Beach Cities Health District (BCHD) offers more than 40 health and wellness programs and services, and 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 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
To determine the community health needs of school-aged youth in the Beach Cities, data from the California Healthy Kids Survey is aggregated across all three Beach Cities school districts.

63% of Beach Cities 5th graders have a strong connection to school

40% of Beach Cities 7th graders reported experiencing harassment or bullying in the past year

67% of Beach Cities 7th graders reported feeling connectedness with others

For more information about BCHD’s Youth Services programs, visit bchd.org/schools or call (310) 374-3426.
Physical Activity

LiveWell Kids Garden Program
LiveWell Kids is a childhood obesity prevention program developed for elementary school students. The curriculum is delivered in school gardens by trained parent docents.

Hermosa Valley School Garden Program
Hermosa Beach City School District and BCHD, in partnership with Palos Verdes School Gardens, launched the first-ever middle school garden program in the Beach Cities. The hands-on and experimental program focuses on sustainable gardening and farm-to-table practices while providing students with opportunities for advocacy in creating healthy eating habits. The program includes culminating events where students engage with local business and organizations.

8-Minute Morning Exercises
These moderate workouts take place each morning before class.

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

Youth Bicycle and Pedestrian Education
Beach Cities Cycling Club teaches students skills to be safe and confident pedestrians and cyclists. The interactive program is customized for grade levels and school needs.
Social-Emotional Wellness

Hermosa Empathy Project
The Hermosa Empathy Project is a communitywide effort to create more opportunities for students, parents and Hermosa Beach residents to display and model empathy. Spearheaded by the Hermosa Beach City School District’s Social-Emotional Wellness Committee, the Project is inspired by Dr. Michele Borba’s book, “Unselfie: Why Empathetic Kids Succeed in an All-About Me World.” The Project includes a communitywide book club, and school and civic partners can sign on to support the effort.


MindUP
This evidence-based program is grounded in neuroscience, mindful awareness, positive psychology and social-emotional learning, and is delivered in kindergarten-fifth grade at HBCSD.

MindUP Day
MindUP Day gives 7th and 8th graders the opportunity to explore their purpose; participate in activities focusing on perspective taking, communication and collaboration; and discuss inclusion, compassion, kindness and gratitude.

Connectivity
Connectivity is an extension of MindUP, which includes six growth mindset activities to build connections and create a more inclusive school environment for 6th-8th grade students.

Substance Use Prevention
Project Alert is a skills-based curriculum provided to 7th and 8th grade students at Hermosa Valley School to provide education and skill-building to decrease substance use.

South Bay Families Connected
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. BCHD partners with South Bay Families Connected to offer the Families Connected Speaker Series and Parent Chat. See southbayfamiliesconnected.org/hbcasd for resources.

Social-Emotional Wellness Committee
Hermosa Beach City School District convenes a social-emotional workgroup. HB Administrators, parent representatives and community partners meet to discuss topics and issues related to the social-emotional wellness of students, staff, families and the school environment.

Advisory Groups
BCHD convenes four advisory groups (Families Connected Parent Advisory Group, Youth Advisory Council, Social-Emotional Wellness School Advisory Board and Student Mental Health Provider Task Force) with representatives from all three Beach Cities school districts to work together and implement solutions to youth-related issues and topics.

School Wellness Council
This committee sets health priorities for each school and are led by principals and are comprised of teachers, staff, students, parents and community members to create an environment that promotes health and wellness.

For more information about BCHD’s Youth Services programs, visit bchd.org/schools or call (310) 374-3426.
Volunteer with Us

More than 7000 volunteers support school health programs and events across the Beach Cities, providing nearly 13,500 of service hours annually. Volunteers play an integral role in helping improve the health and well-being of students, school families and staff.

• MindUP Parent Volunteers
• LiveWell Kids Garden Docents
• Garden Angels
• Families Connected Parent Advisory Group
• Administrative Support Volunteers
• School Event Volunteers

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. 246.

Parent Volunteers Needed for MindUP

BCHD needs 30 volunteers to pilot a MindUP parent volunteer program at Hermosa View. Volunteers will deliver five 30-minute lessons during the year, supplementing lessons delivered by teachers.

Training will be provided by BCHD.

For more information, contact Shana.Martinez@bchd.org or call (310) 374-3426 ext. 161.

FAMILIES CONNECTED

SPEAKER SERIES

“Parenting in the Digital World”
Presented by the Cyber Cop

Hear from the “Cyber Cop,” Clayton Cranford, a law enforcement professional and one of the nation’s leading educators on social media, and learn about the risks and benefits of digital technology in today’s age.

Monday, Sept. 17, 6:30 – 8 p.m.
Hermosa Beach Community Center
710 Pier Ave., Hermosa Beach

Parent Connection Groups

These informal walking groups give parents an opportunity to connect with other parents on a range of topics. Groups are led by parent volunteers.

Wednesday, Sept. 26, 9 – 10 a.m.
Aviation Park
1935 Manhattan Beach Blvd., Redondo Beach
No registration necessary

Register at southbayfamiliesconnected.org
Childcare available through AdventurePlex