
- HEART Club
- Alternate schedule
- Link Crew

SOCIAL-EMOTIONAL HEALTH (CONTINUED)

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

PARENT ENGAGEMENT

Implemented across all 3 school districts

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

Implemented across MBUSD

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

Implemented at Manhattan Beach Middle School

- Parent book club
- Parent education series
- Substance use prevention night

Implemented in all elementary schools

- Mindful newsletters
- MindUP parenting tips
- UR Strong workshops

MINDFULNESS

Implemented in all MBUSD elementary schools

- MindUP

Additional mindfulness strategies

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

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

Implemented at Mira Costa High School

- Link Crew

SUBSTANCE USE PREVENTION

Implemented across all 3 school districts

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

Implemented at Manhattan Beach Middle School

- Second Step

Additional substance use prevention strategies

- Parent Education events



Substance Use Prevention

South Bay Families Connected

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

MBUSD is a partner school district. Parent resources are available online and through a monthly newsletter.



- mbmsfamiliesconnected.org - Manhattan Beach elementary schools and Manhattan Beach Middle School
- mchsfamiliesconnected.org - Mira Costa High School



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

Families Connected Parent Chat

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

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

2019-20 Families Connected Speaker Series

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

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

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

2019-20 EVENTS:

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

Presented by Dr. Yalda Uhls

Under Pressure: Stress Resilience When the Stakes are High

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

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

Presented by Katie Hurley, LCSW

How to Create a Community that Embraces Everyone

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

Vaping in 2020: What Parents Need to Know*

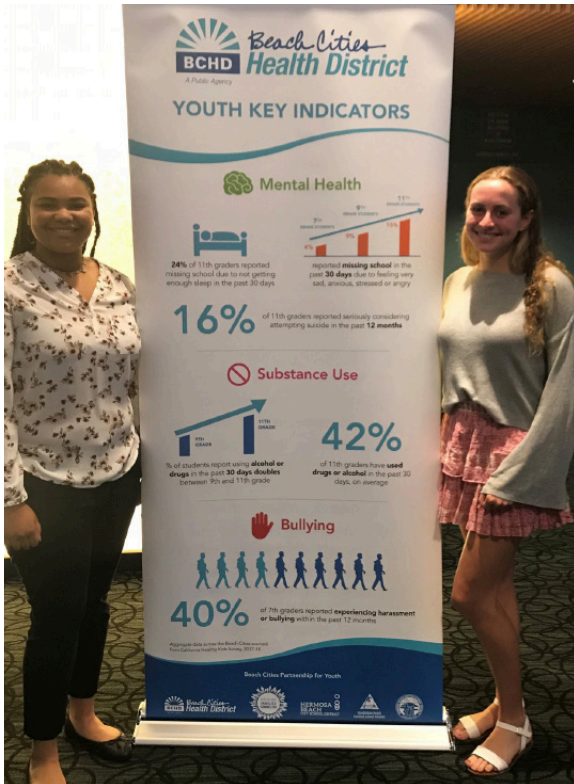
Presented by Sarah Grippa, Marijuana Education Initiative

The recording of this presentation can be found on the bchd.org/vaping page

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

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

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



Additional Parent Engagement

“Talk About It” Small-Group Parent Workshops

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

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

Recordings of these virtual events can be found at bchd.org/talk.



The image shows a virtual presentation slide with a blue border. At the top left is the logo for Children's Hospital Los Angeles with the tagline "We Treat Kids Better". To the right is the USC University of Southern California logo. The main title of the slide is "Facilitating Family Connection Through Physical Activity During the COVID-19 Pandemic" followed by "Let's Talk About it". Below this, the presenter's name and credentials are listed: "Bianca Edison MD, MS, FAAP, CHLA Sports Medicine, PCA-LA Board, May 14, 2020". There are decorative virus-like icons on either side of the presenter information. In the top right corner, there is a small video feed of Dr. Bianca Edison, a woman with short dark hair wearing a purple top, with her name "Bianca Edison" written below her.

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

Beach Cities Partnership for Youth

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

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



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

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

Goals of the Community Action Plan:

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

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

Beach Cities Partnership for Youth Coalition 2019-20 Goals:

SCHOOL ADVISORY BOARD

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

PARENT ADVISORY GROUP

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

YOUTH ADVISORY COUNCIL

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

STUDENT MENTAL HEALTH PROVIDER TASK FORCE

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

Manhattan Beach Tri-Agency Meeting

On October 30, 2019, BCHD Board members joined the Manhattan Beach Unified School District and the Manhattan Beach City Council for a Tri-Agency Study Session on Youth Health Issues at the Joslyn Community Center. Students from Mira Costa High School participated in a brief fishbowl moderated by Ali Steward, Director of Youth Services at BCHD. The students discussed the competitive academic culture and the shift in substance use amongst their peers as they progress from 9th grade. Following the discussion and a brief overview of the California Healthy Kids Survey data, the elected officials engaged in a discussion on how each agency can support youth mental health and awareness. Each agency developed action items on how to continue collaboration and engage more residents of Manhattan Beach.



Advisory Groups

Families Connected Parent Advisory Group

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

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

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

The Parent Advisory Group role is three-fold:

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



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

22 active members in the Families Connected Parent Advisory Group

Youth Advisory Council

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

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

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

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



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



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

**Stay woke
don't smoke**

ESCAPE THE VAPE

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

Beach Cities Health District

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

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

School Advisory Board

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

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

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



Student Mental Health Provider Task Force

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

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

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

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



Physical Activity

Beach Cities Health District partners with MBUSD 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

International Walk to School Day

International Walk to School Day took place Wednesday, October 2, 2019 and continues to be a highly popular signature event. A cohort of 50 BCHD staff along with local elected officials, police officers and volunteers covered every elementary school across the three Beach Cities.



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



Healthy Schools Grant

The purpose of the Healthy School Grant is to support and encourage schools to implement health and wellness practices. Healthy Schools Grant guidelines can be adapted for each school's strengths and areas for improvement in order 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. The 2019-20 Healthy School Grant goals for MBUSD schools are outlined below:

SCHOOL	WELLNESS STRATEGIES
Grand View Elementary	<ul style="list-style-type: none"> • Purchase library materials and host a parent education night to include help support Lunches with Love and other Positive Behavioral Intervention and Supports (PBIS) initiatives. • Host a final all-school assembly to celebrate scholarly and courageous attitude, which emphasizes awareness of others, responsibility and respect.
Meadows Elementary	<ul style="list-style-type: none"> • Purchase equipment and recess carts to supplement the playground paint templates. • Use playground paint templates to give students tools for conflict resolution.
Pacific Elementary	<ul style="list-style-type: none"> • Host the Infinite Flow assembly to highlight the inclusive component of the Pacific PBIS framework. • Increase student physical activity with Run Club, Pantherthon, Kinderthon and bring-parent-to-PE Day.
Pennekamp Elementary	<ul style="list-style-type: none"> • Complete a bike safety education course, in partnership with Beach Cities Cycling Club, for all 2nd-5th grade students. • Host an anti-vaping assembly with Alex Gray as part of the South Bay Families Connected Vaping Prevention Tour.
Robinson Elementary	<ul style="list-style-type: none"> • Provide yoga classes to students once per week during lunch. The classes will be an alternative to recess and provided to grade levels on alternating weeks. • Provide a variety of PE equipment to students to use during free play at recess and lunch.
Manhattan Beach Middle School	<ul style="list-style-type: none"> • Continue to focus on implementation of Second Step and integration of SEW within PBIS by exploring how to utilize the AM Wave with PSA's to support this. • Implement monthly student recognition, aligned with PBIS MBMS Expectations to increase student morale. • Student incentives and offset costs for parent social-emotional wellness events • Continue to focus on parent education through book clubs and speakers, as well as alignment with district focus on SEL.

SCHOOL	WELLNESS STRATEGIES
Mira Costa High School	<ul style="list-style-type: none"> • Host First Day of School Assemblies for all 9-12 grade students. Topics to include consent, inclusion and school rules. • Conduct Signs of Suicide (SOS) screening in Fall 2020.

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 2019-20:

Manhattan Beach Unified School District	\$189,520
Manhattan Beach Unified School District-Principals Healthy School Grant	\$21,000
South Bay Families Connected (to fund programs across all Beach Cities school districts)	\$40,000
Pacific Elementary – Run Club Funding (Micro-Enrichment Grant)	\$2,500
Grand View Elementary – Run Club Funding (Micro-Enrichment Grant)	\$1,000

Total: \$254,020



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