



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

2018-19

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Creating a Healthy Beach Community

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

BCHD partners with Hermosa Beach City School District (HBCSD) to offer programs to increase physical activity, improve nutrition and promote social-emotional well-being. This summary report includes programmatic outcomes and measurable results from the 2018-19 school year. This health report includes best practices that HBCSD has implemented to address the health and well-being of students, families and staff.

In 2005, BCHD created a data-driven strategic planning process to prioritize and outline funding and programmatic decisions. The strategic planning goals strive to measurably improve the health and well-being of Beach Cities residents. These goals have indicators unique to the demographics of youth, adults and older adults.

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

Beach Cities Health District's Youth Health Priorities:



- Nutrition and Physical Activity



- Mindfulness, Social-Emotional Learning & Stress Reduction
- Bullying Prevention



- Substance Use Prevention
- Support of Evidence-Based Tobacco Policies



Key Indicators of Health

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

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

Missed school



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

4%

of Beach Cities
7th graders

9%

of Beach Cities
9th graders

15%

of Beach Cities
11th graders

Source: California Healthy Kids Survey, 2017-18

Bullying



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

Beach Cities	California
40%	34%

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

Suicide



16%

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

Source: California Healthy Kids Survey, 2017-18

Sleep

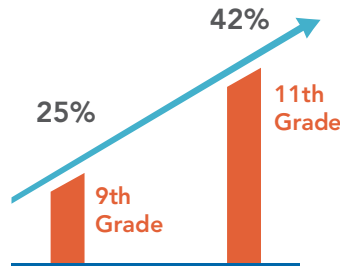


24%

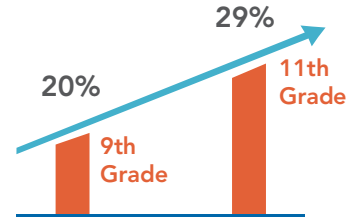
of **Beach Cities 11th graders** reported missing school due to not getting enough sleep in the past 30 days

Source: California Healthy Kids Survey, 2017-18

Alcohol



Percentage of **Beach Cities students** who reported using alcohol or drugs in the past 30 days



Percentage of **California students** who reported using alcohol or drugs in the past 30 days

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

Vaping



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

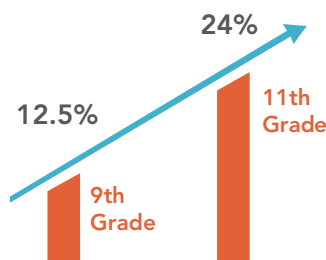
Location	Percentage
Beach Cities	28%
LA County	7%
California	10%

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



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

Marijuana



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

16%

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

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



Nutrition and Physical Activity

LiveWell Kids Garden Program

Launched by BCHD in 2005, LiveWell Kids is a comprehensive school health program developed specifically for elementary school students. The LiveWell Kids curriculum is delivered in classrooms and school gardens by trained parent docents. The program blends nutrition lessons, physical activity, mindfulness practices and garden education to help students adopt healthy lifestyle behaviors and habits at an early age.

Hermosa View Elementary School students receive five parent docent-led LiveWell Kids garden lessons each year. The Garden Lessons include **Mindful Harvest in the Garden, Planting for the Cool Season, Composting, Winter Harvest** and **Planting for the Warm Season**.

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

Number of LiveWell Kids
Hermosa View Nutrition
Parent Docents: **35**

More than **300** vegetables
and herbs were grown
during LiveWell Kids
Garden lessons this year
at Hermosa View
Elementary School



Hermosa Valley School Garden Program

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

The program received the California Department of Education award for Exemplary Program in Nutrition and Physical Activity for the second year in a row.

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

4th Grade Native Plant Walk:

- Students participated in a landscape project to plan, plant and care for a new Native Plant Walk area in back of school. They also made a native seed bomb to plant at home.

5th Grade Farm Stand:

- Activities included developing advertising, pricing of inventory, sales goals and setting up a Hermosa Valley Farm Stand to sell Hermosa Valley-grown produce to support the school garden program. Sale of produce took place after school at pick up.

6th Grade Community Garden Work Day at the Hermosa Community Garden:

- Students spent a day working at the Hermosa Community Garden with a service project that supported the needs of the garden administrators Heather and Mervis, who advised on a project for the students to complete.

7th Grade Local Chef Makers Lab:

- Students spent a day in the garden making pickles. They learned about the process of fermentation and took home their very own pickles with a recipe to share with their family and friends.

8th Grade Hermosa Valley Iron Chef Competition:

- Students competed in a garden-based (no meat) culinary competition to earn bragging rights for Hermosa Valley Top Chef. Each team had a "culinary advisor" to assist them in their creation and were given the same ingredients. The competition was held at Locale 90 in Hermosa Beach (brackets of elimination on other days took place in the school garden) where they presented their creations to a panel of judges.

8-Minute Morning Exercises

BCHD partners with HBCSD to increase physical activity throughout the school day. The Centers for Disease Control and Prevention (CDC) recommends children ages 6-17 years participate in at least 60 minutes of physical activity per day. According to the CDC, implementing strategies that help students stay healthy and physically active is associated with the following:

- Improved cognitive performance such as attention and concentration
- Improved classroom behavior
- Improved educational outcomes in standardized test scores, reading literacy scores and math fluency

The 8-Minute Morning Exercises are moderate workouts that take place each morning before class. The routines involve a variety of aerobic movements, dance moves and cardio exercises set to upbeat music with an instructional voiceover to guide students and provide motivation. Each routine includes a six-minute cardio routine followed by two minutes of stretching and 25 seconds of mindful breathing.

24 additional hours of physical activity were added to the school year through the 8-Minute Morning Exercise program – that’s an entire day of continuous burpees!



Walking Wednesdays

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

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





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:

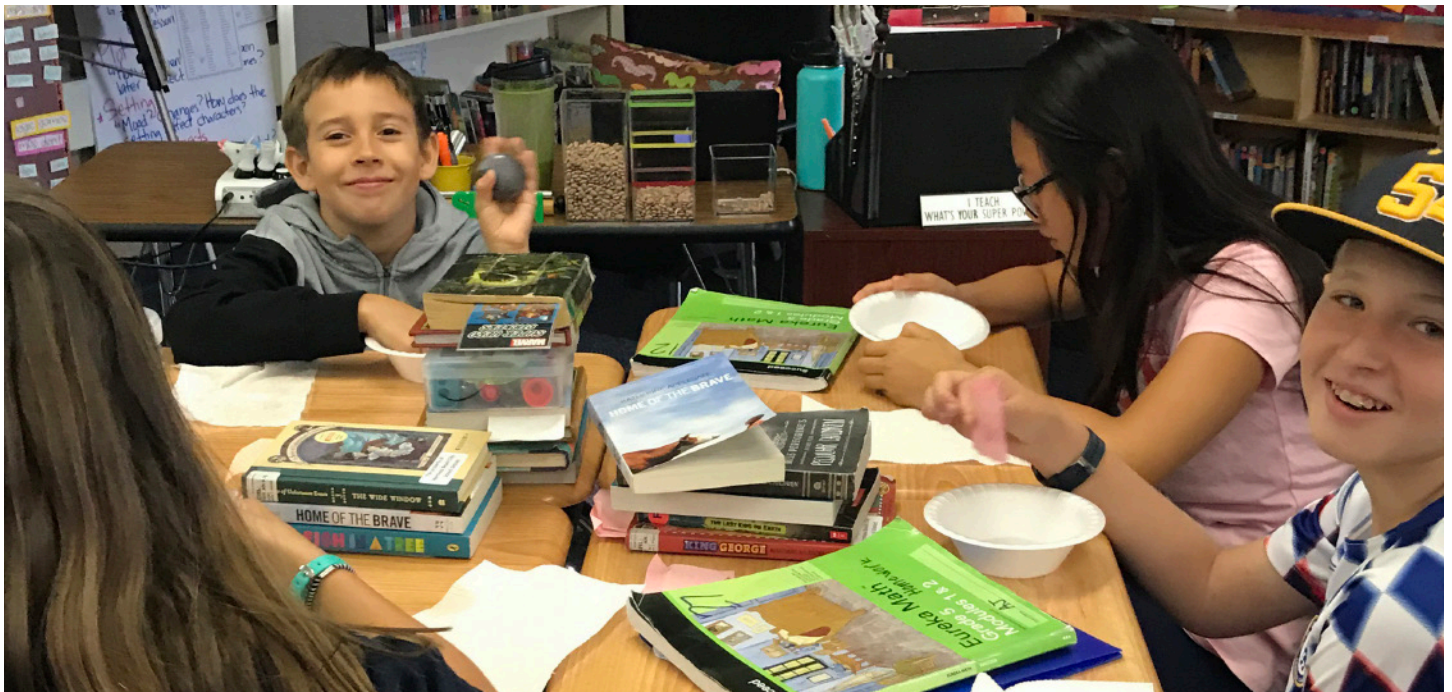
- **Neuroscience:** Students learn about their brain, what mindfulness is and how to focus their attention with a brain break.
- **Mindful Awareness:** Students learn how to activate mindful listening, seeing, smelling, tasting, touch and movement to fully engage in the present moment.
- **Positive Psychology:** 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 encouraged to incorporate MindUP strategies throughout the school day.



Research shows that children who receive social-emotional learning programs with mindfulness increase their resilience and ability to cope with stress; report greater empathy, optimism, mindfulness and support of the school environment; show decreases in self-reported symptoms of depression; and were rated by peers more social.¹

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



MindUP Parent Docent Program

Throughout the 2018-19 school year, trained parent docents delivered five summary lessons to Hermosa View students. As part of the MindUP Parent Docent Program Pilot, these summary lessons complemented the 15 lessons taught by the teachers.

564: Number of students who participated in the 2018-19 Hermosa View MindUP Parent Docent Pilot Program

170: Number of MindUP Parent Docent lessons delivered

53: Number of MindUP parent docents

855 HBCSD students participated in the MindUP program throughout the 2018-19 school year

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.

MindUP Day

BCHD, Positive Coaching Alliance and 15 community providers partnered with Hermosa Valley School to facilitate two MindUP days for 7th and 8th grade students.

BCHD staff led students through various mindfulness activities and workshops:

- Team building activities focusing on perspective taking, communication and collaboration.
- Students were given skills to act with gratitude, recognize the positive impact of kindness and compassion, as well as live with purpose and take positive actions in the world.
- A guest speaker from Positive Coaching Alliance discussed grit, resilience, growth mindset and self-esteem with the students.
- The students were led through mindfulness activities by a community partner, Breathe & Learn, to practice being present.

More than **322** Hermosa Beach 7th and 8th grade students participated in MindUP day.



Mastermind and Connectivity

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

Additional School Programs

An environmental scan was completed to capture HBCSD 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 HBCSD

- MindUP
- Operation Gratitude candy collection for troops
- Community service drives for coats, school supplies and books
- Principal visits to 3rd grade classrooms to discuss social-emotional learning topics
- Nutrition and garden education
- Student Council for grades 4-5 and 6-8
- Valley Assistant Principal classroom discussion on leadership
- Annual Cyber Education assembly
- Middle School Love Your Brain safety video and discussion
- Grade Level Community Service Learning Projects: Adopt-A-Family, Adopt-An-Athlete, Native Sand Dune Restoration Project
- Rotary recognition for Students of the Month
- School Service Points program for 6th-8th graders
- Middle school outdoor education experience
- New student welcome luncheon
- Builders Club: Kiwanis
- Student study teams
- Social-Emotional Wellness Committee

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 HBCSD

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

BULLYING PREVENTION

Implemented across HBCSD

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

Implemented in Hermosa View Elementary School

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

Implemented in Hermosa Valley Middle School

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

SUBSTANCE USE PREVENTION

Implemented across all 3 school districts

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

Implemented in Hermosa Valley Middle School

- Project Alert
- Freedom4U education series

MINDFULNESS

Implemented across HBCSD

- MindUP
- Mastermind Elective 12-week course for 6th grade
- MindUP Seminar and Purpose Building Day for 7th and 8th grade
- Brain Breaks built in throughout the day
- Mindful Slips for demonstrating positive mindful behaviors
- Morning announcements with mindfulness quotes and tips
- Connectivity Advisory for middle school homerooms
- Flag Ceremonies and student recognition focusing on mindfulness and Wellness Champions

Social-Emotional Wellness Committee

HBCSD convened a social-emotional workgroup in 2018. HBCSD administrators, parent representatives and community partners met to discuss topics and issues related to the social-emotional wellness of students, staff, families and the school environment. Priorities and action items are being discussed for implementation in the next school year.

The Hermosa Beach Empathy Project

Hermosa Beach City School District's Social Emotional Wellness Committee, in partnership with Beach Cities Health District, presented The Hermosa Beach Empathy Project in the 2018-19 school year. The Project aimed to educate parents on how to cultivate empathy in our kids and our community. The Project works in conjunction with MindUP and provides parents an opportunity to have conversations about how they can increase empathy in their own homes and community.

Educational consultant Margot Parker facilitated groups of parents, caregivers and community members in a series of events such as a community-wide book club featuring "UnSelfie – Why Empathetic Kids Succeed in our All-About-Me-World" by Michele Borba, Ed.D.





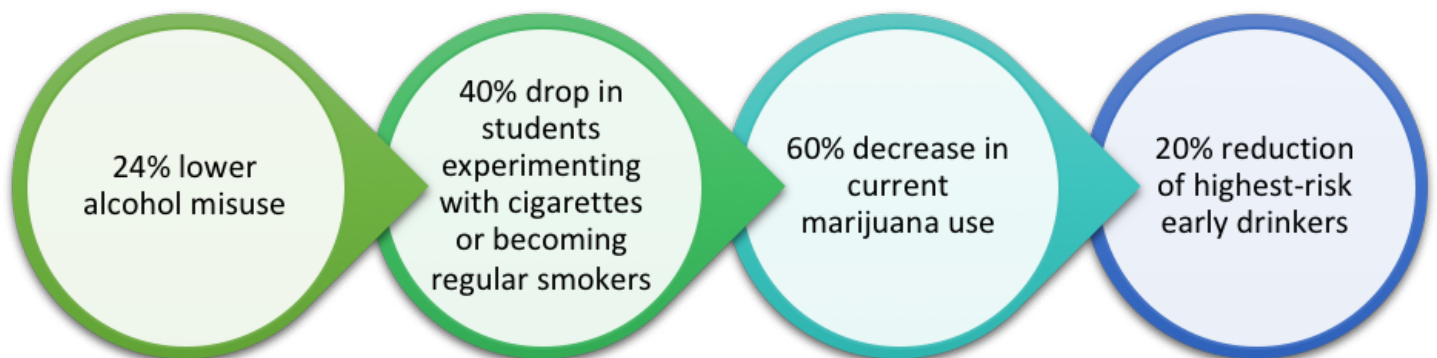
Substance Use Prevention

School-Based Prevention Programs

Project Alert

Project Alert is a skills-based curriculum provided to 7th and 8th grade students at Hermosa Valley School to provide education and skill-building to decrease substance use. Project Alert consists of 14 lessons delivered in the classroom. The lessons focus on motivating non-use and identifying pressures to use substances, practicing skills to resist the pressures and focusing on special issues including inhalant abuse and smoking cessation. Outcomes include reduced substance use, less experimentation and enhanced skills to decline engaging in drug use.

Students that participate in Project Alert show a decrease in the following:



Why it matters: Those who start drinking before age 13 have a 45% chance of becoming alcohol dependent, compared to 7% for those who wait until age 21.²

² Substance Abuse and Mental Health Services Administration. (2014).

South Bay Families Connected



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

HBCSD is a partner school district. Parent resources are available on southbayfamiliesconnected.org/hbcsd and through a monthly newsletter.

Families Connected Parent Chat

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

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

2018-19 Families Connected Speaker Series

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

Number of total parents reached – 2000





Additional Parent Engagement

Parent Connection Group

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

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



Small-Group Parent Workshops

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

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



Beach Cities Partnership for Youth

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

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



GOALS:

SCHOOL ADVISORY BOARD

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

PARENT ADVISORY GROUP

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

YOUTH ADVISORY COUNCIL

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

STUDENT MENTAL HEALTH PROVIDER TASK FORCE

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

Advisory Groups

Youth Advisory Council

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

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



Families Connected Parent Advisory Group

In the 2017-2018 school year, Beach Cities Health District and South Bay Families Connected convened the Families Connected Parent Advisory Group. This group, composed of parent representatives from Hermosa Beach City School District, Manhattan Beach Unified School District and Redondo Beach Unified School District, meets quarterly to discuss current youth-related issues and pertinent topics at individual school sites, district-wide and throughout the Beach Cities community.

The Families Connected Ambassador role is:

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

22 active members in the Families Connected Parent Advisory Group

Social-Emotional School Advisory Board

Beach Cities Health District partners with Hermosa Beach City School District, Manhattan Beach Unified School District and Redondo Beach Unified School District to convene the Social-Emotional Wellness School Advisory Board. With leadership representatives from all three school districts, the Social-Emotional Wellness School Advisory Board meets quarterly to discuss social-emotional wellness topics and issues, share best practices and work together to create a safe and productive school environment for all students.



Student Mental Health Provider Task Force

Beach Cities Health District convened a Student Mental Health Task Force in 2018 as a part of a Beach Cities-wide effort to address student stress and substance use. The Student Mental Health Provider Task Force is made up of more than 100 organizations and providers in the Beach Cities that address depression, stress, anxiety and substance use and abuse. Provider service areas include:

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

The Student Mental Health Provider Task Force meets quarterly to offer recommendations on student health issues. Participants provide resources and services to Beach Cities students and families on topics including cancer support, mental health, grief counseling, substance use prevention, interventions and education, as well as mindfulness and social-emotional learning.

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



Volunteer Support

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

Volunteers also experience health benefits through volunteering. Research has found that participation in voluntary services is significantly predictive of better mental and physical health.³ Studies show that:

- Volunteering leads to greater life satisfaction and lower rates of depression
- Older volunteers are most likely to receive greater health benefits from volunteering
- Individuals who volunteer live longer
- State volunteer rates are strongly connected with the physical health of the state’s population

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

ROLE	# OF VOLUNTEERS	# OF VOLUNTEER HOURS
Garden Service Project (including Beach Cities Volunteer Day)	175	509
School Event Volunteers	3	4
Walking School Bus	17	373
Garden Angels	29	1,414
Student Mental Health Task Force	83	475
Families Connected Parent Advisory Group	22	103
Youth Advisory Council	48	397
Youth Services Interns	8	1,196
Admin Services Volunteers	10	150
MindUP Docents	53	165

Volunteers provided **4,786** service hours this year. That is equal to 2.3 full time employees.

³ Substance Abuse and Mental Health Services Administration. (2014). New SAMHSA Treatment Episode Data Set (TEDS) available. *PsycEXTRA*



Healthy Schools Grant

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

Upon completion of Healthy Schools Grant deliverables, schools are eligible to receive \$3,000 of BCHD funding.

School Wellness Councils

School Wellness Councils are advisory groups that prioritize the health and well-being of students, teachers and staff. The council sets health priorities for the school year and collaborates with administrators, teachers, staff, students, parents and community members to create an environment that values and promotes health and wellness.

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

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

SCHOOL	WELLNESS STRATEGIES
Hermosa View Elementary School	<ul style="list-style-type: none"> • Support Social-Emotional Wellness Committee with best practices and book club efforts • Create strength-based school culture by partnering with thrively.com to assess student strengths and utilize its platform and resources
Hermosa Valley School	<ul style="list-style-type: none"> • Support Social-Emotional Wellness Committee with best practices and book club efforts • Augment counseling program and provide students with lessons focusing on empathy, filling their emotional bucket and paying it forward to complement “Unselfie” and MindUP themes

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 2018-19:

Hermosa Beach City School District	\$94,091
Hermosa Beach City School District – Principals Healthy Schools Grant	\$6,000
South Bay Families Connected (for all three school districts)	\$40,000
Palos Verdes School Gardens (Hermosa Valley)	\$9,000

Total: \$149,091



Healthy School Events

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

SCHOOL	EVENT
District	<ul style="list-style-type: none"> • International Walk to School Day • Families Connected Speaker Series • School Nurse & Health Aide Trainings • Back to School Picnic raffle prizes • Hermosa Empathy Project
Hermosa View Elementary School	<ul style="list-style-type: none"> • AdventurePlex passes for Accelerated Readers • Dolphin Dash • Field Day • Pedestrian Education Event
Hermosa Valley School	<ul style="list-style-type: none"> • Hermosa Valley School Garden Program • MindUP Day Workshops • Field Day • Kids' Iron Chef with Palos Verdes School Gardens



bchd.org