



Photo credit: Palos Verdes School Gardens

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

**2019-20**

# Index

<b>Introduction</b> .....	3
<b>Key Indicators of Health</b> .....	4
<b>Garden and Physical Activity</b> .....	6
LiveWell Kids Garden Program	
Hermosa Valley School Garden Program with Palos Verdes School Gardens	
8-Minute Morning Exercises	
Walk to School Day	
<b>Social-Emotional Learning</b> .....	10
Social-Emotional Academic Development	
MindUP	
Healthy Schools Grant	
School Wellness Councils	
Connectivity (Thrively) and Project Connect	
The Hermosa Beach Empathy Project	
“Start with Hello” Kindness Week	
Los Angeles Kings and Sandy Hook Promise	
Additional School Programs	
<b>Substance Use Prevention</b> .....	18
School-Based Prevention Programs	
South Bay Families Connected	
Additional Parent Engagement	
Beach Cities Partnership for Youth	
Advisory Groups	
<b>Healthy Schools Grant</b> .....	26

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



# Creating a Healthy Beach Community

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

BCHD partners with the Hermosa Beach City School District (HBCSD) to offer programs to increase physical activity, improve nutrition and promote social-emotional well-being. This summary report includes programmatic outcomes and measurable results from the 2019-20 school year. This report also includes best practices that HBCSD has implemented across the district to address the health and well-being of students, families and staff.

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

## 2019–2022 Health Priorities



### Nutrition and Exercise

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



### Social-Emotional Health

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



### Substance Use

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



### Cognitive Health

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



# Key Indicators of Health

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

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

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

## Missed school



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

4%

of Beach Cities  
7th graders

9%

of Beach Cities  
9th graders

14%

of Beach Cities  
11th graders

Source: California Healthy Kids Survey, 2018-19

## Bullying



34%

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

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

## Suicide



17%

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

Source: California Healthy Kids Survey, 2018-19

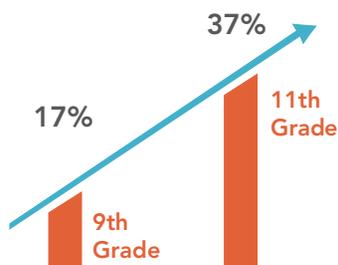
## Sleep



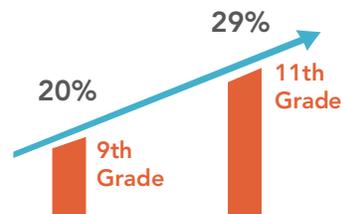
# 20%

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

Source: California Healthy Kids Survey, 2018-19



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



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

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

## Vaping



# 25%

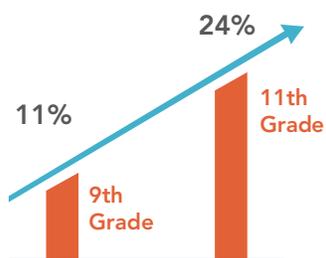
of **Beach Cities 11th graders** who reported using e-cigarettes or other vaping devices in the past 30 days



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

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

## Marijuana



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

# 16%

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

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



# Garden and Physical Activity

## Beach Cities Volunteer Day

On August 8, 2019 more than 150 volunteers from 30 Beach Cities organizations participated in Beach Cities Health District's 4th Annual Beach Cities Volunteer Day. Volunteers planted, harvested and weeded to prepare LiveWell Kids gardens for the upcoming school year. The produce harvested – including tomatoes, squash, lettuce, pumpkins and arugula – was donated to local food banks.



# LiveWell Kids Garden Program

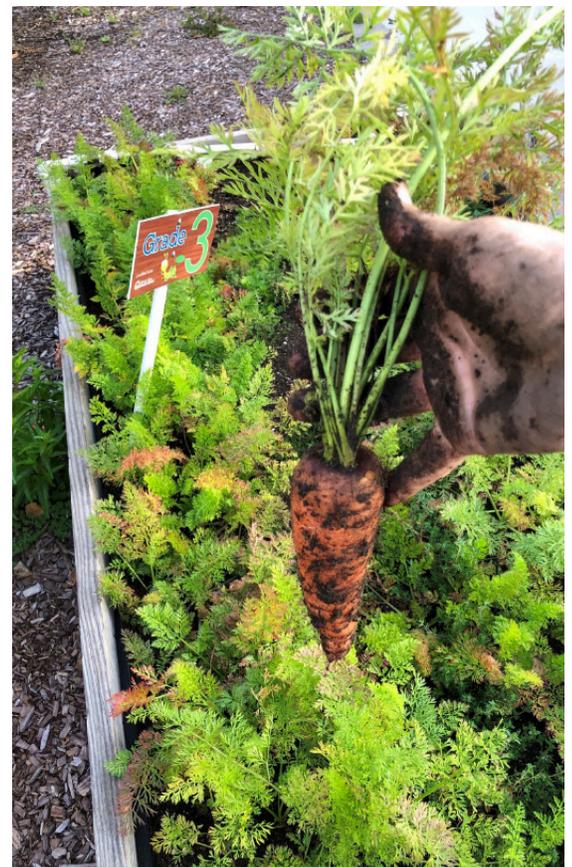
LiveWell Kids, launched by BCHD in 2005, provides a comprehensive, whole-child approach to school-based health curriculum. The LiveWell Kids Garden curriculum is delivered at Hermosa View by trained parent docents in a garden setting. The program blends topical lessons with physical activity and mindfulness practices to equip students with the tools they need to adopt a healthier lifestyle that can carry on to adulthood.

Hermosa View Elementary School students receive five parent-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**.

In order to maintain the LiveWell Kids gardens throughout the Beach Cities, approximately 30 Garden Angels volunteer each week. These volunteers are an integral part of the success of the LiveWell Kids Garden Program and contribute more than 1,800 volunteer hours each year.

*\* Hermosa Beach City School District sites transitioned to distance learning in March 2020 due to COVID-19. While the LiveWell Kids Garden Program was unable to continue in-person, subsequent lessons were made available online. Additionally, the BCHD Garden Coordinator worked closely with HBCSD administration to continue to maintain and harvest the gardens. Through her efforts, HBCSD was able to donate produce to community members in need. \**

Number of LiveWell Kids Hermosa View  
Garden Docents: 30



# Hermosa Valley School Garden Program

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

All lessons are taught by a dedicated Palos Verdes School Garden specialist. The table below outlines the lessons, by topic, each grade receives.

4th Grade Lessons	5th Grade lessons	6th Grade Lessons	7th Grade Lessons	8th Grade Lessons
Rules and Tools	Rules and Tools	Rules and Tools	Rules and Tools	Rules and Tools
CA From Farm to Table	Movement of Matter	Ancient Technologies	Civilization of the Americas	Revolution Garden
Decomposition Lab	Water Lab	FBI Lab	Microscope Lab	Artificial Selection Lab
Plant Energy Lab	Tea & Medicinal Lab	Watershed Lab	Propagation Lab	pH Lab
Ranchos of Palos Verdes	Colonial Garden	Pollinator Garden	Web of Life Garden	Elements of Life Garden
Culmination	Culmination	Culmination	Culmination	Culmination

\* Palos Verdes School Gardens continued to support Hermosa Valley School by maintaining the school gardens throughout COVID-19.



# 8-Minute Morning Exercises

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

To assist with meeting the recommended 60 minutes of activity per day, HBCSD students participate in 8-Minute Morning Exercises. These exercises consist of 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!**

*\* Beach Cities Health District provided all Beach Cities school districts with digital 8-Minute Morning Exercise content – including soundtracks and exercise guides. During COVID-19, students were still able to start their mornings at home with 8-Minute Morning Exercises!*

# Walk to School Day

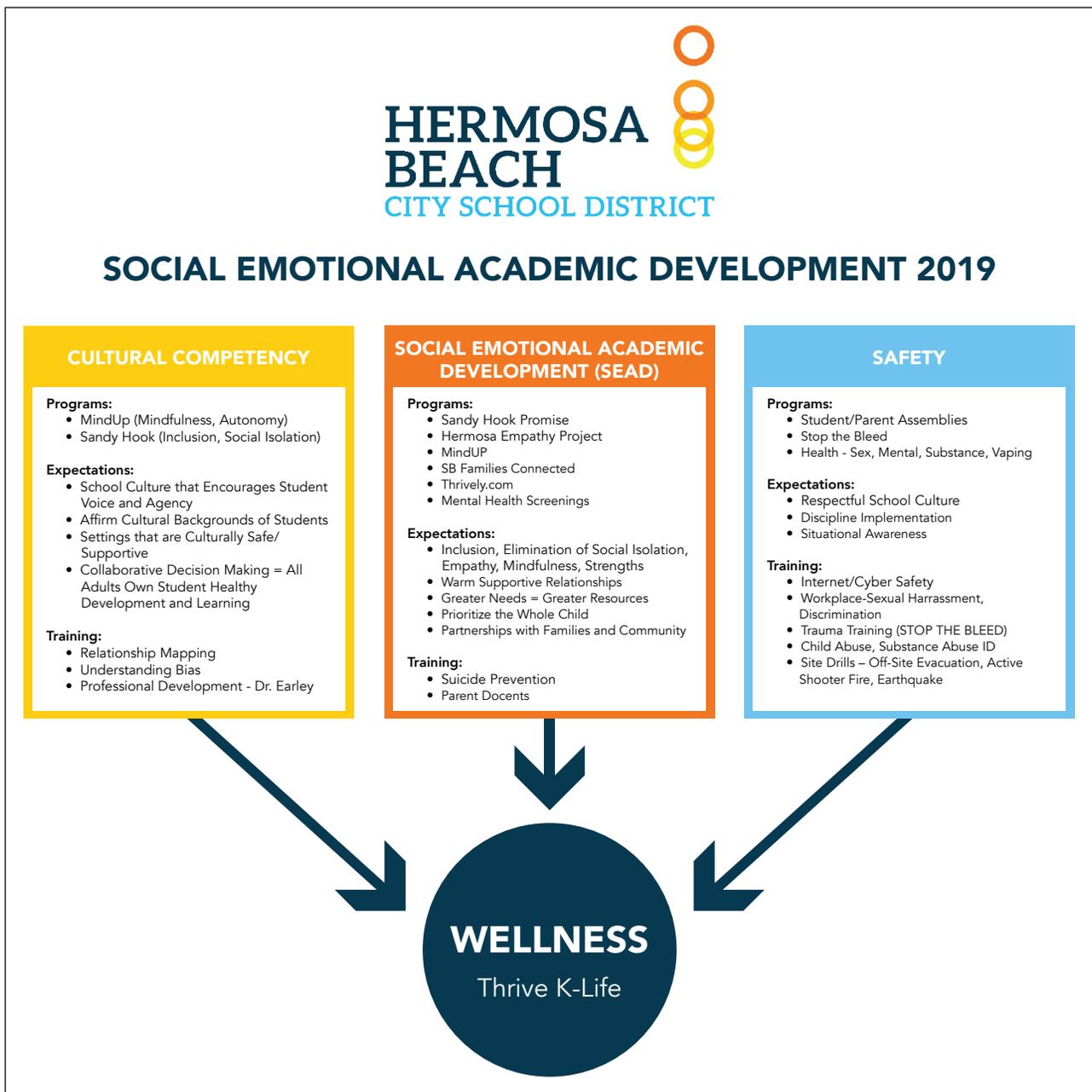
Each year, schools throughout the Beach Cities participate in International Walk to School Day. A cohort of more than 50 BCHD staff, along with local elected officials, school administrators, police officers and volunteers supported Beach Cities schools by walking alongside students on October 2, 2019.

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





# Social-Emotional Learning



The above image shows the Social-Emotional Academic Development plan for HBCSD. Through this plan, wellness is achieved utilizing a combination of cultural competency, social-emotional academic development (SEAD), (insert comma, delete and) safety efforts and programming.

# MindUP

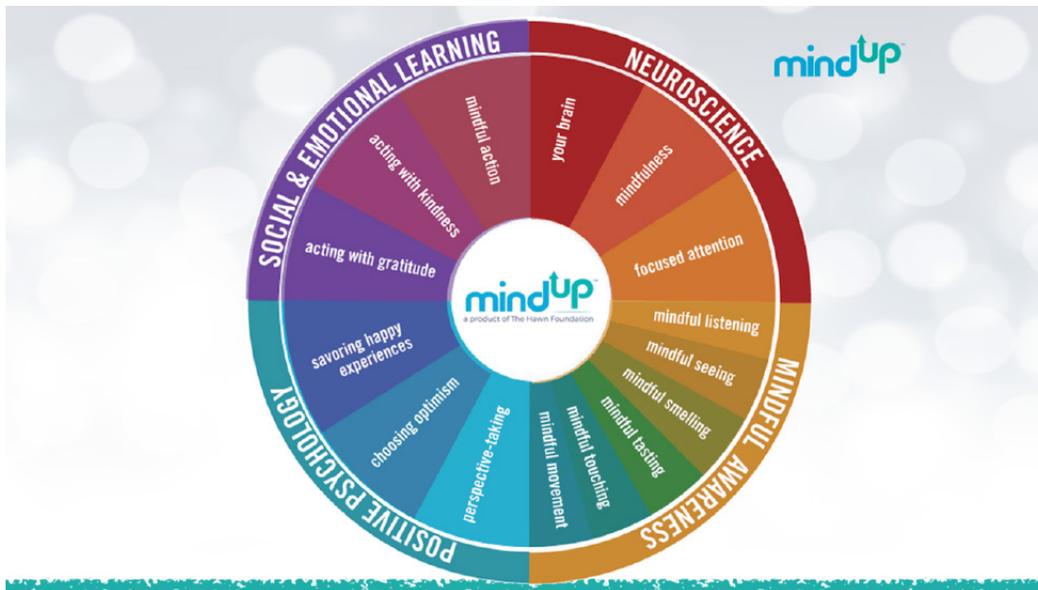
More than **8,000** students received MindUP lessons this year in Beach Cities schools.

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

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

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

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



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

# MindUP Parent Docent Program

The MindUP Parent Docent Program continued in HBCSD in 2019-20 after a successful pilot year in 2018-19. To support the MindUP lessons delivered by teachers, trained parent volunteers delivered a series of 3 MindUP booster lessons. The 2019-20 MindUP Booster Lessons were broken into three categories: A) Mindful Observation, B) Mindful Listening and C) Expressing Gratitude & Positive Vibes Meditation.

**46** trained MindUP Parent Docents delivered Mindful Observation and Mindful Listening lessons to Hermosa Beach City School District students in 2019-20.

*\* Due to the transition to distance learning due to COVID-19, the last MindUP lesson of the 2019-2020 academic year (Lesson C) was converted into video format. Like in-class lessons, the video has been tailored to fit three age groups: TK-1st grade, 2nd-3rd grade and 4th-5th grade. Lesson materials also included parent and student handouts to accompany each lesson.*

1st and 2nd grade students at Hermosa View experienced “Mindful Smelling and Tasting” as part of Lesson Four. This included identifying four familiar scents (e.g., pine needles, vinegar, vanilla, cinnamon sticks or bark or baby powder) using only their sense of smell. The scents were concealed in small opaque containers with lids.

# Connectivity (Thrively) and Project Connect

Mindfulness and Connectivity are infused throughout HBCSD. Sixth graders at Hermosa Valley School, in addition to MindUP programming and lessons, participate in a program called “Connectivity” six times each school year. This platform includes six growth mindset activities to build connections, develop a better understanding of students and create a more inclusive school environment. Both MindUP and Connectivity continue to increase knowledge and understanding of students’ social-emotional health while cultivating active engagements of both students and staff. Thrively, a unique student strengths, interests and aspirational skills assessment tool, is used as part of the Connectivity platform. This tool helps educators and administrators better support the growth of every student based on their strengths, learning styles and habits.

The Thrively Journey



Hermosa Valley Students also participated in “Project Connect.” This program, complementary to both MindUP and Connectivity, uses relationship mapping among students to increase empathy and foster healthy peer relationships.

## The Hermosa Beach Empathy Project

The Social Emotional Wellness Committee continued the Hermosa Beach Empathy Project throughout the 2019-20 school year. The Empathy Project aims to educate parents on how to cultivate empathy in students and the community. The Empathy 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.

Margot Parker, educational consultant and Interim Principal of Hermosa View Elementary, convened a Book Club for parents, caregivers and community members during the 2019-20 school year. Presentations included “Improving Communication with Our Children” using the book “Voice Lessons for Parents: What to Say, How to Say it, and When to Listen” by Wendy Mogel.

# "Start with Hello" Kindness Week

"Start with Hello," founded as part of the Sandy Hook Promise, brings attention to the growing epidemic of social isolation and empowers young people to create a culture of inclusion and connectedness within their school, youth organization and community. The "Start with Hello" program teaches students the skills they need to reach out to and include those who may not feel connected at school. HBCSD brought "Start with Hello" to school campuses during the 2018-19 school year and, after seeing the positive impacts of the program on both students and staff, adapted and continued with the program during the 2019-20 school year.



Both Hermosa View Elementary and Hermosa Valley School participated in "Start with Hello" Kindness Week in the 2019-20 school year.

As part of the Great Kindness Challenge, Hermosa View Elementary Kindness Week activities included:

<b>Monday</b>	Start with Hello
<b>Tuesday</b>	Express your Gratitude
<b>Wednesday</b>	Use your Words to Inspire or Bring Joy
<b>Thursday</b>	Be Kind to Yourself
<b>Friday</b>	Give Out High Fives All Day Long

Students and families were provided with a step-by-step handout (right) to encourage participation.




## View Kindness Week

January 27 - 31, 2020

Monday	Tuesday	Wednesday	Thursday	Friday
				
<p>Start with hello!</p> <p>Say 'hi' to 3 people you've never talked to before.</p> <p>Sit next to someone new at snack or lunch.</p>	<p>Express your gratitude!</p> <p>Write a thank you note to someone who has done something nice for you.</p> <p>Remember to say please and thank you</p>	<p>Use your words to inspire or bring joy!</p> <p>Give a compliment.</p> <p>Stand up for a friend.</p>	<p>Be kind to <u>yourself</u>!</p> <p>Look in the mirror and give yourself a compliment.</p> <p>Write a note to yourself about something you're good at.</p>	<p>Give out high fives all day long.</p> <p>Invite someone new to play with you at recess.</p> <p>Tell 3 people they're doing a good job.</p>
<p> Please bring in canned goods to the office. The Girl Scout Troop will be bring the donations to those in need. Thank you for your generosity!</p>				

Find additional ideas and resources at:  
[thegreatkindnesschallenge.com](http://thegreatkindnesschallenge.com)  
[awesomeupstander.com](http://awesomeupstander.com)  
[randomactsofkindness.org](http://randomactsofkindness.org)

Hermosa Valley School Kindness Week activities included:

<b>Monday</b>	Say Hi and Wear Tie Dye
<b>Tuesday</b>	"Tutu" Tuesday
<b>Wednesday</b>	Team Work Makes the Dream Work
<b>Thursday</b>	Compliment Day
<b>Friday</b>	Show your Shine

Students and families were provided with a step-by-step handout (right) to encourage participation.




**Valley Kindness Week**  
A celebration of Kindness  
January 27 - 31, 2020

Monday	Tuesday	Wednesday	Thursday	Friday
				
<b>Say Hi and Wear Tie Dye</b>	<b>"Tutu" Tuesday</b>	<b>Team Work makes the Dream work</b>	<b>Compliment Day</b>	<b>Show your shine</b>
<p><b>"Peace, Love, and Kindness":</b> Wear your most PEACEful clothing (think...what makes you peaceful?)</p> <p><b>Activity:</b> You put the "T" in KIND - prove it by having a cool picture taken during lunch in the bowl.</p> 	<p><b>Double your acts of Kindness Today:</b> Wear your favorite Tutu</p> <p><b>Activity:</b> One kind act deserves another. Double the kindness. Suggestions: Make two new friends today or invite two new people to join you at lunch etc...</p>	<p><b>Work together to be kind:</b> Team Jersey shirt or sweatshirt</p> <p><b>Activity:</b> During lunch students can write notes to recognize a "Team Player"</p> <p><b>Blank notes will be available in the Bowl during lunch</b></p>	<p><b>Tied together by kindness:</b> Wear your favorite tie (or your dads or grandpas)</p> <p><b>Activity:</b> Compliment someone in your class, out at nutrition, and before/after school on something you see them doing that is kind.</p>	<p><b>Kindness Shines:</b> Wear bright and bold colors to light up our school.</p> <p><b>Activity:</b> Share with someone an act of kindness you did that you feel good about. Then write a letter to someone who you saw doing an act of kindness.</p> <p><b>Blank notes will be available in the Bowl during lunch</b></p>
<p>Find additional ideas and resources at:  <a href="http://thegreatkindnesschallenge.com">thegreatkindnesschallenge.com</a>  <a href="http://www.somewestorder.com">www.somewestorder.com</a>  <a href="http://randomactsofkindness.org">randomactsofkindness.org</a></p>				

## Los Angeles Kings and Sandy Hook Promise

On September 24, 2019, Hermosa Valley and Sandy Hook Promise joined forces with the Los Angeles Kings to help train youth and adults in violence prevention programs. The partnership with Sandy Hook Promise is part of the hockey club's ENOUGH social campaign. Through their partnership with the Kings, HBCSD not only received trauma kits, but Children's Hospital Los Angeles provided training to use the trauma kits. Sandy Hook Promise's mission is to create a culture engaged in preventing shootings, violence and other harmful acts in schools. Sandy Hook Promise is a moderate, above-the-politics organization that supports sensible programs and solutions that address the "human side" of gun violence by preventing individuals from ever getting to the point of picking up a firearm to hurt themselves or others.



Photo credit: Daily Breeze

# 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 LEARNING

### Implemented across all 3 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 classroom to discuss social-emotional learning topics
- Garden education (LiveWell Kids Garden Program and Palos Verdes School Gardens)
- Student Council for grades 4-5 and 6-8
- Valley Assistant Principal classroom discussion on leadership
- Annual cyber education & vaping education assemblies
- 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
- Safe School Ambassadors
- Social-Emotional Wellness Committee & School Site Council
- Outdoor Education for Hermosa Valley School (6-8th grades)
- Virtual Hermosa Valley School musical performances
- Staff Appreciation Week
- National Library Week (virtual read-aloud sessions)
- Read Across America Week

## PARENT ENGAGEMENT

### Implemented across all 3 school districts

- Families Connected Speaker Series, Parent Chat and Parent Advisory Group
- South Bay Families Connected website with parent education and newsletters
- "Talk About It" Small-Group Parent Workshops (virtual and in-person)

### Implemented across HBCSD

- MindUP lessons take-home tips and virtual content
- PTO Weekly Surf Reports
- Principals/School Site Twitter feeds with wellness topics and tips
- Parent volunteers for garden programs
- Principal coffee talks
- Principal social-emotional learning topic e-blast
- Parent book clubs
- Son Fun Fundraiser
- New Kindergarten parent orientation
- Back-to-School Picnic

## SUBSTANCE USE PREVENTION

### Implemented across all 3 school districts

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

## MINDFULNESS

### Implemented across HBCSD

- MindUP (in-person and virtual)
- Mastermind Elective 12-week course for 6th 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

*\*Some student, parent and school-based activities were postponed, cancelled or re-scheduled due to COVID-19.*

# Substance Use Prevention

## South Bay Families Connected

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



HBCSD has been a partner school with South Bay Families Connected since August 2017. This partnership provides HBCSD with its own unique Families Connected logo and webpage to connect their parent community with social-emotional wellness resources, as well as to the broader youth wellness resources available on the South Bay Families Connected website. HBCSD's website can be found at: [southbayfamiliesconnected.org/hbcd](http://southbayfamiliesconnected.org/hbcd). Additionally, South Bay Families Connected sends a monthly newsletter containing parent resources, upcoming events and blog posts.



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

## Families Connected Parent Chat

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

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

## 2019-20 Families Connected Speaker Series

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

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

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

### 2019-20 EVENTS:

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

Presented by Dr. Yalda Uhls

#### **Under Pressure: Stress Resilience When the Stakes are High**

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

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

Presented by Katie Hurley, LCSW

#### **How to Create a Community that Embraces Everyone**

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

#### **Vaping in 2020: What Parents Need to Know\***

Presented by Sarah Grippa, Marijuana Education Initiative

The recording of this presentation can be found on the [bchd.org/vaping](http://bchd.org/vaping) page

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

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

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

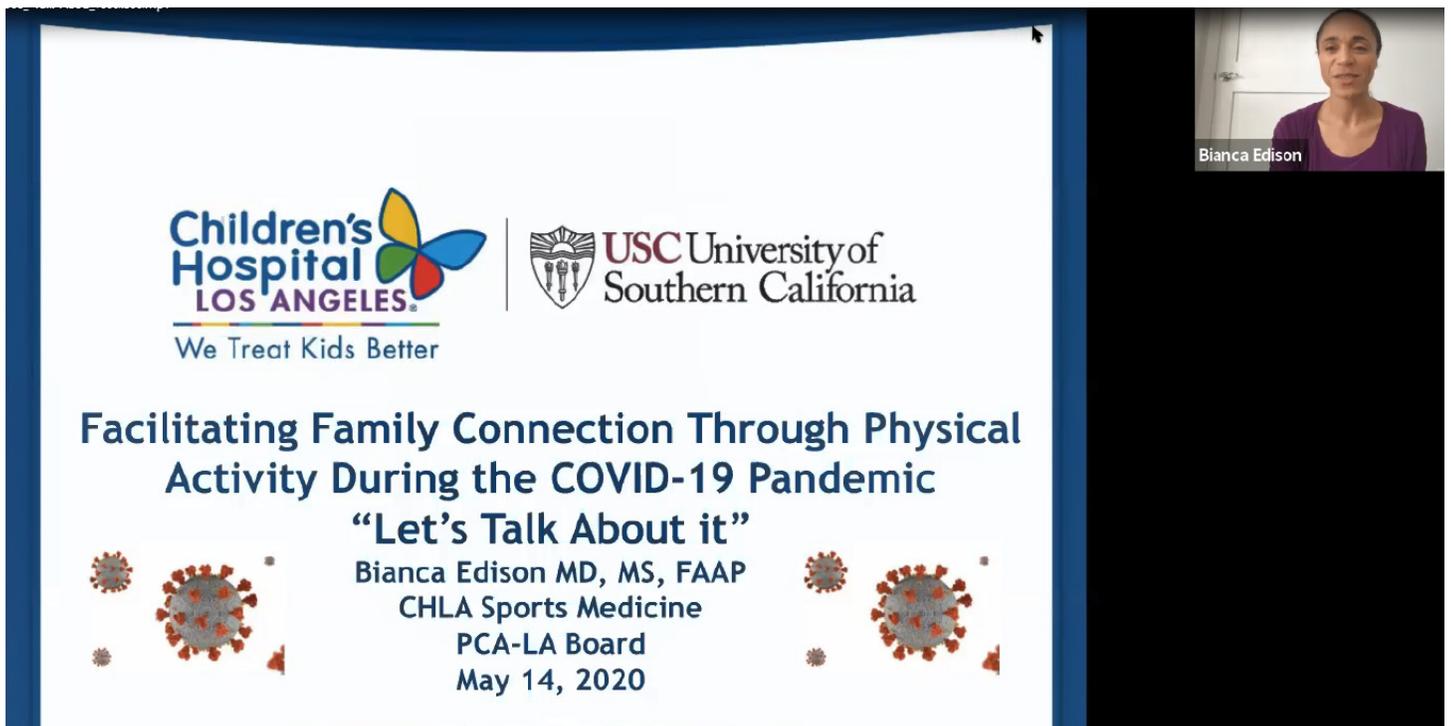
# Additional Parent Engagement

## “Talk About It” Small-Group Parent Workshops

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

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

Recordings of these virtual events can be found at [bchd.org/talk](https://bchd.org/talk).



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

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

# Beach Cities Partnership for Youth

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

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



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

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

Goals of the Community Action Plan:

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

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

## Beach Cities Partnership for Youth Coalition 2019-20 Goals:

### SCHOOL ADVISORY BOARD

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

### PARENT ADVISORY GROUP

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

### YOUTH ADVISORY COUNCIL

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

### STUDENT MENTAL HEALTH PROVIDER TASK FORCE

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



# Advisory Groups

## Families Connected Parent Advisory Group

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

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

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

### The Parent Advisory Group role is three-fold:

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



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

**22** active members in the Families Connected Parent Advisory Group

# Youth Advisory Council

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

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

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

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



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



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



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

## School Advisory Board

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

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

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



## Student Mental Health Provider Task Force

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

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

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

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



# 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"> <li>• Integrate a multi-tiered system with a comprehensive school counseling program</li> <li>• Continue with the Empathy Project, focusing on Perspective Taking and community engagement, including “One School, One Book”</li> </ul>
Hermosa Valley School	<ul style="list-style-type: none"> <li>• Continue with the Empathy Project, focusing on the “One School, One Book” initiative using the book, “Because of Mr. Terupt” by Rob Buyea</li> <li>• Continue to build on a whole-child disciplinary model that incorporates interventions rather than just consequences. The goal of this model is to improve behavior by addressing the emotional needs of students</li> </ul>

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 2019-20:**

Hermosa Beach City School District	\$94,091
Hermosa Beach City School District – Principal’s Healthy Schools Grant	\$6,000
South Bay Families Connected (to fund programs across all Beach Cities school districts)	\$40,000
Palos Verdes School Gardens (Hermosa Valley)	\$9,000

**Total: \$149,091**



[bchd.org](http://bchd.org)