



2021 – 2022

School District Health Report



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Introduction

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, facilities and partnerships to promote physical health, mental well-being and prevent diseases across the lifespan – from pre-natal and children to families and older adults.

BCHD partners with the Hermosa Beach City School District (HBCSD), Manhattan Beach Unified School District (MBUSD) and Redondo Beach Unified School District (RBUSD) to offer programs to increase physical activity, improve nutrition and promote social-emotional well-being. This summary report includes programmatic outcomes and measurable results from the 2021-22 school year. This report also includes best practices all three Beach Cities school districts have implemented across their respective districts 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.



2022-2025 BCHD Health Priorities

The BCHD Health Priorities for the strategic planning period 2022-2025 are:



Mental Health

- Decrease anxiety, depression and suicidal ideation across the lifespan
- Decrease bullying across the lifespan
- Decrease isolation and loneliness across the lifespan
- Increase access to early intervention mental health services for youth
- Increase stress management across the lifespan to decrease stress



Physical and Brain Health

- Increase exercise participation across the lifespan
- Increase fruit and vegetable consumption across the lifespan
- Promote brain health across the lifespan
- Promote healthy sleep across the lifespan
- Reduce percentage of children and adults who are overweight and obese



Public Health and Safety

- Improve emergency preparedness
- Increase community access to and education about preventive health programs and services
- Increase community awareness and education, for the public and partner organizations, regarding social determinants of health and health equity
- Increase community capacity to respond to public health crises (e.g. COVID-19)
- Improve biking and walking infrastructure
- Increase equitable and inclusive delivery of BCHD programs and services
- Reduce homelessness



Substance Use

- Continue to reduce the percentage of adult smokers
- Reduce alcohol use, drug consumption and vaping in youth
- Reduce the number of victims of accidents involving alcohol/substance use
- Reduce substance use among adults

Objectives are included as examples of planning goals and are not meant to be an exhaustive list.



Key Health Indicators

California Healthy Kids Survey

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



Chronic Sadness/Hopelessness: Percentage of Beach Cities students who reported experiencing chronic sadness/hopelessness in the past 12 months

	2018	2019	2020	2021	2022
7th grade	20%	23%	29%	29%	20%
9th grade	30%	28%	34%	41%	29%
11th grade	35%	40%	41%	45%	37%



Suicide: Percentage of Beach Cities students who reported seriously considering attempting suicide within the past 12 months

	2018	2019	2020	2021	2022
7th grade	N/A	10%	10%	13%	7%
9th grade	17%	13%	13%	16%	14%
11th grade	16%	18%	15%	15%	18%



Alcohol and Other Drugs: Percentage of Beach Cities students who reported using alcohol or drugs in the past 30 days

	2018	2019	2020	2021	2022
7th grade	4%	4%	2%	3%	3%
9th grade	18%	17%	12%	9%	11%
11th grade	41.5%	37%	31%	25%	30%



Vaping: Percentage of Beach Cities students who reported using e-cigarettes or other vaping devices in the past 30 days

	2018	2019	2020	2021	2022
7th grade	3%	2%	<1%	1%	<1%
9th grade	14%	13%	6%	4%	4%
11th grade	28%	25%	15%	10%	13%



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

	2018	2019	2020	2021	2022
7th grade	1%	1%	<1%	<1%	<1%
9th grade	13%	11%	6%	4%	4%
11th grade	27%	24%	19%	15%	16%

Sources:

Hermosa Beach City School District. California Healthy Kids Survey, 2018–22: Secondary Report. San Francisco: WestEd Health & Human Development Program for the California Department of Education.

Manhattan Beach Unified School District. California Healthy Kids Survey, 2018–22: Secondary Report. San Francisco: WestEd Health & Human Development Program for the California Department of Education.

Redondo Beach Unified School District. California Healthy Kids Survey, 2018–22: Secondary Report. San Francisco: WestEd Health & Human Development Program for the California Department of Education.

Panorama Education

Throughout the 2021-2022 school year, the Beach Cities school districts partnered with BCHD to survey students in grades 3-12 using Panorama Education (Panorama). Panorama helps schools and districts support student social-emotional learning with research-backed surveys and actionable data reports. Teachers and counselors can also deliver real-time social-emotional programming and interventions utilizing the Panorama Playbook.

The survey samples included three school districts, 19 schools and more than 13,200 students. Survey topics included Social-Emotional Learning, Equity and Inclusion and Student Competency & Well-Being Measures.

Sources:

Hermosa Beach City School District. Panorama Social-Emotional Learning: Student Survey. Boston: Panorama Education.

Manhattan Beach Unified School District. Panorama Equity and Inclusion Survey. Boston: Panorama Education.

Redondo Beach Unified School District. Panorama Social-Emotional Learning: Student Competency & Well-Being Measures. Boston: Panorama Education.



School Health Programs

LiveWell Kids

The LiveWell Kids Garden and Nutrition programs have combined to create a hybrid, farm-to-table program. The initiative is comprised of six 30-minute interactive lessons, which focus on educating elementary school students on the process and benefits of growing their own food and making healthy eating choices. All lessons are delivered in the fresh air of the school gardens by trained parent volunteers. All RBUSD elementary schools participated in the LiveWell Kids program in the 2021-22 school year.

Lesson 1: Harvesting Fresh Foods from the Garden

Lesson 2: Planting Cool Season Crops – From Garden to Pizza

Lesson 3: Soil, Sodium and Minerals – All Living Things Need Nutrients

Lesson 4: Spring Harvest & Balanced Meals

Lesson 5: Pollination & Seeds

Lesson 6: Warm Season Planting and Healthy Hydration



More information, lesson plans and supplemental information can be found at www.bchd.org/livewellkids.

Palos Verdes School Gardens

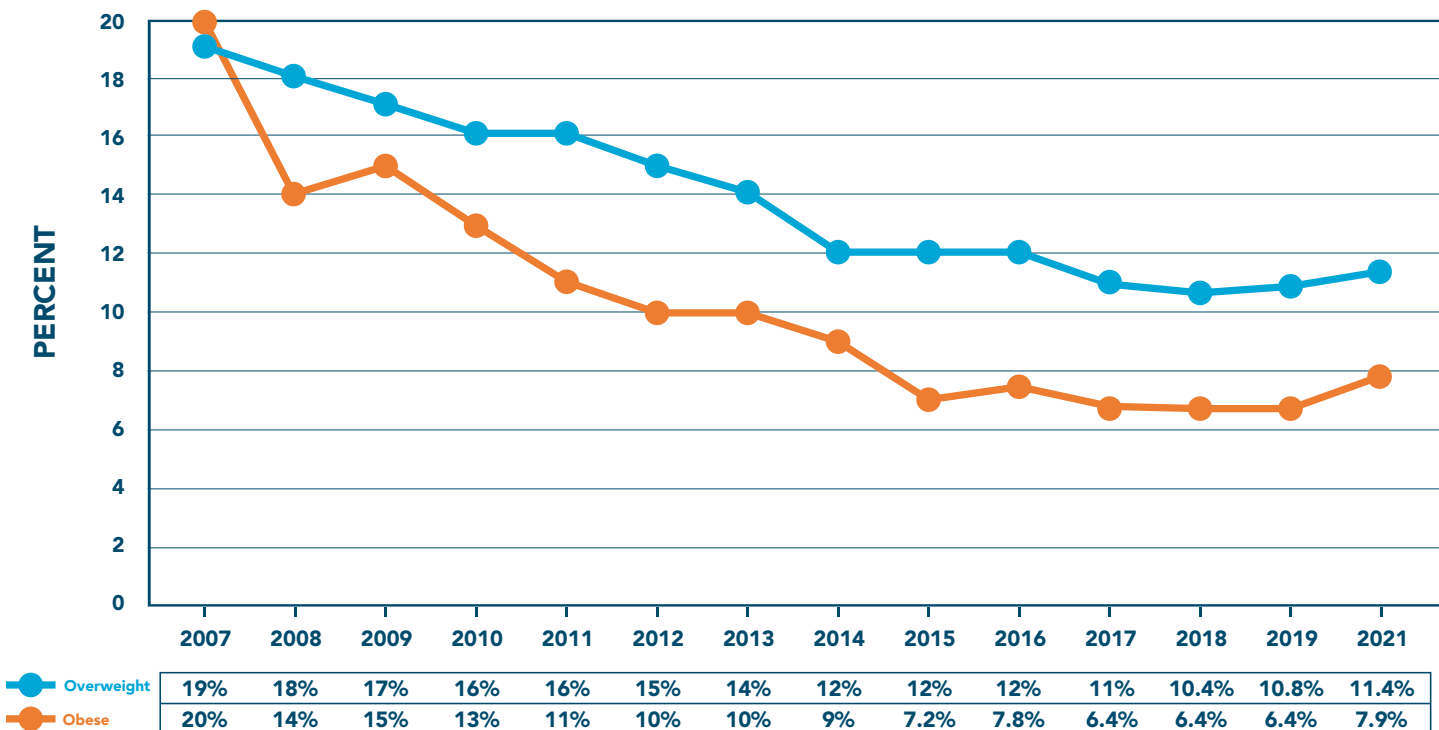
Palos Verdes School Gardens, in partnership with HBCSD and BCHD, provides garden programming for Hermosa Valley School. This hands on, experimental program focuses on sustainable gardening, farm-to-table practices and provides students with opportunities for advocacy in creating healthy habits.

BMI Assessments

After a brief pause in data collection due to COVID-19, Beach Cities Health District resumed its annual BMI Assessments throughout Redondo Beach Unified School District elementary schools. The current childhood obesity rate for participating RBUSD elementary students is 7.9%.

While this is a slight increase from 2019 (6.4%), obesity rates among RBUSD Kindergarten, 1st, 3rd and 5th grade students have been declining since 2007, and are far below the county, state and national obesity rates. Since 2007, there has been a 60.5% decline in RBUSD student obesity. While there may be other factors contributing to this decline, such as policy changes in school lunch programs and increased overall awareness and education surrounding childhood obesity in the population, this decline is correlated to healthy school program implementation. Programming includes LiveWell Kids Nutrition and Garden Programs, Walking Wednesdays, School Wellness Councils and 8-Minute Morning Exercises.

BMI Trends in RBUSD (2007 – 2021)



MindUP

The MindUP program teaches children social, emotional and self-regulatory strategies and skills to enhance well-being, emotional balance and academic success. The lessons are delivered by teachers in classrooms and provide students with effective skills to become resilient, focused and mindful learners. Students learn about the brain and how it functions, empowering students to make mindful choices that affect themselves and those around them.

MindUP consists of 15 lessons that are tailored to a child's age group and developmental level. BCHD continues to offer MindUP lessons converted into a video format to fit two age groups: Grades TK-2 and Grades 3-5. All materials can be found at www.bchd.org/mindup.

The total number of video views for this program is more than 62,500 and growing.



Physical Activity

Although pedestrian programs like Walking School Bus and Walking Wednesdays remained on hold due to COVID-19, Beach Cities students were still encouraged to participate in virtual Walk to School day on October 6, 2021. Participants were joined by their school principals, district administrators, city council members and local police departments to celebrate as a community.

Many school sites re-engaged their students through their Fun Run and Jog-a-Thon initiatives.

Kids Heart Challenge

The Kids Heart Challenge, presented by the American Heart Association, is a fundraising effort with funds raised based on students' physical activity. In addition, students receive heart health education and are Kids Heart Challenge Heart Heros.

- In the 2021-22 school year, RBUSD was the top fundraiser in California for the American Heart Association with \$110,000 raised this year.
- Two students at Birney Elementary School were two of the top fundraisers in all of Los Angeles County in 2022.

California Pivotal Practice Award

Birney Elementary School received a California Pivotal Practice award in April 2022 for its prioritization of students' social-emotional well-being during COVID-19. Birney hosted activities such as group and individual Zoom lunches with students, group and individual Zoom class sessions and handwritten notes from the principal.

Hermosa Beach City School District received the California Pivotal Practice Award for their unique achievements in social-emotional wellness and academic intervention during the 2021-22 school year. Recipient schools were selected in four target areas: student engagement, technology distribution, nutrition services and students' social and emotional well-being.

Manhattan Beach Coordinating Council

The mission of the Manhattan Beach Coordinating Council (MBCC) is to establish a forum to promote networking, communication and information exchange among agencies, organizations and individuals to provide recognition of Manhattan Beach students.

- Organizing luncheons where city staff, local elected officials, school district personnel, non-profit agencies and members of the business and residential communities come together to discuss issues affecting Manhattan Beach.
- Recognizing students from American Martyrs School, Manhattan Beach Elementary Schools, Manhattan Beach Middle School and Mira Costa High School.
- Featuring various community updates from Manhattan Beach City Officials, local businesses and community stakeholders.
- Presenting scholarships to graduating seniors from Mira Costa High School at the May Scholarship Reception.
- Solely funding scholarships with community sponsorships and opportunity drawings.

In addition to holding a position on the MBCC BOARD in 2022, BCHD funded a Health & Wellness Scholarship. Manhattan Beach student applicants must have an intent to attend a four-year college or university with an emphasis in public health, healthcare, social work and/or public administration.



Volunteers

LiveWell Kids Volunteers

The LiveWell Kids program is delivered by trained parent volunteers in the open air of the school gardens. These volunteers participate in three trainings per year and deliver six lessons to each RBUSD elementary school class (grades K-5).

Program Volunteers

More than 250 LiveWell Kids volunteers donated their time during the 2021-22 school year.



Garden Angels

To maintain the LiveWell Kids gardens throughout the Beach Cities, approximately 30 Garden Angels volunteer each week. The Garden Angels not only help prepare the gardens for upcoming lessons, but they also work to maintain the gardens over winter break and throughout the summer months. These volunteers are an integral part of the success of the LiveWell Kids program and contribute more than 1,800 volunteer hours each year. The Garden Angels continued to support the school gardens throughout COVID-19 while following school district health and safety guidelines.



Beach Cities Partnership for Youth Coalition Workgroup Volunteers

Beach Cities Partnership for Youth Coalition Workgroups include:

- Students: Youth Advisory Council
- Parents: Families Connected Parent Advisory Group
- Providers: Student Mental Health Provider Task Force
- Schools: School Advisory Board
- Community: Community Policy Workgroup

The Youth Advisory Council contributed more than 800 volunteer hours throughout the 2021-22 school year.

The Garden Angels contributed an average of 138 hours per month throughout the 2021-22 school year.

For more information about our volunteer opportunities, visit www.bchd.org/volunteer.



School Health & Safety

Enhanced Mental Health Support

BCHD continued to offer the Beach Cities School Well-Being Line as an enhanced mental health support tool for schools and families. The School Well-Being Line offers information, support and referrals in the following areas for families and school staff:

1. Answers to questions about testing and vaccines and information about health and safety at school:

- Assistance with the health and safety protocols for return to campus including screening, testing and COVID-19 care navigation
- Resources and information related to isolation or quarantine

2. Mental health and social-emotional resources and referrals:

- Mental Health
- Substance Use
- Emergency Services
- Childcare
- Youth & Family Supports
- Legal & Financial
- Food Support
- Enrichment Programs

The School Well-Being Line received more than 1,500 calls in the 2021-22 school year. Call Beach Cities Health District's School Well-Being Line for Families at 310-374-3426 and press option 2 Monday - Thursday: 8 a.m. - 4 p.m. and Friday: 8 a.m. - 12 p.m.

Critical Incident Response Team

BCHD launched a Critical Incident Response Team in the 2021-22 school year. Together, the team is working to:

- Update Crisis & Bereavement Information, Support, Linkages & Resources
- Determine and provide professional development for Beach Cities school staff
- Increase the network of resources to include surrounding school districts, cities and community partners

Members from the Cricital Incident Response Team Include representatives from the following organizations

- South Bay Children’s Health Center.
- Redondo Beach Fire Department.
- National Center for School Crisis and Bereavement.
- Bereavement Support.
- Los Angeles County Department of Mental Health.
- Beach Cities Health District.
- Hermosa Beach City School District.
- Manhattan Beach Unified School District.
- Redondo Beach Unified School District.

COVID-19 Response

Beach Cities Health District, in partnership with the Los Angeles County Department of Public Health and the South Bay Consortium for School Vaccines, hosted a series of vaccine clinics for children and residents ages 5+ in the Beach Cities.



BCHD’s COVID-19 vaccine efforts included **74 clinics**, with more than **23,100 doses** administered.



More than **16,800 vaccine doses** were administered to people aged 12+.



More than **6,200 vaccine doses** were administered to 5-11 year olds at **18 clinics**.



8 South Bay school districts utilized the Symptom Assessment Tool, presented by Children’s Hospital Los Angeles and BCHD, with **356,860 total uses** of the screener for students and staff to safely access campus.

BCHD continued to support Beach Cities schools and families with COVID-19 testing. Trained BCHD staff administered the tests in compliance with COVID-19 health and safety regulations. Testing was conducted at Redondo Union High School, Mira Costa High School and the BCHD administrative offices.

The total tests administered by BCHD in the 2021-22 school year:

Month	HBCSD	MBUSD	RBUSD	Total
August 2021	0	224	0	224
September 2021	3	382	497	882
October 2021	89	223	1,260	1,572
November 2021	48	116	1,005	1,169
December 2021	18	54	464	536
January 2022	270	322	3,102	3,694
February 2022	283	23	887	1,193
March 2022	17	15	449	481
April 2022	113	20	341	474
May 2022	56	22	637	715
School YTD Total	897	1,401	8,642	10,940

*as of 6/1/22

WorkWell

The RBUSD program, “WorkWell LiveWell,” completed its third year. BCHD’s Worksite Wellness program supports employees’ overall health and well-being using a comprehensive worksite wellness program model. The program currently includes all RBUSD schools and employees and the 2021-22 program included wellness challenges and a health risk assessment. This year’s wellness challenges focused on Healthy Habits and Kindness, encouraging participants to connect with their colleagues and incorporate mindful movement throughout their days.



The WorkWell program also expanded to MBUSD, including Meadows and Pacific Elementary Schools and the MBUSD District Office and featured programming such as Mindful Stretching on Wellness Wednesdays. MBUSD-specific challenges included Healthy Habits and Kindness Counts as well as a health risk assessment.



Beach Cities Partnership for Youth Coalition

The Beach Cities Partnership for Youth Coalition celebrated its fifth year of convening five stakeholder groups to address student mental health, substance use and well-being as part of the Drug-Free Communities Grant:

- Students: Youth Advisory Council
- Parents: Families Connected Parent Advisory Group
- Providers: Student Mental Health Provider Task Force
- Schools: School Advisory Board
- Community: Community Policy Workgroup

The Beach Cities Partnership for Youth Coalition includes more than 200 community partners who are improving student mental health and well-being while reducing substance use and bullying.

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



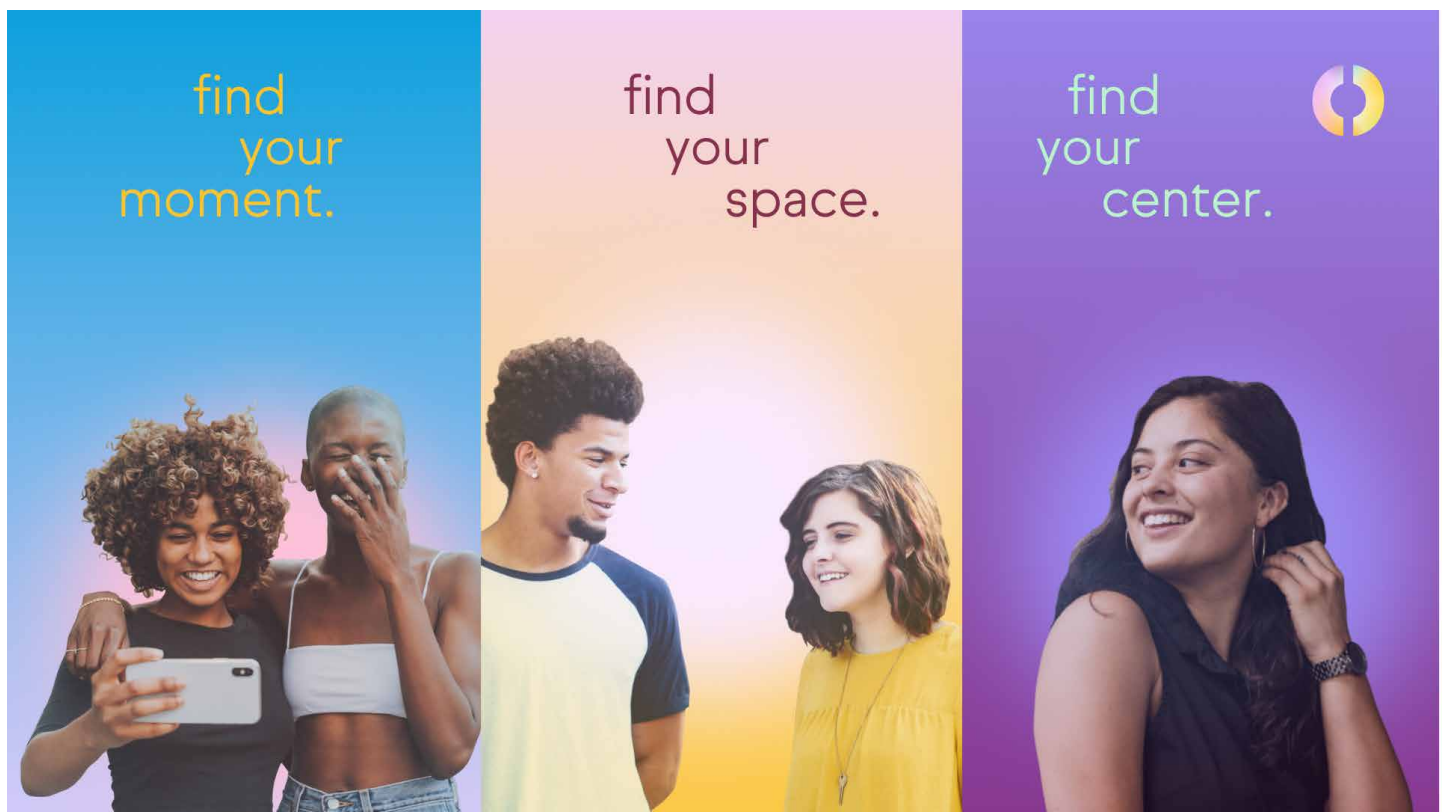
Increase number of parents having conversations with their children about alcohol and drugs, social media, mental health and bullying

The 2021-22 Beach Cities Partnership for Youth Coalition meetings were held both virtually and in-person due to continuing physical distancing and safety practices during the pandemic. Meetings were held on August 12, 2021 and April 28, 2022.

Coming in 2022-23: allcove Beach Cities

Planning is underway for a dedicated youth wellness center that will offer mental and physical health services, education and employment assistance, peer and family support, and substance use prevention programs for young people ages 12-25 in the greater South Bay.

For more information, please visit www.bchd.org/allcovebeachcities.



Youth Advisory Council

The Youth Advisory Council is a youth-led committee focusing on the health and well-being of their Beach Cities peers. Comprised of more than 50 middle and high school students (grades 8-12) from Hermosa Beach, Manhattan Beach and Redondo Beach schools, the Youth Advisory Council members:

- Act as ambassadors of health by connecting peers with resources, events and information.
- Raise awareness of and offer recommendations on health issues affecting Beach Cities youth including alcohol and other drug use, smoking, vaping, marijuana, stress, anxiety, depression, suicide, social justice, race, health equity and sexual identity to discuss trends and solutions.
- Develop programming for activation on topics including student mental health and substance use.
- Have opportunities to advocate for and implement solutions to address youth health issues through public speaking opportunities and supporting media content including videos,

photoshoots, flyers and presentations.

- Serve a term of one year, attend eight council meetings, complete volunteer orientation, follow ground rules, communicate schedule conflicts in advance, gain community service hours for time on the Youth Advisory Council during meetings and additional activities and be recognized by BCHD's publicly elected Board of Directors. Additional office hours and brainstorming sessions with staff may also be available.

PhotoVoice

The Youth Advisory Council featured their "Youth Mental Health in the Beach Cities" PhotoVoice at the April 28, 2022 Beach Cities Partnership for Youth Coalition hybrid meeting. Advocating for mental health was a particularly high priority for this school year's cohort of the Youth Advisory Council. As their first deliverable, the students felt the need to create a PhotoVoice that provided insight on the current state of teen mental health specifically in the Beach Cities. The objective of this youth-driven project was to continue raising awareness and discussion amongst peers, parents, schools and the overall community on this very important topic.

Youth Mental Health in the Beach Cities

Participants: Zawacki Jackson, Cindy Carcamo, AdventurePlex, martha koo, Jaden, Robin Kusika

Mental Health Before and Now

A recent California study by the Youth Liberty Squad and ACLU Southern California found that **22% of public school students receiving mental health services before the pandemic** and **32% of students who were not receiving services pre-pandemic felt that they may now need them.**

Category	Percentage
Previously Received Mental Health Services	22%
Did not previously receive Mental Health Services	32%

Testimonials: Insecurity, Depression, and Social Anxiety

"Before the pandemic, myself and all of my friends and family would have easily described me as happy and confident. For me, **with quarantine came depression. I didn't feel like myself at all.** Now, we are back to in-person school and **I'm still very emotionally sensitive, more insecure than ever,** and for the first time, **have been experiencing social anxiety, even with my closest friends. I'm still waiting to feel like myself again.**"

School student

Parent Engagement

Beach Cities Health District partners with South Bay Families Connected to offer a variety of free, monthly parent education events, including the Families Connected Speaker Series and Families Connected Parent Chat.

South Bay Families Connected is a not-for-profit whose mission is to improve the social and emotional wellness of area youth by supporting parents in their efforts to help kids 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, to reducing the likelihood that they will use drugs and alcohol.

Families Connected Parent Chat

Families Connected Parent Chat is held on select Tuesdays and is a free support group led by a licensed professional from the Thelma McMillen Center at Torrance Memorial Medical Center, in partnership with South Bay Families Connected. This free support group is open to all parents. No registration is necessary.

The Families Connected Parent Chat continued virtually throughout the 2021-22 school year. Some topics of the 2021-22 Virtual Families Connected Parent Chat included:

- Youth Substance Use in the South Bay: Know What's Trending
- Holiday Self-Care Strategies
- How Gaming is Rewiring Developing Brains
- Raising Resilient and Self-Confident Kids (4-part series)
- Helping Youth Respond When Bullied
- Helping Youth De-Stress in Healthy Ways
- Impact of Social Media and Screen Time on Youth Mental Health

Families Connected Speaker Series

The Families Connected Speaker Series was presented in partnership with BCHD, South Bay Families Connected, HBCSD, MBUSD and RBUSD. Families Connected Speaker Series events throughout the 2021-22 school year were held virtually and in-person.

2021-22 Families Connected Speaker Series events included:



"Supporting Our Children During the COVID-19 Pandemic," Presented by Dr. David J. Schonfeld

This session provided practical advice to parents and other caregivers on how to help our children cope with persistent adjustment difficulties and grief associated with the pandemic. The distinction between grief and loss, common during this pandemic, and trauma was discussed; free resources from the National Center for School Crisis and Bereavement and the Coalition to Support Grieving Students to address these challenges will be highlighted. The session underscored the need for self-care among adults and together, Dr. Schonfeld and attendees considered how best to promote the recovery and continued adaptation of children and the community.



"Left to our Own Devices: Strategies for Health Device Management and Optimal Mental Health," Presented by Dr. Don Grant

Dr. Grant is an award-winning media psychologist, published researcher, Doctoral Addictions Counselor and educator with specific expertise in the mental health impact of technology. Dr. Grant's current research includes investigations of potential effects of social media, cyberbullying and device-driven attachment bonds on adolescents, teens, young adults, families and our culture/relationships-at-large. This session provided Beach Cities caregivers and families useful information and tools to address responsible technology use and online presence with their families.



Substance Use Prevention

Tobacco Use Prevention Education (TUPE) Program

The TUPE program provides funding through an application process for tobacco-specific student instruction, reinforcement activities, special events, intervention and cessation programs for students. TUPE funds programs in grades six through twelve for tobacco-specific instruction, reinforcement activities, special events and intervention and cessation programs for students. Technical Assistance and Leadership Funds assist school districts in program development, staff development for school and district personnel and to provide technical assistance as needed.

HBCSD, MBUSD and RBUSD receive TUPE funding for programs such as Second Step. Second Step is a social-emotional learning program which includes discussion-based content that offers practical skills for situations both in and out of the classroom. Second Step is a program for students in grades 6-8 and is offered in HBCSD, MBUSD and RBUSD.

Cannabis Policy

BCHD strives to promote the health and well-being of all members of our community. Substance use, especially among youth, is a concern in the Beach Cities of Hermosa Beach, Manhattan Beach and Redondo Beach. Data shows that accessibility and social norms of acceptability play a large role in youth use and initiation of cannabis.¹ Cannabis refers to all products derived from the cannabis plant, and marijuana refers to the products from cannabis that have a psychoactive ingredient.² The negative health impacts on youth are especially concerning as cannabis potency has drastically increased over the years. Effective education, partnerships and policy adoption can limit the harmful effects of cannabis on our community.

Based on medical evidence, Beach Cities Health District recommends that youth and young adults under the age of 21 abstain from the use of substances such as alcohol, cannabis, vaping and un-prescribed prescription drugs in order to protect their developing brains and optimize healthy brain development. In 2008, Beach Cities Health District did not support the introduction of “cannabis clubs” or medical cannabis dispensaries in the Beach Cities. This position, as outlined in the “Beach Cities Health District Position Paper: Medical Marijuana,” has not changed. BCHD does not support the introduction of cannabis dispensaries for recreational use in the Beach Cities.

Youth Perspectives

“Studies show that cannabis use has negative effects on developing brains. That’s a fact, but most youth already know that. I believe the bigger concern is access to cannabis if it’s in our towns, and that the presence of a dispensary in our community increases the “normality” of it. If it’s in our backyard, then teens think it’s okay to use.”

– Mira Costa High School 11th grader

“I already see so many cannabis ads everywhere, and the addition of cannabis retailers in Redondo just won’t help make youth substance use any better. Having more retailers around will just result in more incentives for students to look towards cannabis to use.”

– Redondo Union High School 12th grader

Members of the Youth Advisory Council provided public comment at the December 14, 2021 Hermosa Beach City Council meeting and the January 26, 2022 BCHD Board meeting, providing a youth perspective on the impact of cannabis retailers in the Beach Cities.

Sources:

1. Substance Abuse and Mental Health Services Administration. Preventing Marijuana Use Among Youth (2021). https://store.samhsa.gov/product/preventing-marijuana-use-among-youth/PEP21-06-01-001?referer=from_search_result
2. National Center for Complementary and Integrative Health. Cannabis (Marijuana) and Cannabinoids (2019) <https://www.nccih.nih.gov/health/cannabis-marijuana-and-cannabinoids-what-you-need-to-know>
3. Proposition 64 (2016). <https://www.courts.ca.gov/documents/prop64-Memo-20161110.pdf>

Juvenile Diversion Project

In 2019, a consortium was established to create the Beach Cities Juvenile Diversion Project – a collaboration between local law enforcement, school districts and BCHD.

The Beach Cities Juvenile Diversion Project is a pre-arrest intervention. When a youth makes contact with law enforcement, school resource officer or school administrator after an infraction, code violation, misdemeanor or felony, they may be diverted to prevent further justice system involvement. Juvenile Diversion Project staff conducts intake assessment, develops individual diversion and development plans and links youth to services which may include:

- Drug and alcohol treatment
- Mental health counseling
- Enrichment activities
- Trauma-responsive preventive services
- Credible mentorship
- Family engagement and support
- Empathy-based community service

For more information, visit www.bchd.org/juvenilediversion.



Healthy School Grants

School District Accomplishments and School Wellness Council Goals

The purpose of BCHD's Healthy School Grant program 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 to achieve sustainable, short-term and long-term success. Upon completion of Healthy School Grant deliverables, each school is eligible to receive \$3,000 of BCHD funding. Beach Cities schools have continued to adapt these guidelines throughout the 2021-22 school year. Below is a summary of the efforts of our Beach Cities schools by district.

Hermosa Beach City School District (HBCSD)

- Monthly Wellness Council meetings of school administrators, parents, staff and community members
- Supporting students in their return and adjustment to full-time, in-person school
- Widening the scope and depth of school-wide, tier one interventions such as implementing Second Step for all grade levels
- Increase of community building school-wide activities with a focus on equity and inclusion through events and curriculum
- Counseling groups, conflict resolution and the development of a Student Academic Support class to address the short and long-term effects of COVID-19
- Receipt of the Pivotal Practice Award from the State of California Department of Education for distance learning efforts

Hermosa Valley School and Hermosa View at Vista School Wellness Council:

- Focused on healthy nutrition choices through the Palos Verdes School Gardens program and physical health through exercise and sportsmanship during recess
- Incorporated MindUP and Second Step lessons in the classroom and with the school counselor
- Hosted friendship clubs at lunch and provided Tier 1 and Tier 2 counseling services on campus

Manhattan Beach Unified School District (MBUSD)

- Implemented Panorama Education for students in grades 6-12
- MBUSD Equity, Diversity, Social Justice and Inclusion three-year plan approved
- Implemented TUPE lessons in grades 6-12 and participated in the Youth Advocacy Leadership Conference
- Designed and opened the Student Union at Mira Costa High School
- Student-led events to promote inclusivity: Black History month, Hispanic Heritage, Mental Health Awareness, Denim Day, LGBTQ+ Pride
- Increased counseling support with South Bay Children's Health Center across all sites



- Elementary school site “Cares” teams leading “No Place for Hate” initiative
- District-wide Social-Emotional Learning (SEL) week to include assemblies, activities, inspirational speakers, and wellness lessons
- District SEL committee published Big Things Happening newsletter
- Launched Employee Wellness Program with BCHD
- Implemented SEL lessons aligned with Collaborative for Academic, Social and Emotional Learning framework
- Hired a District Counselor, Multi-Tiered System of Support coordinator, Multi-Tiered System of Support Content Area Teacher on Special Assignment (TOSA) to support initiatives

Grand View Elementary School Wellness Council:

- Purchased tricycles for TK and Kindergarten students to encourage exercise through play

Meadows Elementary School Wellness Council:

- Purchased tricycles and a storage shed for the kindergarten students
- Implemented “Our Words are Powerful,” a social-emotional wellness initiative to teach students to speak and act kindly

Pacific Elementary School Wellness Council:

- Offered nutrition and exercise resources for staff, such as a fitness trainer, water bottles, meditation opportunities, a masseuse and healthy snack options
- Offered social-emotional opportunities for staff such as creating vision boards, mindfulness journals and moments and hosted a motivational speaker

Pennekamp Elementary School Wellness Council:

- Offered more movement through exercise opportunities for TK/Kindergarten
- Provided an increased variety of recess activities for grades 1-5

Robinson Elementary School Wellness Council:

- Assisted with gross motor skill development for kindergarten students by providing tricycles, including replacing existing broken materials
- Purchased prizes and awards for Run Club

Mira Costa High School Wellness Council:

- Established a new Wellness Center called the Student Union: A place for students to connect, clubs to meet, meet with counselors and facilitate guest speakers
- Hosted a Social-Emotional Wellness Assembly in September 2021 that focused on multiple ways to connect to self, peers and the Mira Costa High School campus
- Facilitated a gratitude activity in class followed by creation of bulletin boards around campus highlighting what students are grateful for in their lives
- Hosted “Costachella” April 20, 2022: This event happened during Office Hours and included live student music on the Mustang Mall stage, activities for students to do as they listened, raffle prizes and more

Redondo Beach Unified School District (RBUSD)

- Continued with designated Social-Emotional Learning (SEL) lessons in the classroom
- Re-engaged exercises at elementary schools
- Re-engaged the LiveWell Kids program

- Partnered with South Bay Children’s Health Center to provide therapists to support all schools in RBUSD
- Implemented Panorama Education SEL Survey for students in grades 3-12
- Continued implementation of the California Healthy Kids Survey
- Continued implementation of Positive Behavior Interventions and Support (PBIS) at all secondary schools
- Trained all site administration on Restorative Practices as part of Positive Behavioral Interventions & Supports
- Hosted spirit weeks, assemblies and student recognition
- Re-engaged after-school enrichment programs
- Hosted Mindful Mondays at elementary school sites
- Provided Stanford Tobacco Prevention lessons for middle school students as part of TUPE grant
- Provided students, staff and families with up-to-date mental health resources on a regular basis
- Utilized CareSolace.org as an online resource for families seeking mental health and substance abuse support
- Hosted parent education/engagement events across RBUSD
- Utilized Mental Health and Wellness Counselor at Redondo Union High School
- Utilized and promoted the wellness room at Redondo Union High School
- Continued the Start with Hello and No One Eats Alone activities across RBUSD
- Hosted RBUSD Inclusion Day
- Hosted Mental Health Awareness month activities across RBUSD
- Facilitated Acknowledge, Care and Tell (ACT) protocol refresher across RBUSD

Alta Vista Elementary School Wellness Council:

- Planted a butterfly garden including plants such as milkweed, fennel and more
- Revived Running Club and hosted running sessions three times per week

Beryl Heights Elementary School Wellness Council:

- Hosted a bike and pedestrian safety workshop for students
- Hosted Kindness Week, including spirit days centered around caring, sharing and helping others
- Hosted an assembly on confidence, self-esteem and self-worth
- Focused on mindfulness and stress relief for staff and students

Birney Elementary School Wellness Council:

- Re-started 8-Minute Morning Exercises
- Re-started Running Club, including purchasing student incentives and accomplishment charms

Jefferson Elementary School Wellness Council:

- Launched a bike-to-school campaign, focusing on bike safety through a series of assemblies, Zoom sessions, targeted lessons and/or approved literature
- Re-started the “Clean & Green Spaces = Happy Faces” community event day, including the purchase of plants, bark and landscape materials

Lincoln Elementary School Wellness Council:

- Re-started Running Club
- Established a Wellness Liaison that will promote district events focusing on mindfulness and stress relief for staff

Madison Elementary School Wellness Council:

- Purchased study soccer goals to use during recess
- Purchased t-shirts and sports equipment for volunteer parent “coaches” to teach pro-social play and games at lunch and recess

Tulita Elementary School Wellness Council:

- Purchased a tracking device app for parent volunteers to use for Running Club
- Purchased more playground equipment for TK/Kindergarten to build conflict management skills and increase appropriate play

Washington Elementary School Wellness Council:

- Used data from the Panorama Education surveys to implement strategies to support students in developing in the following areas: emotion regulation and challenging feelings
- Worked with the Wellness Champions to implement staff challenges focused on wellness and mindful eating

Adams Middle School Wellness Council:

- Provided proactive strategies to students through Mental Wellness Week and hosted an all-school assembly featuring a Mental Health Awareness speaker
- Supported staff mental and physical wellness by providing opportunities for team building, mental health check-ins, culminating activities and opportunities for health improvement

Parras Middle School Wellness Council:

- Increased positive recognition of students to increase feelings of connectedness and community on campus by providing engaging outlets and events that are meaningful to students and staff
- Hosted a mental health awareness assembly to positively engage students and raise awareness about the importance of mental health
- Hosted workshops for families and students with school counselors
- Hosted 6-week skills building class for in-need students identified through the Panorama Education survey

Redondo Union High School Wellness Council:

- Promoted lessons and documents for students to complete to identify warning signs of anxiety and depression, coping strategies and a trusted friend/adult for support
- Promoted a health and nutrition campaign to provide small “bites” of nutrition-based information as part of the foundation to support overall health and wellness

School District Funding

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

The following funding was provided to Hermosa Beach City School District in 2021-22:

Hermosa Beach City School District	\$94,091
Hermosa Beach City School District – Principal’s Fund Grant	\$6,000
Palos Verdes School Gardens	\$9,800
TOTAL	\$109,891

The following funding was provided to Manhattan Beach Unified School District in 2021-22:

Manhattan Beach Unified School District	\$189,520
Manhattan Beach Unified School District – Principal’s Fund Grant	\$21,000
TOTAL	\$210,520

The following funding was provided to Redondo Beach Unified School District in 2021-22:

Redondo Beach Unified School District	\$361,091
Redondo Beach Unified School District – Principal’s Fund Grant	\$36,000
Redondo Beach Unified School District – School Attendance Review Board	\$14,892
TOTAL	\$411,983

The following funding was provided to South Bay Families Connected to fund programs across all Beach Cities school districts: **\$30,000**



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