



Beach Cities
Health District



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

2018-19

Index

Introduction	3
Key Indicators of Health	4
Social-Emotional Wellness	6
Social-Emotional Learning Pillars	
Student Mental Health First Aid Training	
MindUP	
Purpose Series	
Second Step	
Additional School Programs	
Substance Use Prevention	16
School-Based Prevention Programs	
South Bay Families Connected	
Additional Parent Engagement	
Beach Cities Partnership for Youth	
Advisory Groups	
Physical Activity	24
International Walk to School Day	
Bike to School Day	
Healthy Schools Grant	26
Healthy School Events	28



Creating a Healthy Beach Community

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

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

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

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

Beach Cities Health District's Youth Health Priorities:



- Nutrition and Physical Activity



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



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



Key Indicators of Health

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

Beach Cities Health District partners with the three school districts in the Beach Cities – Manhattan Beach Unified School District, Hermosa Beach City 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

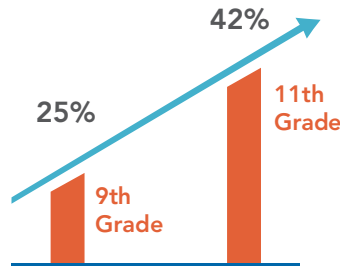


24%

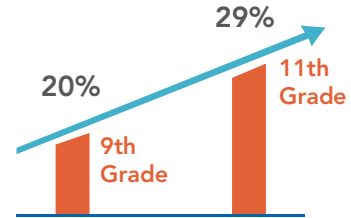
of **Beach Cities 11th graders** reported missing school due to not getting enough sleep in the past 30 days

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

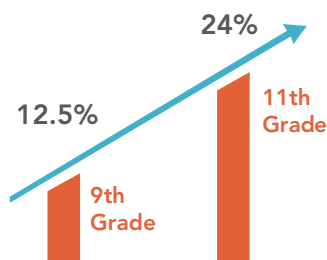
Location	Percentage
Beach Cities	28%
LA County	7%
California	10%

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



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 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.



Student Mental Health First Aid Training

On August 20, 2018, all Manhattan Beach Unified School District staff members received training on Youth Mental Health First Aid as part of their staff professional development on safety. The training helped staff identify the five signs of mental health issues – personality change, withdrawal, agitation, poor self-care and hopelessness and what to do to assist youth. The training also focused on the Mental Health First Aid Action Plan, which trains the staff to assess for risk of suicide or harm, listen nonjudgmentally, give reassurance and information, encourage appropriate professional help, encourage self-help and other support strategies. The training was facilitated by local licensed clinicians and BCHD Community Services and Youth Services staff.

Mental Health Awareness Week

BCHD's Youth Advisory Council is comprised of 50 middle and high school students (grades 8-12) from Hermosa Beach, Manhattan Beach, Redondo Beach and neighboring school districts. This year, the students focused on implementing a Mental Health Awareness Week. As part of Mira Costa's annual Costachella, Mira Costa High School held their week April 8-12, including a resource fair with local health providers, an art show and a screening of a student-produced short film, which explored "What Does Mental Health Mean to You?" Local providers in attendance included South Bay Families Connected, PFLAG, One Heart Counseling, South Bay Children's Health Center, Freedom4U, the Thelma McMillen Center at Torrance Memorial and a Beach Cities Health District booth staffed by members of the Youth Advisory Council. The event also featured a booth bringing awareness to Denim Day 2019, staffed by Mira Costa High School students. The event also featured a "Dream Wall" where students posted about mental health-related topics, coping skills and healthy ways to de-stress.



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 as being more social.¹

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

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

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.**

The Purpose Series was offered to Mira Costa High School twice during the 2018-19 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

2018-19 District-wide Reach

130
Students

completed the Purpose Series

Mira Costa High School Purpose Statements:

“My purpose is making people feel good about themselves, but also make myself feel good because if I’m not happy, then I can’t make others happy or help them. I want to live my best life and help others to live their best life.”

“My purpose is to benefit people with doing what I love.”

“My purpose is to live my life having fun and learning and bring joy and love for others.”

“My purpose is to make people laugh and add humor to their lives.”

“My purpose is to build new things, so people’s lives can be happier and have more fun.”

“My purpose is to see people from all walks of life and see how they live. I would like to go and travel the world. Hopefully try to do things like Anthony Bourdain.”

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

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.

Mira Costa High School Purpose Booth

BCHD hosted a purpose booth to engage students in discussions related to purpose, kindness, gratitude, passions and mindfulness. The students participated in these discussions by spinning a wheel with a variety of purpose-related topics and then answering questions designed for students to reflect on their values and passions. BCHD engaged approximately 70 students in reflecting on and identifying their passions, strengths and values. For students, finding purpose is important so that they can discover their life goals and make career choices. Students are acting on their purpose when they use their gifts to support something they are passionate about, in a way that upholds their core values.



Second Step

Second Step is a research-based middle school program designed to increase students' school success and decrease problem behaviors through social-emotional learning and competencies. The lessons help develop positive peer relationships, manage strong emotions, create balanced decision-making and increase social and self-awareness. The four units are tailored for each grade level including mindsets and goals; values and friendships; thoughts, emotions and decisions; as well as serious peer conflicts and anti-bullying behaviors.

Second Step is implemented at Manhattan Beach Middle School.



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
- Pride Day
- Buddy Bench
- Character Counts
- Kindness Week
- Run Club

Implemented at Manhattan Beach Middle School

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

Implemented at Mira Costa High School

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

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

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

Implemented in all elementary schools

- Mindful newsletters
- MindUP parenting tips
- URStrong workshops

MINDFULNESS

Implemented in all MBUSD elementary schools

- MindUP

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
- Student Assembly on tolerance
- Museum of Tolerance field trip

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
- Parent Connection Group
- Red Ribbon Week

Implemented at Manhattan Beach Middle School

- Second Step
- Substance use prevention education days

Additional substance use prevention strategies

- Parent Education events

Challenge Success

Mira Costa High School became a Challenge Success School starting in the 2016-17 school year, working with Challenge Success, a Stanford University-based non-profit organization that partners with schools to work on research-based strategies for students to gain the academic, social and emotional skills they will need to succeed. A Mira Costa High School team attended the Challenge Success conference at Stanford where they heard presentations by Challenge Success researchers and worked on a Mira Costa High School-specific plan. Mira Costa High School, in partnership with Challenge Success, is working towards redefining the meaning of success to emphasize the journey more than the destination.

On November 28, 2018, MBUSD Superintendent Dr. Michael Matthews and board members presented the District's social-emotional wellness efforts at the California School Board Association's Annual Education Conference. Since partnering with Challenge Success, MBUSD has implemented the following programs and activities at Mira Costa High School:

- Signs of Suicide Program
- Added A.M. and P.M. Office Hours
- Provide Time Management Guides at Registration
- Ending 1st semester before Winter Break begins
- Link Crew
- Varied student academic workload
- Maximum of 4 Advanced Placement (AP) courses per year
- Homework will be a maximum of 25% of the student's final grade
- Implemented Positive Behavioral Interventions and Supports (PBIS)

The SOS Signs of Suicide Prevention Program

The SOS Signs of Suicide Prevention Program (SOS) is a universal, school-based depression awareness and suicide prevention program designed for middle school or high school students. The goals are to 1) decrease suicide and suicide attempts by increasing student knowledge and adaptive attitudes about depression, 2) encourage personal help-seeking and/or help-seeking on behalf of a friend, 3) reduce the stigma of mental illness and acknowledge the importance of seeking help or treatment, 4) engage parents and school staff as partners in prevention through "gatekeeper" education and 5) encourage schools to develop community-based partnerships to support student mental health.

Mira Costa High School completed the Signs of Suicide Implementation for 9th grade students on April 17, 2019. Manhattan Beach Middle School also completed SOS. Participating students watched a video on suicide prevention and answered a series of brief survey questions. Any qualifying students were then flagged for individual follow-up with school counselors and local mental health professionals.



Substance Use Prevention

School-Based Prevention Programs

Straight Up Day

Straight Up is a youth development project for ages 12-25 that promotes social change regarding underage and binge drinking, impaired driving, marijuana, prescription and over-the-counter drugs. It uses improvisation and interactive techniques to engage discussion and develop personal and community solutions around substance use.

Manhattan Beach Middle School partnered with Straight Up, a Behavioral Health, Alcohol and Drug prevention program, and the Student Mental Health Provider Task Force (convened by BCHD) for two days of substance use prevention events for all 500 8th graders. The events, also supported by Youth Services staff, promote social change related to underage and binge drinking, impaired driving and substance use by using improvisation and interaction techniques to engage youth. BCHD supported the event by organizing 32 community mental health professionals to facilitate discussions around marijuana, vaping, alcohol and prescription drugs.

Following the student assemblies, parents attended an education event to learn how they can implement boundaries and role setting around substance use.

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.

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



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





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 **400** parent drop-ins during Families Connected Parent Chat sessions in 2018-19 school year

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) and 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.



Physical Activity

International Walk to School Day

International Walk to School Day took place Wednesday, October 10, 2018 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.

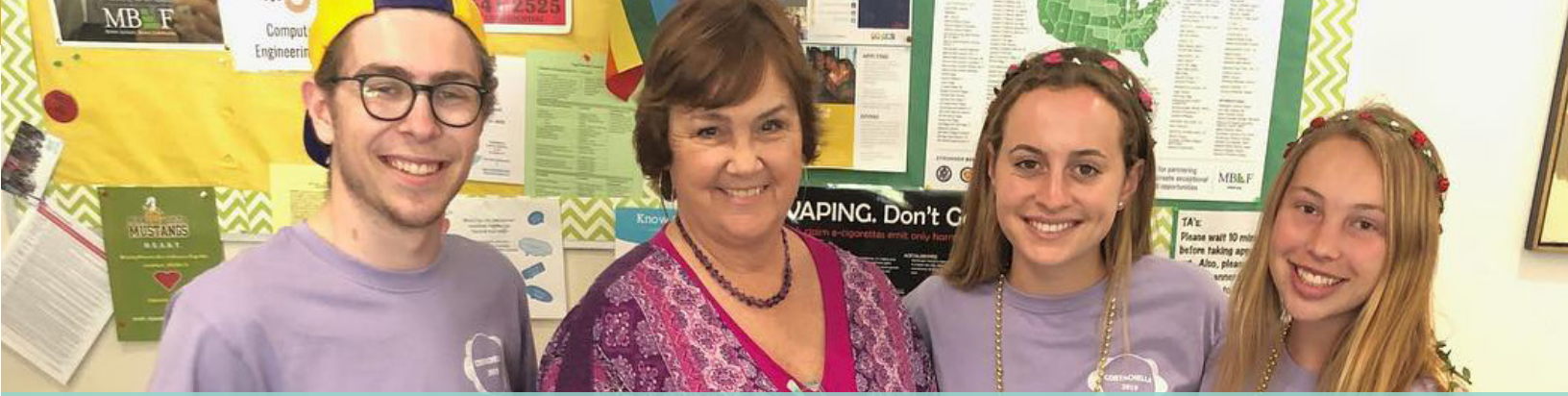
International Walk to School Day student participants across Beach Cities **3,164**



Bike to School Day

In partnership with the Beach Cities Cycling Club, Manhattan Beach Police Department and the South Bay Bicycle Coalition, BCHD supported Manhattan Beach Middle School's Bike to School Day on May 8, 2019. Students were encouraged to bike to school and stopped by the BCHD welcome booth to claim a prize and take a photo.





Healthy Schools Grant

The purpose of the Healthy Schools Grant is to support and encourage schools to implement health and wellness practices in support of their efforts to pursue Alliance for a Healthier Generation designations. 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	GRANT FUNDS USAGE
Grand View Elementary	<ul style="list-style-type: none"> Create a student mindfulness lounge Peaceful playground & blacktop improvement 	<ul style="list-style-type: none"> Equipment and supplies for mindfulness lounge and blacktop upgrades
Meadows Elementary	<ul style="list-style-type: none"> Increase physical activity and encourage sportsmanship 	<ul style="list-style-type: none"> Gaga pit construction
Pacific Elementary	<ul style="list-style-type: none"> Implement Positive Behavior Interventions and Supports (PBIS) like the recognition of students who show P.R.I.D.E., kindness activities and efforts by the Social Emotional Wellness Committee Increase physical activity and encourage sportsmanship through Run Club, P.E., Pantherthon and Kinderthon 	<ul style="list-style-type: none"> Student incentives, sensory equipment, certificates and health snacks

SCHOOL	WELLNESS STRATEGIES	GRANT FUNDS USAGE
Pennekamp Elementary	<ul style="list-style-type: none"> • Pedestrian and bike safety education for students • Organize Pennekamp “Drag-er-cise” as a weekly way to encourage staff to stay in shape and promote teambuilding 	<ul style="list-style-type: none"> • Update play space toward a Peaceful Playground, Gaga pit and new equipment for recess
Robinson Elementary	<ul style="list-style-type: none"> • Offer students alternative activities during lunch like quiet games in the butterfly garden, creating in the Makerspace and reading to support their social-emotional wellness • Give students opportunities for physical activity beyond school programs like the Fun Run, Run Club, Robinson Olympics, Yoga and Kinderthon 	<ul style="list-style-type: none"> • Games and supplies for alternative play activities, special event costs and Namaste at Lunch yoga
Manhattan Beach Middle School	<ul style="list-style-type: none"> • Conduct groundwork to re-launch School Wellness Council, PBIS and restorative justice initiatives 	<ul style="list-style-type: none"> • Student incentives and off-set costs for parent social-emotional wellness events
Mira Costa High School	<ul style="list-style-type: none"> • Increase student self-advocacy and reduce stress • Host Costachella as a way to engage students, reduce stress and raise substance use prevention awareness 	<ul style="list-style-type: none"> • Supplies for Costachella and teacher substitutes for event

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 Manhattan Beach Unified School District in 2018-19:

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

Total: \$254,020



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 • School Nurse & Health Aide Trainings • Representation on Health & Safety Committee and Social-Emotional Learning Committee • Manhattan Beach Coordinating Council Luncheon • Student Mental Health First Aid Training
Grand View Elementary	<ul style="list-style-type: none"> • AdventurePlex passes • Grand View Gator Run
Robinson Elementary	<ul style="list-style-type: none"> • Yoga instructors for teachers • AdventurePlex inflatable • Fun Run support
Pacific Elementary	<ul style="list-style-type: none"> • AdventurePlex passes • Fitness instructor for Run Club • Run Club incentives • Bike Safety Event
Pennekamp Elementary	<ul style="list-style-type: none"> • AdventurePlex passes
Meadows Elementary	<ul style="list-style-type: none"> • AdventurePlex passes
Manhattan Beach Middle School	<ul style="list-style-type: none"> • BCHD staff support for Substance Use Prevention Day • Mental Health Provider Support for SOS Day • Bike to School Day • Summer Camp Expo
Mira Costa High School	<ul style="list-style-type: none"> • BCHD staff support for SOS Day • Mental Health Awareness Week • Costachella



bchd.org