



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

2017-18

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Beach Cities Health District (BCHD) partners with 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 for RBUSD schools grades K-12 for the 2017-18 school year.



Creating a Healthy Beach Community

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

BCHD partners with 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 2017-18 school year. It also includes best practices that RBUSD 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 RBUSD 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

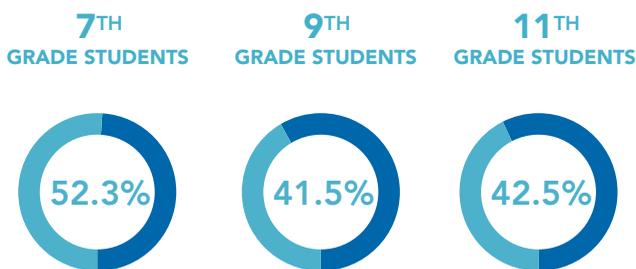
Hermosa Beach City School District, Manhattan Beach Unified School District and Redondo Beach Unified School District

Beach Cities Health District partners with the three school districts in the Beach Cities – Redondo Beach Unified School District, Hermosa Beach City School District and Manhattan Beach Unified School District – to offer programs that increase physical activity, improve nutrition and promote social-emotional well-being. To determine the community health needs of school-aged youth in the Beach Cities, data from the California Healthy Kids Survey is aggregated across the three school districts. The Key Indicators of Health are included below. Hermosa Beach City School District is a K-8 district, so data from 7th grade is included below.

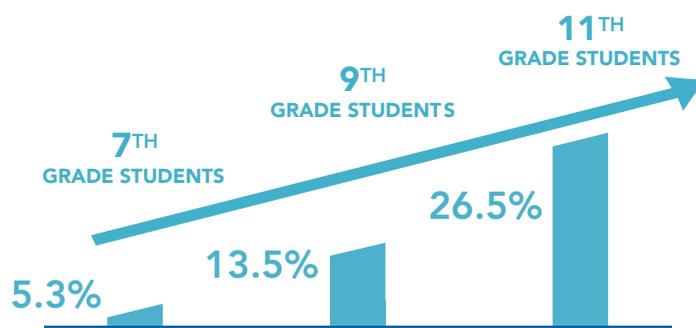


Academic Pressure

(HBCSD, MBUSD, RBUSD)



% of students report a **high level** of high expectations



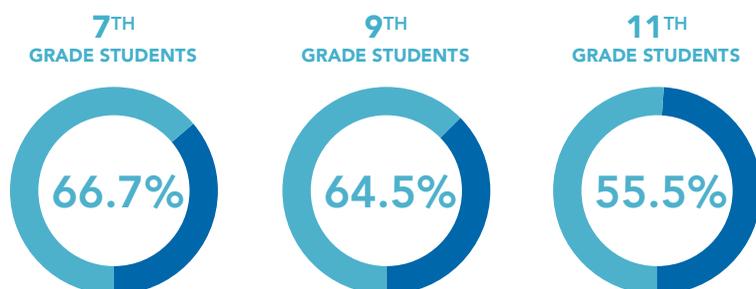
% of students reported **missing school** in the past **30 days** due to being behind in school work or weren't prepared for a test or class assignment

Why it matters: Research suggests at the middle and high school level, students should increase academic and social competence by developing self-efficacy, assertiveness, communication, reinforcement of anti-drug attitudes and peer relationships to strengthen personal commitments against drug use.⁹



Connectedness

(HBCSD, MBUSD, RBUSD)



Why it matters: Connectedness with others is tied directly to academic performance and student motivation. Fostering school connectedness can potentially reduce bullying.

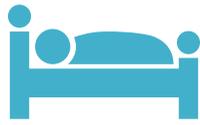
1. Karcher, M. J. The Effects of Developmental Mentoring and High School Mentors' Attendance on Their Younger Mentees' Self-Esteem, Social Skills, and Connectedness. *Psychology in the Schools*, 2005; 42: 65-77.
 2. Eisenberg, M. E., Neumark-Sztainer, D. and Perry, C. L. Peer Harassment, School Connectedness, and Academic Achievement. *Journal of School Health*, 2003; 73: 311-316.
 3. McNeely, C. A., Nonnemaker, J. M. and Blum, R. W. Promoting School Connectedness: Evidence from the National Longitudinal Study of Adolescent Health. *Journal of School Health*, 2002; 72: 138-146.
 4. National Institute on Alcohol Abuse and Alcoholism. *The Scope of the Problem*. 2016.
 5. U.S. Department of Health and Human Services. *The Surgeon General's Call to Action to Prevent and Reduce Underage Drinking*. 2007.



Mental Health

(MBUSD, RBUSD)

11TH
GRADE
STUDENTS



Up to **45%** reported missing school due to not getting enough sleep in the past 30 days



1 in 4 reported missing school due to feeling sad, hopeless, stressed or angry in the past 30 days

16%

Reported seriously considering attempting suicide in the past **12 months**

Why it matters: 1 in 5 students may struggle with a mental health condition. Social-emotional learning equips students with the emotional skills to help them develop the flexibility and resilience they need to flourish, even during hard times.



Bullying

(HBCSD, MBUSD, RBUSD)

7TH
GRADE
STUDENTS

• **38%** reported experiencing harassment or bullying within the past 12 months

• Reported the **highest rate** of having mean rumors or lies spread about them

• Reported the highest rates of experiencing cyber-bullying once within the past **12 months**

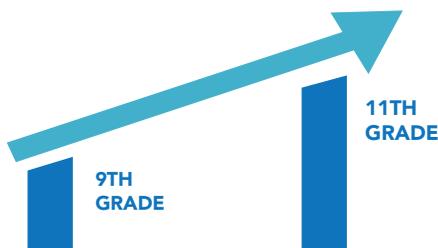
• **29.6%** reported experiencing harassment on school property for any of the following reasons: race, ethnicity or national origin, religion, gender, being gay or lesbian or someone thinking they were, physical or mental disability

Why it matters: Prevalence of bullying is highest among middle school youth, with both bullies and victims more likely to report substance use.⁷ Bullying can also lead to increased risk for depression, anxiety and sleep difficulties.



Alcohol & Drug Use

(MBUSD, RBUSD)



% of students that report using alcohol or drugs in the past 30 days **nearly doubles** between 9th and 11th grade

36%

of 11th graders have **used drugs or alcohol** in the past 30 days, on average

Why it matters: Early alcohol use is associated with greater likelihood of abuse or dependence in adulthood. Those who start drinking before age 13 have a 45% chance of becoming alcohol dependent, compared to 7% for those who wait until age 21.

6. National Research Council and Institute of Medicine Committee on Developing a Strategy to Reduce and Prevent Underage Drinking. Reducing Underage Drinking: A Collective Responsibility. 2004.
7. Radcliff et al. Illuminating the Relationship Between Bullying and Substance Use Among Middle and High School Youth. Addictive Behaviors. 2012; 37: 569-572.
8. CASEL. 2017.

9. Child Welfare Information Gateway. Promoting Protective Factors for In-Risk Families and Youth: A Guide for Practitioners. 2015.



Body Mass Index (BMI) Assessments

Each school year, Redondo Beach Unified School District (RBUSD) and Beach Cities Health District (BCHD) partner to complete Body Mass Index (BMI) assessments for all RBUSD Kindergarten, 1st, 3rd and 5th grade classes. Trained staff and volunteers measure students' height and weight to calculate their BMI. These assessments also gauge the prevalence of obesity at each school site as well as across the district.

The current childhood obesity rate for RBUSD students in the 2017-18 school year is 6.4% compared to 7.8% for the 2016-17 school year. This is the lowest childhood obesity rate since measurement began in 2005. Below is a breakdown of BMI results for RBUSD, including county, state and national comparisons:

RBUSD District BMI Results

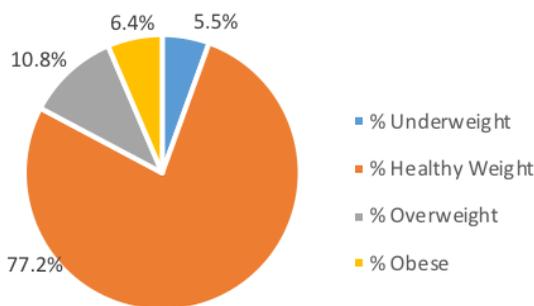


Figure 1: BMI results for RBUSD elementary schools from 2017-18 BMI assessments.

Comparing Obesity Prevalence

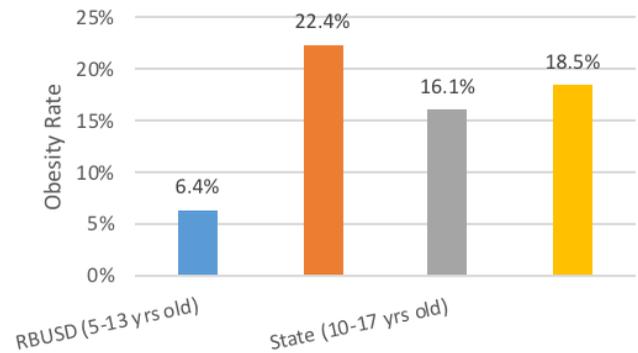
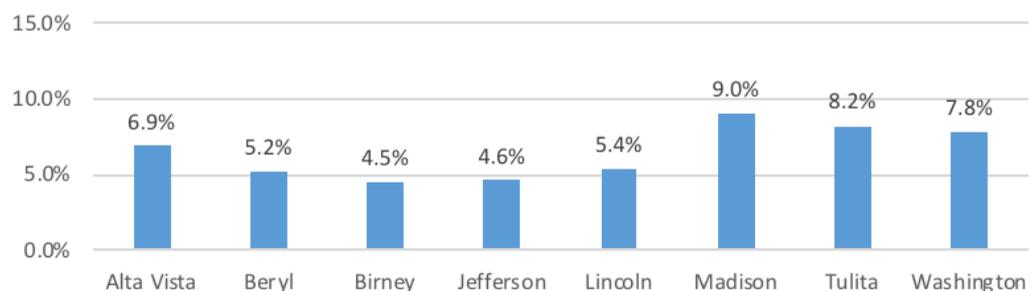


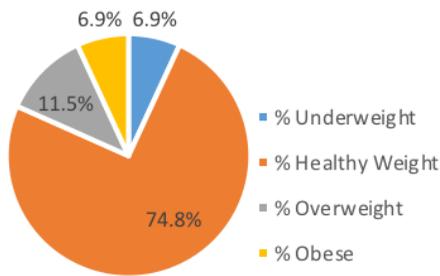
Figure 2: Comparing obesity rates of the district (RBUSD) to county (Los Angeles), state (CA) and national (US) rates. Note: National obesity rates are available for the 2-19 years age range, state is available for 10-17 years age range, LA County is available for 5th, 7th and 9th graders, and RBUSD collected data in the 5-13 years age range.^{1, 1, 1}

RBUSD BMI Obesity By School

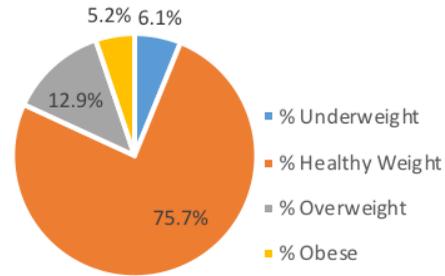
Figure 3: Comparing obesity rates for RBUSD elementary schools from 2017-18 BMI assessments.



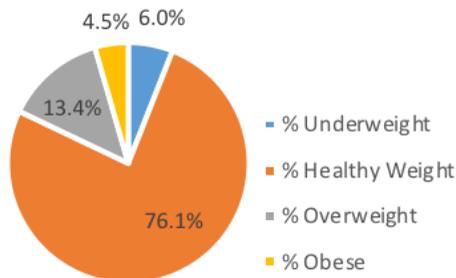
Alta Vista Elementary BMI Results



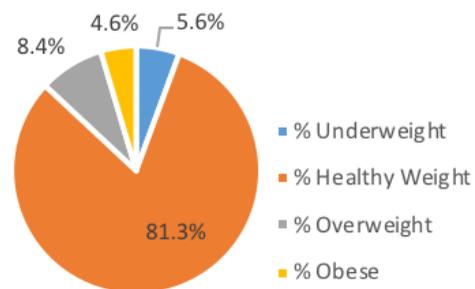
Beryl Heights Elementary BMI Results



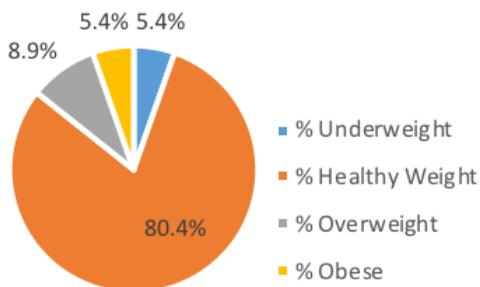
Birney Elementary BMI Results



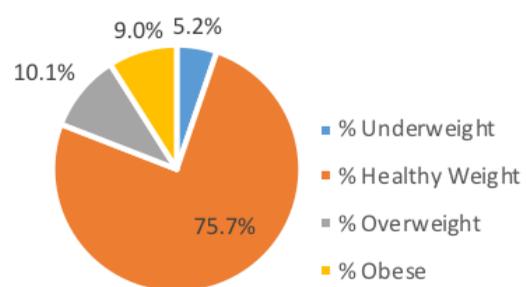
Jefferson Elementary BMI Results



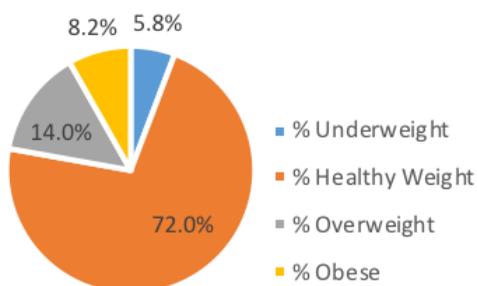
Lincoln Elementary BMI Results



Madison Elementary BMI Results



Tulita Elementary BMI Results



Washington Elementary BMI Results

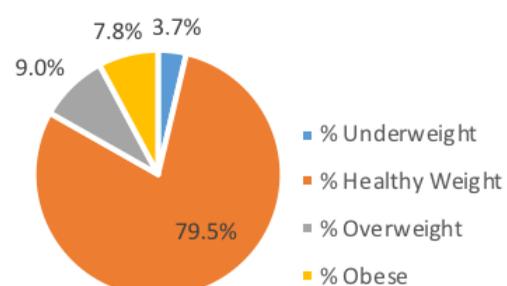


Figure 4: BMI results for each RBUSD elementary school from 2017-18 BMI assessments. Students assessed: Alta Vista – 393, Beryl – 309, Birney – 268, Jefferson – 391, Lincoln – 392, Madison – 267, Tulita – 329, Washington – 435.

Body Mass Index (BMI) Assessments

BMI Trends in Redondo Unified School District

Overall, 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 childhood obesity rates. Since 2007, there has been a 68 percent decline in RBUSD student obesity. While there may be other factors contributing to this decline, including policy changes in school lunch programs and increased overall awareness and education of childhood obesity in the population, this decline is correlated to the implementation of the healthy school program. Programming includes LiveWell Kids Nutrition and Garden education, Walking School Bus, Walking Wednesdays, School Wellness Councils, 8-Minute Morning Exercises, Classroom Activity Breaks and Alliance for a Healthier Generation designations.

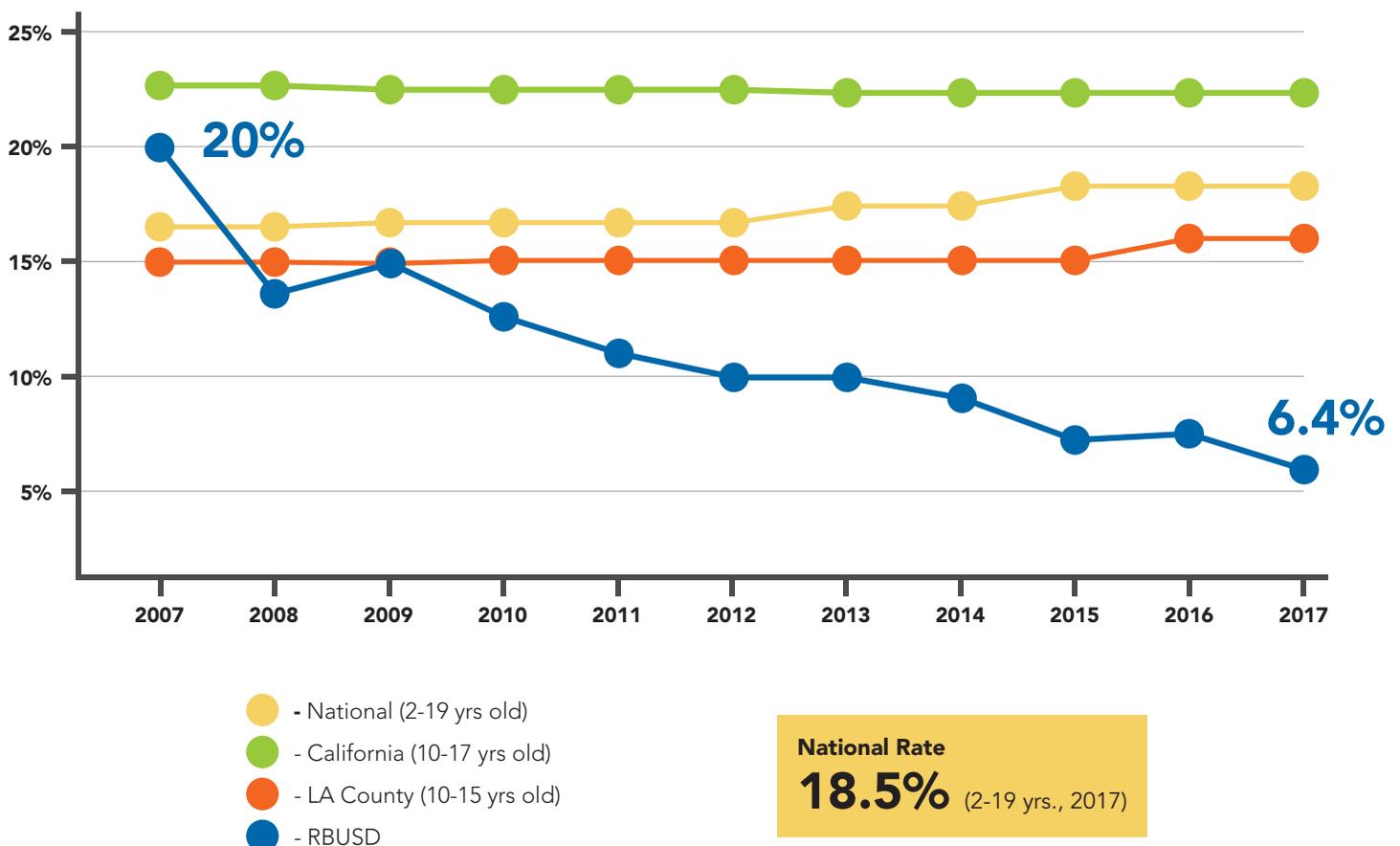


Figure 5: BMI trends of overweight and obesity rates since BMI assessments began in 2007.



Nutrition and Physical Activity

LiveWell Kids

Launched by Beach Cities Health District in 2005, LiveWell Kids is a childhood obesity prevention 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.

Redondo Beach elementary school students receive five LiveWell Kids nutrition lessons and five LiveWell Kids garden lessons each year.

Nutrition Lessons:

- **Mindful Eating Behaviors:** Mindful eating behaviors, recognizing signs of hunger and portion control.
- **Fruits and Vegetables:** Importance of eating fruits and vegetables every day and trying new foods.
- **Food Labels and Marketing:** Eating whole foods and understanding food labels and marketing tactics.
- **Water:** Benefits of drinking water and reducing sugar-sweetened beverage consumption.
- **Physical Activity:** Physical activity and how it connects to overall health.

Garden Lessons:

- **Mindful Harvest in the Garden:** Mindful behaviors while harvesting and tasting summer crops that were planted.
- **Planting for the Cool Season:** Soil preparation and planting cool season crops.
- **Composting:** Processed foods versus foods from nature and the benefits of composting and recycling.
- **Winter Harvest:** Health benefits of cool season vegetables; harvesting and tasting cool season crops.
- **Planting for Warm Season:** Soil preparation and planting warm season crops.

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

Nutrition and Physical Activity

LiveWell Kids docents have contributed **9,150 hours** this year supporting nutrition and garden programs

240 RBUSD docents taught nutrition lessons this year

LiveWell Kids nutrition lessons resulted in **23,040 fruit and vegetable tastings** this year

"I love to see the students get excited for nutrition class and hear about how they apply the lessons to their lives."
– **Madison Elementary School LiveWell docent**



217 RBUSD docents taught garden lessons this year

17,690 vegetables and herbs were grown during LiveWell Kids garden lessons this year

"On a daily basis, I'm asked by one or more children the date of our next garden lesson. They talk about how fun the garden program is and how crazy it was to try all the new food. They love all the recipes that we offer and their parents are shocked when they tell them the food they ate and enjoyed. I love this opportunity to be a part of my kids' school activities." – **Jefferson Elementary School garden docent**

"The students love the garden program. They're always happy to head outside and dig in the dirt, make compost or plant seeds. The harvest however is always the highlight. Some kids are familiar with the vegetables and eat them with confidence. Those experiencing these vegetables for the first time love them." – **Tulita Elementary School garden docent**



Nutrition and Physical Activity

Alliance for a Healthier Generation

In the 2017-18 school year, all 12 Redondo Beach Unified School District schools participated in the Alliance for a Healthier Generation's landmark Healthy Schools Program, one of the nation's largest school-based childhood obesity prevention initiatives. The Alliance has worked with more than 35,000 schools serving more than 20 million students since 2006.

Schools earn the distinction by successfully meeting a rigorous set of criteria including serving healthier meals and snacks, getting students more physically active, offering high-quality physical and health education and empowering school leaders to become healthy role models.

Benefits of implementing the Alliance for a Healthier Generation Healthy Schools Program:

- Helps meet school district wellness goals and supports schools in creating a healthy environment
- Improves classroom behavior and performance
- Reduces absenteeism among students and staff
- Utilizes in-depth district progress reports to meet USDA reporting requirements
- Provides access to free trainings, resources, action planning tools, expert advice and customized support

Beach Cities Health District facilitated six workgroups to support principals and administrators with their Alliance applications. All twelve RBUSD schools were awarded Alliance designations this year.

Alliance Level Designations:

Gold



Beryl Heights
Elementary School

Silver



Alta Vista
Elementary
School



Birney
Elementary
School



Jefferson
Elementary
School



Madison
Elementary
School



Tulita
Elementary
School



Washington
Elementary
School

Bronze



Lincoln
Elementary
School



Adams
Middle
School



Parras
Middle
School



Redondo
Shores High
School



Redondo
Union High
School

Physical Activity

Beach Cities Health District partners with RBUSD 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

Below is a summary of BCHD-supported physical activity programs at Redondo Beach Schools.

8-Minute Morning Exercises

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. Students participate in 200 minutes of physical education every 10 days.

Classroom Activity Breaks

Based on research from Instant Recess,[®] Classroom Activity Breaks are moderate intensity activity break used to incorporate short bouts of physical activity during the school day. Teachers are provided virtual physical activity tours, photo books, music and personalized training to support the implementation of Classroom Activity Breaks.



Nutrition and Physical Activity

Youth Bicycle and Pedestrian Education Program

Beach Cities Cycling Club teaches children the necessary skills to be safe and confident pedestrians and cyclists. This interactive program is customized for various ages, grade levels and school-site needs. Activities include both in classroom instruction and skills practice. Students gain an understanding of:

- Basic pedestrian, scooter and bicycle safety principles
- How to check bicycles and bicycle helmets for safety
- Practicing cycling skills like starting, stopping and riding in a straight line
- Learning how to scan, signal and turn on streets and at intersections

In the 2017-18 school year, the following schools hosted a Bike Safety Training Day:

- Adams Middle School
- Alta Vista Elementary School
- Beryl Heights Elementary School
- Jefferson Elementary School
- Lincoln Elementary School
- Madison Elementary School
- Tulita Elementary School

4,159 students participated in a bicycle and pedestrian education program this year.



Walking School Bus

The Walking School Bus program rolled into elementary schools in the Beach Cities in 2010 to promote community health through increasing daily physical and social activity. Each year, Walking School Bus participants save unnecessary car trips and help start students' days with physical activity. The program also helps them to gain valuable social connection and interaction with their peers.

While there are fewer registered walkers than in previous years, the increase of families opting to walk on their own is an indicator that the structured service may no longer be needed at all schools. However, the Walking School Bus continues to be available for schools that find it valuable and have a committed volunteer base.

Total number of Walking School Bus volunteers: **28**

Total number of students registered in Walking School Bus: **149**

Average number of car trips saved per month: **435**

Walking Wednesdays

Launched in the 2017-18 school year, Walking Wednesdays is an active transport program that encourages families to walk, which helps reduce traffic and increases social connections. Since it does not require volunteers or involve structured routes or schedules, the program provides an option for those who don't participate in the Walking School Bus. The kickoff took place on International Walk to School Day on October 4, which continues to be a highly popular event. A cohort of 50 BCHD staff along with local elected officials, police officers and volunteers supported every RBUSD elementary school. Additionally, all elementary schools participated in a Walking Wednesdays promotion event in spring.

International Walk to School Day student participants at RBUSD: **1,991**

International Walk to School Day student participants across the Beach Cities: **2,999**

Walking Wednesday spring promotion student participants at RBUSD: **1,283**





Social-Emotional Wellness

Purpose Series

People with purpose live longer, have greater life satisfaction and greater functional ability. Purpose is one of the nine healthy lifestyle habits identified by the 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 = Purpose¹.

In the 2017-18 school year, the Purpose Series resumed at Redondo Union High School and Redondo Shores High School and was introduced to Redondo Beach Learning Academy and Adams Middle School. During the Purpose Series, students:

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

2017-18 District-wide Reach

276 Students

Redondo Shores (38)
Redondo Beach Learning Academy (7)
RUHS (224)
Adams Middle School (7)

13

Groups of RBUSD students have completed the Purpose Series

“My purpose is to excel in school so that I can bring joy and knowledge to my family and friends.”
– Redondo Union High School student

“My purpose is to help and empower others by making them feel loved and important, and build strong relationships along the way to bring myself joy.”
– Redondo Union High School student

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

Purpose Series

SESSION TOPIC	KEY ELEMENTS COVERED
WHAT DO YOU LOVE?	Students are introduced to the benefits of knowing their life's purpose. Activities and discussions are centered around identifying their likes, passions and opportunities to thrive.
EXPRESSING YOUR GIFTS TO THE WORLD	Students identify their top five gifts, and how those are currently being expressed at school, at home and in the community.
IDENTIFYING PASSIONS & VALUES	Students focus on discovering passions and values and connecting topics to gifts to help define purpose.
PURPOSE STATEMENTS	Students discuss living with purpose by identifying ways passions can be translated into living life in a purposeful way. They create a purpose statement.
PUTTING YOUR PURPOSE INTO ACTION & LIVING A PURPOSEFUL LIFE	Students work on making a commitment to live a purposeful life by making an action plan and identifying a sounding board to continue their conversations.

Redondo Shores Purpose Presentation to Board of Education

Redondo Shores students delivered a purpose presentation at the RBUSD Board of Education meeting on March 13. Students completed the Purpose Series and earned academic credit.



"My purpose is to inspire and unite others through art." – Redondo Shores High School student

"My purpose is to make other people happy and to help others in need." - Redondo Union High School student

Social-Emotional Wellness

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, and serious peer conflicts and anti-bullying behaviors. Both Adams and Parras Middle School implemented the Second Step program to all 6th graders during the 2017-18 school year.

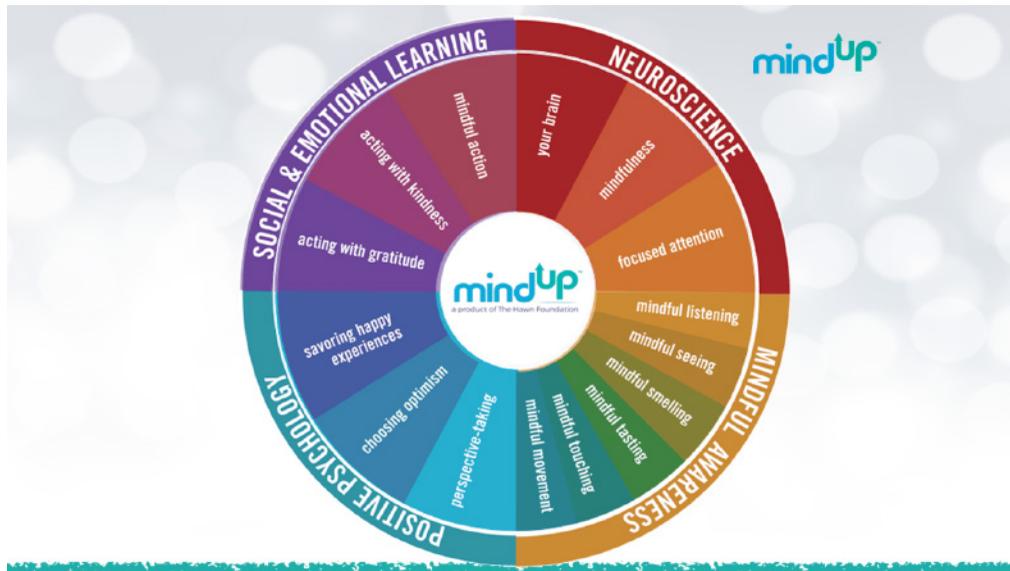


MindUP

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.

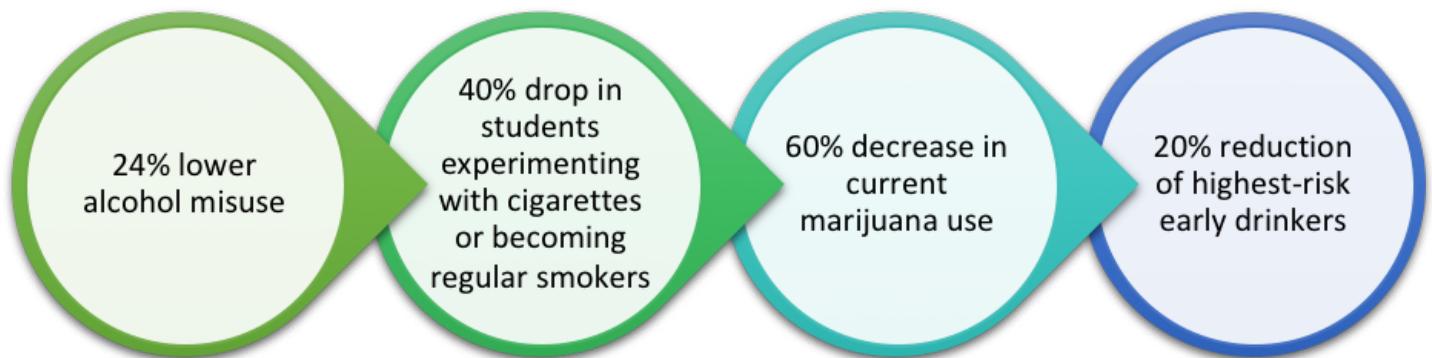
¹ Schonert-Reichl, et al. (2015). Enhancing cognitive and social-emotional development through a simple-to-administer mindfulness-based school program for elementary school children: A randomized control trial. *Developmental Psychology*. 51(1), 52-66.

Social-Emotional Wellness

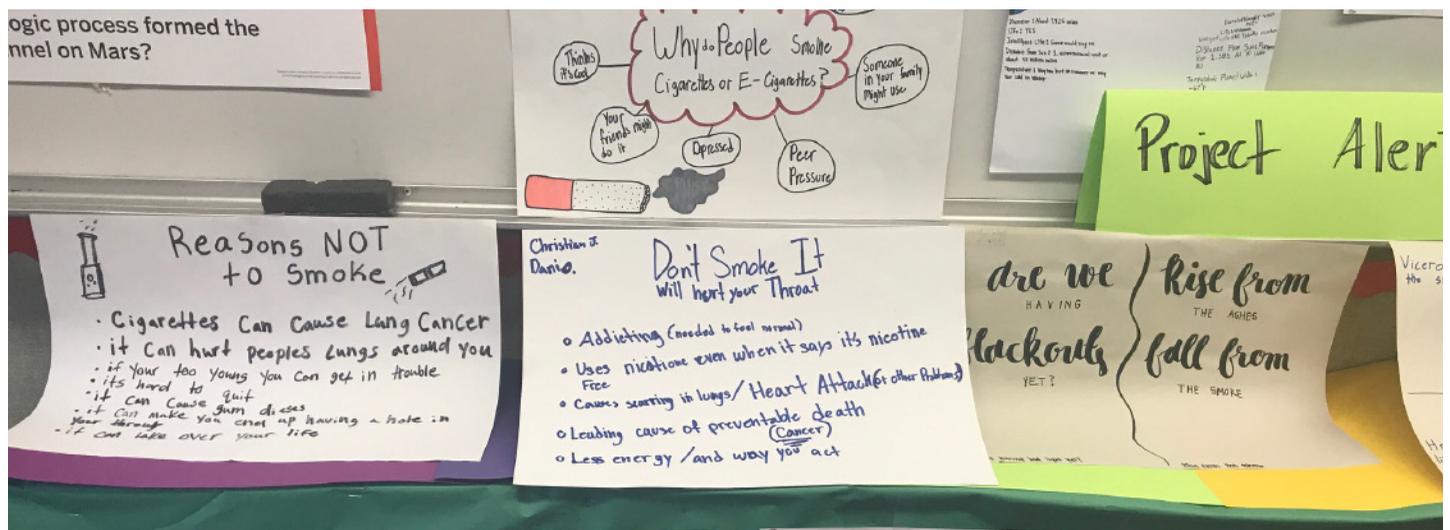
Substance Use Prevention - Project Alert

Project Alert is a skills-based curriculum provided to 7th and 8th grade students at Adams and Parras middle schools 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.

National data shows that 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.

Redondo Beach Unified School District is a partner school and parent resources are available on RBUSSFamiliesConnected.org and through a monthly parent 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 **400 parent touch points** during Families Connected Parent Chat sessions in 2017-18 school year.

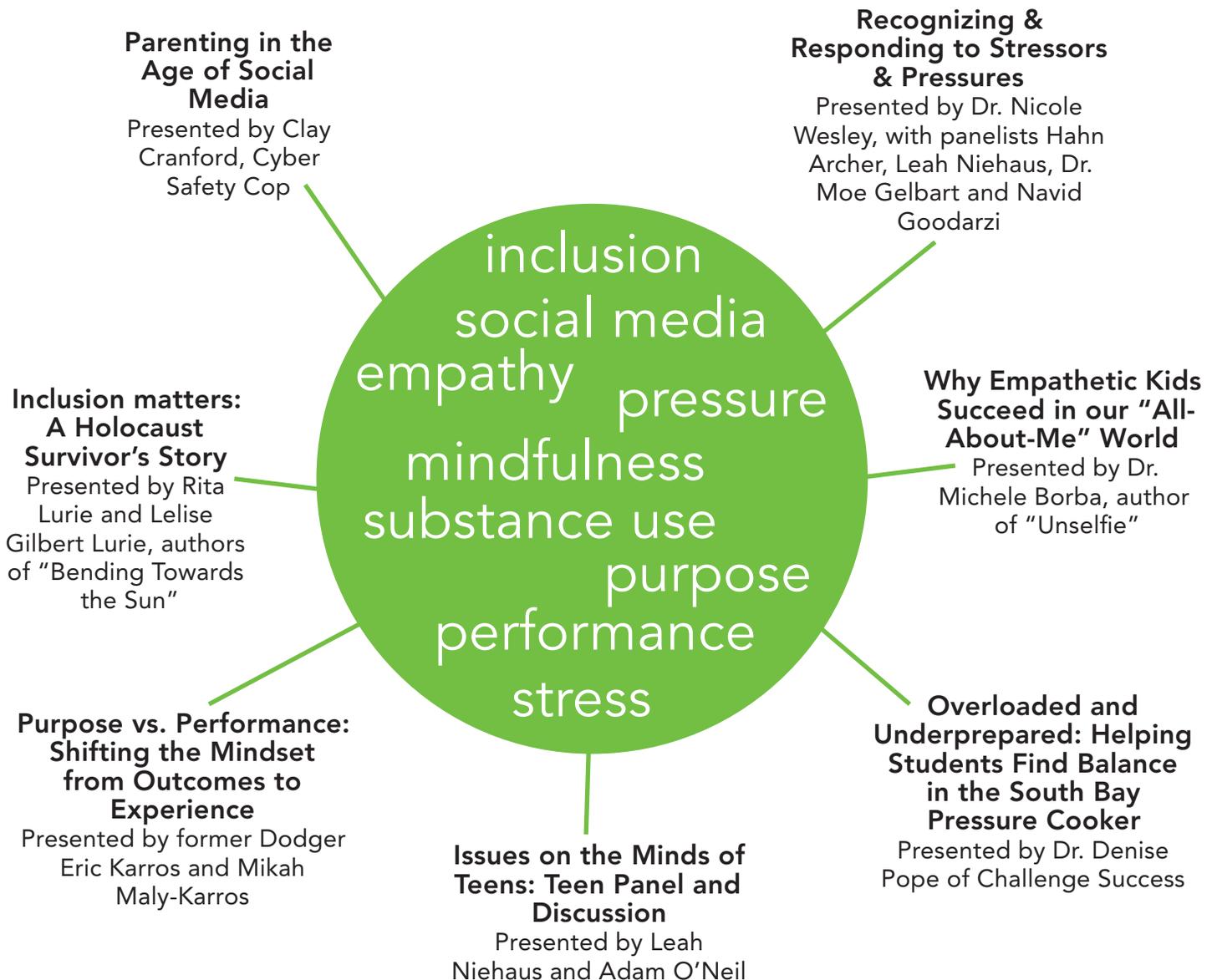
Social-Emotional Wellness

2017-18 Families Connected Speaker Series

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



Number of total parents reached - 3,000





Social-Emotional Wellness

Families Connected Parent Advisory Group

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

Families Connected ambassadors are critical to the success of the South Bay Families Connected project. In partnership with BCHD, Hermosa Beach City School District, Manhattan Beach Unified School District and Redondo Beach Unified School District, South Bay Families Connected is helping parents and families connect with resources and opportunities to help kids to thrive — in and out of school.



The Families Connected ambassador role is three-fold:

1. Connect parents with resources, events and information
2. Communicate with parents at their school
3. Collaborate and bring back feedback and suggestions from parents, teachers and counselors to the Families Connected Parent Advisory Group

Youth Advisory Council

In spring 2017, BCHD recruited student committee members for the Board-appointed community health, strategic planning and finance committees. During that process, BCHD received applications from many outstanding students who were interested in improving health in the Beach Cities.

In response to that interest, Youth Services convened a Youth Advisory Council. Much like the Parent Advisory Group, these students serve as touchstones for health issues on the minds of teens and provide recommendations and feedback on youth-centered programming provided by BCHD. The Council includes 22 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.



Social-Emotional School Advisory Board

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



Student Mental Health Task Force

BCHD convened a Student Mental Health Task Force in 2018 as a part of a Beach Cities-wide effort to address student stress and substance use. The Student Mental Health Task Force is made up more than 75 organizations and providers in the Beach Cities that address depression, stress, anxiety and substance use and abuse. Provider service areas include:

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

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

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

Social-Emotional Wellness

State of Our Youth's Health: Stress & Substance Use Summit

Beach Cities Health District convened more than 180 students, parents, schools, healthcare providers, community leaders, law enforcement and local businesses on May 24 for a community conversation on mental health and substance use prevention.

The event included a student panel about the stress, peer pressure and substance use; a keynote address by Hon. Mary Bono, former U.S. congresswoman from California and substance abuse prevention advocate; and a breakout session on mental health.

City of Manhattan Beach Mayor Amy Howorth emphasized the importance of breaking down the barriers and stigmas associated with mental health. Additional presentations were made by school leadership, including Pat Escalante, Superintendent of Hermosa Beach City School District; Dr. Michael Matthews, Superintendent of Manhattan Beach Unified School District and Dr. Nicole Wesley, Executive Director of Student Services at Redondo Beach Unified School District.

The Stress & Substance Use Summit was part of Mental Health Awareness Month, and was presented in partnership with local school districts, South Bay Families Connected and the L.A. County Department of Mental Health to raise awareness of mental health and well-being in our community.





Social-Emotional Wellness

Programs Supporting Student Mental Health & Wellness

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

SOCIAL-EMOTIONAL HEALTH

Implemented across all Beach Cities school districts

- California Healthy Kids Survey
- Student Mental Health Provider Task Force
- Youth Advisory Council
- Social-Emotional Wellness School Advisory Board
- Nurse and Health Aide Training
- District-wide Social-Emotional Wellness Committee

Implemented across RBUSD

- Toward Balance Task Force
- Positive Behavioral Intervention and Supports (PBIS)
- Multi-tiered System Student Support (MTSS)
- Yellow Ribbon Week
- South Bay Children's Health Center partnership
- Know the Signs campaign

Implemented in all elementary schools

- MindUP
- Bucket Fillers
- Character recognition in student assemblies and townhalls including Shores Award, Wellness Champion and Student of the Month

Implemented in middle schools

- Second Step
- Purpose Workshops

Implemented in high schools

- Purpose Workshops
- Challenge Success
- Stress Less! Club
- Career Day
- Wellness center/calm room for fitness and mindfulness
- Wilderness Challenge and ropes course

SOCIAL-EMOTIONAL HEALTH (CONTINUED)

Additional social-emotional learning strategies

- Beach Clean Up Day
- Elective wheel with mindset, physical activity, technology and digital citizenship lessons
- Student Council service acts to school and community
- School Operation Gratitude candy and letters to military
- Strengths Academy
- Peaceful Playgrounds
- Cyber-safety lessons
- Kindness rocks
- Lunch music and games run by counselors

PARENT ENGAGEMENT

Implemented across all three school districts

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

Implemented in all RBUSD elementary schools

- Mindfulness newsletters
- WATCH DOG Program

Other parent engagement strategies

- Health and mindfulness parent education events
- Conscious discipline parent workshops
- Wellness e-blasts and newsletters
- Walking moais
- PTA cyber bullying assembly
- Multicultural Night
- Hope for the Homeless drive
- Honorary Service Awards by the Parent Teacher Student Association
- Yearly student/parent technology usage agreements
- Family Art Night

BULLYING PREVENTION

Implemented in all RBUSD elementary schools

- MindUP

Implemented in all RBUSD middle and high schools

- Where Everybody Belongs (WEB)
- Link Crew

Additional bullying prevention strategies

- Turnette Powell Cultural Sensitivity Workshops
- Cyber-safety assembly and lessons
- Go Noodle videos on compassion and anti-bullying
- Buddy Bench
- Safe School Ambassadors
- Friendship Club
- Anti-bullying assemblies
- Empathy and kindness lessons
- Peer Assistance Leadership Program
- Museum of Tolerance field trip
- "Sprigeo" for anonymous tips

SUBSTANCE USE PREVENTION

Implemented across all three school districts

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

Implemented in all RBUSD middle schools

- Project Alert
- Freedom4U education series

Additional substance use prevention strategies

- Thelma McMillen Center substance use prevention groups
- Upstanders for Health and the Environment Initiative

MINDFULNESS

Implemented in all RBUSD elementary schools

- MindUP

Additional mindfulness strategies

- Mindful Mornings
- Morning yoga classes
- Mindfulness and meditation garden
- Student meditation and mindfulness videos





Volunteer Support

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

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
- Evidence suggests the best way to prevent poor health in the future is to volunteer
- 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 across the Beach Cities:

VOLUNTEER PROGRAM	# OF VOLUNTEERS	# OF VOLUNTEER HOURS
LiveWell Kids Nutrition and Garden Docents	523	9,150
Walking School Bus Volunteers	28	800
Garden Angels	23	1,800
Families Connected Parent Advisory Group	22	176
Youth Advisory Council	22	176
Admin Support Volunteers	10	150
Youth Services Interns	2	1,144
School Event Volunteers	65	70
Total	716	13,466

Volunteers provided **13,466 service hours** this year. That is equal to 6.5 full time employees.

"I'm really thankful for this chance to be in my child's classroom and to connect with her and her friends in this special way. And I'm just really thankful because it's been a really neat and different way to share her school experience with her." – **Alta Vista nutrition docent**

"The kids were able to demonstrate recollection and application of past lesson on mindfulness. As always, the kids really enjoy the food tasting portion! Good times for these kids. Thank you for the opportunity to influence our kids at such a critical time in their lives." – **Birney nutrition docent**

"Thank you so much for planting Asian veggies this year! The kids loved trying new varieties of veggies. Growing up Asian/American never allowed me to appreciate our family's cuisine and culture. I am so grateful that my daughter and her peers are able to experience the different types of vegetables BCHD has invited into their curriculum. A BIG THANK YOU FROM THE BOTTOM OF MY HEART"
– **Jefferson garden docent**

Thank you for teaching us about the garden.
Thank you for teaching us to try new things, to do our bests and to teach us to love and eat our greens.
Thank you for everything you have done. I'm thankful that someone decides to make time for us kids. Thank you
Love, Sienna

Thank you for helping us Garden
You inspired me and my Mom to start
GARDENING!
From,
Kellan.





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 in order to achieve sustainable, short-term and long-term success.

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

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
Alta Vista Elementary School	<ul style="list-style-type: none"> • Parent engagement presentations • Wellness Wednesday e-blasts • Bike safety assembly 	<ul style="list-style-type: none"> • Field day instructors and physical education equipment
Beryl Heights Elementary School	<ul style="list-style-type: none"> • Taste Around the World produce tasting for students • Bike safety assembly 	<ul style="list-style-type: none"> • Refillable water stations
Birney Elementary School	<ul style="list-style-type: none"> • Hand washing campaign and practices led by student government • Trash sorting by students 	<ul style="list-style-type: none"> • Buddy bench • Incentives for trash sorting

SCHOOL	WELLNESS STRATEGIES	GRANT FUNDS USAGE
Jefferson Elementary School	<ul style="list-style-type: none"> • Student Council wellness activities including farmers market • Bike safety assembly • Staff wellness challenge 	<ul style="list-style-type: none"> • Refillable water stations
Lincoln Elementary School	<ul style="list-style-type: none"> • Bike safety assembly • Staff wellness assembly 	<ul style="list-style-type: none"> • Refillable water stations and water bottles
Madison Elementary School	<ul style="list-style-type: none"> • Bike safety assembly • Wellness e-blasts 	<ul style="list-style-type: none"> • Refillable water stations
Tulita Elementary School	<ul style="list-style-type: none"> • Nutrition education events for students and parents • Taste around the world produce tasting for students 	<ul style="list-style-type: none"> • Playground equipment
Washington Elementary School	<ul style="list-style-type: none"> • Two-week step challenge for staff • Remove straws from campus • Wellness Wednesday e-blast 	<ul style="list-style-type: none"> • Playground equipment
Parras Middle School	<ul style="list-style-type: none"> • Healthy staff promotions including nutrition and physical fitness • Incorporating mindful minutes into the school day for students 	<ul style="list-style-type: none"> • Athletic equipment to promote physical fitness during lunch • Staff lounge furnishings and technology to create a peaceful environment
Adams Middle School	<ul style="list-style-type: none"> • Water bottle filling station in the staff lounge • Monthly Mindful Mondays facilitated by counselors during lunch • Incorporate healthy news segments into Adams Middle School news 	<ul style="list-style-type: none"> • Refillable water station • Garden supplies for semester-long food literacy elective class • Healthy snacks
Redondo Union High School	<ul style="list-style-type: none"> • Quarterly events for staff focusing on mindfulness and stress relief • Student coping skills, brain breaks and mindfulness with strategies including videos and purpose workshops 	<ul style="list-style-type: none"> • Student/staff mindfulness workshops and activities • Student/staff activities and events to engage in healthy eating and physical activities
Redondo Shores High School	<ul style="list-style-type: none"> • Allow access and movement options for students in the classroom setting (stand-up desks and wobble chairs) • Use wellness center as therapeutic space on campus to allow learning community to decompress 	<ul style="list-style-type: none"> • Fitness opportunities for staff and students in wellness center • Create a Shores community garden



Grants

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

The following funding was provided to Redondo Beach Unified School District in 2017-18:

Redondo Beach Unified School District	\$361,091
Redondo Beach Unified School District-Principal Healthy Schools Grant	\$36,000
Redondo Beach Unified School District-SARB	\$14,892
South Bay Families Connected (for all three school districts)	\$40,000
Washington Elementary School – Run Club (Micro-enrichment grant)	\$800

Total: \$452,783





Healthy School Events

In-Kind Support

Throughout the 2017-18 school year, BCHD is proud to support the following events that promote and encourage a healthy school environment:

SCHOOL	IN-KIND SUPPORT
District	<ul style="list-style-type: none"> • International Walk to School Day • State of Education • Families Connected Speaker Series • Coordinating Council Luncheon • School nurse & health aide trainings
Alta Vista Elementary School	<ul style="list-style-type: none"> • Chase Stecyk Fun Run • Jump Rope for Heart • Family Carnival • Family Zumba Night • Bike Safety event • Field Day
Beryl Heights Elementary School	<ul style="list-style-type: none"> • Race to the Finish • Jump Rope for Heart • Dr. Seuss Day • Annual School Carnival • Bike Safety event • Field Day
Birney Elementary School	<ul style="list-style-type: none"> • Jog-a-thon • Jump Rope for Heart • Bike Safety event
Jefferson Elementary School	<ul style="list-style-type: none"> • Jog-a-thon • Jump Rope for Heart • Jump Rope for Heart celebration • Jefferson Farmers Market • Bike Safety event

SCHOOL	IN-KIND SUPPORT
Lincoln Elementary School	<ul style="list-style-type: none"> • Jog-a-thon • Jump Rope for Heart • Jump Rope for Heart celebration • Bike Safety event
Madison Elementary School	<ul style="list-style-type: none"> • Jog-a-thon • Bike Safety event • Jump Rope for Heart celebration
Tulita Elementary School	<ul style="list-style-type: none"> • Cupid's Dash Jog-a-thon • Bike Safety event
Washington Elementary School	<ul style="list-style-type: none"> • Fall Fitness Festival • Green Festival • Bike Safety event
Adams Middle School	<ul style="list-style-type: none"> • Fall Fitness Festival • Green Festival • Bike Safety event
Parras Middle School	<ul style="list-style-type: none"> • Garden Design contest
Redondo Union High School	<ul style="list-style-type: none"> • Health Fair • RUHS Career Day • Color Run • Mindfulness Workshops • Substance Use Prevention event



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