

School Health Programs

Beach Cities Health District (BCHD) has served the communities of Hermosa Beach, Manhattan Beach and Redondo Beach since 1955. BCHD partners with the Hermosa Beach City School District (HBCSD) to offer programs that increase physical activity, improve nutrition and promote social-emotional well-being.

Beach Cities Health District's Health Priorities



Mental Health



**Physical and
Brain Health**



**Public Health
and Safety**



Substance Use

Key Indicators of Health

To determine the community health needs of school-aged youth in the Beach Cities, data from the 2022 California Healthy Kids Survey (CHKS) is aggregated across the three Beach Cities school districts.



32%

of Beach Cities 7th graders reported harassment or bullying on school property during the past 12 months



7%

of Beach Cities 7th graders reported seriously considering attempting suicide within the past 12 months



20%

of Beach Cities 7th graders reported experiencing chronic sadness/hopelessness in the past 12 months



Physical and Brain Health

LiveWell Kids

LiveWell Kids is a comprehensive school well-being program developed specifically for elementary school students (K-5). The LiveWell Kids Garden and Nutrition programs have combined to create a hybrid, farm-to-table program. The initiative is comprised of six 30-minute interactive lessons, which focus on educating elementary school students on the process and benefits of growing their own food and making healthy eating choices. All lessons are delivered in the fresh air of the school gardens by trained parent volunteers. Throughout the year, Garden Angel volunteers maintain the gardens.

Palos Verdes School Gardens

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

8-Minute Exercises

These moderate workouts take place throughout the school day.

Walking Wednesdays

Families are encouraged to walk with their children to school on a weekly or monthly basis.





Mental Health / Substance Use

MindUP

This evidence-based program, delivered in grades K-5, is grounded in neuroscience, mindful awareness, positive psychology and social-emotional learning.

Second Step

This research-based middle school program is designed to increase students' school success and decrease problem behavior through social-emotional learning and competencies.

Beach Cities Partnership for Youth Coalition

The Beach Cities Partnership for Youth Coalition is a community-wide effort in Hermosa Beach, Manhattan Beach and Redondo Beach focused on decreasing substance use and improving mental health among Beach Cities youth by activating students, educating parents, expanding school programs and services, convening community partners, building coalitions and engaging the community at large. The Coalition was created by Beach Cities Health District in 2017 with five stakeholder groups: 1) Students, 2) Parents, 3) Health Providers, 4) School Administrators and 5) Community Members. The Coalition works to implement strategies to reduce youth substance use of alcohol, marijuana and tobacco in a comprehensive and long-term manner.



School Wellness Councils

This principal-led council sets health priorities for each school and is comprised of teachers, staff, students, parents and community members to create an environment that promotes health and wellness.

California Healthy Kids Survey

The California Healthy Kids Survey (CHKS) is a comprehensive state-wide survey measuring school climate and safety, student wellness and youth resiliency. Beach Cities Health District collaborates with the three school districts in the Beach Cities to collect and analyze aggregated data to provide perspective and determine community health needs of Beach Cities school-aged youth based on key indicators.

Panorama Education

BCHD partners with Beach Cities school districts to survey students in grades 3-12 using Panorama Education (Panorama). Panorama helps schools and districts support student social-emotional learning with research-backed surveys and actionable data reports. Teachers and counselors can also deliver real-time social-emotional programming and interventions utilizing the Panorama Playbook. Survey topics include Social-Emotional Learning, Equity and Inclusion, Student Competency & Well-Being Measures and Sense of Belonging.



Volunteer with Us

Volunteers play an integral role in improving the health and well-being of students, school families and staff.

- **LiveWell Kids Volunteers**
- **Garden Angels**
- **Youth Advisory Council**
- **Other Volunteer Opportunities**

Consider being part of our volunteer network and share your talents with those who need it most. To learn more, visit bchd.org/volunteer or call (310) 374-3426 ext. 8160.



allcove Beach Cities

Youth Wellness Center

Opening fall 2022

allcove is a space for youth to find community, support, advice or even just a moment of pause.

Visit bchd.org/allcovebeachcities for more information.

