



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 Redondo Beach Unified School District (RBUSD) to offer programs to 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.



30%

of Beach Cities 11th graders reported using alcohol or drugs in the past 30 days



18%

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



29%

of Beach Cities 9th 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.

8-Minute Exercises

These moderate workouts take place throughout the school day.

Classroom Brain Breaks

BCHD has created "Brain Breaks" in partnership with RBUSD in an effort to strategically balance the school day with opportunities to engage in short physical activity that activate the brain and leave students more focused and ready to learn.

Walking Wednesdays

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

Bike Safety Education

In partnership with Beach Cities Cycling Club, the program teaches skills to be safe and confident pedestrians and cyclists. The interactive program is customized for grade level and school needs.

Walk and Roll to School Day

This annual event brings together BCHD staff, local elected officials, police officers, school administrators, parents, students and volunteers to promote safe streets and active transportation in elementary schools. **Join us on October 12!**





Mental Health

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, Student Competency & Well-Being Measures and Sense of Belonging.

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.

MindUP

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



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

These principal-led councils set health priorities for each school and are 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.



Volunteer with Us

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

- **LiveWell Kids Volunteers**
- **Youth Advisory Council**
- **Garden Angels**
- **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.

