

## 2023-2024 School Wellness Survey Responses by **Elementary School (E-K)**

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# 2023-2024 School Wellness Survey Responses

## Eagle View Elementary

### Section A – Physical Education

| <u>Question: To what extent does your school implement the following practices:</u>                            | <u>Response</u> |
|--|-----------------|
| A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218. | Embedded        |
| A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.      | Embedded        |

### Section B – Physical Activity

| <u>Question: To what extent does your school implement the following practices:</u>                                | <u>Response</u> |
|--|-----------------|
| B1: Withholding recess or physical education is not used as a disciplinary action.                                 | Embedded        |
| B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess. | Embedded        |

Question: Please highlight any activities or best practices used to promote student's physical activity.

“ ”

### Section C – Health Education

| <u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u> | <u>Response</u> |
|---|-----------------|
| C1: Promoting Healthy Lifestyles.   | Embedded        |
| C2: Stress Management.  | Embedded        |
| C3: Coping Skills.  | Embedded        |
| C4: Depression.   | Emerging        |
| C5: Suicide Prevention and Awareness.   | Transitioning   |
| C6: Mental Health Issues (general).   | Embedded        |
| C7: Relationship of Healthy Sleep to Mental Health.   | Embedded        |

# 2023-2024 School Wellness Survey Responses

## Eagle View Elementary

C8: Substance Abuse Prevention.

Emerging

### Section D – Health Services

Question: To what extent does your school implement the following practices:

Response

D1: FCPS' protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others.

Embedded

D2: Students have regular access to public health nurses to address health, safety, and psychological issues.

Embedded

D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia.

Embedded

D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102.

Embedded

### Section E – Healthy and Safe School Environment

Question: To what extent does your school implement the following practices:

Response

E1: Encourages children to safely walk or bike to and from school.

Embedded

E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults.

Embedded

E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560.

Embedded

E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152.

Embedded

Question: Please share any school or community specific barriers to promoting a healthy and safe school environment for students.

“none”

# 2023-2024 School Wellness Survey Responses

## Eagle View Elementary

### Section F – School Counseling, School Psychology, and School Social Work Services

| <u>Question: To what extent does your school implement the following practices:</u>   | <u>Response</u>          |
|---|--------------------------|
| F1: Monitors school climate and other factors that may contribute to student stress, symptoms of anxiety and depression, and peer and academic pressures and substance use.                                     | Embedded                 |
| F2: Our staff has received required suicide prevention training, as well as training that includes recognition of, and response to, mental and behavioral health needs.   | Emerging                 |
| F3: Implements programs that foster social and emotional health and wellness of students and staff.   | Embedded                 |
| F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.   | Embedded                 |
| F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.  | Embedded                 |
| F6: MIDDLE AND HIGH SCHOOLS ONLY: Academic advising encourages flexibility in course scheduling to promote adequate sleep and healthy sleep patterns to affect student mental health, wellness, and attendance. | Not a Middle/High School |

### Section G – Health Promotion for Staff Members

| <u>Question: To what extent does the staff wellness liaison support opportunities for staff members to improve their health and well-being:</u>   | <u>Response</u> |
|---|-----------------|
| G1: Health screenings.  | Embedded        |
| G2: Health care access.   | Emerging        |
| G3: Employee flu immunization clinics.  | Embedded        |
| G4: Wellness opportunities for staff, such as fitness challenges, fitness classes, mobile health screenings, wellness walks, workshops, or health fairs that emphasize work/life balance. | Embedded        |
| G5: Awareness of the Employee Assistance Program Services.  | Embedded        |

# 2023-2024 School Wellness Survey Responses

## Eagle View Elementary

G6: Staff celebrations that offer and encourage healthy choices for food and beverages. Embedded

### Section H – Family and Community Involvement

Question: To what extent does your school implement the following practices: Response

H1: Established a wellness committee to implement activities that support the wellness policy. Embedded

H2: Includes a non-staff, family, or community member in our school's wellness committee. Embedded

Question: Please share how your wellness committee encourages involvement from families and community members in promoting wellness in your school.

“none”

### Section I – Food and Nutrition General

Question: To what extent does your school implement the following practices: Response

I1: All students have at least 20 minutes to eat after sitting down for lunch. Embedded

I2: Students who participate in school meal programs have equal access to the same high-quality food and nutrition as do non-participants who purchase FCPS-provided food. Embedded

I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities. Embedded

I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals. Embedded

I5: Encourages the use of non-food items for classroom celebrations. Embedded

I6: Withholding access to food is not used as a disciplinary action. Embedded

I7: Potable water is available to all our students at no cost. Embedded

I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS). Transitioning

# 2023-2024 School Wellness Survey Responses

## Eagle View Elementary

I9: Allows students to possess personal containers for drinking water. Embedded

I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible. Embedded

### Section J – Nutrition Education, Promotion, and Food Marketing

Question: To what extent does your school implement the following practices: Response

J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day. Emerging

Embedded

J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day. Emerging

J3: We follow FCPS’ policy on fundraisers as outlined in R2100.

### Section K – Nutritional Guidelines

Question: To what extent does your school implement the following practices: Response

K1: Sodas and sports drinks are not offered for sale to students at any time during the school day. Embedded

K2: Healthy food and beverage options are encouraged at school-related events outside the school day. Embedded

K3: Implements appropriate precautions against severe food allergies. Embedded  
Embedded

K4: We follow all nutrition guidelines for food and beverage standards, as outlined in FCPS P2100 and R2100.

### Section L – Ideas/Comments/Suggestions

Question: Please list any wellness events or activities your school has undertaken or will undertake this school year.

“Stress Less, Laugh More Week, Work Out Wednesdays, Staff After School Yoga, ”

Question: Please provide any suggestions, best practices, or tools that you believe would be helpful in evaluating and supporting student and staff health and wellness within FCPS.

“No Response”

# 2023-2024 School Wellness Survey Responses

## Eagle View Elementary

Question: Please provide any questions or comments you have with regard to FCPS' Student and Staff Health and Wellness policy, regulation, or these wellness survey items.

"No Response"

### Summary Tables:

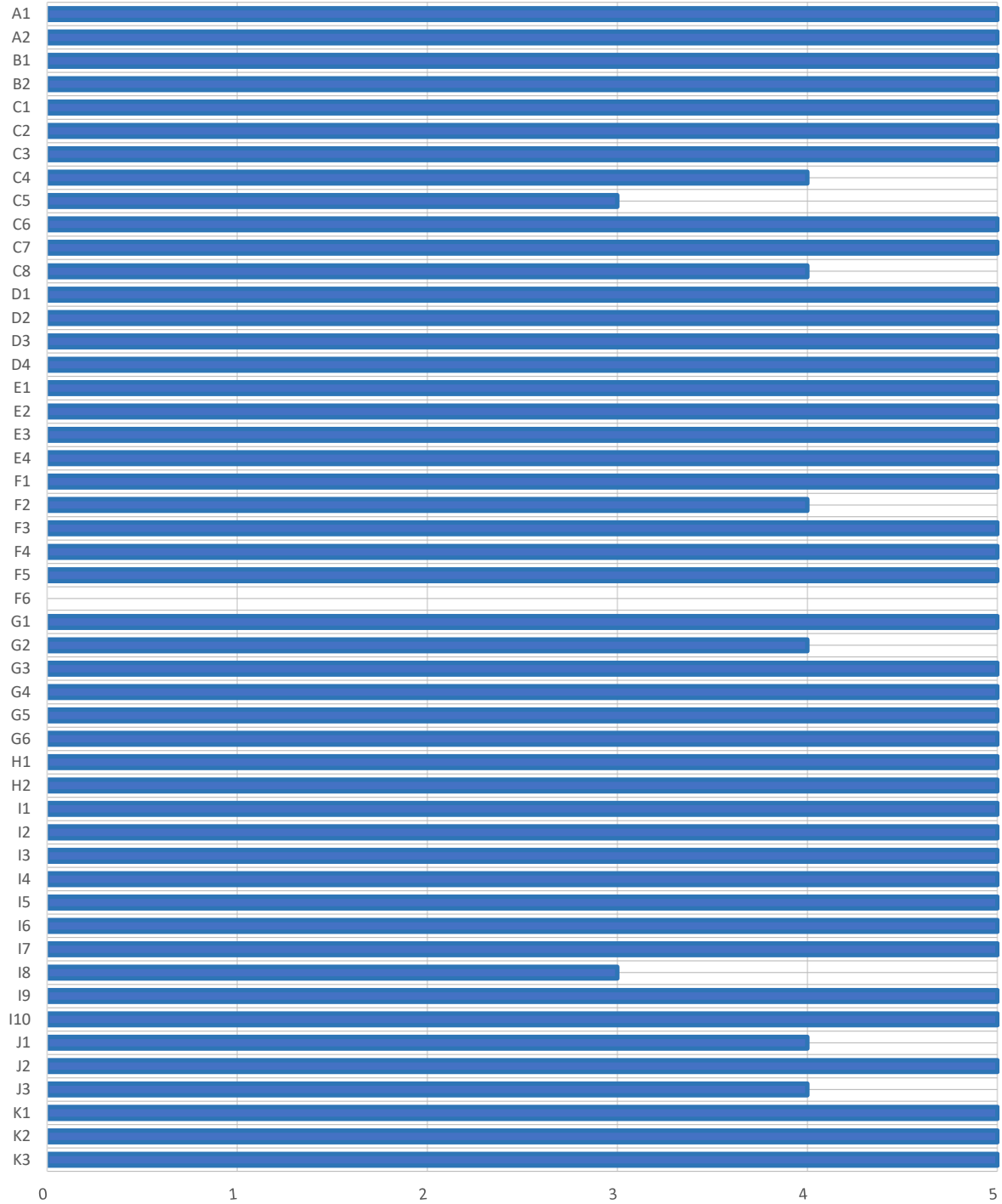
The following graph and table visually summarize your school's responses provided above. Questions in the graph are represented by bars corresponding to the self-reported wellness score. Questions in the table are grouped together according to their self-reported wellness score (e.g., all questions recorded as "embedded" are grouped together, etc.).

\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2023-2024 School Wellness Survey Responses

## Eagle View Elementary

Comparison of Survey Question and Self-Reported Wellness Score



Wellness Score

(1 = No Activity, 2 = Exploring, 3 = Transitioning, 4 = Emerging, 5 = Embedded)



# 2023-2024 School Wellness Survey Responses

## Eagle View Elementary

### Survey Questions Grouped by Wellness Score

| No Activity<br>(Score = 1) | Exploring<br>(Score = 2) | Transitioning<br>(Score =3) | Emerging<br>(Score =4)          | Embedded<br>(Score =5)   |
|----------------------------|--------------------------|-----------------------------|---------------------------------|--|
|                            |                          | C5,<br>I8                   | C4, C8,<br>F2,<br>G2,<br>J1, J3 | A1, A2,<br>B1, B2,<br>C1, C2, C3, C6,<br>C7,<br>D1, D2, D3, D4,<br>E1, E2, E3, E4,<br>F1, F3, F4, F5,<br>G1, G3, G4, G5,<br>G6,<br>H1, H2,<br>I1, I2, I3, I4, I5,<br>I6, I7, I9, I10,<br>J2,<br>K1, K2, K3, K4 |

# 2023-2024 School Wellness Survey Responses

## Fairfax Villa Elementary

### Section A – Physical Education

| <u>Question: To what extent does your school implement the following practices:</u>                            | <u>Response</u> |
|--|-----------------|
| A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218. | Embedded        |
| A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.      | Embedded        |

### Section B – Physical Activity

| <u>Question: To what extent does your school implement the following practices:</u>                                | <u>Response</u> |
|--|-----------------|
| B1: Withholding recess or physical education is not used as a disciplinary action.                                 | Embedded        |
| B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess. | Embedded        |

Question: Please highlight any activities or best practices used to promote student's physical activity.

“ ”

### Section C – Health Education

| <u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u> | <u>Response</u> |
|---|-----------------|
| C1: Promoting Healthy Lifestyles.   | Embedded        |
| C2: Stress Management.  | Emerging        |
| C3: Coping Skills.  | Embedded        |
| C4: Depression.   | No Activity     |
| C5: Suicide Prevention and Awareness.   | No Activity     |
| C6: Mental Health Issues (general).   | Emerging        |
| C7: Relationship of Healthy Sleep to Mental Health.   | Emerging        |

# 2023-2024 School Wellness Survey Responses

## Fairfax Villa Elementary

C8: Substance Abuse Prevention.

No Activity

### Section D – Health Services

Question: To what extent does your school implement the following practices:

Response

D1: FCPS' protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others.

Embedded

D2: Students have regular access to public health nurses to address health, safety, and psychological issues.

Embedded

D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia.

Embedded

D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102.

Embedded

### Section E – Healthy and Safe School Environment

Question: To what extent does your school implement the following practices:

Response

E1: Encourages children to safely walk or bike to and from school.

Embedded

E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults.

Embedded

E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560.

Embedded

E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152.

Embedded

Question: Please share any school or community specific barriers to promoting a healthy and safe school environment for students.

"none"

# 2023-2024 School Wellness Survey Responses

## Fairfax Villa Elementary

### Section F – School Counseling, School Psychology, and School Social Work Services

| <u>Question: To what extent does your school implement the following practices:</u>   | <u>Response</u>          |
|---|--------------------------|
| F1: Monitors school climate and other factors that may contribute to student stress, symptoms of anxiety and depression, and peer and academic pressures and substance use.                                     | Embedded                 |
| F2: Our staff has received required suicide prevention training, as well as training that includes recognition of, and response to, mental and behavioral health needs.   | Embedded                 |
| F3: Implements programs that foster social and emotional health and wellness of students and staff.   | Embedded                 |
| F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.   | Embedded                 |
| F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.  | Embedded                 |
| F6: MIDDLE AND HIGH SCHOOLS ONLY: Academic advising encourages flexibility in course scheduling to promote adequate sleep and healthy sleep patterns to affect student mental health, wellness, and attendance. | Not a Middle/High School |

### Section G – Health Promotion for Staff Members

| <u>Question: To what extent does the staff wellness liaison support opportunities for staff members to improve their health and well-being:</u>   | <u>Response</u> |
|---|-----------------|
| G1: Health screenings.  | No Activity     |
| G2: Health care access.   | No Activity     |
| G3: Employee flu immunization clinics.  | Embedded        |
| G4: Wellness opportunities for staff, such as fitness challenges, fitness classes, mobile health screenings, wellness walks, workshops, or health fairs that emphasize work/life balance. | Embedded        |
| G5: Awareness of the Employee Assistance Program Services.  | Embedded        |

# 2023-2024 School Wellness Survey Responses

## Fairfax Villa Elementary

G6: Staff celebrations that offer and encourage healthy choices for food and beverages. Embedded

### Section H – Family and Community Involvement

Question: To what extent does your school implement the following practices: Response

H1: Established a wellness committee to implement activities that support the wellness policy. Exploring

H2: Includes a non-staff, family, or community member in our school's wellness committee. No Activity

Question: Please share how your wellness committee encourages involvement from families and community members in promoting wellness in your school.

"none"

### Section I – Food and Nutrition General

Question: To what extent does your school implement the following practices: Response

I1: All students have at least 20 minutes to eat after sitting down for lunch. Embedded

I2: Students who participate in school meal programs have equal access to the same high-quality food and nutrition as do non-participants who purchase FCPS-provided food. Embedded

I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities. Embedded

I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals. Embedded

I5: Encourages the use of non-food items for classroom celebrations. Embedded

I6: Withholding access to food is not used as a disciplinary action. Embedded

I7: Potable water is available to all our students at no cost. Embedded

I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS). Embedded

# 2023-2024 School Wellness Survey Responses

## Fairfax Villa Elementary

I9: Allows students to possess personal containers for drinking water. Embedded

I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible. Exploring

### Section J – Nutrition Education, Promotion, and Food Marketing

Question: To what extent does your school implement the following practices: Response

J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day. Embedded

Embedded

J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day. Embedded

J3: We follow FCPS’ policy on fundraisers as outlined in R2100.

### Section K – Nutritional Guidelines

Question: To what extent does your school implement the following practices: Response

K1: Sodas and sports drinks are not offered for sale to students at any time during the school day. Embedded

K2: Healthy food and beverage options are encouraged at school-related events outside the school day. Embedded

K3: Implements appropriate precautions against severe food allergies. Embedded  
Embedded

K4: We follow all nutrition guidelines for food and beverage standards, as outlined in FCPS P2100 and R2100.

### Section L – Ideas/Comments/Suggestions

Question: Please list any wellness events or activities your school has undertaken or will undertake this school year.

“4th grade peer buddies for special Olympics, Running club ”

Question: Please provide any suggestions, best practices, or tools that you believe would be helpful in evaluating and supporting student and staff health and wellness within FCPS.

“No Response”

# 2023-2024 School Wellness Survey Responses

## Fairfax Villa Elementary

Question: Please provide any questions or comments you have with regard to FCPS' Student and Staff Health and Wellness policy, regulation, or these wellness survey items.

"No Response"

### Summary Tables:

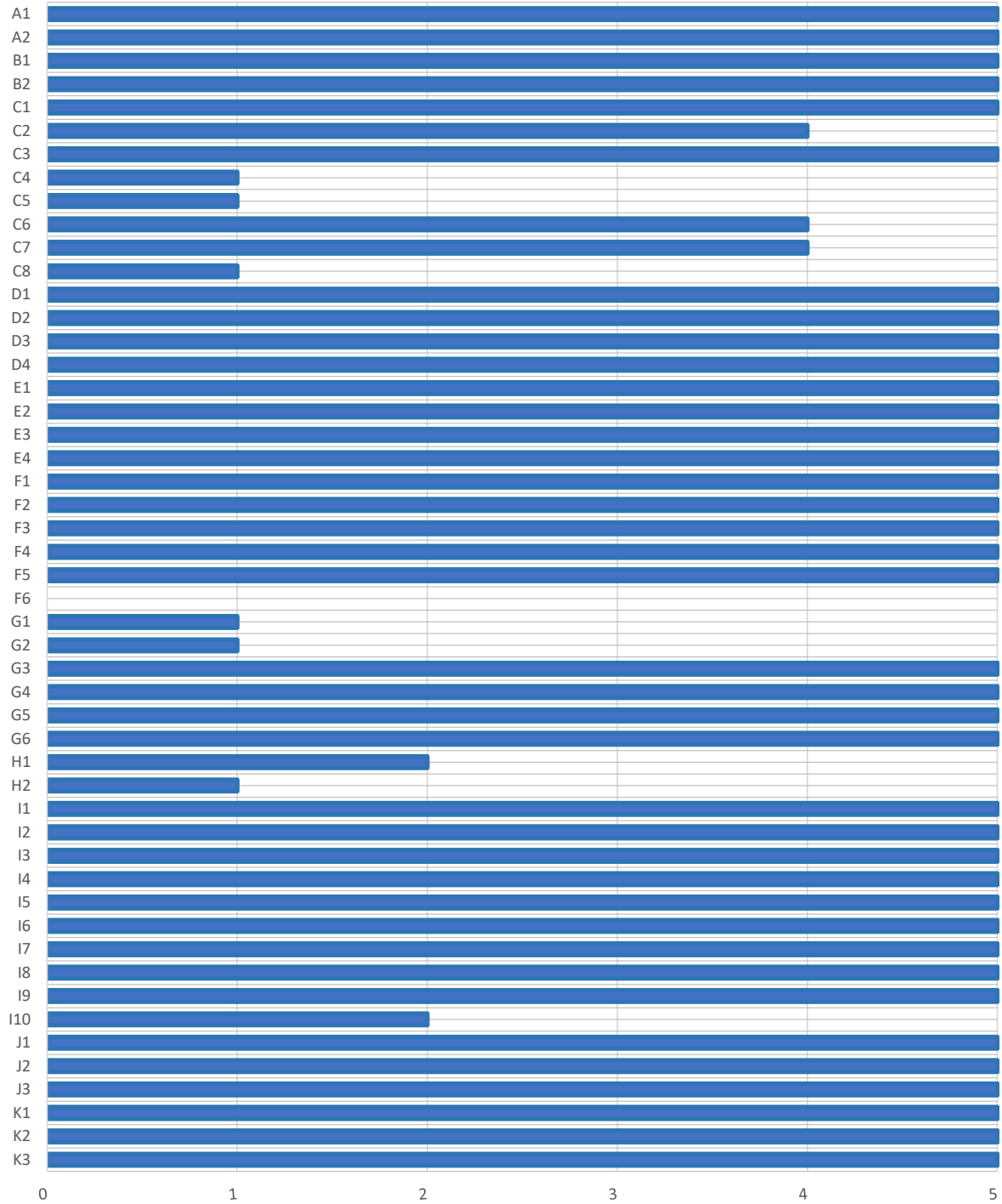
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\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2023-2024 School Wellness Survey Responses

## Fairfax Villa Elementary

Comparison of Survey Question and Self-Reported Wellness Score



Wellness Score  
(1 = No Activity, 2 = Exploring, 3 = Transitioning, 4 = Emerging, 5 = Embedded)



# 2023-2024 School Wellness Survey Responses

## Fairfax Villa Elementary

### Survey Questions Grouped by Wellness Score

| No Activity<br>(Score = 1)   | Exploring<br>(Score = 2) | Transitioning<br>(Score =3) | Emerging<br>(Score =4) | Embedded<br>(Score =5)  |
|------------------------------|--------------------------|-----------------------------|------------------------|---|
| C4, C5, C8,<br>G1, G2,<br>H2 | H1,<br>I10               |                             | C2, C6, C7             | A1, A2,<br>B1, B2,<br>C1, C3,<br>D1, D2, D3, D4,<br>E1, E2, E3, E4,<br>F1, F2, F3, F4,<br>F5,<br>G3, G4, G5, G6,<br>I1, I2, I3, I4, I5,<br>I6, I7, I8, I9,<br>J1, J2, J3,<br>K1, K2, K3, K4 |

# 2023-2024 School Wellness Survey Responses

## Fairhill Elementary

### Section A – Physical Education

| <u>Question: To what extent does your school implement the following practices:</u>                            | <u>Response</u> |
|--|-----------------|
| A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218. | Embedded        |
| A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.      | Embedded        |

### Section B – Physical Activity

| <u>Question: To what extent does your school implement the following practices:</u>                                | <u>Response</u> |
|--|-----------------|
| B1: Withholding recess or physical education is not used as a disciplinary action.                                 | Embedded        |
| B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess. | Embedded        |

Question: Please highlight any activities or best practices used to promote student's physical activity.

“Fairhill ES promotes student's physical activity by hosting school wide programs led by Fairhill staff (Fairhill Flyers- a seasonal running meeting 2x week) and as part of PTA before and after school programs (soccer, dance, flag football, cheer), and school wide events such as the national bike/walk to school day, the annual Ellipse 6th grade walk/run and the annual Pumpkin Pie Run for all students and the biennial Fun Run for all students. At recess, students enjoy playing a variety of games such as soccer, basketball, and tag and other running games.”

### Section C – Health Education

| <u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u> | <u>Response</u> |
|---|-----------------|
| C1: Promoting Healthy Lifestyles.   | Embedded        |
| C2: Stress Management.  | Embedded        |
| C3: Coping Skills.  | Embedded        |

# 2023-2024 School Wellness Survey Responses

## Fairhill Elementary

|   |          |
|---|----------|
| C4: Depression.                                     | Emerging |
| C5: Suicide Prevention and Awareness.               | Emerging |
| C6: Mental Health Issues (general).                 | Emerging |
| C7: Relationship of Healthy Sleep to Mental Health. | Emerging |
| C8: Substance Abuse Prevention.                     | Emerging |

### Section D – Health Services

| <u>Question: To what extent does your school implement the following practices:</u>   | <u>Response</u> |
|---|-----------------|
| D1: FCPS' protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others.           | Embedded        |
| D2: Students have regular access to public health nurses to address health, safety, and psychological issues.                         | Embedded        |
| D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia. | Embedded        |
| D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102.         | Embedded        |

### Section E – Healthy and Safe School Environment

| <u>Question: To what extent does your school implement the following practices:</u>   | <u>Response</u> |
|---|-----------------|
| E1: Encourages children to safely walk or bike to and from school.  | Embedded        |
| E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults. | Embedded        |
| E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560.    | Embedded        |
| E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152.                               | Embedded        |

# 2023-2024 School Wellness Survey Responses

## Fairhill Elementary

Question: Please share any school or community specific barriers to promoting a healthy and safe school environment for students.

“No specific barriers at this time.”

## Section F – School Counseling, School Psychology, and School Social Work Services

Question: To what extent does your school implement the following practices: Response

F1: Monitors school climate and other factors that may contribute to student stress, symptoms of anxiety and depression, and peer and academic pressures and substance use. Embedded

F2: Our staff has received required suicide prevention training, as well as training that includes recognition of, and response to, mental and behavioral health needs. Embedded

F3: Implements programs that foster social and emotional health and wellness of students and staff. Embedded

F4: Staff are prepared to effectively implement FCPS’ protocol when conducting suicide-risk screenings and assessments. Embedded

F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance. Embedded

F6: MIDDLE AND HIGH SCHOOLS ONLY: Academic advising encourages flexibility in course scheduling to promote adequate sleep and healthy sleep patterns to affect student mental health, wellness, and attendance. Not a Middle/High School

## Section G – Health Promotion for Staff Members

Question: To what extent does the staff wellness liaison support opportunities for staff members to improve their health and well-being: Response

G1: Health screenings. Emerging

# 2023-2024 School Wellness Survey Responses

## Fairhill Elementary

|   |          |
|---|----------|
| G2: Health care access.   | Emerging |
| G3: Employee flu immunization clinics.  | Embedded |
| G4: Wellness opportunities for staff, such as fitness challenges, fitness classes, mobile health screenings, wellness walks, workshops, or health fairs that emphasize work/life balance. | Embedded |
| G5: Awareness of the Employee Assistance Program Services.  | Embedded |
| G6: Staff celebrations that offer and encourage healthy choices for food and beverages.   | Embedded |

### Section H – Family and Community Involvement

Question: To what extent does your school implement the following practices: Response

|  |           |
|--|-----------|
| H1: Established a wellness committee to implement activities that support the wellness policy. | Emerging  |
| H2: Includes a non-staff, family, or community member in our school's wellness committee.      | Exploring |

Question: Please share how your wellness committee encourages involvement from families and community members in promoting wellness in your school.

“Many of our wellness issues or events are shared and planned in partnership with our community members via PTA meetings. Our SEL Leads work to address mental health practices and how to support students as needed. Our PE teachers drive the health initiatives and plan with the school's support for our many health and fitness related activities.”

### Section I – Food and Nutrition General

Question: To what extent does your school implement the following practices: Response

|  |          |
|--|----------|
| I1: All students have at least 20 minutes to eat after sitting down for lunch.   | Embedded |
| I2: Students who participate in school meal programs have equal access to the same high-quality food and nutrition as do non-participants who purchase FCPS-provided food. | Embedded |

# 2023-2024 School Wellness Survey Responses

## Fairhill Elementary

|  |           |
|--|-----------|
| I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities. | Embedded  |
| I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals.            | Embedded  |
| I5: Encourages the use of non-food items for classroom celebrations.   | Embedded  |
| I6: Withholding access to food is not used as a disciplinary action.   | Embedded  |
| I7: Potable water is available to all our students at no cost.   | Embedded  |
| I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS).                          | Exploring |
| I9: Allows students to possess personal containers for drinking water.   | Embedded  |
| I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible.  | Emerging  |

## Section J – Nutrition Education, Promotion, and Food Marketing

| <u>Question: To what extent does your school implement the following practices:</u>   | <u>Response</u> |
|---|-----------------|
| J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day.  | Embedded        |
| J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day. | Embedded        |
| J3: We follow FCPS’ policy on fundraisers as outlined in R2100.   | Embedded        |

## Section K – Nutritional Guidelines

| <u>Question: To what extent does your school implement the following practices:</u>                   | <u>Response</u> |
|---|-----------------|
| K1: Sodas and sports drinks are not offered for sale to students at any time during the school day.   | Embedded        |
| K2: Healthy food and beverage options are encouraged at school-related events outside the school day. | Embedded        |
| K3: Implements appropriate precautions against severe food allergies.                                 | Embedded        |

# 2023-2024 School Wellness Survey Responses

## Fairhill Elementary

Embedded

K4: We follow all nutrition guidelines for food and beverage standards, as outlined in FCPS P2100 and R2100.

### Section L – Ideas/Comments/Suggestions

Question: Please list any wellness events or activities your school has undertaken or will undertake this school year.

“Fairhill ES promotes student's physical activity by hosting school wide programs led by Fairhill staff (Fairhill Flyers- a seasonal running meeting 2x week) and as part of PTA before and after school programs (soccer, dance, flag football, cheer), and school wide events such as the national bike/walk to school day, the annual Ellipse 6th grade walk/run, the annual Pumpkin Pie Run and the biennial Fun Run for all students. Fairhill ES also encourages our students to participate in region events such as the Falls Church HS Jaguar 5k event in the spring. Our school also actively encourages the use of the salad bar. Fairhill staff also participated in the virtual wellness/fitness challenge. ”

Question: Please provide any suggestions, best practices, or tools that you believe would be helpful in evaluating and supporting student and staff health and wellness within FCPS.

“A survey to address specifically staff health and wellness may be a powerful tool to assess the moral and wellness of our school or how to maintain and improve things that are working. ”

Question: Please provide any questions or comments you have with regard to FCPS' Student and Staff Health and Wellness policy, regulation, or these wellness survey items.

“None, thank you!”

### Summary Tables:

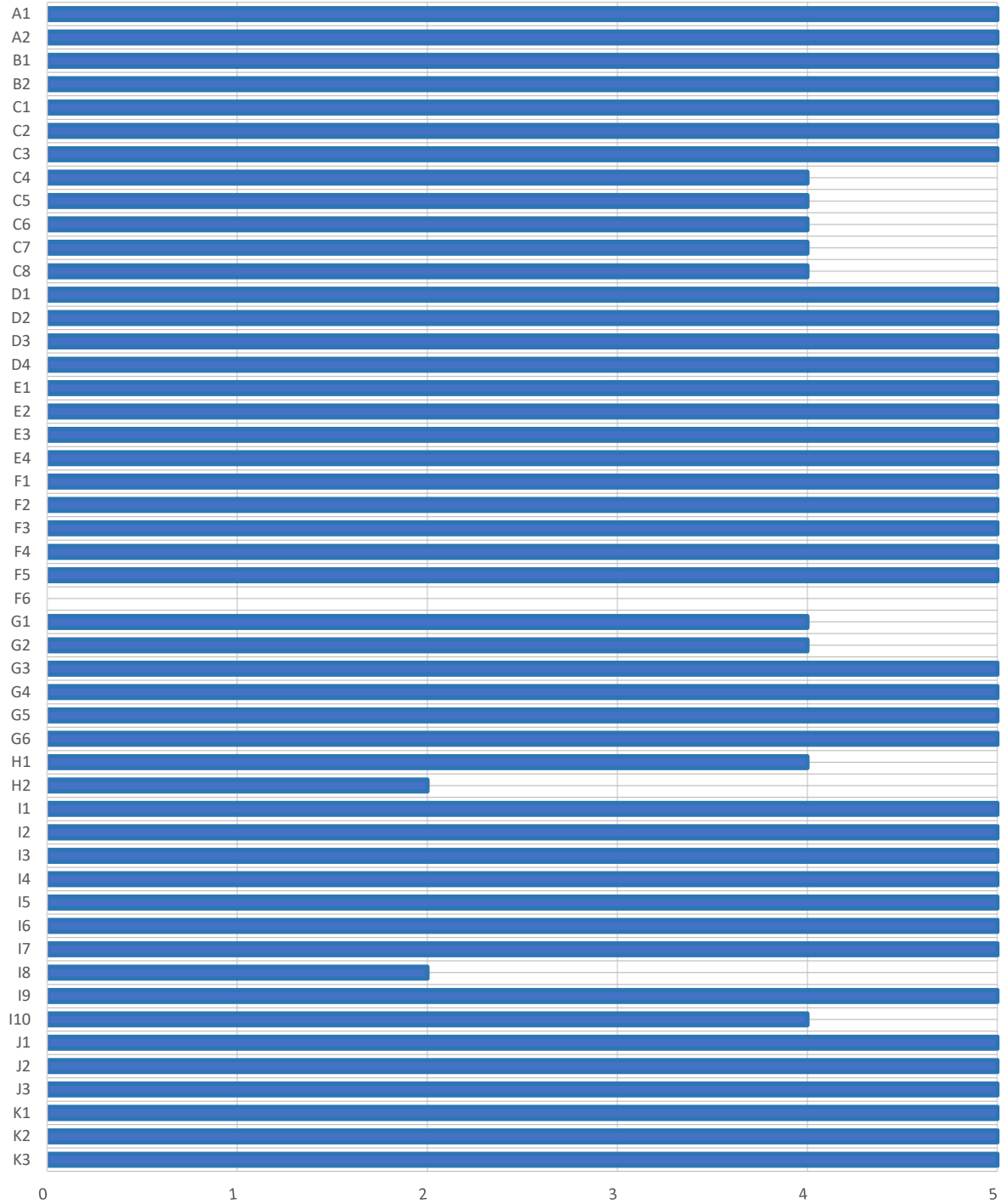
The following graph and table visually summarize your school's responses provided above. Questions in the graph are represented by bars corresponding to the self-reported wellness score. Questions in the table are grouped together according to their self-reported wellness score (e.g., all questions recorded as “embedded” are grouped together, etc.).

\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2023-2024 School Wellness Survey Responses

## Fairhill Elementary

Comparison of Survey Question and Self-Reported Wellness Score



Wellness Score

(1 = No Activity, 2 = Exploring, 3 = Transitioning, 4 = Emerging, 5 = Embedded)



# 2023-2024 School Wellness Survey Responses

## Fairhill Elementary

### Survey Questions Grouped by Wellness Score

| No Activity<br>(Score = 1) | Exploring<br>(Score = 2) | Transitioning<br>(Score =3) | Emerging<br>(Score =4)                          | Embedded<br>(Score =5)  |
|----------------------------|--------------------------|-----------------------------|---|---|
|                            | H2,<br>I8                |                             | C4, C5, C6, C7,<br>C8,<br>G1, G2,<br>H1,<br>I10 | A1, A2,<br>B1, B2,<br>C1, C2, C3,<br>D1, D2, D3, D4,<br>E1, E2, E3, E4,<br>F1, F2, F3, F4,<br>F5,<br>G3, G4, G5, G6,<br>I1, I2, I3, I4, I5,<br>I6, I7, I9,<br>J1, J2, J3,<br>K1, K2, K3, K4 |

# 2023-2024 School Wellness Survey Responses

## Fairview Elementary

### Section A – Physical Education

| <u>Question: To what extent does your school implement the following practices:</u>                            | <u>Response</u> |
|--|-----------------|
| A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218. | Embedded        |
| A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.      | Embedded        |

### Section B – Physical Activity

| <u>Question: To what extent does your school implement the following practices:</u>                                | <u>Response</u> |
|--|-----------------|
| B1: Withholding recess or physical education is not used as a disciplinary action.                                 | Embedded        |
| B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess. | Embedded        |

Question: Please highlight any activities or best practices used to promote student's physical activity.

“students have 30 minutes of recess along with additional access to the outdoor learning garden.”

### Section C – Health Education

| <u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u> | <u>Response</u> |
|---|-----------------|
| C1: Promoting Healthy Lifestyles.   | Emerging        |
| C2: Stress Management.  | Embedded        |
| C3: Coping Skills.  | Embedded        |
| C4: Depression.   | Embedded        |
| C5: Suicide Prevention and Awareness.   | Emerging        |
| C6: Mental Health Issues (general).   | Emerging        |

# 2023-2024 School Wellness Survey Responses

## Fairview Elementary

|   |          |
|---|----------|
| C7: Relationship of Healthy Sleep to Mental Health. | Emerging |
| C8: Substance Abuse Prevention.                     | Emerging |

### Section D – Health Services

| <u>Question: To what extent does your school implement the following practices:</u>   | <u>Response</u> |
|---|-----------------|
| D1: FCPS' protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others.           | Embedded        |
| D2: Students have regular access to public health nurses to address health, safety, and psychological issues.                         | Embedded        |
| D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia. | Embedded        |
| D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102.         | Embedded        |

### Section E – Healthy and Safe School Environment

| <u>Question: To what extent does your school implement the following practices:</u>   | <u>Response</u> |
|---|-----------------|
| E1: Encourages children to safely walk or bike to and from school.  | Transitioning   |
| E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults. | Embedded        |
| E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560.    | Embedded        |
| E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152.                               | Embedded        |

Question: Please share any school or community specific barriers to promoting a healthy and safe school environment for students.

“none”

# 2023-2024 School Wellness Survey Responses

## Fairview Elementary

### Section F – School Counseling, School Psychology, and School Social Work Services

| <u>Question: To what extent does your school implement the following practices:</u>   | <u>Response</u>          |
|---|--------------------------|
| F1: Monitors school climate and other factors that may contribute to student stress, symptoms of anxiety and depression, and peer and academic pressures and substance use.                                     | Embedded                 |
| F2: Our staff has received required suicide prevention training, as well as training that includes recognition of, and response to, mental and behavioral health needs.   | Embedded                 |
| F3: Implements programs that foster social and emotional health and wellness of students and staff.   | Embedded                 |
| F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.   | Embedded                 |
| F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.  | Embedded                 |
| F6: MIDDLE AND HIGH SCHOOLS ONLY: Academic advising encourages flexibility in course scheduling to promote adequate sleep and healthy sleep patterns to affect student mental health, wellness, and attendance. | Not a Middle/High School |

### Section G – Health Promotion for Staff Members

| <u>Question: To what extent does the staff wellness liaison support opportunities for staff members to improve their health and well-being:</u>   | <u>Response</u> |
|---|-----------------|
| G1: Health screenings.  | Embedded        |
| G2: Health care access.   | Embedded        |
| G3: Employee flu immunization clinics.  | Transitioning   |
| G4: Wellness opportunities for staff, such as fitness challenges, fitness classes, mobile health screenings, wellness walks, workshops, or health fairs that emphasize work/life balance. | Transitioning   |
| G5: Awareness of the Employee Assistance Program Services.  | Embedded        |

# 2023-2024 School Wellness Survey Responses

## Fairview Elementary

G6: Staff celebrations that offer and encourage healthy choices for food and beverages. Embedded

### Section H – Family and Community Involvement

Question: To what extent does your school implement the following practices: Response

H1: Established a wellness committee to implement activities that support the wellness policy. Emerging

H2: Includes a non-staff, family, or community member in our school's wellness committee. No Activity

Question: Please share how your wellness committee encourages involvement from families and community members in promoting wellness in your school.

"none"

### Section I – Food and Nutrition General

Question: To what extent does your school implement the following practices: Response

I1: All students have at least 20 minutes to eat after sitting down for lunch. Embedded

I2: Students who participate in school meal programs have equal access to the same high-quality food and nutrition as do non-participants who purchase FCPS-provided food. Transitioning

I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities. Embedded

I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals. No Activity

I5: Encourages the use of non-food items for classroom celebrations. Embedded

I6: Withholding access to food is not used as a disciplinary action. Embedded

I7: Potable water is available to all our students at no cost. Embedded

I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS). No Activity

# 2023-2024 School Wellness Survey Responses

## Fairview Elementary

I9: Allows students to possess personal containers for drinking water. Embedded

I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible. Emerging

### Section J – Nutrition Education, Promotion, and Food Marketing

Question: To what extent does your school implement the following practices: Response

J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day. No Activity

Embedded

J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day. Embedded

J3: We follow FCPS’ policy on fundraisers as outlined in R2100.

### Section K – Nutritional Guidelines

Question: To what extent does your school implement the following practices: Response

K1: Sodas and sports drinks are not offered for sale to students at any time during the school day. Embedded

K2: Healthy food and beverage options are encouraged at school-related events outside the school day. Transitioning

K3: Implements appropriate precautions against severe food allergies. Embedded  
Embedded

K4: We follow all nutrition guidelines for food and beverage standards, as outlined in FCPS P2100 and R2100.

### Section L – Ideas/Comments/Suggestions

Question: Please list any wellness events or activities your school has undertaken or will undertake this school year.

“walk/bike to school, wellness fair (ESSER)”

# 2023-2024 School Wellness Survey Responses

## Fairview Elementary

Question: Please provide any suggestions, best practices, or tools that you believe would be helpful in evaluating and supporting student and staff health and wellness within FCPS.

“No Response”

Question: Please provide any questions or comments you have with regard to FCPS’ Student and Staff Health and Wellness policy, regulation, or these wellness survey items.

“No Response”

### Summary Tables:

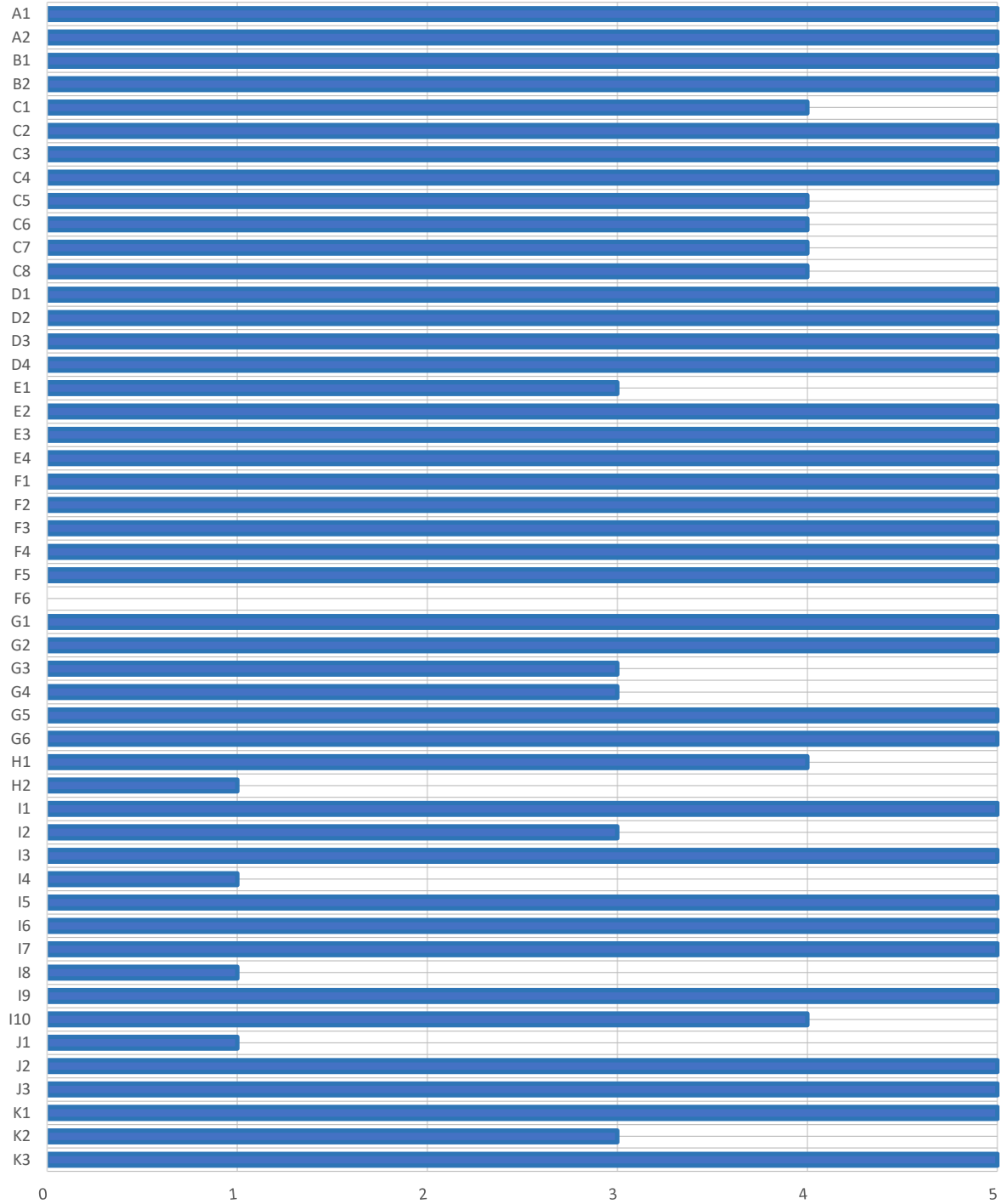
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\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2023-2024 School Wellness Survey Responses

## Fairview Elementary

Comparison of Survey Question and Self-Reported Wellness Score



Wellness Score  
(1 = No Activity, 2 = Exploring, 3 = Transitioning, 4 = Emerging, 5 = Embedded)



# 2023-2024 School Wellness Survey Responses

## Fairview Elementary

### Survey Questions Grouped by Wellness Score

| No Activity<br>(Score = 1) | Exploring<br>(Score = 2) | Transitioning<br>(Score =3) | Emerging<br>(Score =4)               | Embedded<br>(Score =5)  |
|----------------------------|--------------------------|-----------------------------|--------------------------------------|---|
| H2,<br>I4, I8,<br>J1       |                          | E1,<br>G3, G4,<br>I2,<br>K2 | C1, C5, C6, C7,<br>C8,<br>H1,<br>I10 | A1, A2,<br>B1, B2,<br>C2, C3, C4,<br>D1, D2, D3, D4,<br>E2, E3, E4,<br>F1, F2, F3, F4,<br>F5,<br>G1, G2, G5, G6,<br>I1, I3, I5, I6, I7,<br>I9,<br>J2, J3,<br>K1, K3, K4 |

# 2023-2024 School Wellness Survey Responses

## Flint Hill Elementary

### Section A – Physical Education

| <u>Question: To what extent does your school implement the following practices:</u>                            | <u>Response</u> |
|--|-----------------|
| A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218. | Embedded        |
| A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.      | Embedded        |

### Section B – Physical Activity

| <u>Question: To what extent does your school implement the following practices:</u>                                | <u>Response</u> |
|--|-----------------|
| B1: Withholding recess or physical education is not used as a disciplinary action.                                 | Embedded        |
| B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess. | Embedded        |

Question: Please highlight any activities or best practices used to promote student's physical activity.

"Bike/Walk/Roll to school day, Outdoor Learning Program, Turkey Trot"

### Section C – Health Education

| <u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u> | <u>Response</u> |
|---|-----------------|
| C1: Promoting Healthy Lifestyles.   | Embedded        |
| C2: Stress Management.  | Embedded        |
| C3: Coping Skills.  | Embedded        |
| C4: Depression.   | Emerging        |
| C5: Suicide Prevention and Awareness.   | Emerging        |
| C6: Mental Health Issues (general).   | Emerging        |

# 2023-2024 School Wellness Survey Responses

## Flint Hill Elementary

|   |          |
|---|----------|
| C7: Relationship of Healthy Sleep to Mental Health. | Emerging |
| C8: Substance Abuse Prevention.                     | Emerging |

### Section D – Health Services

| <u>Question: To what extent does your school implement the following practices:</u>   | <u>Response</u> |
|---|-----------------|
| D1: FCPS' protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others.           | Embedded        |
| D2: Students have regular access to public health nurses to address health, safety, and psychological issues.                         | Embedded        |
| D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia. | Embedded        |
| D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102.         | Embedded        |

### Section E – Healthy and Safe School Environment

| <u>Question: To what extent does your school implement the following practices:</u>   | <u>Response</u> |
|---|-----------------|
| E1: Encourages children to safely walk or bike to and from school.  | Embedded        |
| E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults. | Embedded        |
| E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560.    | Embedded        |
| E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152.                               | Embedded        |

Question: Please share any school or community specific barriers to promoting a healthy and safe school environment for students.

“none”

# 2023-2024 School Wellness Survey Responses

## Flint Hill Elementary

### Section F – School Counseling, School Psychology, and School Social Work Services

| <u>Question: To what extent does your school implement the following practices:</u>   | <u>Response</u>          |
|---|--------------------------|
| F1: Monitors school climate and other factors that may contribute to student stress, symptoms of anxiety and depression, and peer and academic pressures and substance use.                                     | Embedded                 |
| F2: Our staff has received required suicide prevention training, as well as training that includes recognition of, and response to, mental and behavioral health needs.   | Embedded                 |
| F3: Implements programs that foster social and emotional health and wellness of students and staff.   | Embedded                 |
| F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.   | Embedded                 |
| F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.  | Embedded                 |
| F6: MIDDLE AND HIGH SCHOOLS ONLY: Academic advising encourages flexibility in course scheduling to promote adequate sleep and healthy sleep patterns to affect student mental health, wellness, and attendance. | Not a Middle/High School |

### Section G – Health Promotion for Staff Members

| <u>Question: To what extent does the staff wellness liaison support opportunities for staff members to improve their health and well-being:</u>   | <u>Response</u> |
|---|-----------------|
| G1: Health screenings.  | Emerging        |
| G2: Health care access.   | Emerging        |
| G3: Employee flu immunization clinics.  | Emerging        |
| G4: Wellness opportunities for staff, such as fitness challenges, fitness classes, mobile health screenings, wellness walks, workshops, or health fairs that emphasize work/life balance. | Emerging        |
| G5: Awareness of the Employee Assistance Program Services.  | Embedded        |

# 2023-2024 School Wellness Survey Responses

## Flint Hill Elementary

G6: Staff celebrations that offer and encourage healthy choices for food and beverages. Emerging

### Section H – Family and Community Involvement

Question: To what extent does your school implement the following practices: Response

H1: Established a wellness committee to implement activities that support the wellness policy. Embedded

H2: Includes a non-staff, family, or community member in our school's wellness committee. Exploring

Question: Please share how your wellness committee encourages involvement from families and community members in promoting wellness in your school.

"PTA speakers, Calming Kits, teaching strategies for coping with big emotions"

### Section I – Food and Nutrition General

Question: To what extent does your school implement the following practices: Response

I1: All students have at least 20 minutes to eat after sitting down for lunch. Embedded

I2: Students who participate in school meal programs have equal access to the same high-quality food and nutrition as do non-participants who purchase FCPS-provided food. Embedded

I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities. Embedded

I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals. Embedded

I5: Encourages the use of non-food items for classroom celebrations. Embedded

I6: Withholding access to food is not used as a disciplinary action. Embedded

I7: Potable water is available to all our students at no cost. Embedded

I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS). Emerging

# 2023-2024 School Wellness Survey Responses

## Flint Hill Elementary

I9: Allows students to possess personal containers for drinking water. Embedded

I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible. Emerging

### Section J – Nutrition Education, Promotion, and Food Marketing

Question: To what extent does your school implement the following practices: Response

J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day. Embedded

Embedded

J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day. Embedded

J3: We follow FCPS’ policy on fundraisers as outlined in R2100.

### Section K – Nutritional Guidelines

Question: To what extent does your school implement the following practices: Response

K1: Sodas and sports drinks are not offered for sale to students at any time during the school day. Embedded

K2: Healthy food and beverage options are encouraged at school-related events outside the school day. Emerging

K3: Implements appropriate precautions against severe food allergies. Embedded  
Embedded

K4: We follow all nutrition guidelines for food and beverage standards, as outlined in FCPS P2100 and R2100.

### Section L – Ideas/Comments/Suggestions

Question: Please list any wellness events or activities your school has undertaken or will undertake this school year.

“Turkey Trot, Bike/Walk/Roll to School Day, Field Day, Parent Education: Calming Corners ”

Question: Please provide any suggestions, best practices, or tools that you believe would be helpful in evaluating and supporting student and staff health and wellness within FCPS.

“No Response”

# 2023-2024 School Wellness Survey Responses

## Flint Hill Elementary

Question: Please provide any questions or comments you have with regard to FCPS' Student and Staff Health and Wellness policy, regulation, or these wellness survey items.

"No Response"

### Summary Tables:

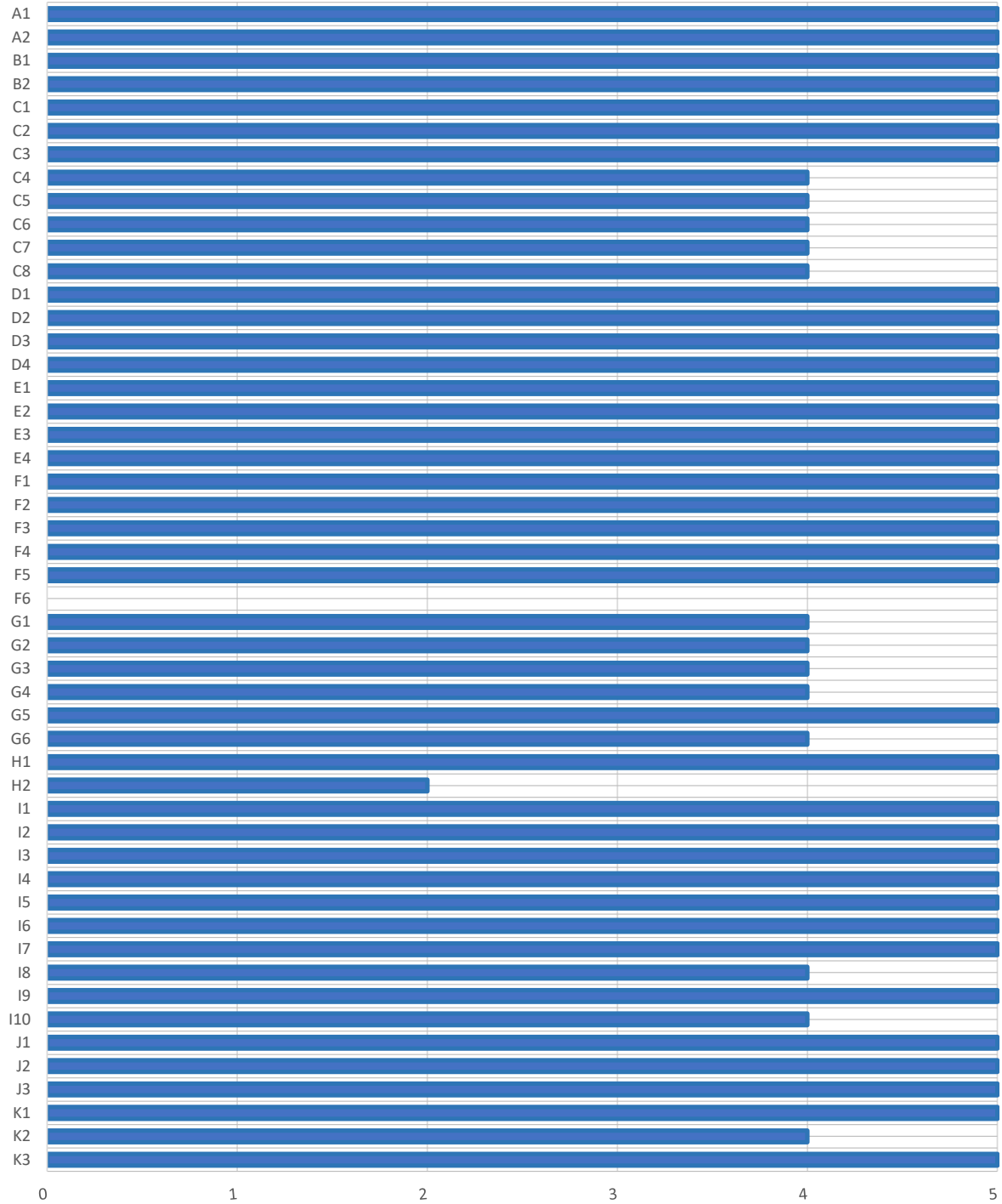
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\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2023-2024 School Wellness Survey Responses

## Flint Hill Elementary

Comparison of Survey Question and Self-Reported Wellness Score



Wellness Score

(1 = No Activity, 2 = Exploring, 3 = Transitioning, 4 = Emerging, 5 = Embedded)



# 2023-2024 School Wellness Survey Responses

## Flint Hill Elementary

### Survey Questions Grouped by Wellness Score

| No Activity<br>(Score = 1) | Exploring<br>(Score = 2) | Transitioning<br>(Score =3) | Emerging<br>(Score =4)   | Embedded<br>(Score =5)   |
|----------------------------|--------------------------|-----------------------------|--|--|
|                            | H2                       |                             | C4, C5, C6, C7,<br>C8,<br>G1, G2, G3, G4,<br>G6,<br>I8, I10,<br>K2 | A1, A2,<br>B1, B2,<br>C1, C2, C3,<br>D1, D2, D3, D4,<br>E1, E2, E3, E4,<br>F1, F2, F3, F4,<br>F5,<br>G5,<br>H1,<br>I1, I2, I3, I4, I5,<br>I6, I7, I9,<br>J1, J2, J3,<br>K1, K3, K4 |

# 2023-2024 School Wellness Survey Responses

## Floris Elementary

### Section A – Physical Education

| <u>Question: To what extent does your school implement the following practices:</u>                            | <u>Response</u> |
|--|-----------------|
| A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218. | Embedded        |
| A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.      | Embedded        |

### Section B – Physical Activity

| <u>Question: To what extent does your school implement the following practices:</u>                                | <u>Response</u> |
|--|-----------------|
| B1: Withholding recess or physical education is not used as a disciplinary action.                                 | Embedded        |
| B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess. | Embedded        |

Question: Please highlight any activities or best practices used to promote student's physical activity.

“Students are provided 30 minutes of daily recess. Field Days, staff vs. student volleyball and other specials activities are planned throughout the year. Option to choose an extra recess or reading a book as birthday celebrations (no food permitted for birthdays).”

### Section C – Health Education

| <u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u> | <u>Response</u> |
|---|-----------------|
| C1: Promoting Healthy Lifestyles.   | Embedded        |
| C2: Stress Management.  | Embedded        |
| C3: Coping Skills.  | Embedded        |
| C4: Depression.   | Embedded        |
| C5: Suicide Prevention and Awareness.   | Embedded        |

# 2023-2024 School Wellness Survey Responses

## Floris Elementary

|   |          |
|---|----------|
| C6: Mental Health Issues (general).                 | Embedded |
| C7: Relationship of Healthy Sleep to Mental Health. | Embedded |
| C8: Substance Abuse Prevention.                     | Embedded |

### Section D – Health Services

| <u>Question: To what extent does your school implement the following practices:</u>   | <u>Response</u> |
|---|-----------------|
| D1: FCPS' protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others.           | Embedded        |
| D2: Students have regular access to public health nurses to address health, safety, and psychological issues.                         | Emerging        |
| D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia. | Embedded        |
| D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102.         | Embedded        |

### Section E – Healthy and Safe School Environment

| <u>Question: To what extent does your school implement the following practices:</u>   | <u>Response</u> |
|---|-----------------|
| E1: Encourages children to safely walk or bike to and from school.  | Emerging        |
| E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults. | Embedded        |
| E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560.    | Embedded        |
| E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152.                               | Embedded        |

Question: Please share any school or community specific barriers to promoting a healthy and safe school environment for students.

"We have very few students that are able to safely walk or bike to school. Many of those who want to walk/bike aren't able to do it safely due to the lack of a School Zone sign and Crossing Guard at Centreville Rd. Some parents have adjusted their work schedules to

# 2023-2024 School Wellness Survey Responses

## Floris Elementary

escort their children at dismissal, but many said it was still unsafe with cars traveling more than 45MPH. ”

### Section F – School Counseling, School Psychology, and School Social Work Services

| <u>Question: To what extent does your school implement the following practices:</u>   | <u>Response</u>          |
|---|--------------------------|
| F1: Monitors school climate and other factors that may contribute to student stress, symptoms of anxiety and depression, and peer and academic pressures and substance use.                                     | Embedded                 |
| F2: Our staff has received required suicide prevention training, as well as training that includes recognition of, and response to, mental and behavioral health needs.   | Embedded                 |
| F3: Implements programs that foster social and emotional health and wellness of students and staff.   | Embedded                 |
| F4: Staff are prepared to effectively implement FCPS’ protocol when conducting suicide-risk screenings and assessments.   | Embedded                 |
| F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.  | Embedded                 |
| F6: MIDDLE AND HIGH SCHOOLS ONLY: Academic advising encourages flexibility in course scheduling to promote adequate sleep and healthy sleep patterns to affect student mental health, wellness, and attendance. | Not a Middle/High School |

### Section G – Health Promotion for Staff Members

| <u>Question: To what extent does the staff wellness liaison support opportunities for staff members to improve their health and well-being:</u> | <u>Response</u> |
|---|-----------------|
| G1: Health screenings.  | No Activity     |
| G2: Health care access.   | No Activity     |

# 2023-2024 School Wellness Survey Responses

## Floris Elementary

|   |               |
|---|---------------|
| G3: Employee flu immunization clinics.  | Embedded      |
| G4: Wellness opportunities for staff, such as fitness challenges, fitness classes, mobile health screenings, wellness walks, workshops, or health fairs that emphasize work/life balance. | Transitioning |
| G5: Awareness of the Employee Assistance Program Services.  | Embedded      |
| G6: Staff celebrations that offer and encourage healthy choices for food and beverages.   | Embedded      |

## Section H – Family and Community Involvement

Question: To what extent does your school implement the following practices: Response

H1: Established a wellness committee to implement activities that support the wellness policy. Emerging

H2: Includes a non-staff, family, or community member in our school's wellness committee. Transitioning

Question: Please share how your wellness committee encourages involvement from families and community members in promoting wellness in your school.

"Our PTA is working with the school to create enrichment/after-school clubs that include physical activity and not just the arts/STEAM clubs. "

## Section I – Food and Nutrition General

Question: To what extent does your school implement the following practices: Response

I1: All students have at least 20 minutes to eat after sitting down for lunch. Embedded

I2: Students who participate in school meal programs have equal access to the same high-quality food and nutrition as do non-participants who purchase FCPS-provided food. Embedded

I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities. Embedded

I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals. Embedded

# 2023-2024 School Wellness Survey Responses

## Floris Elementary

|   |          |
|---|----------|
| I5: Encourages the use of non-food items for classroom celebrations.  | Embedded |
| I6: Withholding access to food is not used as a disciplinary action.  | Embedded |
| I7: Potable water is available to all our students at no cost.  | Embedded |
| I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS). | Emerging |
| I9: Allows students to possess personal containers for drinking water.  | Embedded |
| I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible.                     | Emerging |

## Section J – Nutrition Education, Promotion, and Food Marketing

| <u>Question: To what extent does your school implement the following practices:</u>   | <u>Response</u> |
|---|-----------------|
| J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day.  | Embedded        |
|   | Embedded        |
| J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day. | Embedded        |
| J3: We follow FCPS’ policy on fundraisers as outlined in R2100.   |                 |

## Section K – Nutritional Guidelines

| <u>Question: To what extent does your school implement the following practices:</u>                          | <u>Response</u>      |
|--|----------------------|
| K1: Sodas and sports drinks are not offered for sale to students at any time during the school day.          | Embedded             |
| K2: Healthy food and beverage options are encouraged at school-related events outside the school day.        | Embedded             |
| K3: Implements appropriate precautions against severe food allergies.  | Embedded<br>Embedded |
| K4: We follow all nutrition guidelines for food and beverage standards, as outlined in FCPS P2100 and R2100. |                      |

# 2023-2024 School Wellness Survey Responses

## Floris Elementary

### Section L – Ideas/Comments/Suggestions

Question: Please list any wellness events or activities your school has undertaken or will undertake this school year.

“No Response”

Question: Please provide any suggestions, best practices, or tools that you believe would be helpful in evaluating and supporting student and staff health and wellness within FCPS.

“No Response”

Question: Please provide any questions or comments you have with regard to FCPS’ Student and Staff Health and Wellness policy, regulation, or these wellness survey items.

“No Response”

### Summary Tables:

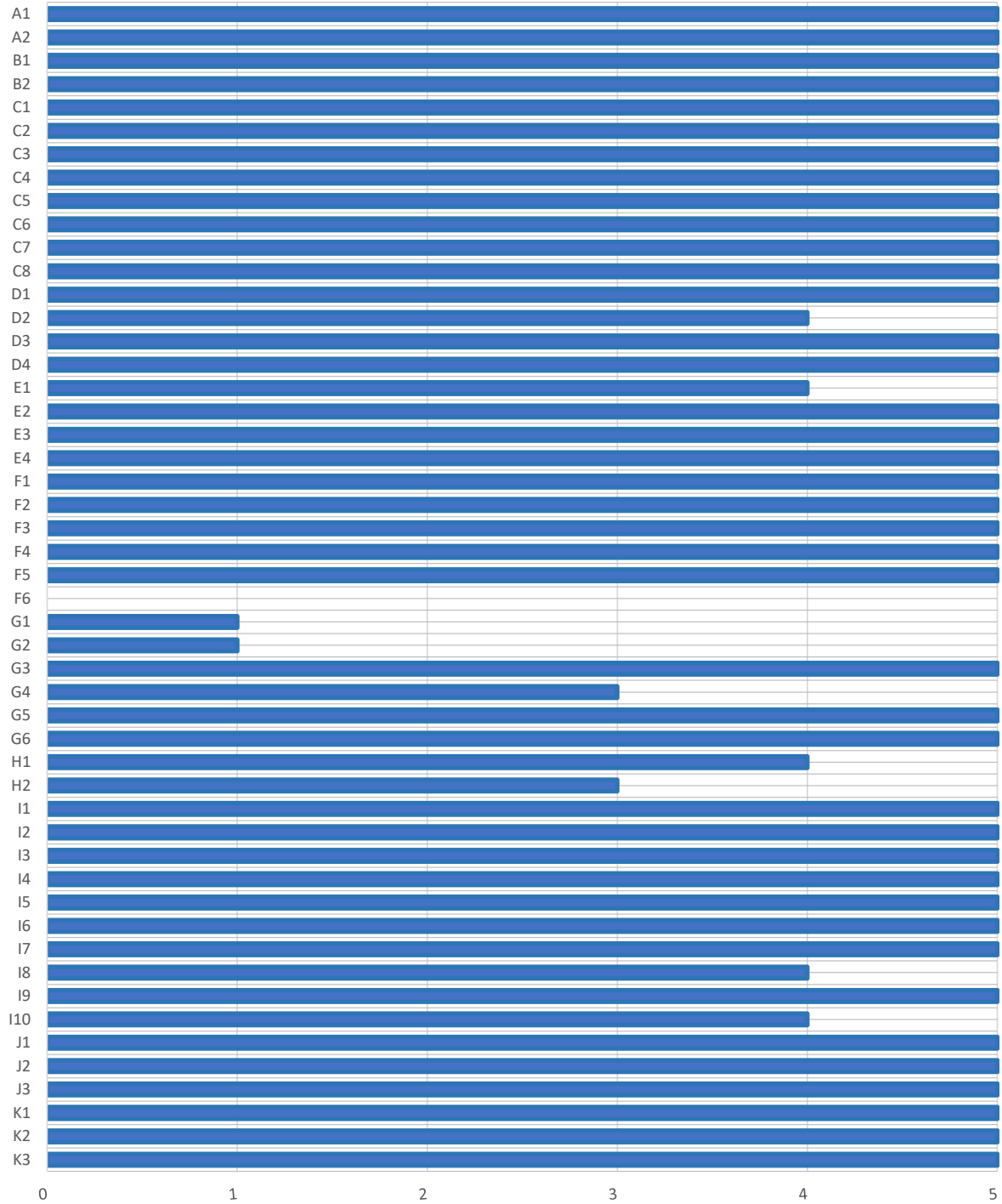
The following graph and table visually summarize your school’s responses provided above. Questions in the graph are represented by bars corresponding to the self-reported wellness score. Questions in the table are grouped together according to their self-reported wellness score (e.g., all questions recorded as “embedded” are grouped together, etc.).

\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2023-2024 School Wellness Survey Responses

## Floris Elementary

Comparison of Survey Question and Self-Reported Wellness Score



Wellness Score  
(1 = No Activity, 2 = Exploring, 3 = Transitioning, 4 = Emerging, 5 = Embedded)



# 2023-2024 School Wellness Survey Responses

## Floris Elementary

### Survey Questions Grouped by Wellness Score

| No Activity<br>(Score = 1) | Exploring<br>(Score = 2) | Transitioning<br>(Score =3) | Emerging<br>(Score =4)       | Embedded<br>(Score =5)   |
|----------------------------|--------------------------|-----------------------------|------------------------------|--|
| G1, G2                     |                          | G4,<br>H2                   | D2,<br>E1,<br>H1,<br>I8, I10 | A1, A2,<br>B1, B2,<br>C1, C2, C3, C4,<br>C5, C6, C7, C8,<br>D1, D3, D4,<br>E2, E3, E4,<br>F1, F2, F3, F4,<br>F5,<br>G3, G5, G6,<br>I1, I2, I3, I4, I5,<br>I6, I7, I9,<br>J1, J2, J3,<br>K1, K2, K3, K4 |

# 2023-2024 School Wellness Survey Responses

## Forest Edge Elementary

### Section A – Physical Education

| <u>Question: To what extent does your school implement the following practices:</u>                            | <u>Response</u> |
|--|-----------------|
| A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218. | Embedded        |
| A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.      | Embedded        |

### Section B – Physical Activity

| <u>Question: To what extent does your school implement the following practices:</u>                                | <u>Response</u> |
|--|-----------------|
| B1: Withholding recess or physical education is not used as a disciplinary action.                                 | Transitioning   |
| B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess. | Embedded        |

Question: Please highlight any activities or best practices used to promote student's physical activity.

"Students at Forest Edge have 2 hours of PE each week in addition to 30 minutes of recess daily."

### Section C – Health Education

| <u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u> | <u>Response</u> |
|---|-----------------|
| C1: Promoting Healthy Lifestyles.   | Transitioning   |
| C2: Stress Management.  | Transitioning   |
| C3: Coping Skills.  | Emerging        |
| C4: Depression.   | Exploring       |
| C5: Suicide Prevention and Awareness.   | No Activity     |
| C6: Mental Health Issues (general).   | No Activity     |

# 2023-2024 School Wellness Survey Responses

## Forest Edge Elementary

|   |             |
|---|-------------|
| C7: Relationship of Healthy Sleep to Mental Health. | Exploring   |
| C8: Substance Abuse Prevention.                     | No Activity |

### Section D – Health Services

| <u>Question: To what extent does your school implement the following practices:</u>   | <u>Response</u> |
|---|-----------------|
| D1: FCPS' protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others.           | Embedded        |
| D2: Students have regular access to public health nurses to address health, safety, and psychological issues.                         | Transitioning   |
| D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia. | Embedded        |
| D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102.         | Embedded        |

### Section E – Healthy and Safe School Environment

| <u>Question: To what extent does your school implement the following practices:</u>   | <u>Response</u> |
|---|-----------------|
| E1: Encourages children to safely walk or bike to and from school.  | Exploring       |
| E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults. | Embedded        |
| E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560.    | Embedded        |
| E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152.                               | Embedded        |

Question: Please share any school or community specific barriers to promoting a healthy and safe school environment for students.

“none”

# 2023-2024 School Wellness Survey Responses

## Forest Edge Elementary

### Section F – School Counseling, School Psychology, and School Social Work Services

| <u>Question: To what extent does your school implement the following practices:</u>   | <u>Response</u>          |
|---|--------------------------|
| F1: Monitors school climate and other factors that may contribute to student stress, symptoms of anxiety and depression, and peer and academic pressures and substance use.                                     | Emerging                 |
| F2: Our staff has received required suicide prevention training, as well as training that includes recognition of, and response to, mental and behavioral health needs.   | Emerging                 |
| F3: Implements programs that foster social and emotional health and wellness of students and staff.   | Transitioning            |
| F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.   | Transitioning            |
| F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.  | Exploring                |
| F6: MIDDLE AND HIGH SCHOOLS ONLY: Academic advising encourages flexibility in course scheduling to promote adequate sleep and healthy sleep patterns to affect student mental health, wellness, and attendance. | Not a Middle/High School |

### Section G – Health Promotion for Staff Members

| <u>Question: To what extent does the staff wellness liaison support opportunities for staff members to improve their health and well-being:</u>   | <u>Response</u> |
|---|-----------------|
| G1: Health screenings.  | No Activity     |
| G2: Health care access.   | No Activity     |
| G3: Employee flu immunization clinics.  | Embedded        |
| G4: Wellness opportunities for staff, such as fitness challenges, fitness classes, mobile health screenings, wellness walks, workshops, or health fairs that emphasize work/life balance. | No Activity     |
| G5: Awareness of the Employee Assistance Program Services.  | Embedded        |

# 2023-2024 School Wellness Survey Responses

## Forest Edge Elementary

G6: Staff celebrations that offer and encourage healthy choices for food and beverages.

Transitioning

### Section H – Family and Community Involvement

Question: To what extent does your school implement the following practices:

Response

H1: Established a wellness committee to implement activities that support the wellness policy.

Exploring

H2: Includes a non-staff, family, or community member in our school's wellness committee.

No Activity

Question: Please share how your wellness committee encourages involvement from families and community members in promoting wellness in your school.

"none"

### Section I – Food and Nutrition General

Question: To what extent does your school implement the following practices:

Response

I1: All students have at least 20 minutes to eat after sitting down for lunch.

Embedded

I2: Students who participate in school meal programs have equal access to the same high-quality food and nutrition as do non-participants who purchase FCPS-provided food.

Embedded

I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities.

Embedded

I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals.

Embedded

I5: Encourages the use of non-food items for classroom celebrations.

Embedded

I6: Withholding access to food is not used as a disciplinary action.

Embedded

I7: Potable water is available to all our students at no cost.

No Activity

I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS).

No Activity

# 2023-2024 School Wellness Survey Responses

## Forest Edge Elementary

I9: Allows students to possess personal containers for drinking water. Embedded

I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible. Embedded

### Section J – Nutrition Education, Promotion, and Food Marketing

Question: To what extent does your school implement the following practices: Response

J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day. Embedded

Embedded

J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day. Embedded

J3: We follow FCPS’ policy on fundraisers as outlined in R2100.

### Section K – Nutritional Guidelines

Question: To what extent does your school implement the following practices: Response

K1: Sodas and sports drinks are not offered for sale to students at any time during the school day. Embedded

K2: Healthy food and beverage options are encouraged at school-related events outside the school day. Transitioning

K3: Implements appropriate precautions against severe food allergies. Embedded  
Embedded

K4: We follow all nutrition guidelines for food and beverage standards, as outlined in FCPS P2100 and R2100.

### Section L – Ideas/Comments/Suggestions

Question: Please list any wellness events or activities your school has undertaken or will undertake this school year.

“No Response”

# 2023-2024 School Wellness Survey Responses

## Forest Edge Elementary

Question: Please provide any suggestions, best practices, or tools that you believe would be helpful in evaluating and supporting student and staff health and wellness within FCPS.

“No Response”

Question: Please provide any questions or comments you have with regard to FCPS’ Student and Staff Health and Wellness policy, regulation, or these wellness survey items.

“No Response”

### Summary Tables:

The following graph and table visually summarize your school’s responses provided above. Questions in the graph are represented by bars corresponding to the self-reported wellness score. Questions in the table are grouped together according to their self-reported wellness score (e.g., all questions recorded as “embedded” are grouped together, etc.).

\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2023-2024 School Wellness Survey Responses

## Forest Edge Elementary

Comparison of Survey Question and Self-Reported Wellness Score



Wellness Score

(1 = No Activity, 2 = Exploring, 3 = Transitioning, 4 = Emerging, 5 = Embedded)



# 2023-2024 School Wellness Survey Responses

## Forest Edge Elementary

### Survey Questions Grouped by Wellness Score

| No Activity<br>(Score = 1)                  | Exploring<br>(Score = 2)    | Transitioning<br>(Score =3)                   | Emerging<br>(Score =4) | Embedded<br>(Score =5)  |
|---|-----------------------------|---|------------------------|---|
| C5, C6, C8,<br>G1, G2, G4,<br>H2,<br>I7, I8 | C4, C7,<br>E1,<br>F5,<br>H1 | B1,<br>C1, C2,<br>D2,<br>F3, F4,<br>G6,<br>K2 | C3,<br>F1, F2          | A1, A2,<br>B2,<br>D1, D3, D4,<br>E2, E3, E4,<br>G3, G5,<br>I1, I2, I3, I4, I5,<br>I6, I9, I10,<br>J1, J2, J3,<br>K1, K3, K4 |

# 2023-2024 School Wellness Survey Responses

## Forestdale Elementary

### Section A – Physical Education

| <u>Question: To what extent does your school implement the following practices:</u>                            | <u>Response</u> |
|--|-----------------|
| A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218. | Embedded        |
| A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.      | Embedded        |

### Section B – Physical Activity

| <u>Question: To what extent does your school implement the following practices:</u>                                | <u>Response</u> |
|--|-----------------|
| B1: Withholding recess or physical education is not used as a disciplinary action.                                 | Embedded        |
| B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess. | Embedded        |

Question: Please highlight any activities or best practices used to promote student's physical activity.

“ ”

### Section C – Health Education

| <u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u> | <u>Response</u> |
|---|-----------------|
| C1: Promoting Healthy Lifestyles.   | Transitioning   |
| C2: Stress Management.  | Transitioning   |
| C3: Coping Skills.  | Emerging        |
| C4: Depression.   | Transitioning   |
| C5: Suicide Prevention and Awareness.   | Exploring       |
| C6: Mental Health Issues (general).   | Exploring       |
| C7: Relationship of Healthy Sleep to Mental Health.   | Exploring       |

# 2023-2024 School Wellness Survey Responses

## Forestdale Elementary

C8: Substance Abuse Prevention.

Exploring

### Section D – Health Services

Question: To what extent does your school implement the following practices:

Response

D1: FCPS' protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others.

Embedded

D2: Students have regular access to public health nurses to address health, safety, and psychological issues.

Emerging

D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia.

Embedded

D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102.

Embedded

### Section E – Healthy and Safe School Environment

Question: To what extent does your school implement the following practices:

Response

E1: Encourages children to safely walk or bike to and from school.

Transitioning

E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults.

Emerging

E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560.

Embedded

E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152.

Embedded

Question: Please share any school or community specific barriers to promoting a healthy and safe school environment for students.

"none"

# 2023-2024 School Wellness Survey Responses

## Forestdale Elementary

### Section F – School Counseling, School Psychology, and School Social Work Services

| <u>Question: To what extent does your school implement the following practices:</u>   | <u>Response</u>          |
|---|--------------------------|
| F1: Monitors school climate and other factors that may contribute to student stress, symptoms of anxiety and depression, and peer and academic pressures and substance use.                                     | Embedded                 |
| F2: Our staff has received required suicide prevention training, as well as training that includes recognition of, and response to, mental and behavioral health needs.   | Embedded                 |
| F3: Implements programs that foster social and emotional health and wellness of students and staff.   | Emerging                 |
| F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.   | Embedded                 |
| F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.  | Emerging                 |
| F6: MIDDLE AND HIGH SCHOOLS ONLY: Academic advising encourages flexibility in course scheduling to promote adequate sleep and healthy sleep patterns to affect student mental health, wellness, and attendance. | Not a Middle/High School |

### Section G – Health Promotion for Staff Members

| <u>Question: To what extent does the staff wellness liaison support opportunities for staff members to improve their health and well-being:</u>   | <u>Response</u> |
|---|-----------------|
| G1: Health screenings.  | Embedded        |
| G2: Health care access.   | Embedded        |
| G3: Employee flu immunization clinics.  | Embedded        |
| G4: Wellness opportunities for staff, such as fitness challenges, fitness classes, mobile health screenings, wellness walks, workshops, or health fairs that emphasize work/life balance. | Embedded        |
| G5: Awareness of the Employee Assistance Program Services.  | Embedded        |

# 2023-2024 School Wellness Survey Responses

## Forestdale Elementary

G6: Staff celebrations that offer and encourage healthy choices for food and beverages.

Transitioning

### Section H – Family and Community Involvement

Question: To what extent does your school implement the following practices:

Response

H1: Established a wellness committee to implement activities that support the wellness policy.

Transitioning

H2: Includes a non-staff, family, or community member in our school's wellness committee.

No Activity

Question: Please share how your wellness committee encourages involvement from families and community members in promoting wellness in your school.

“none”

### Section I – Food and Nutrition General

Question: To what extent does your school implement the following practices:

Response

I1: All students have at least 20 minutes to eat after sitting down for lunch.

Embedded

I2: Students who participate in school meal programs have equal access to the same high-quality food and nutrition as do non-participants who purchase FCPS-provided food.

Embedded

I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities.

Embedded

I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals.

Embedded

I5: Encourages the use of non-food items for classroom celebrations.

Emerging

I6: Withholding access to food is not used as a disciplinary action.

Embedded

I7: Potable water is available to all our students at no cost.

Embedded

I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS).

Exploring

# 2023-2024 School Wellness Survey Responses

## Forestdale Elementary

I9: Allows students to possess personal containers for drinking water. Embedded

I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible. Emerging

### Section J – Nutrition Education, Promotion, and Food Marketing

Question: To what extent does your school implement the following practices: Response

J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day. Emerging

J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day. Embedded

J3: We follow FCPS’ policy on fundraisers as outlined in R2100. Embedded

### Section K – Nutritional Guidelines

Question: To what extent does your school implement the following practices: Response

K1: Sodas and sports drinks are not offered for sale to students at any time during the school day. Embedded

K2: Healthy food and beverage options are encouraged at school-related events outside the school day. Emerging

K3: Implements appropriate precautions against severe food allergies. Embedded  
Embedded

K4: We follow all nutrition guidelines for food and beverage standards, as outlined in FCPS P2100 and R2100.

### Section L – Ideas/Comments/Suggestions

Question: Please list any wellness events or activities your school has undertaken or will undertake this school year.

“Kaiser Health Mobile, Flu Clinic, Weekly Staff Yoga”

# 2023-2024 School Wellness Survey Responses

## Forestdale Elementary

Question: Please provide any suggestions, best practices, or tools that you believe would be helpful in evaluating and supporting student and staff health and wellness within FCPS.

“No Response”

Question: Please provide any questions or comments you have with regard to FCPS’ Student and Staff Health and Wellness policy, regulation, or these wellness survey items.

“No Response”

### Summary Tables:

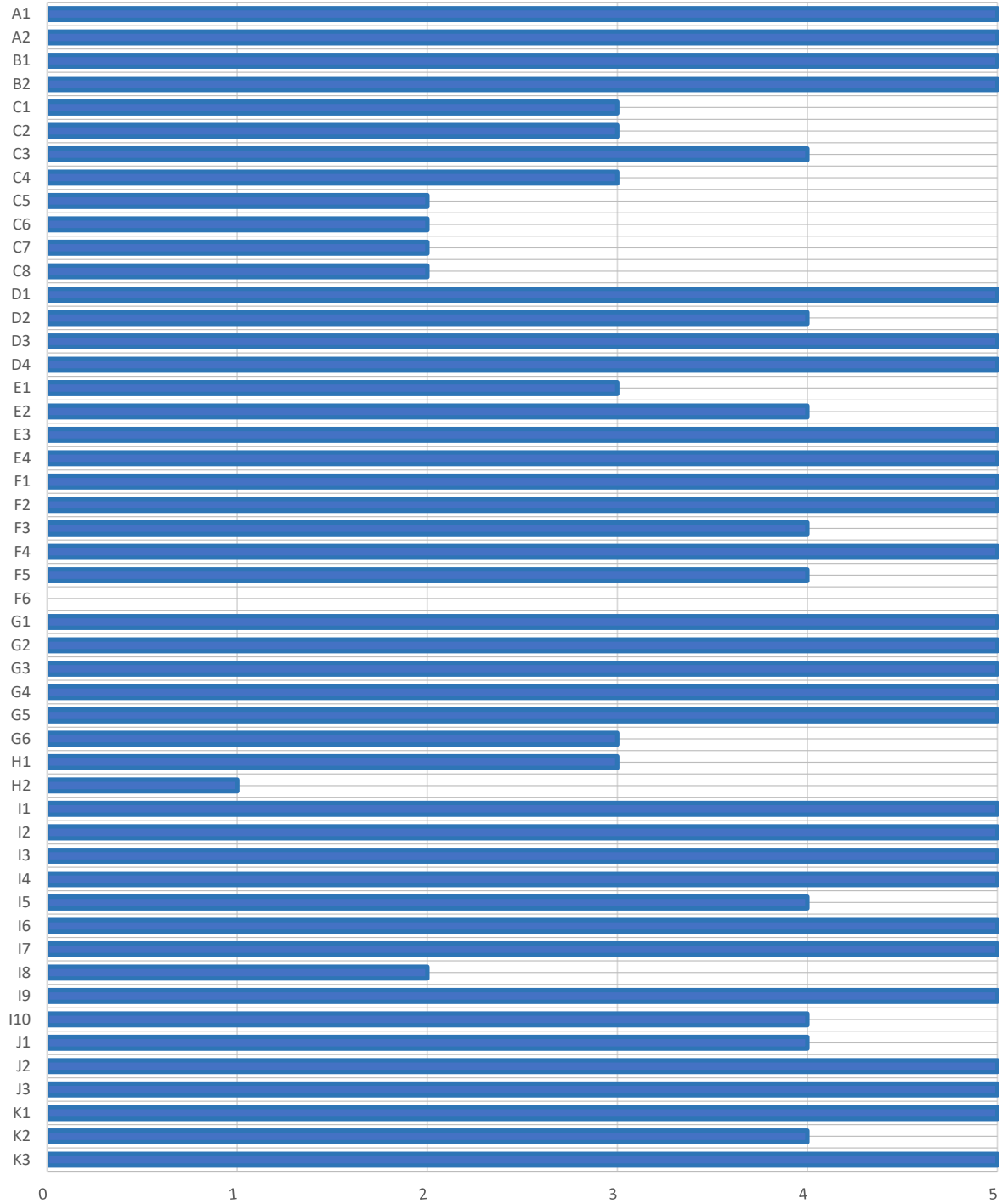
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\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2023-2024 School Wellness Survey Responses

## Forestdale Elementary

Comparison of Survey Question and Self-Reported Wellness Score



Wellness Score

(1 = No Activity, 2 = Exploring, 3 = Transitioning, 4 = Emerging, 5 = Embedded)



# 2023-2024 School Wellness Survey Responses

## Forestdale Elementary

### Survey Questions Grouped by Wellness Score

| No Activity<br>(Score = 1) | Exploring<br>(Score = 2) | Transitioning<br>(Score =3)     | Emerging<br>(Score =4)                                | Embedded<br>(Score =5)   |
|----------------------------|--------------------------|---------------------------------|---|--|
| H2                         | C5, C6, C7, C8,<br>I8    | C1, C2, C4,<br>E1,<br>G6,<br>H1 | C3,<br>D2,<br>E2,<br>F3, F5,<br>I5, I10,<br>J1,<br>K2 | A1, A2,<br>B1, B2,<br>D1, D3, D4,<br>E3, E4,<br>F1, F2, F4,<br>G1, G2, G3, G4,<br>G5,<br>I1, I2, I3, I4, I6,<br>I7, I9,<br>J2, J3,<br>K1, K3, K4 |

# 2023-2024 School Wellness Survey Responses

## Forestville Elementary

### Section A – Physical Education

| <u>Question: To what extent does your school implement the following practices:</u>                            | <u>Response</u> |
|--|-----------------|
| A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218. | Embedded        |
| A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.      | Embedded        |

### Section B – Physical Activity

| <u>Question: To what extent does your school implement the following practices:</u>                                | <u>Response</u> |
|--|-----------------|
| B1: Withholding recess or physical education is not used as a disciplinary action.                                 | Embedded        |
| B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess. | Embedded        |

Question: Please highlight any activities or best practices used to promote student's physical activity.

"Students have 30 minutes of supervised recess everyday. The majority of grade-levels have 1.5 - 2 hours to P.E. a week."

### Section C – Health Education

| <u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u> | <u>Response</u> |
|---|-----------------|
| C1: Promoting Healthy Lifestyles.   | Embedded        |
| C2: Stress Management.  | Embedded        |
| C3: Coping Skills.  | Embedded        |
| C4: Depression.   | Emerging        |
| C5: Suicide Prevention and Awareness.   | Emerging        |
| C6: Mental Health Issues (general).   | Emerging        |

# 2023-2024 School Wellness Survey Responses

## Forestville Elementary

|   |               |
|---|---------------|
| C7: Relationship of Healthy Sleep to Mental Health. | Emerging      |
| C8: Substance Abuse Prevention.                     | Transitioning |

### Section D – Health Services

| <u>Question: To what extent does your school implement the following practices:</u>   | <u>Response</u> |
|---|-----------------|
| D1: FCPS' protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others.           | Embedded        |
| D2: Students have regular access to public health nurses to address health, safety, and psychological issues.                         | Embedded        |
| D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia. | Embedded        |
| D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102.         | Embedded        |

### Section E – Healthy and Safe School Environment

| <u>Question: To what extent does your school implement the following practices:</u>   | <u>Response</u> |
|---|-----------------|
| E1: Encourages children to safely walk or bike to and from school.  | No Activity     |
| E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults. | Embedded        |
| E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560.    | Embedded        |
| E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152.                               | Embedded        |

Question: Please share any school or community specific barriers to promoting a healthy and safe school environment for students.

“We are located on Utterback Store Road which is a busy road that is unsafe for students to cross. We do not have many identified walkers or bikers. ”

# 2023-2024 School Wellness Survey Responses

## Forestville Elementary

### Section F – School Counseling, School Psychology, and School Social Work Services

| <u>Question: To what extent does your school implement the following practices:</u>   | <u>Response</u>          |
|---|--------------------------|
| F1: Monitors school climate and other factors that may contribute to student stress, symptoms of anxiety and depression, and peer and academic pressures and substance use.                                     | Embedded                 |
| F2: Our staff has received required suicide prevention training, as well as training that includes recognition of, and response to, mental and behavioral health needs.   | Embedded                 |
| F3: Implements programs that foster social and emotional health and wellness of students and staff.   | Embedded                 |
| F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.   | Embedded                 |
| F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.  | Embedded                 |
| F6: MIDDLE AND HIGH SCHOOLS ONLY: Academic advising encourages flexibility in course scheduling to promote adequate sleep and healthy sleep patterns to affect student mental health, wellness, and attendance. | Not a Middle/High School |

### Section G – Health Promotion for Staff Members

| <u>Question: To what extent does the staff wellness liaison support opportunities for staff members to improve their health and well-being:</u>   | <u>Response</u> |
|---|-----------------|
| G1: Health screenings.  | Embedded        |
| G2: Health care access.   | Emerging        |
| G3: Employee flu immunization clinics.  | Embedded        |
| G4: Wellness opportunities for staff, such as fitness challenges, fitness classes, mobile health screenings, wellness walks, workshops, or health fairs that emphasize work/life balance. | Emerging        |

# 2023-2024 School Wellness Survey Responses

## Forestville Elementary

G5: Awareness of the Employee Assistance Program Services. Emerging

G6: Staff celebrations that offer and encourage healthy choices for food and beverages. Embedded

### Section H – Family and Community Involvement

Question: To what extent does your school implement the following practices: Response

H1: Established a wellness committee to implement activities that support the wellness policy. Transitioning

H2: Includes a non-staff, family, or community member in our school's wellness committee. Transitioning

Question: Please share how your wellness committee encourages involvement from families and community members in promoting wellness in your school.

“Our committee is seeking input from our community about their areas of expertise so that we can draw on their knowledge base to help support our students and staff. We are also asking our community to partner with us to help students make healthy choices and the positive impact of that on their well being.”

### Section I – Food and Nutrition General

Question: To what extent does your school implement the following practices: Response

I1: All students have at least 20 minutes to eat after sitting down for lunch. Embedded

I2: Students who participate in school meal programs have equal access to the same high-quality food and nutrition as do non-participants who purchase FCPS-provided food. Embedded

I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities. Embedded

I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals. Embedded

# 2023-2024 School Wellness Survey Responses

## Forestville Elementary

|   |           |
|---|-----------|
| I5: Encourages the use of non-food items for classroom celebrations.  | Embedded  |
| I6: Withholding access to food is not used as a disciplinary action.  | Embedded  |
| I7: Potable water is available to all our students at no cost.  | Embedded  |
| I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS). | Exploring |
| I9: Allows students to possess personal containers for drinking water.  | Embedded  |
| I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible.                     | Emerging  |

## Section J – Nutrition Education, Promotion, and Food Marketing

| <u>Question: To what extent does your school implement the following practices:</u>   | <u>Response</u> |
|---|-----------------|
| J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day.  | Embedded        |
|   | Embedded        |
| J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day. | Embedded        |
| J3: We follow FCPS’ policy on fundraisers as outlined in R2100.   |                 |

## Section K – Nutritional Guidelines

| <u>Question: To what extent does your school implement the following practices:</u>                          | <u>Response</u>      |
|--|----------------------|
| K1: Sodas and sports drinks are not offered for sale to students at any time during the school day.          | Embedded             |
| K2: Healthy food and beverage options are encouraged at school-related events outside the school day.        | Embedded             |
| K3: Implements appropriate precautions against severe food allergies.  | Embedded<br>Embedded |
| K4: We follow all nutrition guidelines for food and beverage standards, as outlined in FCPS P2100 and R2100. |                      |

# 2023-2024 School Wellness Survey Responses

## Forestville Elementary

### Section L – Ideas/Comments/Suggestions

Question: Please list any wellness events or activities your school has undertaken or will undertake this school year.

“Our P.E. teachers host a wellness unit teaching students about the importance of physical activity and making healthy nutrition choices. Our staff participates in the challenges sent out by the wellness office (colorful food choices, the step challenges, etc.)”

Question: Please provide any suggestions, best practices, or tools that you believe would be helpful in evaluating and supporting student and staff health and wellness within FCPS.

“No Response”

Question: Please provide any questions or comments you have with regard to FCPS’ Student and Staff Health and Wellness policy, regulation, or these wellness survey items.

“No Response”

### Summary Tables:

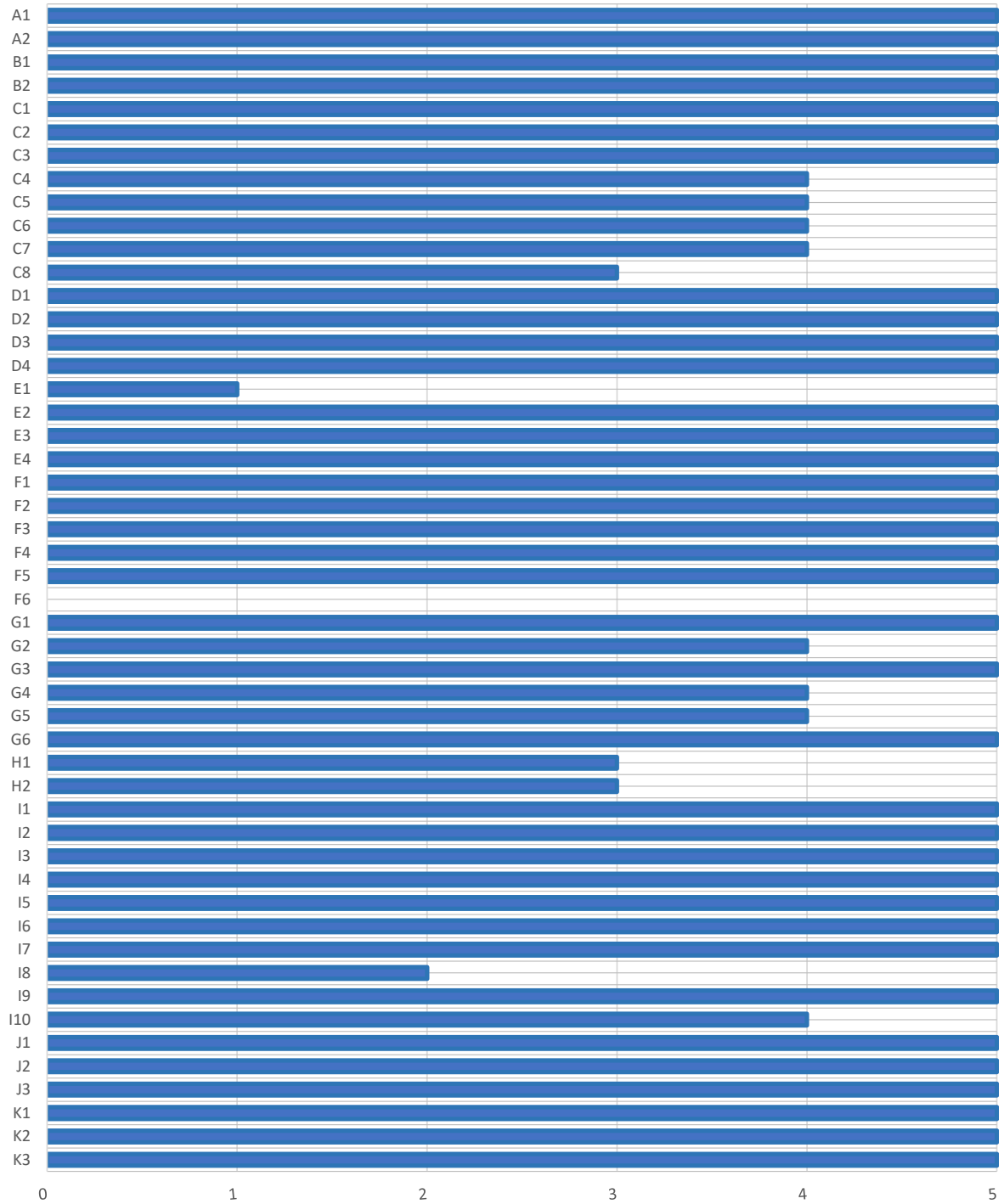
The following graph and table visually summarize your school’s responses provided above. Questions in the graph are represented by bars corresponding to the self-reported wellness score. Questions in the table are grouped together according to their self-reported wellness score (e.g., all questions recorded as “embedded” are grouped together, etc.).

\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2023-2024 School Wellness Survey Responses

## Forestville Elementary

Comparison of Survey Question and Self-Reported Wellness Score



Wellness Score

(1 = No Activity, 2 = Exploring, 3 = Transitioning, 4 = Emerging, 5 = Embedded)



# 2023-2024 School Wellness Survey Responses

## Forestville Elementary

### Survey Questions Grouped by Wellness Score

| No Activity<br>(Score = 1) | Exploring<br>(Score = 2) | Transitioning<br>(Score =3) | Emerging<br>(Score =4)                | Embedded<br>(Score =5)  |
|----------------------------|--------------------------|-----------------------------|---------------------------------------|---|
| E1                         | I8                       | C8,<br>H1, H2               | C4, C5, C6, C7,<br>G2, G4, G5,<br>I10 | A1, A2,<br>B1, B2,<br>C1, C2, C3,<br>D1, D2, D3, D4,<br>E2, E3, E4,<br>F1, F2, F3, F4,<br>F5,<br>G1, G3, G6,<br>I1, I2, I3, I4, I5,<br>I6, I7, I9,<br>J1, J2, J3,<br>K1, K2, K3, K4 |

# 2023-2024 School Wellness Survey Responses

## Fort Belvoir Primary School

### Section A – Physical Education

| <u>Question: To what extent does your school implement the following practices:</u>                            | <u>Response</u> |
|--|-----------------|
| A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218. | Embedded        |
| A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.      | Embedded        |

### Section B – Physical Activity

| <u>Question: To what extent does your school implement the following practices:</u>                                | <u>Response</u> |
|--|-----------------|
| B1: Withholding recess or physical education is not used as a disciplinary action.                                 | Embedded        |
| B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess. | Embedded        |

Question: Please highlight any activities or best practices used to promote student's physical activity.

"PE teachers provide rotations and students can express their physical fitness goals."

### Section C – Health Education

| <u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u> | <u>Response</u> |
|---|-----------------|
| C1: Promoting Healthy Lifestyles.   | Embedded        |
| C2: Stress Management.  | Transitioning   |
| C3: Coping Skills.  | Emerging        |
| C4: Depression.   | Transitioning   |
| C5: Suicide Prevention and Awareness.   | No Activity     |
| C6: Mental Health Issues (general).   | Transitioning   |

# 2023-2024 School Wellness Survey Responses

## Fort Belvoir Primary School

|   |               |
|---|---------------|
| C7: Relationship of Healthy Sleep to Mental Health. | Transitioning |
| C8: Substance Abuse Prevention.                     | No Activity   |

### Section D – Health Services

| <u>Question: To what extent does your school implement the following practices:</u>   | <u>Response</u> |
|---|-----------------|
| D1: FCPS' protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others.           | Embedded        |
| D2: Students have regular access to public health nurses to address health, safety, and psychological issues.                         | Embedded        |
| D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia. | Embedded        |
| D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102.         | Embedded        |

### Section E – Healthy and Safe School Environment

| <u>Question: To what extent does your school implement the following practices:</u>   | <u>Response</u> |
|---|-----------------|
| E1: Encourages children to safely walk or bike to and from school.  | Emerging        |
| E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults. | Emerging        |
| E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560.    | Embedded        |
| E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152.                               | Embedded        |

Question: Please share any school or community specific barriers to promoting a healthy and safe school environment for students.

“Staff greet students on campus to the classrooms and ensure safety of students. Staff build relationships with students/parents on a daily basis. Counselors, Staff member and MFLCS provide year long support through small groups, one-on-one meetings, and special activities to create and support trusting relationships w/ students. ”

# 2023-2024 School Wellness Survey Responses

## Fort Belvoir Primary School

### Section F – School Counseling, School Psychology, and School Social Work Services

| <u>Question: To what extent does your school implement the following practices:</u>   | <u>Response</u>          |
|---|--------------------------|
| F1: Monitors school climate and other factors that may contribute to student stress, symptoms of anxiety and depression, and peer and academic pressures and substance use.                                     | Embedded                 |
| F2: Our staff has received required suicide prevention training, as well as training that includes recognition of, and response to, mental and behavioral health needs.   | Emerging                 |
| F3: Implements programs that foster social and emotional health and wellness of students and staff.   | Embedded                 |
| F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.   | Embedded                 |
| F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.  | Emerging                 |
| F6: MIDDLE AND HIGH SCHOOLS ONLY: Academic advising encourages flexibility in course scheduling to promote adequate sleep and healthy sleep patterns to affect student mental health, wellness, and attendance. | Not a Middle/High School |

### Section G – Health Promotion for Staff Members

| <u>Question: To what extent does the staff wellness liaison support opportunities for staff members to improve their health and well-being:</u> | <u>Response</u> |
|---|-----------------|
| G1: Health screenings.  | No Activity     |
| G2: Health care access.   | No Activity     |
| G3: Employee flu immunization clinics.  | Embedded        |

# 2023-2024 School Wellness Survey Responses

## Fort Belvoir Primary School

|   |               |
|---|---------------|
| G4: Wellness opportunities for staff, such as fitness challenges, fitness classes, mobile health screenings, wellness walks, workshops, or health fairs that emphasize work/life balance. | Emerging      |
| G5: Awareness of the Employee Assistance Program Services.  | Transitioning |
| G6: Staff celebrations that offer and encourage healthy choices for food and beverages.   | Emerging      |

## Section H – Family and Community Involvement

| <u>Question: To what extent does your school implement the following practices:</u>            | <u>Response</u> |
|--|-----------------|
| H1: Established a wellness committee to implement activities that support the wellness policy. | Transitioning   |
| H2: Includes a non-staff, family, or community member in our school's wellness committee.      | No Activity     |

Question: Please share how your wellness committee encourages involvement from families and community members in promoting wellness in your school.

“Meeting with Fort Belvoir Stroller warriors and invite new families. Fun Run and Parent encouragement.”

## Section I – Food and Nutrition General

| <u>Question: To what extent does your school implement the following practices:</u>  | <u>Response</u> |
|--|-----------------|
| I1: All students have at least 20 minutes to eat after sitting down for lunch.   | Embedded        |
| I2: Students who participate in school meal programs have equal access to the same high-quality food and nutrition as do non-participants who purchase FCPS-provided food. | Embedded        |
| I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities.                                     | Embedded        |
| I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals.  | Embedded        |
| I5: Encourages the use of non-food items for classroom celebrations.   | Embedded        |

# 2023-2024 School Wellness Survey Responses

## Fort Belvoir Primary School

|   |               |
|---|---------------|
| I6: Withholding access to food is not used as a disciplinary action.  | Embedded      |
| I7: Potable water is available to all our students at no cost.  | Embedded      |
| I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS). | Transitioning |
| I9: Allows students to possess personal containers for drinking water.  | Embedded      |
| I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible.                     | Embedded      |

## Section J – Nutrition Education, Promotion, and Food Marketing

| <u>Question: To what extent does your school implement the following practices:</u>   | <u>Response</u> |
|---|-----------------|
| J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day.  | Embedded        |
|   | Embedded        |
| J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day. | Embedded        |
| J3: We follow FCPS’ policy on fundraisers as outlined in R2100.   |                 |

## Section K – Nutritional Guidelines

| <u>Question: To what extent does your school implement the following practices:</u>                          | <u>Response</u>      |
|--|----------------------|
| K1: Sodas and sports drinks are not offered for sale to students at any time during the school day.          | Embedded             |
| K2: Healthy food and beverage options are encouraged at school-related events outside the school day.        | Emerging             |
| K3: Implements appropriate precautions against severe food allergies.  | Embedded<br>Embedded |
| K4: We follow all nutrition guidelines for food and beverage standards, as outlined in FCPS P2100 and R2100. |                      |

# 2023-2024 School Wellness Survey Responses

## Fort Belvoir Primary School

### Section L – Ideas/Comments/Suggestions

Question: Please list any wellness events or activities your school has undertaken or will undertake this school year.

“Fun Run, Ruby's Walk, Staff Walk Team, ”

Question: Please provide any suggestions, best practices, or tools that you believe would be helpful in evaluating and supporting student and staff health and wellness within FCPS.

“Virtual Staff wellness teams, Mental Health Day Off”

Question: Please provide any questions or comments you have with regard to FCPS’ Student and Staff Health and Wellness policy, regulation, or these wellness survey items.

“No Response”

### Summary Tables:

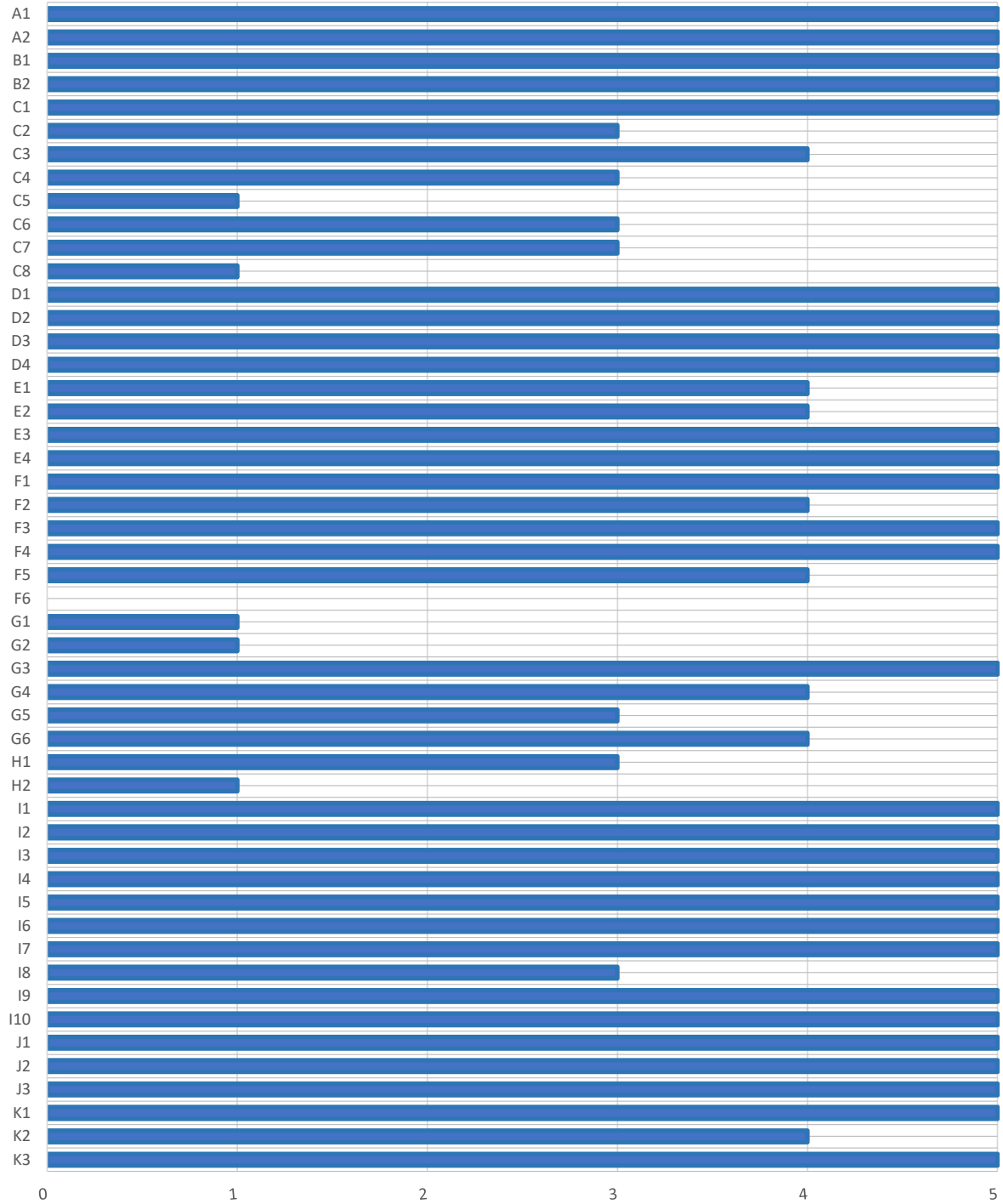
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\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2023-2024 School Wellness Survey Responses

## Fort Belvoir Primary School

Comparison of Survey Question and Self-Reported Wellness Score



Wellness Score

(1 = No Activity, 2 = Exploring, 3 = Transitioning, 4 = Emerging, 5 = Embedded)



# 2023-2024 School Wellness Survey Responses

## Fort Belvoir Primary School

### Survey Questions Grouped by Wellness Score

| No Activity<br>(Score = 1) | Exploring<br>(Score = 2) | Transitioning<br>(Score =3)         | Emerging<br>(Score =4)                     | Embedded<br>(Score =5)  |
|----------------------------|--------------------------|-------------------------------------|--|---|
| C5, C8,<br>G1, G2,<br>H2   |                          | C2, C4, C6, C7,<br>G5,<br>H1,<br>I8 | C3,<br>E1, E2,<br>F2, F5,<br>G4, G6,<br>K2 | A1, A2,<br>B1, B2,<br>C1,<br>D1, D2, D3, D4,<br>E3, E4,<br>F1, F3, F4,<br>G3,<br>I1, I2, I3, I4, I5,<br>I6, I7, I9, I10,<br>J1, J2, J3,<br>K1, K3, K4 |

# 2023-2024 School Wellness Survey Responses

## Fort Belvoir Upper School

### Section A – Physical Education

| <u>Question: To what extent does your school implement the following practices:</u>                            | <u>Response</u> |
|--|-----------------|
| A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218. | Embedded        |
| A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.      | Embedded        |

### Section B – Physical Activity

| <u>Question: To what extent does your school implement the following practices:</u>                                | <u>Response</u> |
|--|-----------------|
| B1: Withholding recess or physical education is not used as a disciplinary action.                                 | Embedded        |
| B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess. | Embedded        |

Question: Please highlight any activities or best practices used to promote student's physical activity.

“ ”

### Section C – Health Education

| <u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u> | <u>Response</u> |
|---|-----------------|
| C1: Promoting Healthy Lifestyles.   | Emerging        |
| C2: Stress Management.  | Emerging        |
| C3: Coping Skills.  | Emerging        |
| C4: Depression.   | Emerging        |
| C5: Suicide Prevention and Awareness.   | Emerging        |
| C6: Mental Health Issues (general).   | Emerging        |
| C7: Relationship of Healthy Sleep to Mental Health.   | Emerging        |

# 2023-2024 School Wellness Survey Responses

## Fort Belvoir Upper School

C8: Substance Abuse Prevention.

Emerging

### Section D – Health Services

Question: To what extent does your school implement the following practices:

Response

D1: FCPS' protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others.

Embedded

D2: Students have regular access to public health nurses to address health, safety, and psychological issues.

Embedded

D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia.

Embedded

D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102.

Embedded

### Section E – Healthy and Safe School Environment

Question: To what extent does your school implement the following practices:

Response

E1: Encourages children to safely walk or bike to and from school.

Embedded

E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults.

Embedded

E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560.

Embedded

E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152.

Embedded

Question: Please share any school or community specific barriers to promoting a healthy and safe school environment for students.

“none”

# 2023-2024 School Wellness Survey Responses

## Fort Belvoir Upper School

### Section F – School Counseling, School Psychology, and School Social Work Services

| <u>Question: To what extent does your school implement the following practices:</u>   | <u>Response</u>          |
|---|--------------------------|
| F1: Monitors school climate and other factors that may contribute to student stress, symptoms of anxiety and depression, and peer and academic pressures and substance use.                                     | Embedded                 |
| F2: Our staff has received required suicide prevention training, as well as training that includes recognition of, and response to, mental and behavioral health needs.   | Embedded                 |
| F3: Implements programs that foster social and emotional health and wellness of students and staff.   | Embedded                 |
| F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.   | Embedded                 |
| F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.  | Embedded                 |
| F6: MIDDLE AND HIGH SCHOOLS ONLY: Academic advising encourages flexibility in course scheduling to promote adequate sleep and healthy sleep patterns to affect student mental health, wellness, and attendance. | Not a Middle/High School |

### Section G – Health Promotion for Staff Members

| <u>Question: To what extent does the staff wellness liaison support opportunities for staff members to improve their health and well-being:</u>   | <u>Response</u> |
|---|-----------------|
| G1: Health screenings.  | Embedded        |
| G2: Health care access.   | Embedded        |
| G3: Employee flu immunization clinics.  | Embedded        |
| G4: Wellness opportunities for staff, such as fitness challenges, fitness classes, mobile health screenings, wellness walks, workshops, or health fairs that emphasize work/life balance. | Embedded        |
| G5: Awareness of the Employee Assistance Program Services.  | Embedded        |

# 2023-2024 School Wellness Survey Responses

## Fort Belvoir Upper School

G6: Staff celebrations that offer and encourage healthy choices for food and beverages. Embedded

### Section H – Family and Community Involvement

Question: To what extent does your school implement the following practices: Response

H1: Established a wellness committee to implement activities that support the wellness policy. Embedded

H2: Includes a non-staff, family, or community member in our school's wellness committee. Exploring

Question: Please share how your wellness committee encourages involvement from families and community members in promoting wellness in your school.

“none”

### Section I – Food and Nutrition General

Question: To what extent does your school implement the following practices: Response

I1: All students have at least 20 minutes to eat after sitting down for lunch. Embedded

I2: Students who participate in school meal programs have equal access to the same high-quality food and nutrition as do non-participants who purchase FCPS-provided food. Embedded

I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities. Embedded

I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals. Embedded

I5: Encourages the use of non-food items for classroom celebrations. Embedded

I6: Withholding access to food is not used as a disciplinary action. Embedded

I7: Potable water is available to all our students at no cost. Embedded

I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS). Embedded

# 2023-2024 School Wellness Survey Responses

## Fort Belvoir Upper School

I9: Allows students to possess personal containers for drinking water. Embedded

I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible. Embedded

### Section J – Nutrition Education, Promotion, and Food Marketing

Question: To what extent does your school implement the following practices: Response

J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day. Embedded

Embedded

J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day. Embedded

J3: We follow FCPS’ policy on fundraisers as outlined in R2100.

### Section K – Nutritional Guidelines

Question: To what extent does your school implement the following practices: Response

K1: Sodas and sports drinks are not offered for sale to students at any time during the school day. Embedded

K2: Healthy food and beverage options are encouraged at school-related events outside the school day. Embedded

K3: Implements appropriate precautions against severe food allergies. Embedded  
Embedded

K4: We follow all nutrition guidelines for food and beverage standards, as outlined in FCPS P2100 and R2100.

### Section L – Ideas/Comments/Suggestions

Question: Please list any wellness events or activities your school has undertaken or will undertake this school year.

“Flu shot clinic for staff; Walktober, Healthy Holiday Dish Potluck, Workout Wednesdays, student walk-a-thon, Girls on the Run Club”

# 2023-2024 School Wellness Survey Responses

## Fort Belvoir Upper School

Question: Please provide any suggestions, best practices, or tools that you believe would be helpful in evaluating and supporting student and staff health and wellness within FCPS.

“No Response”

Question: Please provide any questions or comments you have with regard to FCPS’ Student and Staff Health and Wellness policy, regulation, or these wellness survey items.

“No Response”

### Summary Tables:

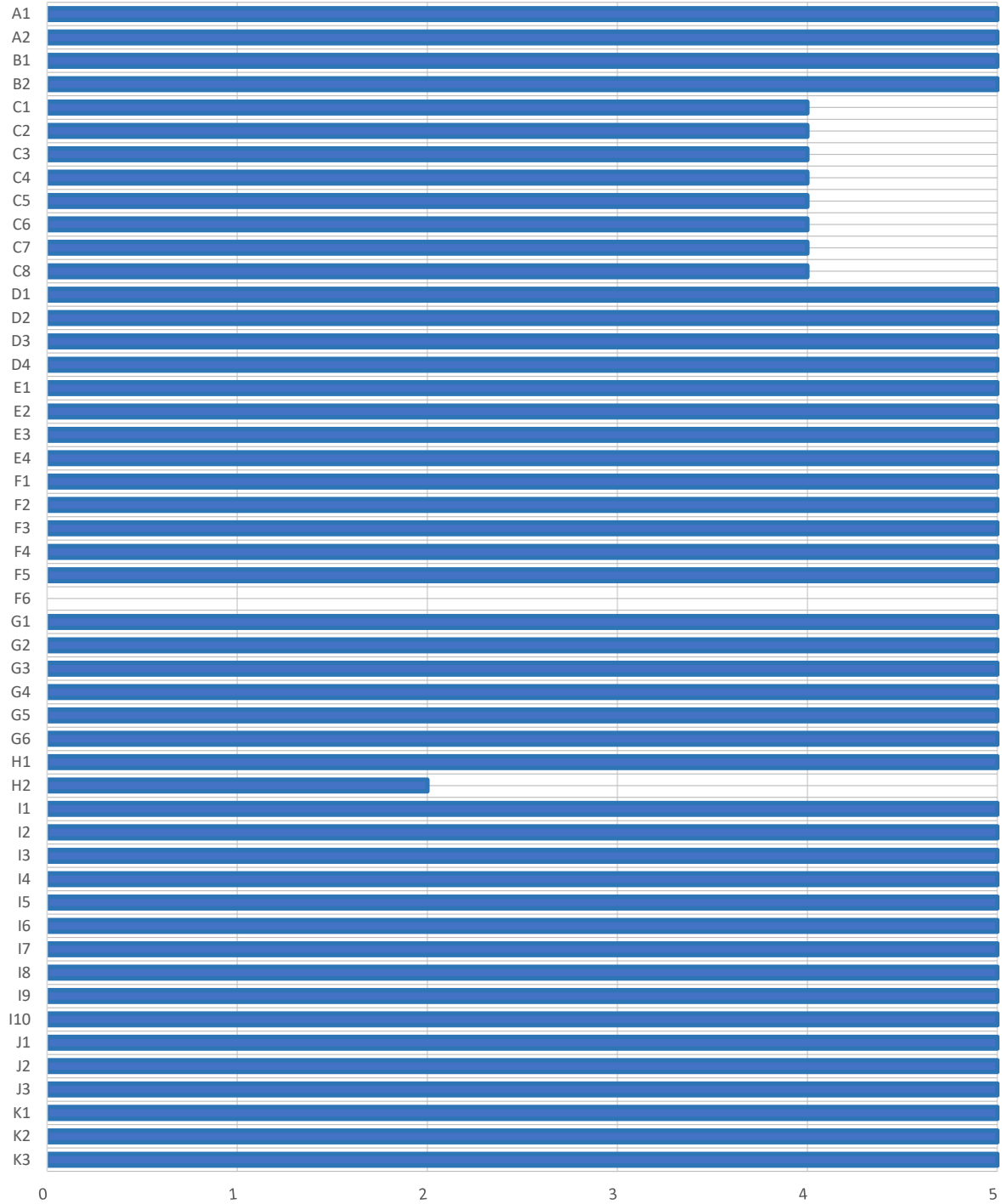
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\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2023-2024 School Wellness Survey Responses

## Fort Belvoir Upper School

Comparison of Survey Question and Self-Reported Wellness Score



Wellness Score

(1 = No Activity, 2 = Exploring, 3 = Transitioning, 4 = Emerging, 5 = Embedded)



# 2023-2024 School Wellness Survey Responses

## Fort Belvoir Upper School

### Survey Questions Grouped by Wellness Score

| No Activity<br>(Score = 1) | Exploring<br>(Score = 2) | Transitioning<br>(Score =3) | Emerging<br>(Score =4)            | Embedded<br>(Score =5)  |
|----------------------------|--------------------------|-----------------------------|-----------------------------------|---|
|                            | H2                       |                             | C1, C2, C3, C4,<br>C5, C6, C7, C8 | A1, A2,<br>B1, B2,<br>D1, D2, D3, D4,<br>E1, E2, E3, E4,<br>F1, F2, F3, F4,<br>F5,<br>G1, G2, G3, G4,<br>G5, G6,<br>H1,<br>I1, I2, I3, I4, I5,<br>I6, I7, I8, I9, I10,<br>J1, J2, J3,<br>K1, K2, K3, K4 |

# 2023-2024 School Wellness Survey Responses

## Fort Hunt Elementary

### Section A – Physical Education

Question: To what extent does your school implement the following practices: Response

A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218. Embedded

A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity. Embedded

### Section B – Physical Activity

Question: To what extent does your school implement the following practices: Response

B1: Withholding recess or physical education is not used as a disciplinary action. Emerging

B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess. Embedded

Question: Please highlight any activities or best practices used to promote student's physical activity.

“The physical education teachers provide recess equipment. We promote healthy activities like Walking Wednesday, Field Day and PTA sponsored after school enrichment. We participate in Walk and Bike to School day events.”

### Section C – Health Education

Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum: Response

C1: Promoting Healthy Lifestyles. Embedded

C2: Stress Management. Embedded

C3: Coping Skills. Embedded

C4: Depression. Emerging

C5: Suicide Prevention and Awareness. Emerging

# 2023-2024 School Wellness Survey Responses

## Fort Hunt Elementary

|   |          |
|---|----------|
| C6: Mental Health Issues (general).                 | Embedded |
| C7: Relationship of Healthy Sleep to Mental Health. | Embedded |
| C8: Substance Abuse Prevention.                     | Emerging |

### Section D – Health Services

| <u>Question: To what extent does your school implement the following practices:</u>   | <u>Response</u> |
|---|-----------------|
| D1: FCPS' protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others.           | Embedded        |
| D2: Students have regular access to public health nurses to address health, safety, and psychological issues.                         | Embedded        |
| D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia. | Embedded        |
| D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102.         | Embedded        |

### Section E – Healthy and Safe School Environment

| <u>Question: To what extent does your school implement the following practices:</u>   | <u>Response</u> |
|---|-----------------|
| E1: Encourages children to safely walk or bike to and from school.  | Embedded        |
| E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults. | Embedded        |
| E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560.    | Embedded        |
| E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152.                               | Embedded        |

Question: Please share any school or community specific barriers to promoting a healthy and safe school environment for students.

“We have a barrier that we work hard to overcome and that is to help our low socio-economic status families with the services that the might need to be successful. ”

# 2023-2024 School Wellness Survey Responses

## Fort Hunt Elementary

### Section F – School Counseling, School Psychology, and School Social Work Services

| <u>Question: To what extent does your school implement the following practices:</u>   | <u>Response</u>          |
|---|--------------------------|
| F1: Monitors school climate and other factors that may contribute to student stress, symptoms of anxiety and depression, and peer and academic pressures and substance use.                                     | Emerging                 |
| F2: Our staff has received required suicide prevention training, as well as training that includes recognition of, and response to, mental and behavioral health needs.   | Embedded                 |
| F3: Implements programs that foster social and emotional health and wellness of students and staff.   | Embedded                 |
| F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.   | Embedded                 |
| F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.  | Embedded                 |
| F6: MIDDLE AND HIGH SCHOOLS ONLY: Academic advising encourages flexibility in course scheduling to promote adequate sleep and healthy sleep patterns to affect student mental health, wellness, and attendance. | Not a Middle/High School |

### Section G – Health Promotion for Staff Members

| <u>Question: To what extent does the staff wellness liaison support opportunities for staff members to improve their health and well-being:</u> | <u>Response</u> |
|---|-----------------|
| G1: Health screenings.  | Embedded        |
| G2: Health care access.   | Embedded        |
| G3: Employee flu immunization clinics.  | Embedded        |

# 2023-2024 School Wellness Survey Responses

## Fort Hunt Elementary

|   |          |
|---|----------|
| G4: Wellness opportunities for staff, such as fitness challenges, fitness classes, mobile health screenings, wellness walks, workshops, or health fairs that emphasize work/life balance. | Embedded |
| G5: Awareness of the Employee Assistance Program Services.  | Embedded |
| G6: Staff celebrations that offer and encourage healthy choices for food and beverages.   | Emerging |

## Section H – Family and Community Involvement

Question: To what extent does your school implement the following practices: Response

|  |           |
|--|-----------|
| H1: Established a wellness committee to implement activities that support the wellness policy. | Embedded  |
| H2: Includes a non-staff, family, or community member in our school's wellness committee.      | Exploring |

Question: Please share how your wellness committee encourages involvement from families and community members in promoting wellness in your school.

“Walk, Roll and Bike to School Day Events, Walking Wednesday program that we started and continue with since the pandemic, Field Day event, PTA sponsored after school enrichment classes that include fitness/sports, HR wellness challenges.”

## Section I – Food and Nutrition General

Question: To what extent does your school implement the following practices: Response

|  |          |
|--|----------|
| I1: All students have at least 20 minutes to eat after sitting down for lunch.   | Embedded |
| I2: Students who participate in school meal programs have equal access to the same high-quality food and nutrition as do non-participants who purchase FCPS-provided food. | Embedded |
| I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities.                                     | Embedded |
| I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals.  | Embedded |

# 2023-2024 School Wellness Survey Responses

## Fort Hunt Elementary

|   |          |
|---|----------|
| I5: Encourages the use of non-food items for classroom celebrations.  | Emerging |
| I6: Withholding access to food is not used as a disciplinary action.  | Embedded |
| I7: Potable water is available to all our students at no cost.  | Embedded |
| I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS). | Embedded |
| I9: Allows students to possess personal containers for drinking water.  | Embedded |
| I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible.                     | Embedded |

## Section J – Nutrition Education, Promotion, and Food Marketing

| <u>Question: To what extent does your school implement the following practices:</u>   | <u>Response</u> |
|---|-----------------|
| J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day.  | Embedded        |
|   | Embedded        |
| J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day. | Embedded        |
| J3: We follow FCPS’ policy on fundraisers as outlined in R2100.   |                 |

## Section K – Nutritional Guidelines

| <u>Question: To what extent does your school implement the following practices:</u>                          | <u>Response</u>      |
|--|----------------------|
| K1: Sodas and sports drinks are not offered for sale to students at any time during the school day.          | Embedded             |
| K2: Healthy food and beverage options are encouraged at school-related events outside the school day.        | Transitioning        |
| K3: Implements appropriate precautions against severe food allergies.  | Embedded<br>Embedded |
| K4: We follow all nutrition guidelines for food and beverage standards, as outlined in FCPS P2100 and R2100. |                      |

# 2023-2024 School Wellness Survey Responses

## Fort Hunt Elementary

### Section L – Ideas/Comments/Suggestions

Question: Please list any wellness events or activities your school has undertaken or will undertake this school year.

“We are doing the HR Wellness challenges: Walktober/Colorful Choices. Walking Wednesday for staff/students/community. Walk, Roll and Bike to school days in October/May. Flu shot clinic, Kaiser Biometric Screening Event. PTA sponsored enrichment classes or events that feature sports/fitness for students.”

Question: Please provide any suggestions, best practices, or tools that you believe would be helpful in evaluating and supporting student and staff health and wellness within FCPS.

“I think an employee health fair with plenty of outside resources for overall wellness and health should be an annual thing; get our benefit providers to be there. Also, a health fair for our families, especially those in the lower economic status to see what programs that they might be able to use for their own physical, mental and social health and wellness.”

Question: Please provide any questions or comments you have with regard to FCPS’ Student and Staff Health and Wellness policy, regulation, or these wellness survey items.

“We as a school work hard to meet the wellness needs of all students, staff and community members. At this present time in the world it is need ever so much. More resources; such as information or events would be a welcome to help all parties with their overall wellness.”

### Summary Tables:

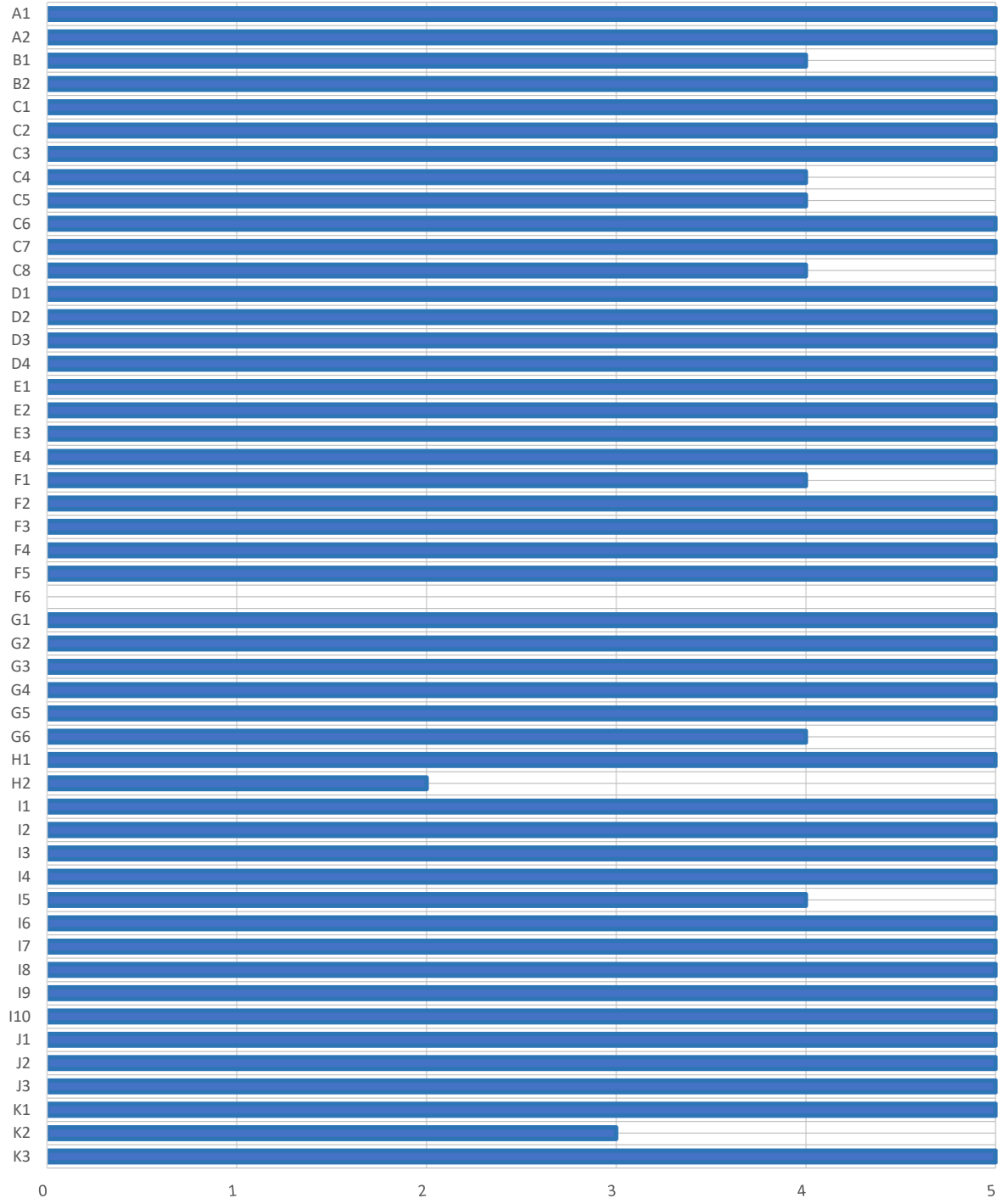
The following graph and table visually summarize your school’s responses provided above. Questions in the graph are represented by bars corresponding to the self-reported wellness score. Questions in the table are grouped together according to their self-reported wellness score (e.g., all questions recorded as “embedded” are grouped together, etc.).

\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2023-2024 School Wellness Survey Responses

## Fort Hunt Elementary

Comparison of Survey Question and Self-Reported Wellness Score



Wellness Score  
(1 = No Activity, 2 = Exploring, 3 = Transitioning, 4 = Emerging, 5 = Embedded)



# 2023-2024 School Wellness Survey Responses

## Fort Hunt Elementary

### Survey Questions Grouped by Wellness Score

| No Activity<br>(Score = 1) | Exploring<br>(Score = 2) | Transitioning<br>(Score =3) | Emerging<br>(Score =4)                 | Embedded<br>(Score =5)   |
|----------------------------|--------------------------|-----------------------------|--|--|
|                            | H2                       | K2                          | B1,<br>C4, C5, C8,<br>F1,<br>G6,<br>I5 | A1, A2,<br>B2,<br>C1, C2, C3, C6,<br>C7,<br>D1, D2, D3, D4,<br>E1, E2, E3, E4,<br>F2, F3, F4, F5,<br>G1, G2, G3, G4,<br>G5,<br>H1,<br>I1, I2, I3, I4, I6,<br>I7, I8, I9, I10,<br>J1, J2, J3,<br>K1, K3, K4 |

# 2023-2024 School Wellness Survey Responses

## Fox Mill Elementary

### Section A – Physical Education

| <u>Question: To what extent does your school implement the following practices:</u>                            | <u>Response</u> |
|--|-----------------|
| A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218. | Embedded        |
| A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.      | Embedded        |

### Section B – Physical Activity

| <u>Question: To what extent does your school implement the following practices:</u>                                | <u>Response</u> |
|--|-----------------|
| B1: Withholding recess or physical education is not used as a disciplinary action.                                 | Embedded        |
| B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess. | Embedded        |

Question: Please highlight any activities or best practices used to promote student's physical activity.

“ ”

### Section C – Health Education

| <u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u> | <u>Response</u> |
|---|-----------------|
| C1: Promoting Healthy Lifestyles.   | Embedded        |
| C2: Stress Management.  | Emerging        |
| C3: Coping Skills.  | Emerging        |
| C4: Depression.   | Emerging        |
| C5: Suicide Prevention and Awareness.   | Emerging        |
| C6: Mental Health Issues (general).   | Emerging        |
| C7: Relationship of Healthy Sleep to Mental Health.   | Emerging        |

# 2023-2024 School Wellness Survey Responses

## Fox Mill Elementary

C8: Substance Abuse Prevention.

Emerging

### Section D – Health Services

Question: To what extent does your school implement the following practices:

Response

D1: FCPS' protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others.

Embedded

D2: Students have regular access to public health nurses to address health, safety, and psychological issues.

Embedded

D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia.

Embedded

D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102.

Embedded

### Section E – Healthy and Safe School Environment

Question: To what extent does your school implement the following practices:

Response

E1: Encourages children to safely walk or bike to and from school.

Emerging

E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults.

Emerging

E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560.

Emerging

E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152.

Emerging

Question: Please share any school or community specific barriers to promoting a healthy and safe school environment for students.

"none"

# 2023-2024 School Wellness Survey Responses

## Fox Mill Elementary

### Section F – School Counseling, School Psychology, and School Social Work Services

| <u>Question: To what extent does your school implement the following practices:</u>   | <u>Response</u>          |
|---|--------------------------|
| F1: Monitors school climate and other factors that may contribute to student stress, symptoms of anxiety and depression, and peer and academic pressures and substance use.                                     | Emerging                 |
| F2: Our staff has received required suicide prevention training, as well as training that includes recognition of, and response to, mental and behavioral health needs.   | Emerging                 |
| F3: Implements programs that foster social and emotional health and wellness of students and staff.   | Emerging                 |
| F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.   | Emerging                 |
| F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.  | Emerging                 |
| F6: MIDDLE AND HIGH SCHOOLS ONLY: Academic advising encourages flexibility in course scheduling to promote adequate sleep and healthy sleep patterns to affect student mental health, wellness, and attendance. | Not a Middle/High School |

### Section G – Health Promotion for Staff Members

| <u>Question: To what extent does the staff wellness liaison support opportunities for staff members to improve their health and well-being:</u>   | <u>Response</u> |
|---|-----------------|
| G1: Health screenings.  | Embedded        |
| G2: Health care access.   | Emerging        |
| G3: Employee flu immunization clinics.  | Emerging        |
| G4: Wellness opportunities for staff, such as fitness challenges, fitness classes, mobile health screenings, wellness walks, workshops, or health fairs that emphasize work/life balance. | Emerging        |
| G5: Awareness of the Employee Assistance Program Services.  | Emerging        |

# 2023-2024 School Wellness Survey Responses

## Fox Mill Elementary

G6: Staff celebrations that offer and encourage healthy choices for food and beverages. Emerging

### Section H – Family and Community Involvement

Question: To what extent does your school implement the following practices: Response

H1: Established a wellness committee to implement activities that support the wellness policy. Emerging

H2: Includes a non-staff, family, or community member in our school's wellness committee. Emerging

Question: Please share how your wellness committee encourages involvement from families and community members in promoting wellness in your school.

"none"

### Section I – Food and Nutrition General

Question: To what extent does your school implement the following practices: Response

I1: All students have at least 20 minutes to eat after sitting down for lunch. Embedded

I2: Students who participate in school meal programs have equal access to the same high-quality food and nutrition as do non-participants who purchase FCPS-provided food. Embedded

I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities. Emerging

I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals. Embedded

I5: Encourages the use of non-food items for classroom celebrations. Emerging

I6: Withholding access to food is not used as a disciplinary action. Emerging

I7: Potable water is available to all our students at no cost. Emerging

I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS). Emerging

# 2023-2024 School Wellness Survey Responses

## Fox Mill Elementary

|   |               |
|---|---------------|
| I9: Allows students to possess personal containers for drinking water.                    | Emerging      |
| I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible. | Transitioning |

### Section J – Nutrition Education, Promotion, and Food Marketing

| <u>Question: To what extent does your school implement the following practices:</u>   | <u>Response</u> |
|---|-----------------|
| J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day.  | Emerging        |
| J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day. | Emerging        |
| J3: We follow FCPS’ policy on fundraisers as outlined in R2100.   | Emerging        |

### Section K – Nutritional Guidelines

| <u>Question: To what extent does your school implement the following practices:</u>                          | <u>Response</u>      |
|--|----------------------|
| K1: Sodas and sports drinks are not offered for sale to students at any time during the school day.          | Embedded             |
| K2: Healthy food and beverage options are encouraged at school-related events outside the school day.        | Embedded             |
| K3: Implements appropriate precautions against severe food allergies.  | Embedded<br>Emerging |
| K4: We follow all nutrition guidelines for food and beverage standards, as outlined in FCPS P2100 and R2100. |                      |

### Section L – Ideas/Comments/Suggestions

Question: Please list any wellness events or activities your school has undertaken or will undertake this school year.

“No Response”

Question: Please provide any suggestions, best practices, or tools that you believe would be helpful in evaluating and supporting student and staff health and wellness within FCPS.

“No Response”

# 2023-2024 School Wellness Survey Responses

## Fox Mill Elementary

Question: Please provide any questions or comments you have with regard to FCPS' Student and Staff Health and Wellness policy, regulation, or these wellness survey items.

"No Response"

### Summary Tables:

The following graph and table visually summarize your school's responses provided above. Questions in the graph are represented by bars corresponding to the self-reported wellness score. Questions in the table are grouped together according to their self-reported wellness score (e.g., all questions recorded as "embedded" are grouped together, etc.).

\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2023-2024 School Wellness Survey Responses

## Fox Mill Elementary

Comparison of Survey Question and Self-Reported Wellness Score



Wellness Score  
(1 = No Activity, 2 = Exploring, 3 = Transitioning, 4 = Emerging, 5 = Embedded)



# 2023-2024 School Wellness Survey Responses

## Fox Mill Elementary

### Survey Questions Grouped by Wellness Score

| No Activity<br>(Score = 1) | Exploring<br>(Score = 2) | Transitioning<br>(Score =3) | Emerging<br>(Score =4)  | Embedded<br>(Score =5)   |
|----------------------------|--------------------------|-----------------------------|---|--|
|                            |                          | I10                         | C2, C3, C4, C5,<br>C6, C7, C8,<br>E1, E2, E3, E4,<br>F1, F2, F3, F4,<br>F5,<br>G2, G3, G4, G5,<br>G6,<br>H1, H2,<br>I3, I5, I6, I7, I8,<br>I9,<br>J1, J2, J3,<br>K4 | A1, A2,<br>B1, B2,<br>C1,<br>D1, D2, D3, D4,<br>G1,<br>I1, I2, I4,<br>K1, K2, K3 |

# 2023-2024 School Wellness Survey Responses

## Franconia Elementary

### Section A – Physical Education

| <u>Question: To what extent does your school implement the following practices:</u>                            | <u>Response</u> |
|--|-----------------|
| A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218. | Embedded        |
| A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.      | Embedded        |

### Section B – Physical Activity

| <u>Question: To what extent does your school implement the following practices:</u>                                | <u>Response</u> |
|--|-----------------|
| B1: Withholding recess or physical education is not used as a disciplinary action.                                 | Embedded        |
| B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess. | Embedded        |

Question: Please highlight any activities or best practices used to promote student's physical activity.

“outside recess as priority aligned with weather, field day, PE units of study outside when appropriate”

### Section C – Health Education

| <u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u> | <u>Response</u> |
|---|-----------------|
| C1: Promoting Healthy Lifestyles.   | Emerging        |
| C2: Stress Management.  | Emerging        |
| C3: Coping Skills.  | Emerging        |
| C4: Depression.   | Emerging        |
| C5: Suicide Prevention and Awareness.   | Emerging        |
| C6: Mental Health Issues (general).   | Emerging        |

# 2023-2024 School Wellness Survey Responses

## Franconia Elementary

|   |          |
|---|----------|
| C7: Relationship of Healthy Sleep to Mental Health. | Emerging |
| C8: Substance Abuse Prevention.                     | Emerging |

### Section D – Health Services

| <u>Question: To what extent does your school implement the following practices:</u>   | <u>Response</u> |
|---|-----------------|
| D1: FCPS' protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others.           | Embedded        |
| D2: Students have regular access to public health nurses to address health, safety, and psychological issues.                         | Embedded        |
| D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia. | Embedded        |
| D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102.         | Embedded        |

### Section E – Healthy and Safe School Environment

| <u>Question: To what extent does your school implement the following practices:</u>   | <u>Response</u> |
|---|-----------------|
| E1: Encourages children to safely walk or bike to and from school.  | Transitioning   |
| E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults. | Emerging        |
| E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560.    | Embedded        |
| E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152.                               | Embedded        |

Question: Please share any school or community specific barriers to promoting a healthy and safe school environment for students.

“none”

# 2023-2024 School Wellness Survey Responses

## Franconia Elementary

### Section F – School Counseling, School Psychology, and School Social Work Services

| <u>Question: To what extent does your school implement the following practices:</u>   | <u>Response</u>          |
|---|--------------------------|
| F1: Monitors school climate and other factors that may contribute to student stress, symptoms of anxiety and depression, and peer and academic pressures and substance use.                                     | Emerging                 |
| F2: Our staff has received required suicide prevention training, as well as training that includes recognition of, and response to, mental and behavioral health needs.   | Emerging                 |
| F3: Implements programs that foster social and emotional health and wellness of students and staff.   | Emerging                 |
| F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.   | Emerging                 |
| F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.  | Emerging                 |
| F6: MIDDLE AND HIGH SCHOOLS ONLY: Academic advising encourages flexibility in course scheduling to promote adequate sleep and healthy sleep patterns to affect student mental health, wellness, and attendance. | Not a Middle/High School |

### Section G – Health Promotion for Staff Members

| <u>Question: To what extent does the staff wellness liaison support opportunities for staff members to improve their health and well-being:</u>   | <u>Response</u> |
|---|-----------------|
| G1: Health screenings.  | Embedded        |
| G2: Health care access.   | Emerging        |
| G3: Employee flu immunization clinics.  | Embedded        |
| G4: Wellness opportunities for staff, such as fitness challenges, fitness classes, mobile health screenings, wellness walks, workshops, or health fairs that emphasize work/life balance. | Emerging        |
| G5: Awareness of the Employee Assistance Program Services.  | Emerging        |

# 2023-2024 School Wellness Survey Responses

## Franconia Elementary

G6: Staff celebrations that offer and encourage healthy choices for food and beverages. Emerging

### Section H – Family and Community Involvement

Question: To what extent does your school implement the following practices: Response

H1: Established a wellness committee to implement activities that support the wellness policy. Emerging

H2: Includes a non-staff, family, or community member in our school's wellness committee. Transitioning

Question: Please share how your wellness committee encourages involvement from families and community members in promoting wellness in your school.

“regular communication of student wellness activities and practices, invitations to after-school events, promotion of in-home/community resources to support wellness and mental health. ”

### Section I – Food and Nutrition General

Question: To what extent does your school implement the following practices: Response

I1: All students have at least 20 minutes to eat after sitting down for lunch. Embedded

I2: Students who participate in school meal programs have equal access to the same high-quality food and nutrition as do non-participants who purchase FCPS-provided food. Embedded

I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities. Embedded

I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals. Embedded

I5: Encourages the use of non-food items for classroom celebrations. Emerging

I6: Withholding access to food is not used as a disciplinary action. Embedded

I7: Potable water is available to all our students at no cost. Embedded

# 2023-2024 School Wellness Survey Responses

## Franconia Elementary

|   |               |
|---|---------------|
| I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS). | Transitioning |
| I9: Allows students to possess personal containers for drinking water.  | Embedded      |
| I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible.                     | Embedded      |

## Section J – Nutrition Education, Promotion, and Food Marketing

| <u>Question: To what extent does your school implement the following practices:</u>   | <u>Response</u> |
|---|-----------------|
| J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day.  | Emerging        |
|   | Embedded        |
| J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day. | Embedded        |
| J3: We follow FCPS’ policy on fundraisers as outlined in R2100.   |                 |

## Section K – Nutritional Guidelines

| <u>Question: To what extent does your school implement the following practices:</u>                          | <u>Response</u> |
|--|-----------------|
| K1: Sodas and sports drinks are not offered for sale to students at any time during the school day.          | Embedded        |
| K2: Healthy food and beverage options are encouraged at school-related events outside the school day.        | Emerging        |
| K3: Implements appropriate precautions against severe food allergies.  | Embedded        |
|  | Embedded        |
| K4: We follow all nutrition guidelines for food and beverage standards, as outlined in FCPS P2100 and R2100. |                 |

## Section L – Ideas/Comments/Suggestions

Question: Please list any wellness events or activities your school has undertaken or will undertake this school year.

“Wellness Lab” in master schedule including yoga, self affirmation, meditation. Therapy dog visitations monthly for classroom signup. Whole school morning meeting including self-calming and coping strategies for entire school and staff. ”

# 2023-2024 School Wellness Survey Responses

## Franconia Elementary

Question: Please provide any suggestions, best practices, or tools that you believe would be helpful in evaluating and supporting student and staff health and wellness within FCPS.

“have support staff and funding authentically represent student need. ”

Question: Please provide any questions or comments you have with regard to FCPS’ Student and Staff Health and Wellness policy, regulation, or these wellness survey items.

“n/a”

### Summary Tables:

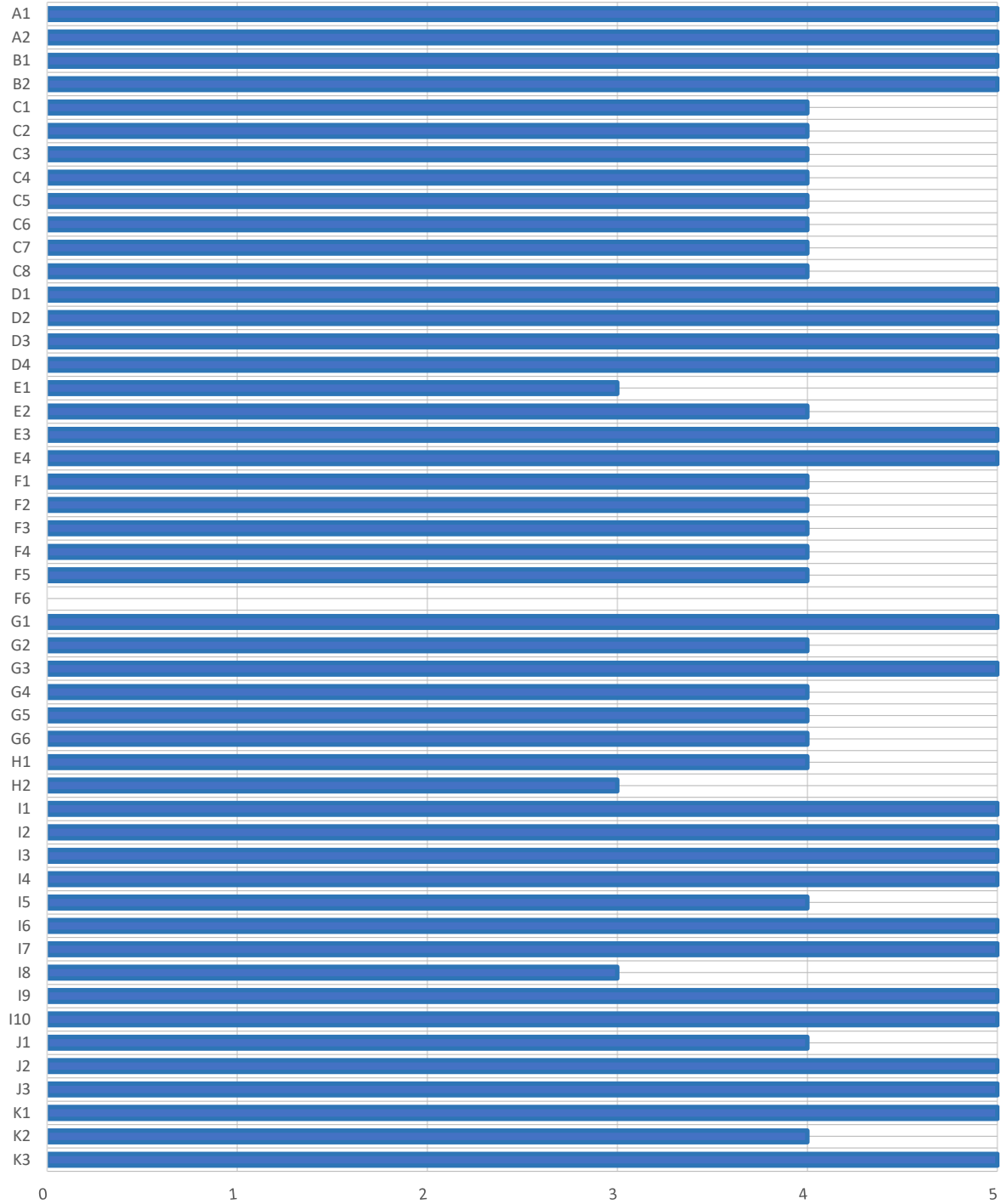
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\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2023-2024 School Wellness Survey Responses

## Franconia Elementary

Comparison of Survey Question and Self-Reported Wellness Score



Wellness Score

(1 = No Activity, 2 = Exploring, 3 = Transitioning, 4 = Emerging, 5 = Embedded)



# 2023-2024 School Wellness Survey Responses

## Franconia Elementary

### Survey Questions Grouped by Wellness Score

| No Activity<br>(Score = 1) | Exploring<br>(Score = 2) | Transitioning<br>(Score =3) | Emerging<br>(Score =4)  | Embedded<br>(Score =5)  |
|----------------------------|--------------------------|-----------------------------|---|---|
|                            |                          | E1,<br>H2,<br>I8            | C1, C2, C3, C4,<br>C5, C6, C7, C8,<br>E2,<br>F1, F2, F3, F4,<br>F5,<br>G2, G4, G5, G6,<br>H1,<br>I5,<br>J1,<br>K2 | A1, A2,<br>B1, B2,<br>D1, D2, D3, D4,<br>E3, E4,<br>G1, G3,<br>I1, I2, I3, I4, I6,<br>I7, I9, I10,<br>J2, J3,<br>K1, K3, K4 |

# 2023-2024 School Wellness Survey Responses

## Freedom Hill Elementary

### Section A – Physical Education

| <u>Question: To what extent does your school implement the following practices:</u>                            | <u>Response</u> |
|--|-----------------|
| A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218. | Embedded        |
| A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.      | Embedded        |

### Section B – Physical Activity

| <u>Question: To what extent does your school implement the following practices:</u>                                | <u>Response</u> |
|--|-----------------|
| B1: Withholding recess or physical education is not used as a disciplinary action.                                 | Embedded        |
| B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess. | Embedded        |

Question: Please highlight any activities or best practices used to promote student's physical activity.

“ ”

### Section C – Health Education

| <u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u> | <u>Response</u> |
|---|-----------------|
| C1: Promoting Healthy Lifestyles.   | Embedded        |
| C2: Stress Management.  | Emerging        |
| C3: Coping Skills.  | Emerging        |
| C4: Depression.   | Emerging        |
| C5: Suicide Prevention and Awareness.   | Emerging        |
| C6: Mental Health Issues (general).   | Emerging        |
| C7: Relationship of Healthy Sleep to Mental Health.   | Emerging        |

# 2023-2024 School Wellness Survey Responses

## Freedom Hill Elementary

C8: Substance Abuse Prevention.

Emerging

### Section D – Health Services

Question: To what extent does your school implement the following practices:

Response

D1: FCPS' protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others.

Embedded

D2: Students have regular access to public health nurses to address health, safety, and psychological issues.

Embedded

D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia.

Embedded

D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102.

Embedded

### Section E – Healthy and Safe School Environment

Question: To what extent does your school implement the following practices:

Response

E1: Encourages children to safely walk or bike to and from school.

Embedded

E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults.

Embedded

E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560.

Embedded

E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152.

Embedded

Question: Please share any school or community specific barriers to promoting a healthy and safe school environment for students.

"none"

# 2023-2024 School Wellness Survey Responses

## Freedom Hill Elementary

### Section F – School Counseling, School Psychology, and School Social Work Services

| <u>Question: To what extent does your school implement the following practices:</u>   | <u>Response</u>          |
|---|--------------------------|
| F1: Monitors school climate and other factors that may contribute to student stress, symptoms of anxiety and depression, and peer and academic pressures and substance use.                                     | Emerging                 |
| F2: Our staff has received required suicide prevention training, as well as training that includes recognition of, and response to, mental and behavioral health needs.   | Embedded                 |
| F3: Implements programs that foster social and emotional health and wellness of students and staff.   | Emerging                 |
| F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.   | Embedded                 |
| F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.  | Embedded                 |
| F6: MIDDLE AND HIGH SCHOOLS ONLY: Academic advising encourages flexibility in course scheduling to promote adequate sleep and healthy sleep patterns to affect student mental health, wellness, and attendance. | Not a Middle/High School |

### Section G – Health Promotion for Staff Members

| <u>Question: To what extent does the staff wellness liaison support opportunities for staff members to improve their health and well-being:</u>   | <u>Response</u> |
|---|-----------------|
| G1: Health screenings.  | Embedded        |
| G2: Health care access.   | Embedded        |
| G3: Employee flu immunization clinics.  | Embedded        |
| G4: Wellness opportunities for staff, such as fitness challenges, fitness classes, mobile health screenings, wellness walks, workshops, or health fairs that emphasize work/life balance. | No Activity     |
| G5: Awareness of the Employee Assistance Program Services.  | Embedded        |

# 2023-2024 School Wellness Survey Responses

## Freedom Hill Elementary

G6: Staff celebrations that offer and encourage healthy choices for food and beverages. Embedded

### Section H – Family and Community Involvement

Question: To what extent does your school implement the following practices: Response

H1: Established a wellness committee to implement activities that support the wellness policy. Exploring

H2: Includes a non-staff, family, or community member in our school's wellness committee. No Activity

Question: Please share how your wellness committee encourages involvement from families and community members in promoting wellness in your school.

"none"

### Section I – Food and Nutrition General

Question: To what extent does your school implement the following practices: Response

I1: All students have at least 20 minutes to eat after sitting down for lunch. Embedded

I2: Students who participate in school meal programs have equal access to the same high-quality food and nutrition as do non-participants who purchase FCPS-provided food. Embedded

I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities. Embedded

I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals. Embedded

I5: Encourages the use of non-food items for classroom celebrations. Embedded

I6: Withholding access to food is not used as a disciplinary action. Embedded

I7: Potable water is available to all our students at no cost. Embedded

I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS). No Activity

# 2023-2024 School Wellness Survey Responses

## Freedom Hill Elementary

I9: Allows students to possess personal containers for drinking water. Embedded

I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible. Exploring

### Section J – Nutrition Education, Promotion, and Food Marketing

Question: To what extent does your school implement the following practices: Response

J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day. Embedded

Embedded

J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day. Embedded

J3: We follow FCPS’ policy on fundraisers as outlined in R2100.

### Section K – Nutritional Guidelines

Question: To what extent does your school implement the following practices: Response

K1: Sodas and sports drinks are not offered for sale to students at any time during the school day. Embedded

K2: Healthy food and beverage options are encouraged at school-related events outside the school day. Embedded

K3: Implements appropriate precautions against severe food allergies. Embedded  
Embedded

K4: We follow all nutrition guidelines for food and beverage standards, as outlined in FCPS P2100 and R2100.

### Section L – Ideas/Comments/Suggestions

Question: Please list any wellness events or activities your school has undertaken or will undertake this school year.

“No Response”

Question: Please provide any suggestions, best practices, or tools that you believe would be helpful in evaluating and supporting student and staff health and wellness within FCPS.

“No Response”

# 2023-2024 School Wellness Survey Responses

## Freedom Hill Elementary

Question: Please provide any questions or comments you have with regard to FCPS' Student and Staff Health and Wellness policy, regulation, or these wellness survey items.

"No Response"

### Summary Tables:

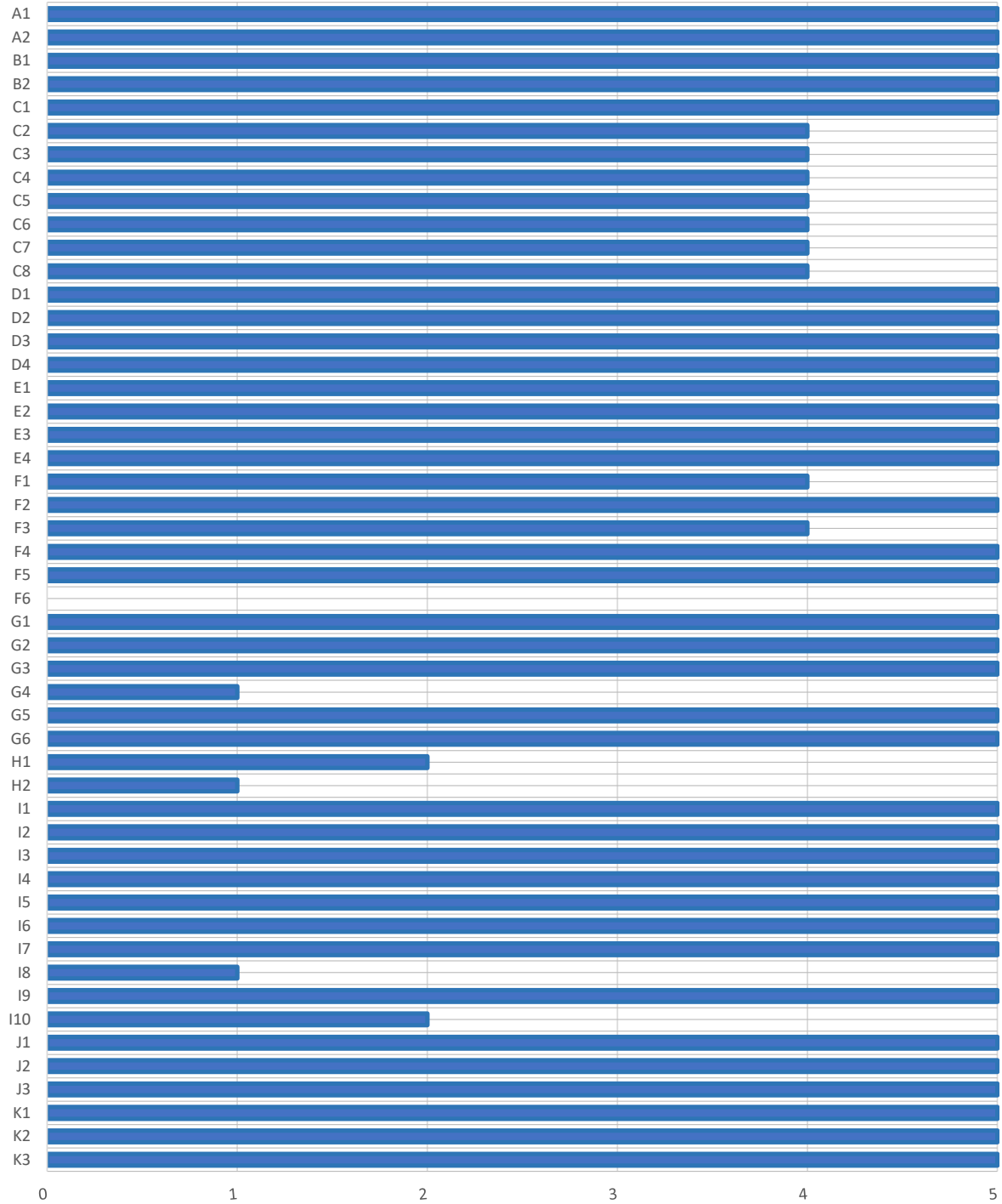
The following graph and table visually summarize your school's responses provided above. Questions in the graph are represented by bars corresponding to the self-reported wellness score. Questions in the table are grouped together according to their self-reported wellness score (e.g., all questions recorded as "embedded" are grouped together, etc.).

\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2023-2024 School Wellness Survey Responses

## Freedom Hill Elementary

Comparison of Survey Question and Self-Reported Wellness Score



Wellness Score  
(1 = No Activity, 2 = Exploring, 3 = Transitioning, 4 = Emerging, 5 = Embedded)



# 2023-2024 School Wellness Survey Responses

## Freedom Hill Elementary

### Survey Questions Grouped by Wellness Score

| No Activity<br>(Score = 1) | Exploring<br>(Score = 2) | Transitioning<br>(Score =3) | Emerging<br>(Score =4)                   | Embedded<br>(Score =5)  |
|----------------------------|--------------------------|-----------------------------|--|---|
| G4,<br>H2,<br>I8           | H1,<br>I10               |                             | C2, C3, C4, C5,<br>C6, C7, C8,<br>F1, F3 | A1, A2,<br>B1, B2,<br>C1,<br>D1, D2, D3, D4,<br>E1, E2, E3, E4,<br>F2, F4, F5,<br>G1, G2, G3, G5,<br>G6,<br>I1, I2, I3, I4, I5,<br>I6, I7, I9,<br>J1, J2, J3,<br>K1, K2, K3, K4 |

# 2023-2024 School Wellness Survey Responses

## Garfield Elementary

### Section A – Physical Education

| <u>Question: To what extent does your school implement the following practices:</u>                            | <u>Response</u> |
|--|-----------------|
| A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218. | Embedded        |
| A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.      | Embedded        |

### Section B – Physical Activity

| <u>Question: To what extent does your school implement the following practices:</u>                                | <u>Response</u> |
|--|-----------------|
| B1: Withholding recess or physical education is not used as a disciplinary action.                                 | Embedded        |
| B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess. | Embedded        |

Question: Please highlight any activities or best practices used to promote student's physical activity.

“organized games, movement breaks in class, physical education curriculum”

### Section C – Health Education

| <u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u> | <u>Response</u> |
|---|-----------------|
| C1: Promoting Healthy Lifestyles.   | Emerging        |
| C2: Stress Management.  | Emerging        |
| C3: Coping Skills.  | Emerging        |
| C4: Depression.   | Emerging        |
| C5: Suicide Prevention and Awareness.   | Emerging        |
| C6: Mental Health Issues (general).   | Emerging        |

# 2023-2024 School Wellness Survey Responses

## Garfield Elementary

|   |          |
|---|----------|
| C7: Relationship of Healthy Sleep to Mental Health. | Emerging |
| C8: Substance Abuse Prevention.                     | Emerging |

### Section D – Health Services

| <u>Question: To what extent does your school implement the following practices:</u>   | <u>Response</u> |
|---|-----------------|
| D1: FCPS' protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others.           | Embedded        |
| D2: Students have regular access to public health nurses to address health, safety, and psychological issues.                         | Embedded        |
| D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia. | Embedded        |
| D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102.         | Embedded        |

### Section E – Healthy and Safe School Environment

| <u>Question: To what extent does your school implement the following practices:</u>   | <u>Response</u> |
|---|-----------------|
| E1: Encourages children to safely walk or bike to and from school.  | Embedded        |
| E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults. | Embedded        |
| E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560.    | Embedded        |
| E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152.                               | Embedded        |

Question: Please share any school or community specific barriers to promoting a healthy and safe school environment for students.

“none”

# 2023-2024 School Wellness Survey Responses

## Garfield Elementary

### Section F – School Counseling, School Psychology, and School Social Work Services

| <u>Question: To what extent does your school implement the following practices:</u>   | <u>Response</u>          |
|---|--------------------------|
| F1: Monitors school climate and other factors that may contribute to student stress, symptoms of anxiety and depression, and peer and academic pressures and substance use.                                     | Embedded                 |
| F2: Our staff has received required suicide prevention training, as well as training that includes recognition of, and response to, mental and behavioral health needs.   | Embedded                 |
| F3: Implements programs that foster social and emotional health and wellness of students and staff.   | Embedded                 |
| F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.   | Embedded                 |
| F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.  | Emerging                 |
| F6: MIDDLE AND HIGH SCHOOLS ONLY: Academic advising encourages flexibility in course scheduling to promote adequate sleep and healthy sleep patterns to affect student mental health, wellness, and attendance. | Not a Middle/High School |

### Section G – Health Promotion for Staff Members

| <u>Question: To what extent does the staff wellness liaison support opportunities for staff members to improve their health and well-being:</u>   | <u>Response</u> |
|---|-----------------|
| G1: Health screenings.  | Embedded        |
| G2: Health care access.   | Embedded        |
| G3: Employee flu immunization clinics.  | Embedded        |
| G4: Wellness opportunities for staff, such as fitness challenges, fitness classes, mobile health screenings, wellness walks, workshops, or health fairs that emphasize work/life balance. | Embedded        |
| G5: Awareness of the Employee Assistance Program Services.  | Embedded        |

# 2023-2024 School Wellness Survey Responses

## Garfield Elementary

G6: Staff celebrations that offer and encourage healthy choices for food and beverages. Embedded

### Section H – Family and Community Involvement

Question: To what extent does your school implement the following practices: Response

H1: Established a wellness committee to implement activities that support the wellness policy. Embedded

H2: Includes a non-staff, family, or community member in our school's wellness committee. Emerging

Question: Please share how your wellness committee encourages involvement from families and community members in promoting wellness in your school.

“Principal Coffees, Wellness School Events”

### Section I – Food and Nutrition General

Question: To what extent does your school implement the following practices: Response

I1: All students have at least 20 minutes to eat after sitting down for lunch. Embedded

I2: Students who participate in school meal programs have equal access to the same high-quality food and nutrition as do non-participants who purchase FCPS-provided food. Embedded

I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities. Embedded

I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals. Embedded

I5: Encourages the use of non-food items for classroom celebrations. Emerging

I6: Withholding access to food is not used as a disciplinary action. Embedded

I7: Potable water is available to all our students at no cost. Embedded

I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS). Exploring

# 2023-2024 School Wellness Survey Responses

## Garfield Elementary

I9: Allows students to possess personal containers for drinking water. Embedded

I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible. Embedded

### Section J – Nutrition Education, Promotion, and Food Marketing

Question: To what extent does your school implement the following practices: Response

J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day. Embedded

Embedded

J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day. Embedded

J3: We follow FCPS’ policy on fundraisers as outlined in R2100.

### Section K – Nutritional Guidelines

Question: To what extent does your school implement the following practices: Response

K1: Sodas and sports drinks are not offered for sale to students at any time during the school day. Embedded

K2: Healthy food and beverage options are encouraged at school-related events outside the school day. Embedded

K3: Implements appropriate precautions against severe food allergies. Embedded  
Embedded

K4: We follow all nutrition guidelines for food and beverage standards, as outlined in FCPS P2100 and R2100.

### Section L – Ideas/Comments/Suggestions

Question: Please list any wellness events or activities your school has undertaken or will undertake this school year.

“Family Wellness Night, Yoga for Kids”

Question: Please provide any suggestions, best practices, or tools that you believe would be helpful in evaluating and supporting student and staff health and wellness within FCPS.

“No Response”

# 2023-2024 School Wellness Survey Responses

## Garfield Elementary

Question: Please provide any questions or comments you have with regard to FCPS' Student and Staff Health and Wellness policy, regulation, or these wellness survey items.

"No Response"

### Summary Tables:

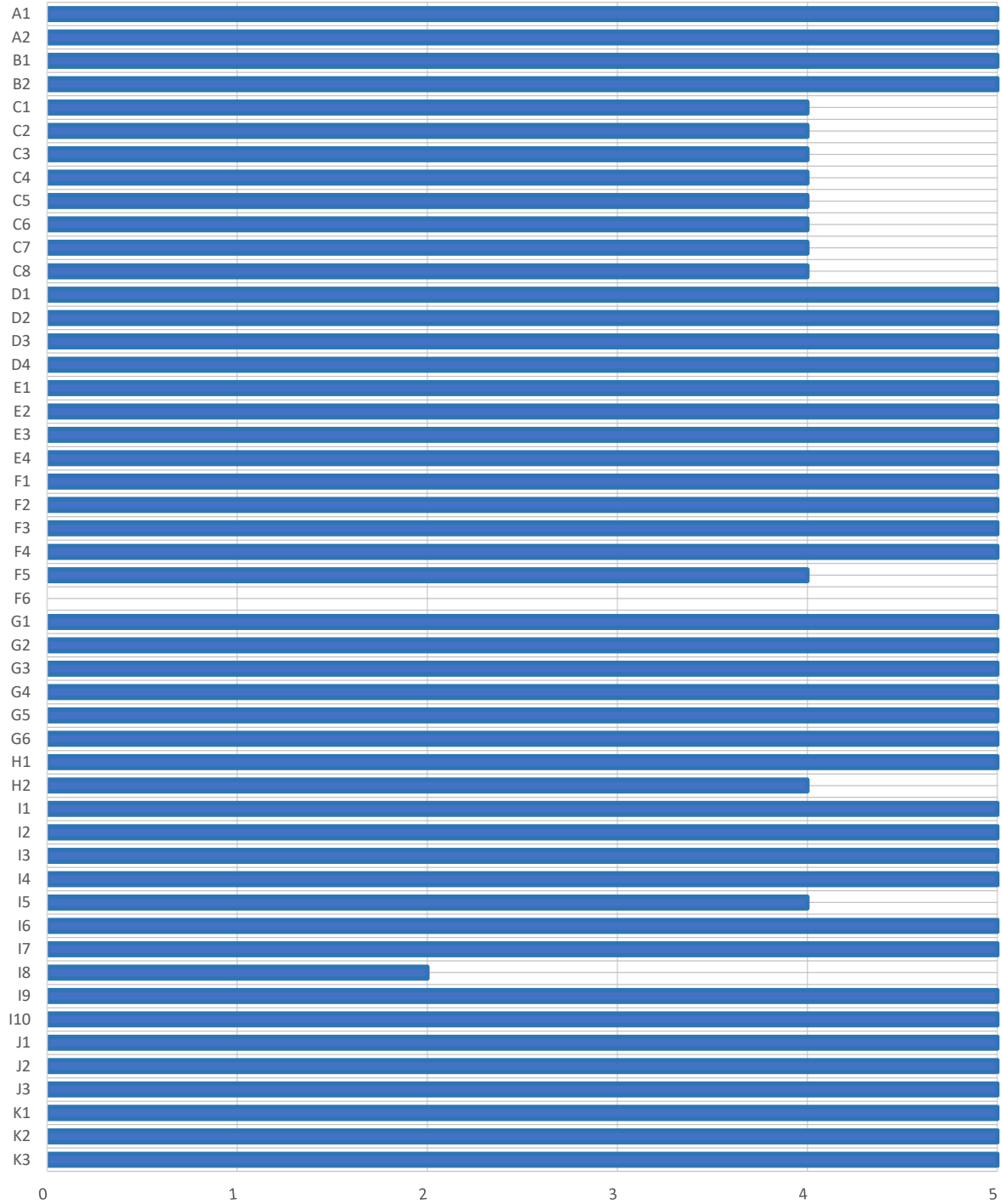
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\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2023-2024 School Wellness Survey Responses

## Garfield Elementary

Comparison of Survey Question and Self-Reported Wellness Score



Wellness Score

(1 = No Activity, 2 = Exploring, 3 = Transitioning, 4 = Emerging, 5 = Embedded)



# 2023-2024 School Wellness Survey Responses

## Garfield Elementary

### Survey Questions Grouped by Wellness Score

| No Activity<br>(Score = 1) | Exploring<br>(Score = 2) | Transitioning<br>(Score =3) | Emerging<br>(Score =4)                                 | Embedded<br>(Score =5)   |
|----------------------------|--------------------------|-----------------------------|--|--|
|                            | 18                       |                             | C1, C2, C3, C4,<br>C5, C6, C7, C8,<br>F5,<br>H2,<br>I5 | A1, A2,<br>B1, B2,<br>D1, D2, D3, D4,<br>E1, E2, E3, E4,<br>F1, F2, F3, F4,<br>G1, G2, G3, G4,<br>G5, G6,<br>H1,<br>I1, I2, I3, I4, I6,<br>I7, I9, I10,<br>J1, J2, J3,<br>K1, K2, K3, K4 |

# 2023-2024 School Wellness Survey Responses

## Glen Forest Elementary

### Section A – Physical Education

| <u>Question: To what extent does your school implement the following practices:</u>                            | <u>Response</u> |
|--|-----------------|
| A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218. | Embedded        |
| A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.      | Embedded        |

### Section B – Physical Activity

| <u>Question: To what extent does your school implement the following practices:</u>                                | <u>Response</u> |
|--|-----------------|
| B1: Withholding recess or physical education is not used as a disciplinary action.                                 | Embedded        |
| B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess. | Embedded        |

Question: Please highlight any activities or best practices used to promote student's physical activity.

“Students have access to soccer every day on a Fairfax County field. ”

### Section C – Health Education

| <u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u> | <u>Response</u> |
|---|-----------------|
| C1: Promoting Healthy Lifestyles.   | Emerging        |
| C2: Stress Management.  | Embedded        |
| C3: Coping Skills.  | Embedded        |
| C4: Depression.   | Embedded        |
| C5: Suicide Prevention and Awareness.   | Emerging        |
| C6: Mental Health Issues (general).   | Embedded        |
| C7: Relationship of Healthy Sleep to Mental Health.   | Embedded        |

# 2023-2024 School Wellness Survey Responses

## Glen Forest Elementary

C8: Substance Abuse Prevention.

Embedded

### Section D – Health Services

Question: To what extent does your school implement the following practices:

Response

D1: FCPS' protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others.

Embedded

D2: Students have regular access to public health nurses to address health, safety, and psychological issues.

Embedded

D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia.

Embedded

D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102.

Embedded

### Section E – Healthy and Safe School Environment

Question: To what extent does your school implement the following practices:

Response

E1: Encourages children to safely walk or bike to and from school.

Emerging

E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults.

Emerging

E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560.

Embedded

E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152.

Embedded

Question: Please share any school or community specific barriers to promoting a healthy and safe school environment for students.

“Our school is not ideal for bike riding and the traffic pattern is extremely dangerous”

# 2023-2024 School Wellness Survey Responses

## Glen Forest Elementary

### Section F – School Counseling, School Psychology, and School Social Work Services

| <u>Question: To what extent does your school implement the following practices:</u>   | <u>Response</u>          |
|---|--------------------------|
| F1: Monitors school climate and other factors that may contribute to student stress, symptoms of anxiety and depression, and peer and academic pressures and substance use.                                     | Embedded                 |
| F2: Our staff has received required suicide prevention training, as well as training that includes recognition of, and response to, mental and behavioral health needs.   | Embedded                 |
| F3: Implements programs that foster social and emotional health and wellness of students and staff.   | Embedded                 |
| F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.   | Embedded                 |
| F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.  | Embedded                 |
| F6: MIDDLE AND HIGH SCHOOLS ONLY: Academic advising encourages flexibility in course scheduling to promote adequate sleep and healthy sleep patterns to affect student mental health, wellness, and attendance. | Not a Middle/High School |

### Section G – Health Promotion for Staff Members

| <u>Question: To what extent does the staff wellness liaison support opportunities for staff members to improve their health and well-being:</u>   | <u>Response</u> |
|---|-----------------|
| G1: Health screenings.  | Embedded        |
| G2: Health care access.   | Transitioning   |
| G3: Employee flu immunization clinics.  | Embedded        |
| G4: Wellness opportunities for staff, such as fitness challenges, fitness classes, mobile health screenings, wellness walks, workshops, or health fairs that emphasize work/life balance. | Emerging        |
| G5: Awareness of the Employee Assistance Program Services.  | Embedded        |

# 2023-2024 School Wellness Survey Responses

## Glen Forest Elementary

G6: Staff celebrations that offer and encourage healthy choices for food and beverages. Emerging

### Section H – Family and Community Involvement

Question: To what extent does your school implement the following practices: Response

H1: Established a wellness committee to implement activities that support the wellness policy. Embedded

H2: Includes a non-staff, family, or community member in our school's wellness committee. Exploring

Question: Please share how your wellness committee encourages involvement from families and community members in promoting wellness in your school.

"none"

### Section I – Food and Nutrition General

Question: To what extent does your school implement the following practices: Response

I1: All students have at least 20 minutes to eat after sitting down for lunch. Embedded

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I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities. Embedded

I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals. Embedded

I5: Encourages the use of non-food items for classroom celebrations. Emerging

I6: Withholding access to food is not used as a disciplinary action. Embedded

I7: Potable water is available to all our students at no cost. No Activity

I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS). No Activity

# 2023-2024 School Wellness Survey Responses

## Glen Forest Elementary

I9: Allows students to possess personal containers for drinking water. Embedded

I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible. Embedded

### Section J – Nutrition Education, Promotion, and Food Marketing

Question: To what extent does your school implement the following practices: Response

J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day. No Activity

Embedded

J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day. Embedded

J3: We follow FCPS’ policy on fundraisers as outlined in R2100.

### Section K – Nutritional Guidelines

Question: To what extent does your school implement the following practices: Response

K1: Sodas and sports drinks are not offered for sale to students at any time during the school day. Embedded

K2: Healthy food and beverage options are encouraged at school-related events outside the school day. Embedded

K3: Implements appropriate precautions against severe food allergies. Embedded  
Embedded

K4: We follow all nutrition guidelines for food and beverage standards, as outlined in FCPS P2100 and R2100.

### Section L – Ideas/Comments/Suggestions

Question: Please list any wellness events or activities your school has undertaken or will undertake this school year.

“No Response”

Question: Please provide any suggestions, best practices, or tools that you believe would be helpful in evaluating and supporting student and staff health and wellness within FCPS.

“No Response”

# 2023-2024 School Wellness Survey Responses

## Glen Forest Elementary

Question: Please provide any questions or comments you have with regard to FCPS' Student and Staff Health and Wellness policy, regulation, or these wellness survey items.

"No Response"

### Summary Tables:

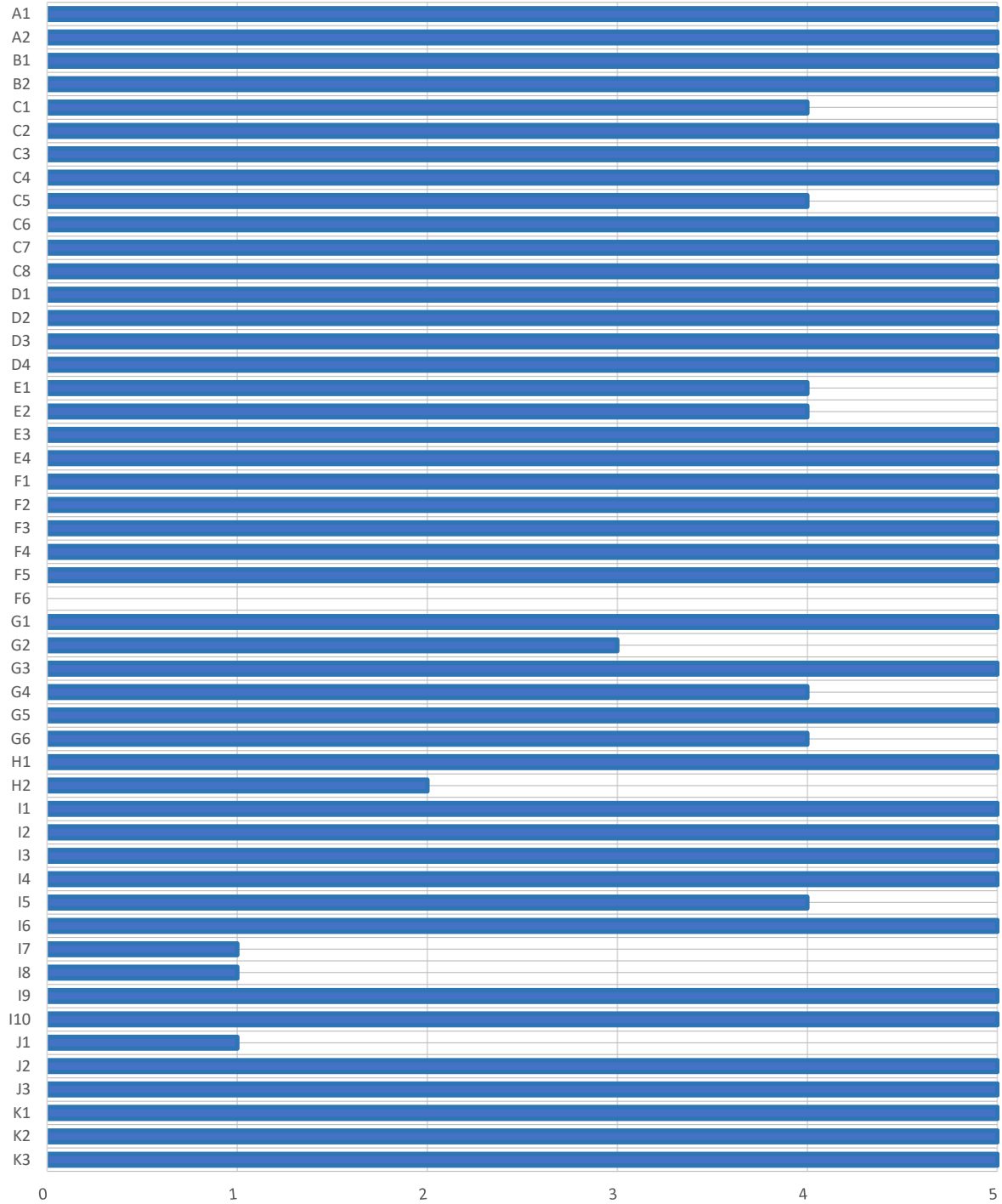
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\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2023-2024 School Wellness Survey Responses

## Glen Forest Elementary

Comparison of Survey Question and Self-Reported Wellness Score



Wellness Score  
(1 = No Activity, 2 = Exploring, 3 = Transitioning, 4 = Emerging, 5 = Embedded)



# 2023-2024 School Wellness Survey Responses

## Glen Forest Elementary

### Survey Questions Grouped by Wellness Score

| No Activity<br>(Score = 1) | Exploring<br>(Score = 2) | Transitioning<br>(Score =3) | Emerging<br>(Score =4)              | Embedded<br>(Score =5)   |
|----------------------------|--------------------------|-----------------------------|-------------------------------------|--|
| I7, I8,<br>J1              | H2                       | G2                          | C1, C5,<br>E1, E2,<br>G4, G6,<br>I5 | A1, A2,<br>B1, B2,<br>C2, C3, C4, C6,<br>C7, C8,<br>D1, D2, D3, D4,<br>E3, E4,<br>F1, F2, F3, F4,<br>F5,<br>G1, G3, G5,<br>H1,<br>I1, I2, I3, I4, I6,<br>I9, I10,<br>J2, J3,<br>K1, K2, K3, K4 |

# 2023-2024 School Wellness Survey Responses

## Graham Road Elementary

### Section A – Physical Education

| <u>Question: To what extent does your school implement the following practices:</u>                            | <u>Response</u> |
|--|-----------------|
| A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218. | Embedded        |
| A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.      | Embedded        |

### Section B – Physical Activity

| <u>Question: To what extent does your school implement the following practices:</u>                                | <u>Response</u> |
|--|-----------------|
| B1: Withholding recess or physical education is not used as a disciplinary action.                                 | Embedded        |
| B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess. | Embedded        |

Question: Please highlight any activities or best practices used to promote student's physical activity.

“ ”

### Section C – Health Education

| <u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u> | <u>Response</u> |
|---|-----------------|
| C1: Promoting Healthy Lifestyles.   | Embedded        |
| C2: Stress Management.  | Emerging        |
| C3: Coping Skills.  | Emerging        |
| C4: Depression.   | Emerging        |
| C5: Suicide Prevention and Awareness.   | Transitioning   |
| C6: Mental Health Issues (general).   | Emerging        |
| C7: Relationship of Healthy Sleep to Mental Health.   | Emerging        |

# 2023-2024 School Wellness Survey Responses

## Graham Road Elementary

C8: Substance Abuse Prevention.

Transitioning

### Section D – Health Services

Question: To what extent does your school implement the following practices:

Response

D1: FCPS' protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others.

Embedded

D2: Students have regular access to public health nurses to address health, safety, and psychological issues.

Embedded

D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia.

Embedded

D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102.

Embedded

### Section E – Healthy and Safe School Environment

Question: To what extent does your school implement the following practices:

Response

E1: Encourages children to safely walk or bike to and from school.

Emerging

E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults.

Embedded

E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560.

Embedded

E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152.

Embedded

Question: Please share any school or community specific barriers to promoting a healthy and safe school environment for students.

"none"

# 2023-2024 School Wellness Survey Responses

## Graham Road Elementary

### Section F – School Counseling, School Psychology, and School Social Work Services

| <u>Question: To what extent does your school implement the following practices:</u>   | <u>Response</u>          |
|---|--------------------------|
| F1: Monitors school climate and other factors that may contribute to student stress, symptoms of anxiety and depression, and peer and academic pressures and substance use.                                     | Embedded                 |
| F2: Our staff has received required suicide prevention training, as well as training that includes recognition of, and response to, mental and behavioral health needs.   | Embedded                 |
| F3: Implements programs that foster social and emotional health and wellness of students and staff.   | Embedded                 |
| F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.   | Embedded                 |
| F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.  | Embedded                 |
| F6: MIDDLE AND HIGH SCHOOLS ONLY: Academic advising encourages flexibility in course scheduling to promote adequate sleep and healthy sleep patterns to affect student mental health, wellness, and attendance. | Not a Middle/High School |

### Section G – Health Promotion for Staff Members

| <u>Question: To what extent does the staff wellness liaison support opportunities for staff members to improve their health and well-being:</u>   | <u>Response</u> |
|---|-----------------|
| G1: Health screenings.  | Embedded        |
| G2: Health care access.   | Embedded        |
| G3: Employee flu immunization clinics.  | Embedded        |
| G4: Wellness opportunities for staff, such as fitness challenges, fitness classes, mobile health screenings, wellness walks, workshops, or health fairs that emphasize work/life balance. | Embedded        |
| G5: Awareness of the Employee Assistance Program Services.  | Embedded        |

# 2023-2024 School Wellness Survey Responses

## Graham Road Elementary

G6: Staff celebrations that offer and encourage healthy choices for food and beverages. Embedded

### Section H – Family and Community Involvement

Question: To what extent does your school implement the following practices: Response

H1: Established a wellness committee to implement activities that support the wellness policy. Embedded

H2: Includes a non-staff, family, or community member in our school's wellness committee. Exploring

Question: Please share how your wellness committee encourages involvement from families and community members in promoting wellness in your school.

"none"

### Section I – Food and Nutrition General

Question: To what extent does your school implement the following practices: Response

I1: All students have at least 20 minutes to eat after sitting down for lunch. Transitioning

I2: Students who participate in school meal programs have equal access to the same high-quality food and nutrition as do non-participants who purchase FCPS-provided food. Embedded

I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities. Embedded

I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals. Embedded

I5: Encourages the use of non-food items for classroom celebrations. Embedded

I6: Withholding access to food is not used as a disciplinary action. Embedded

I7: Potable water is available to all our students at no cost. Embedded

I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS). Embedded

# 2023-2024 School Wellness Survey Responses

## Graham Road Elementary

I9: Allows students to possess personal containers for drinking water. Embedded

I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible. Emerging

### Section J – Nutrition Education, Promotion, and Food Marketing

Question: To what extent does your school implement the following practices: Response

J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day. Embedded

Embedded

J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day. Embedded

J3: We follow FCPS’ policy on fundraisers as outlined in R2100.

### Section K – Nutritional Guidelines

Question: To what extent does your school implement the following practices: Response

K1: Sodas and sports drinks are not offered for sale to students at any time during the school day. Embedded

K2: Healthy food and beverage options are encouraged at school-related events outside the school day. Embedded

K3: Implements appropriate precautions against severe food allergies. Embedded  
Embedded

K4: We follow all nutrition guidelines for food and beverage standards, as outlined in FCPS P2100 and R2100.

### Section L – Ideas/Comments/Suggestions

Question: Please list any wellness events or activities your school has undertaken or will undertake this school year.

“No Response”

Question: Please provide any suggestions, best practices, or tools that you believe would be helpful in evaluating and supporting student and staff health and wellness within FCPS.

“No Response”

# 2023-2024 School Wellness Survey Responses

## Graham Road Elementary

Question: Please provide any questions or comments you have with regard to FCPS' Student and Staff Health and Wellness policy, regulation, or these wellness survey items.

"No Response"

### Summary Tables:

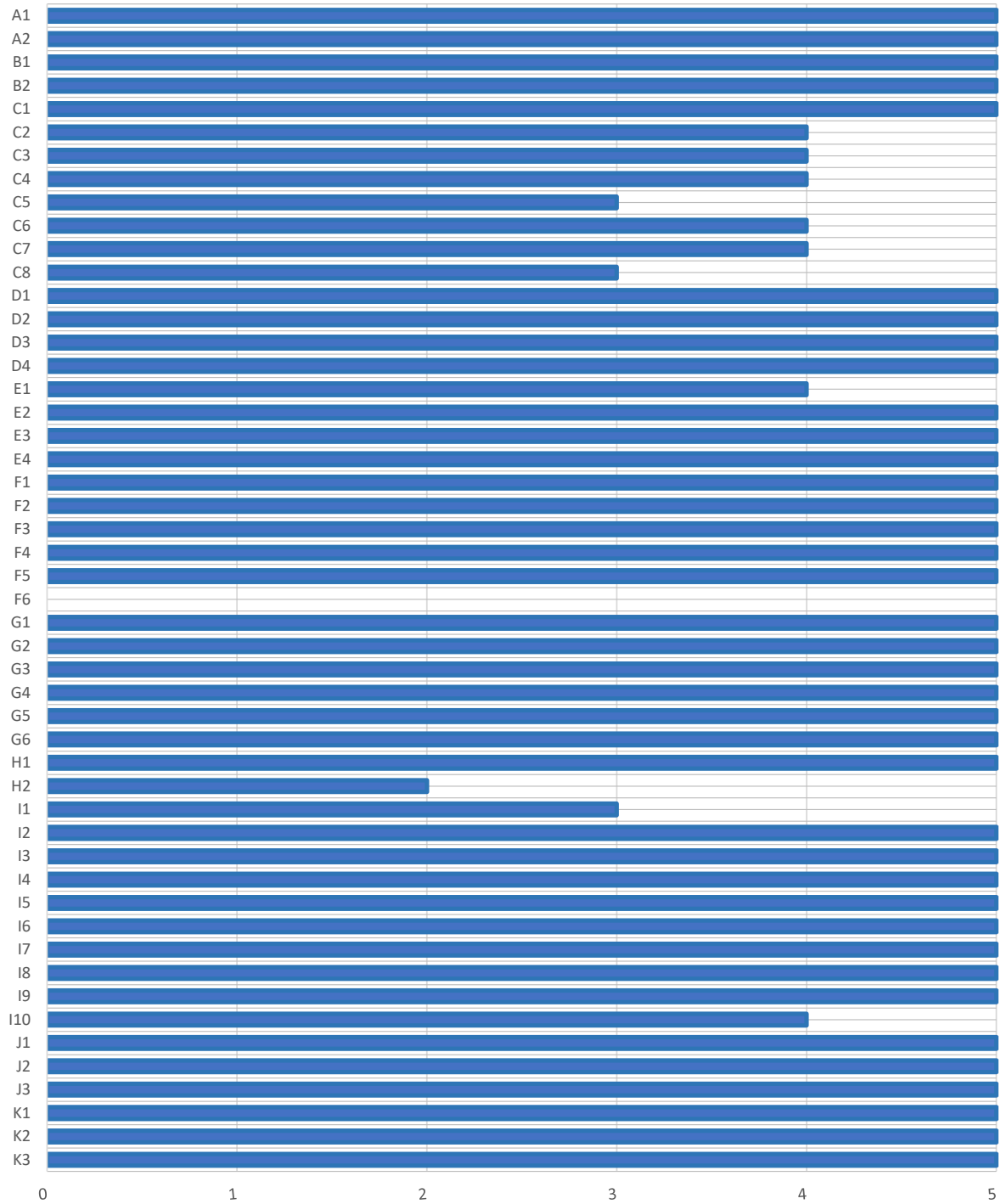
The following graph and table visually summarize your school's responses provided above. Questions in the graph are represented by bars corresponding to the self-reported wellness score. Questions in the table are grouped together according to their self-reported wellness score (e.g., all questions recorded as "embedded" are grouped together, etc.).

\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2023-2024 School Wellness Survey Responses

## Graham Road Elementary

Comparison of Survey Question and Self-Reported Wellness Score



Wellness Score  
(1 = No Activity, 2 = Exploring, 3 = Transitioning, 4 = Emerging, 5 = Embedded)



# 2023-2024 School Wellness Survey Responses

## Graham Road Elementary

### Survey Questions Grouped by Wellness Score

| No Activity<br>(Score = 1) | Exploring<br>(Score = 2) | Transitioning<br>(Score =3) | Emerging<br>(Score =4)               | Embedded<br>(Score =5)  |
|----------------------------|--------------------------|-----------------------------|--------------------------------------|---|
|                            | H2                       | C5, C8,<br>I1               | C2, C3, C4, C6,<br>C7,<br>E1,<br>I10 | A1, A2,<br>B1, B2,<br>C1,<br>D1, D2, D3, D4,<br>E2, E3, E4,<br>F1, F2, F3, F4,<br>F5,<br>G1, G2, G3, G4,<br>G5, G6,<br>H1,<br>I2, I3, I4, I5, I6,<br>I7, I8, I9,<br>J1, J2, J3,<br>K1, K2, K3, K4 |

# 2023-2024 School Wellness Survey Responses

## Great Falls Elementary

### Section A – Physical Education

| <u>Question: To what extent does your school implement the following practices:</u>                            | <u>Response</u> |
|--|-----------------|
| A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218. | Embedded        |
| A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.      | Embedded        |

### Section B – Physical Activity

| <u>Question: To what extent does your school implement the following practices:</u>                                | <u>Response</u> |
|--|-----------------|
| B1: Withholding recess or physical education is not used as a disciplinary action.                                 | Embedded        |
| B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess. | Embedded        |

Question: Please highlight any activities or best practices used to promote student's physical activity.

“ ”

### Section C – Health Education

| <u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u> | <u>Response</u> |
|---|-----------------|
| C1: Promoting Healthy Lifestyles.   | Embedded        |
| C2: Stress Management.  | Emerging        |
| C3: Coping Skills.  | Emerging        |
| C4: Depression.   | Emerging        |
| C5: Suicide Prevention and Awareness.   | Emerging        |
| C6: Mental Health Issues (general).   | Emerging        |
| C7: Relationship of Healthy Sleep to Mental Health.   | Emerging        |

# 2023-2024 School Wellness Survey Responses

## Great Falls Elementary

C8: Substance Abuse Prevention.

Emerging

### Section D – Health Services

Question: To what extent does your school implement the following practices:

Response

D1: FCPS' protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others.

Embedded

D2: Students have regular access to public health nurses to address health, safety, and psychological issues.

Embedded

D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia.

Embedded

D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102.

Embedded

### Section E – Healthy and Safe School Environment

Question: To what extent does your school implement the following practices:

Response

E1: Encourages children to safely walk or bike to and from school.

Transitioning

E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults.

Embedded

E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560.

Embedded

E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152.

Embedded

Question: Please share any school or community specific barriers to promoting a healthy and safe school environment for students.

“none”

# 2023-2024 School Wellness Survey Responses

## Great Falls Elementary

### Section F – School Counseling, School Psychology, and School Social Work Services

| <u>Question: To what extent does your school implement the following practices:</u>   | <u>Response</u>          |
|---|--------------------------|
| F1: Monitors school climate and other factors that may contribute to student stress, symptoms of anxiety and depression, and peer and academic pressures and substance use.                                     | Embedded                 |
| F2: Our staff has received required suicide prevention training, as well as training that includes recognition of, and response to, mental and behavioral health needs.   | Emerging                 |
| F3: Implements programs that foster social and emotional health and wellness of students and staff.   | Emerging                 |
| F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.   | Embedded                 |
| F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.  | Emerging                 |
| F6: MIDDLE AND HIGH SCHOOLS ONLY: Academic advising encourages flexibility in course scheduling to promote adequate sleep and healthy sleep patterns to affect student mental health, wellness, and attendance. | Not a Middle/High School |

### Section G – Health Promotion for Staff Members

| <u>Question: To what extent does the staff wellness liaison support opportunities for staff members to improve their health and well-being:</u>   | <u>Response</u> |
|---|-----------------|
| G1: Health screenings.  | Emerging        |
| G2: Health care access.   | Emerging        |
| G3: Employee flu immunization clinics.  | Embedded        |
| G4: Wellness opportunities for staff, such as fitness challenges, fitness classes, mobile health screenings, wellness walks, workshops, or health fairs that emphasize work/life balance. | Emerging        |
| G5: Awareness of the Employee Assistance Program Services.  | Embedded        |

# 2023-2024 School Wellness Survey Responses

## Great Falls Elementary

G6: Staff celebrations that offer and encourage healthy choices for food and beverages. Emerging

### Section H – Family and Community Involvement

Question: To what extent does your school implement the following practices: Response

H1: Established a wellness committee to implement activities that support the wellness policy. Transitioning

H2: Includes a non-staff, family, or community member in our school's wellness committee. No Activity

Question: Please share how your wellness committee encourages involvement from families and community members in promoting wellness in your school.

“none”

### Section I – Food and Nutrition General

Question: To what extent does your school implement the following practices: Response

I1: All students have at least 20 minutes to eat after sitting down for lunch. Embedded

I2: Students who participate in school meal programs have equal access to the same high-quality food and nutrition as do non-participants who purchase FCPS-provided food. Embedded

I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities. Embedded

I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals. Embedded

I5: Encourages the use of non-food items for classroom celebrations. Embedded

I6: Withholding access to food is not used as a disciplinary action. Embedded

I7: Potable water is available to all our students at no cost. Embedded

I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS). Transitioning

# 2023-2024 School Wellness Survey Responses

## Great Falls Elementary

|   |               |
|---|---------------|
| I9: Allows students to possess personal containers for drinking water.                    | Embedded      |
| I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible. | Transitioning |

### Section J – Nutrition Education, Promotion, and Food Marketing

| <u>Question: To what extent does your school implement the following practices:</u>   | <u>Response</u> |
|---|-----------------|
| J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day.  | No Activity     |
| J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day. | Embedded        |
| J3: We follow FCPS’ policy on fundraisers as outlined in R2100.   | Embedded        |

### Section K – Nutritional Guidelines

| <u>Question: To what extent does your school implement the following practices:</u>                          | <u>Response</u>      |
|--|----------------------|
| K1: Sodas and sports drinks are not offered for sale to students at any time during the school day.          | Embedded             |
| K2: Healthy food and beverage options are encouraged at school-related events outside the school day.        | Embedded             |
| K3: Implements appropriate precautions against severe food allergies.  | Embedded<br>Embedded |
| K4: We follow all nutrition guidelines for food and beverage standards, as outlined in FCPS P2100 and R2100. |                      |

### Section L – Ideas/Comments/Suggestions

Question: Please list any wellness events or activities your school has undertaken or will undertake this school year.

“No Response”

# 2023-2024 School Wellness Survey Responses

## Great Falls Elementary

Question: Please provide any suggestions, best practices, or tools that you believe would be helpful in evaluating and supporting student and staff health and wellness within FCPS.

“No Response”

Question: Please provide any questions or comments you have with regard to FCPS’ Student and Staff Health and Wellness policy, regulation, or these wellness survey items.

“No Response”

### Summary Tables:

The following graph and table visually summarize your school’s responses provided above. Questions in the graph are represented by bars corresponding to the self-reported wellness score. Questions in the table are grouped together according to their self-reported wellness score (e.g., all questions recorded as “embedded” are grouped together, etc.).

\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2023-2024 School Wellness Survey Responses

## Great Falls Elementary

Comparison of Survey Question and Self-Reported Wellness Score



Wellness Score  
(1 = No Activity, 2 = Exploring, 3 = Transitioning, 4 = Emerging, 5 = Embedded)



# 2023-2024 School Wellness Survey Responses

## Great Falls Elementary

### Survey Questions Grouped by Wellness Score

| No Activity<br>(Score = 1) | Exploring<br>(Score = 2) | Transitioning<br>(Score =3) | Emerging<br>(Score =4)  | Embedded<br>(Score =5)   |
|----------------------------|--------------------------|-----------------------------|---|--|
| H2,<br>J1                  |                          | E1,<br>H1,<br>I8, I10       | C2, C3, C4, C5,<br>C6, C7, C8,<br>F2, F3, F5,<br>G1, G2, G4, G6 | A1, A2,<br>B1, B2,<br>C1,<br>D1, D2, D3, D4,<br>E2, E3, E4,<br>F1, F4,<br>G3, G5,<br>I1, I2, I3, I4, I5,<br>I6, I7, I9,<br>J2, J3,<br>K1, K2, K3, K4 |

# 2023-2024 School Wellness Survey Responses

## Greenbriar East Elementary

### Section A – Physical Education

| <u>Question: To what extent does your school implement the following practices:</u>                            | <u>Response</u> |
|--|-----------------|
| A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218. | Embedded        |
| A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.      | Embedded        |

### Section B – Physical Activity

| <u>Question: To what extent does your school implement the following practices:</u>                                | <u>Response</u> |
|--|-----------------|
| B1: Withholding recess or physical education is not used as a disciplinary action.                                 | Emerging        |
| B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess. | Embedded        |

Question: Please highlight any activities or best practices used to promote student's physical activity.

“Variety of before and after school activities (Rub Clubs and Dance Classes). There are also evening events connected with physical activity.”

### Section C – Health Education

| <u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u> | <u>Response</u> |
|---|-----------------|
| C1: Promoting Healthy Lifestyles.   | Transitioning   |
| C2: Stress Management.  | Transitioning   |
| C3: Coping Skills.  | Transitioning   |
| C4: Depression.   | Exploring       |
| C5: Suicide Prevention and Awareness.   | Exploring       |
| C6: Mental Health Issues (general).   | Exploring       |

# 2023-2024 School Wellness Survey Responses

## Greenbriar East Elementary

C7: Relationship of Healthy Sleep to Mental Health. Transitioning

C8: Substance Abuse Prevention. Exploring

### Section D – Health Services

Question: To what extent does your school implement the following practices: Response

D1: FCPS' protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others. Embedded

D2: Students have regular access to public health nurses to address health, safety, and psychological issues. Embedded

D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia. Embedded

D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102. Embedded

### Section E – Healthy and Safe School Environment

Question: To what extent does your school implement the following practices: Response

E1: Encourages children to safely walk or bike to and from school. No Activity

E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults. Embedded

E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560. Embedded

E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152. Embedded

Question: Please share any school or community specific barriers to promoting a healthy and safe school environment for students.

“Overcrowded school with lack of space.”

# 2023-2024 School Wellness Survey Responses

## Greenbriar East Elementary

### Section F – School Counseling, School Psychology, and School Social Work Services

| <u>Question: To what extent does your school implement the following practices:</u>   | <u>Response</u>          |
|---|--------------------------|
| F1: Monitors school climate and other factors that may contribute to student stress, symptoms of anxiety and depression, and peer and academic pressures and substance use.                                     | Emerging                 |
| F2: Our staff has received required suicide prevention training, as well as training that includes recognition of, and response to, mental and behavioral health needs.   | Emerging                 |
| F3: Implements programs that foster social and emotional health and wellness of students and staff.   | Transitioning            |
| F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.   | Embedded                 |
| F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.  | Emerging                 |
| F6: MIDDLE AND HIGH SCHOOLS ONLY: Academic advising encourages flexibility in course scheduling to promote adequate sleep and healthy sleep patterns to affect student mental health, wellness, and attendance. | Not a Middle/High School |

### Section G – Health Promotion for Staff Members

| <u>Question: To what extent does the staff wellness liaison support opportunities for staff members to improve their health and well-being:</u>   | <u>Response</u> |
|---|-----------------|
| G1: Health screenings.  | Embedded        |
| G2: Health care access.   | Transitioning   |
| G3: Employee flu immunization clinics.  | Embedded        |
| G4: Wellness opportunities for staff, such as fitness challenges, fitness classes, mobile health screenings, wellness walks, workshops, or health fairs that emphasize work/life balance. | Exploring       |
| G5: Awareness of the Employee Assistance Program Services.  | Transitioning   |

# 2023-2024 School Wellness Survey Responses

## Greenbriar East Elementary

G6: Staff celebrations that offer and encourage healthy choices for food and beverages. Transitioning

### Section H – Family and Community Involvement

Question: To what extent does your school implement the following practices: Response

H1: Established a wellness committee to implement activities that support the wellness policy. Exploring

H2: Includes a non-staff, family, or community member in our school’s wellness committee. No Activity

Question: Please share how your wellness committee encourages involvement from families and community members in promoting wellness in your school.

“Our collaboration with the GBE Run Club with parents”

### Section I – Food and Nutrition General

Question: To what extent does your school implement the following practices: Response

I1: All students have at least 20 minutes to eat after sitting down for lunch. Embedded

I2: Students who participate in school meal programs have equal access to the same high-quality food and nutrition as do non-participants who purchase FCPS-provided food. Embedded

I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities. Embedded

I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals. Embedded

I5: Encourages the use of non-food items for classroom celebrations. Emerging

I6: Withholding access to food is not used as a disciplinary action. Embedded

I7: Potable water is available to all our students at no cost. Embedded

I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS). Emerging

# 2023-2024 School Wellness Survey Responses

## Greenbriar East Elementary

|   |               |
|---|---------------|
| I9: Allows students to possess personal containers for drinking water.                    | Embedded      |
| I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible. | Transitioning |

### Section J – Nutrition Education, Promotion, and Food Marketing

| <u>Question: To what extent does your school implement the following practices:</u>   | <u>Response</u> |
|---|-----------------|
| J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day.  | Embedded        |
| J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day. | Embedded        |
| J3: We follow FCPS’ policy on fundraisers as outlined in R2100.   | Embedded        |

### Section K – Nutritional Guidelines

| <u>Question: To what extent does your school implement the following practices:</u>                          | <u>Response</u>      |
|--|----------------------|
| K1: Sodas and sports drinks are not offered for sale to students at any time during the school day.          | Embedded             |
| K2: Healthy food and beverage options are encouraged at school-related events outside the school day.        | Embedded             |
| K3: Implements appropriate precautions against severe food allergies.  | Emerging<br>Embedded |
| K4: We follow all nutrition guidelines for food and beverage standards, as outlined in FCPS P2100 and R2100. |                      |

### Section L – Ideas/Comments/Suggestions

Question: Please list any wellness events or activities your school has undertaken or will undertake this school year.

“Feed Fairfax 5K, Backpack Food Program”

# 2023-2024 School Wellness Survey Responses

## Greenbriar East Elementary

Question: Please provide any suggestions, best practices, or tools that you believe would be helpful in evaluating and supporting student and staff health and wellness within FCPS.

“No Response”

Question: Please provide any questions or comments you have with regard to FCPS’ Student and Staff Health and Wellness policy, regulation, or these wellness survey items.

“No Response”

### Summary Tables:

The following graph and table visually summarize your school’s responses provided above. Questions in the graph are represented by bars corresponding to the self-reported wellness score. Questions in the table are grouped together according to their self-reported wellness score (e.g., all questions recorded as “embedded” are grouped together, etc.).

\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2023-2024 School Wellness Survey Responses

## Greenbriar East Elementary

Comparison of Survey Question and Self-Reported Wellness Score



Wellness Score  
(1 = No Activity, 2 = Exploring, 3 = Transitioning, 4 = Emerging, 5 = Embedded)



# 2023-2024 School Wellness Survey Responses

## Greenbriar East Elementary

### Survey Questions Grouped by Wellness Score

| No Activity<br>(Score = 1) | Exploring<br>(Score = 2)     | Transitioning<br>(Score =3)                  | Emerging<br>(Score =4)              | Embedded<br>(Score =5)  |
|----------------------------|------------------------------|--|-------------------------------------|---|
| E1,<br>H2                  | C4, C5, C6, C8,<br>G4,<br>H1 | C1, C2, C3, C7,<br>F3,<br>G2, G5, G6,<br>I10 | B1,<br>F1, F2, F5,<br>I5, I8,<br>K3 | A1, A2,<br>B2,<br>D1, D2, D3, D4,<br>E2, E3, E4,<br>F4,<br>G1, G3,<br>I1, I2, I3, I4, I6,<br>I7, I9,<br>J1, J2, J3,<br>K1, K2, K4 |

# 2023-2024 School Wellness Survey Responses

## Greenbriar West Elementary

### Section A – Physical Education

| <u>Question: To what extent does your school implement the following practices:</u>                            | <u>Response</u> |
|--|-----------------|
| A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218. | Embedded        |
| A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.      | Embedded        |

### Section B – Physical Activity

| <u>Question: To what extent does your school implement the following practices:</u>                                | <u>Response</u> |
|--|-----------------|
| B1: Withholding recess or physical education is not used as a disciplinary action.                                 | Embedded        |
| B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess. | Embedded        |

Question: Please highlight any activities or best practices used to promote student's physical activity.

"We have a running club, Let me Run, Girls on the Run, and other before / after school activities that promote physical fitness. We also teach a biking unit to promote lifelong fitness. "

### Section C – Health Education

| <u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u> | <u>Response</u> |
|---|-----------------|
| C1: Promoting Healthy Lifestyles.   | Embedded        |
| C2: Stress Management.  | Embedded        |
| C3: Coping Skills.  | Embedded        |
| C4: Depression.   | Transitioning   |
| C5: Suicide Prevention and Awareness.   | No Activity     |
| C6: Mental Health Issues (general).   | Embedded        |

# 2023-2024 School Wellness Survey Responses

## Greenbriar West Elementary

|   |               |
|---|---------------|
| C7: Relationship of Healthy Sleep to Mental Health. | Embedded      |
| C8: Substance Abuse Prevention.                     | Transitioning |

### Section D – Health Services

Question: To what extent does your school implement the following practices: Response

|   |          |
|---|----------|
| D1: FCPS' protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others.           | Embedded |
| D2: Students have regular access to public health nurses to address health, safety, and psychological issues.                         | Embedded |
| D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia. | Embedded |
| D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102.         | Embedded |

### Section E – Healthy and Safe School Environment

Question: To what extent does your school implement the following practices: Response

|   |          |
|---|----------|
| E1: Encourages children to safely walk or bike to and from school.  | Emerging |
| E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults. | Embedded |
| E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560.    | Embedded |
| E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152.                               | Embedded |

Question: Please share any school or community specific barriers to promoting a healthy and safe school environment for students.

“NA”

# 2023-2024 School Wellness Survey Responses

## Greenbriar West Elementary

### Section F – School Counseling, School Psychology, and School Social Work Services

| <u>Question: To what extent does your school implement the following practices:</u>   | <u>Response</u>          |
|---|--------------------------|
| F1: Monitors school climate and other factors that may contribute to student stress, symptoms of anxiety and depression, and peer and academic pressures and substance use.                                     | Embedded                 |
| F2: Our staff has received required suicide prevention training, as well as training that includes recognition of, and response to, mental and behavioral health needs.   | Emerging                 |
| F3: Implements programs that foster social and emotional health and wellness of students and staff.   | Embedded                 |
| F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.   | Embedded                 |
| F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.  | Emerging                 |
| F6: MIDDLE AND HIGH SCHOOLS ONLY: Academic advising encourages flexibility in course scheduling to promote adequate sleep and healthy sleep patterns to affect student mental health, wellness, and attendance. | Not a Middle/High School |

### Section G – Health Promotion for Staff Members

| <u>Question: To what extent does the staff wellness liaison support opportunities for staff members to improve their health and well-being:</u>   | <u>Response</u> |
|---|-----------------|
| G1: Health screenings.  | No Activity     |
| G2: Health care access.   | No Activity     |
| G3: Employee flu immunization clinics.  | Embedded        |
| G4: Wellness opportunities for staff, such as fitness challenges, fitness classes, mobile health screenings, wellness walks, workshops, or health fairs that emphasize work/life balance. | Emerging        |
| G5: Awareness of the Employee Assistance Program Services.  | Embedded        |

# 2023-2024 School Wellness Survey Responses

## Greenbriar West Elementary

G6: Staff celebrations that offer and encourage healthy choices for food and beverages. Exploring

### Section H – Family and Community Involvement

Question: To what extent does your school implement the following practices: Response

H1: Established a wellness committee to implement activities that support the wellness policy. Embedded

H2: Includes a non-staff, family, or community member in our school's wellness committee. No Activity

Question: Please share how your wellness committee encourages involvement from families and community members in promoting wellness in your school.

"We have had a few parent presentations at PTA meetings to help promote wellness and resources for students and families. We have our running clubs that have a lot of parent volunteers, and we include our parent volunteers in our field day activities. "

### Section I – Food and Nutrition General

Question: To what extent does your school implement the following practices: Response

I1: All students have at least 20 minutes to eat after sitting down for lunch. Embedded

I2: Students who participate in school meal programs have equal access to the same high-quality food and nutrition as do non-participants who purchase FCPS-provided food. Embedded

I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities. Embedded

I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals. Embedded

I5: Encourages the use of non-food items for classroom celebrations. Embedded

I6: Withholding access to food is not used as a disciplinary action. Embedded

I7: Potable water is available to all our students at no cost. Embedded

# 2023-2024 School Wellness Survey Responses

## Greenbriar West Elementary

|   |               |
|---|---------------|
| I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS). | Embedded      |
| I9: Allows students to possess personal containers for drinking water.  | Embedded      |
| I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible.                     | Transitioning |

### Section J – Nutrition Education, Promotion, and Food Marketing

| <u>Question: To what extent does your school implement the following practices:</u>   | <u>Response</u> |
|---|-----------------|
| J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day.  | Embedded        |
|   | Embedded        |
| J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day. | Embedded        |
| J3: We follow FCPS’ policy on fundraisers as outlined in R2100.   |                 |

### Section K – Nutritional Guidelines

| <u>Question: To what extent does your school implement the following practices:</u>                          | <u>Response</u> |
|--|-----------------|
| K1: Sodas and sports drinks are not offered for sale to students at any time during the school day.          | Embedded        |
| K2: Healthy food and beverage options are encouraged at school-related events outside the school day.        | Embedded        |
| K3: Implements appropriate precautions against severe food allergies.  | Embedded        |
|  | Embedded        |
| K4: We follow all nutrition guidelines for food and beverage standards, as outlined in FCPS P2100 and R2100. |                 |

### Section L – Ideas/Comments/Suggestions

Question: Please list any wellness events or activities your school has undertaken or will undertake this school year.

“Field Day, PTA presentations about wellness, running clubs, bike to school day. We also started a pickle ball club for staff. ”

# 2023-2024 School Wellness Survey Responses

## Greenbriar West Elementary

Question: Please provide any suggestions, best practices, or tools that you believe would be helpful in evaluating and supporting student and staff health and wellness within FCPS.

“We would like the county to better support more physical fitness classes before or after school for staff. ”

Question: Please provide any questions or comments you have with regard to FCPS’ Student and Staff Health and Wellness policy, regulation, or these wellness survey items.

“No Response”

### Summary Tables:

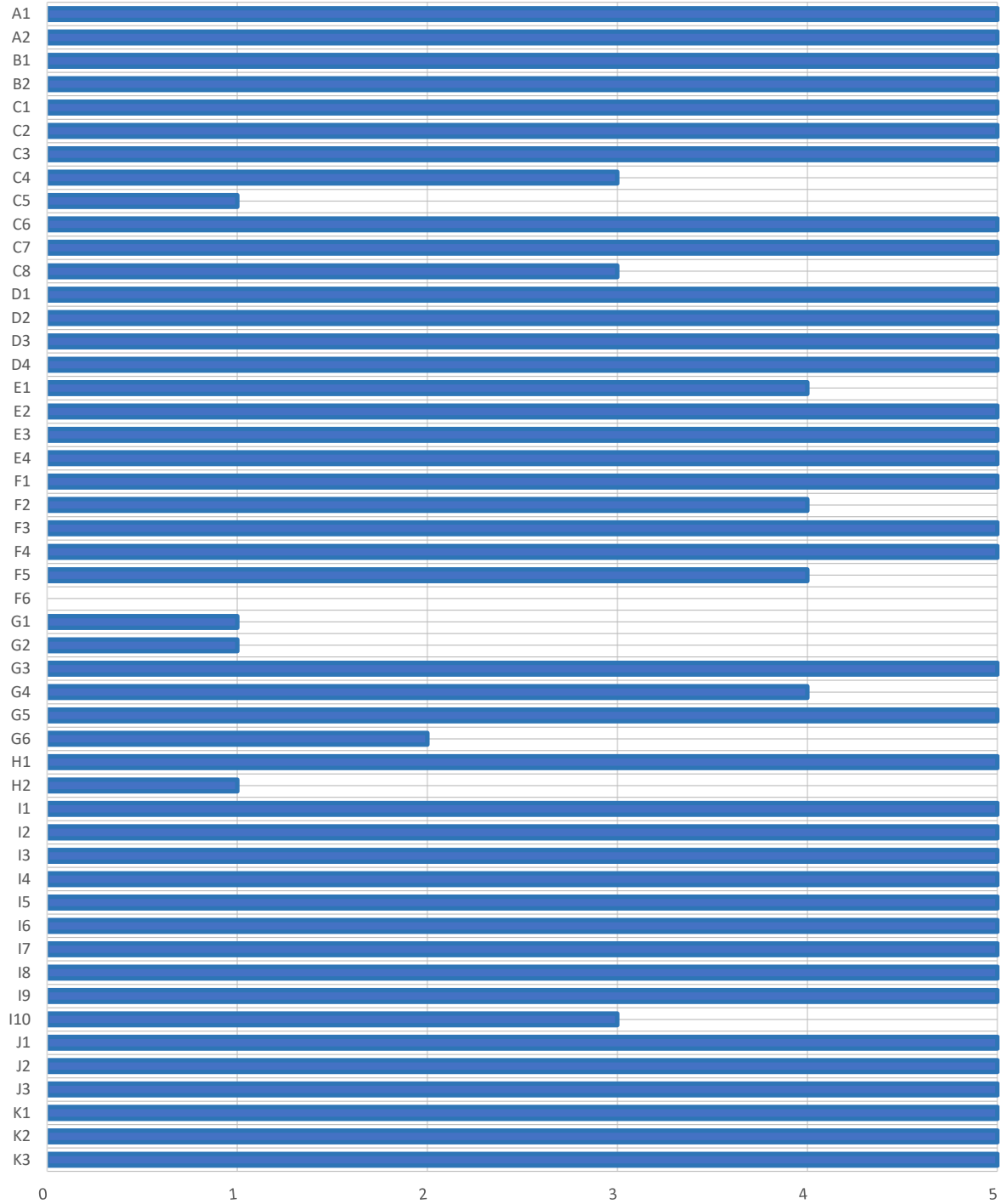
The following graph and table visually summarize your school’s responses provided above. Questions in the graph are represented by bars corresponding to the self-reported wellness score. Questions in the table are grouped together according to their self-reported wellness score (e.g., all questions recorded as “embedded” are grouped together, etc.).

\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2023-2024 School Wellness Survey Responses

## Greenbriar West Elementary

Comparison of Survey Question and Self-Reported Wellness Score



Wellness Score

(1 = No Activity, 2 = Exploring, 3 = Transitioning, 4 = Emerging, 5 = Embedded)



# 2023-2024 School Wellness Survey Responses

## Greenbriar West Elementary

### Survey Questions Grouped by Wellness Score

| No Activity<br>(Score = 1) | Exploring<br>(Score = 2) | Transitioning<br>(Score =3) | Emerging<br>(Score =4) | Embedded<br>(Score =5)   |
|----------------------------|--------------------------|-----------------------------|------------------------|--|
| C5,<br>G1, G2,<br>H2       | G6                       | C4, C8,<br>I10              | E1,<br>F2, F5,<br>G4   | A1, A2,<br>B1, B2,<br>C1, C2, C3, C6,<br>C7,<br>D1, D2, D3, D4,<br>E2, E3, E4,<br>F1, F3, F4,<br>G3, G5,<br>H1,<br>I1, I2, I3, I4, I5,<br>I6, I7, I8, I9,<br>J1, J2, J3,<br>K1, K2, K3, K4 |

# 2023-2024 School Wellness Survey Responses

## Groveton Elementary

### Section A – Physical Education

| <u>Question: To what extent does your school implement the following practices:</u>                            | <u>Response</u> |
|--|-----------------|
| A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218. | Embedded        |
| A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.      | Emerging        |

### Section B – Physical Activity

| <u>Question: To what extent does your school implement the following practices:</u>                                | <u>Response</u> |
|--|-----------------|
| B1: Withholding recess or physical education is not used as a disciplinary action.                                 | Embedded        |
| B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess. | Embedded        |

Question: Please highlight any activities or best practices used to promote student's physical activity.

“Students receive 30m per day of recess. ”

### Section C – Health Education

| <u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u> | <u>Response</u> |
|---|-----------------|
| C1: Promoting Healthy Lifestyles.   | Transitioning   |
| C2: Stress Management.  | Transitioning   |
| C3: Coping Skills.  | Emerging        |
| C4: Depression.   | Transitioning   |
| C5: Suicide Prevention and Awareness.   | Embedded        |
| C6: Mental Health Issues (general).   | Transitioning   |
| C7: Relationship of Healthy Sleep to Mental Health.   | Emerging        |

# 2023-2024 School Wellness Survey Responses

## Groveton Elementary

C8: Substance Abuse Prevention.

Exploring

### Section D – Health Services

Question: To what extent does your school implement the following practices:

Response

D1: FCPS' protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others.

Embedded

D2: Students have regular access to public health nurses to address health, safety, and psychological issues.

Embedded

D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia.

Embedded

D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102.

Embedded

### Section E – Healthy and Safe School Environment

Question: To what extent does your school implement the following practices:

Response

E1: Encourages children to safely walk or bike to and from school.

No Activity

E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults.

Embedded

E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560.

Embedded

E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152.

Embedded

Question: Please share any school or community specific barriers to promoting a healthy and safe school environment for students.

“Neighborhood not conducive to walking/biking. No regular crossing guard coverage.”

# 2023-2024 School Wellness Survey Responses

## Groveton Elementary

### Section F – School Counseling, School Psychology, and School Social Work Services

| <u>Question: To what extent does your school implement the following practices:</u>   | <u>Response</u>          |
|---|--------------------------|
| F1: Monitors school climate and other factors that may contribute to student stress, symptoms of anxiety and depression, and peer and academic pressures and substance use.                                     | Emerging                 |
| F2: Our staff has received required suicide prevention training, as well as training that includes recognition of, and response to, mental and behavioral health needs.   | Embedded                 |
| F3: Implements programs that foster social and emotional health and wellness of students and staff.   | Emerging                 |
| F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.   | Embedded                 |
| F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.  | Emerging                 |
| F6: MIDDLE AND HIGH SCHOOLS ONLY: Academic advising encourages flexibility in course scheduling to promote adequate sleep and healthy sleep patterns to affect student mental health, wellness, and attendance. | Not a Middle/High School |

### Section G – Health Promotion for Staff Members

| <u>Question: To what extent does the staff wellness liaison support opportunities for staff members to improve their health and well-being:</u>   | <u>Response</u> |
|---|-----------------|
| G1: Health screenings.  | Embedded        |
| G2: Health care access.   | Embedded        |
| G3: Employee flu immunization clinics.  | Embedded        |
| G4: Wellness opportunities for staff, such as fitness challenges, fitness classes, mobile health screenings, wellness walks, workshops, or health fairs that emphasize work/life balance. | Exploring       |
| G5: Awareness of the Employee Assistance Program Services.  | Embedded        |

# 2023-2024 School Wellness Survey Responses

## Groveton Elementary

G6: Staff celebrations that offer and encourage healthy choices for food and beverages. Emerging

### Section H – Family and Community Involvement

Question: To what extent does your school implement the following practices: Response

H1: Established a wellness committee to implement activities that support the wellness policy. Emerging

H2: Includes a non-staff, family, or community member in our school's wellness committee. Exploring

Question: Please share how your wellness committee encourages involvement from families and community members in promoting wellness in your school.

"none"

### Section I – Food and Nutrition General

Question: To what extent does your school implement the following practices: Response

I1: All students have at least 20 minutes to eat after sitting down for lunch. Embedded

I2: Students who participate in school meal programs have equal access to the same high-quality food and nutrition as do non-participants who purchase FCPS-provided food. Embedded

I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities. Embedded

I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals. Embedded

I5: Encourages the use of non-food items for classroom celebrations. Embedded

I6: Withholding access to food is not used as a disciplinary action. Embedded

I7: Potable water is available to all our students at no cost. Embedded

I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS). No Activity

# 2023-2024 School Wellness Survey Responses

## Groveton Elementary

I9: Allows students to possess personal containers for drinking water. Embedded

I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible. Embedded

### Section J – Nutrition Education, Promotion, and Food Marketing

Question: To what extent does your school implement the following practices: Response

J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day. Transitioning

J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day. Transitioning

J3: We follow FCPS’ policy on fundraisers as outlined in R2100. Embedded

### Section K – Nutritional Guidelines

Question: To what extent does your school implement the following practices: Response

K1: Sodas and sports drinks are not offered for sale to students at any time during the school day. Embedded

K2: Healthy food and beverage options are encouraged at school-related events outside the school day. Emerging

K3: Implements appropriate precautions against severe food allergies. Embedded  
Embedded

K4: We follow all nutrition guidelines for food and beverage standards, as outlined in FCPS P2100 and R2100.

### Section L – Ideas/Comments/Suggestions

Question: Please list any wellness events or activities your school has undertaken or will undertake this school year.

“No Response”

Question: Please provide any suggestions, best practices, or tools that you believe would be helpful in evaluating and supporting student and staff health and wellness within FCPS.

“No Response”

# 2023-2024 School Wellness Survey Responses

## Groveton Elementary

Question: Please provide any questions or comments you have with regard to FCPS' Student and Staff Health and Wellness policy, regulation, or these wellness survey items.

"No Response"

### Summary Tables:

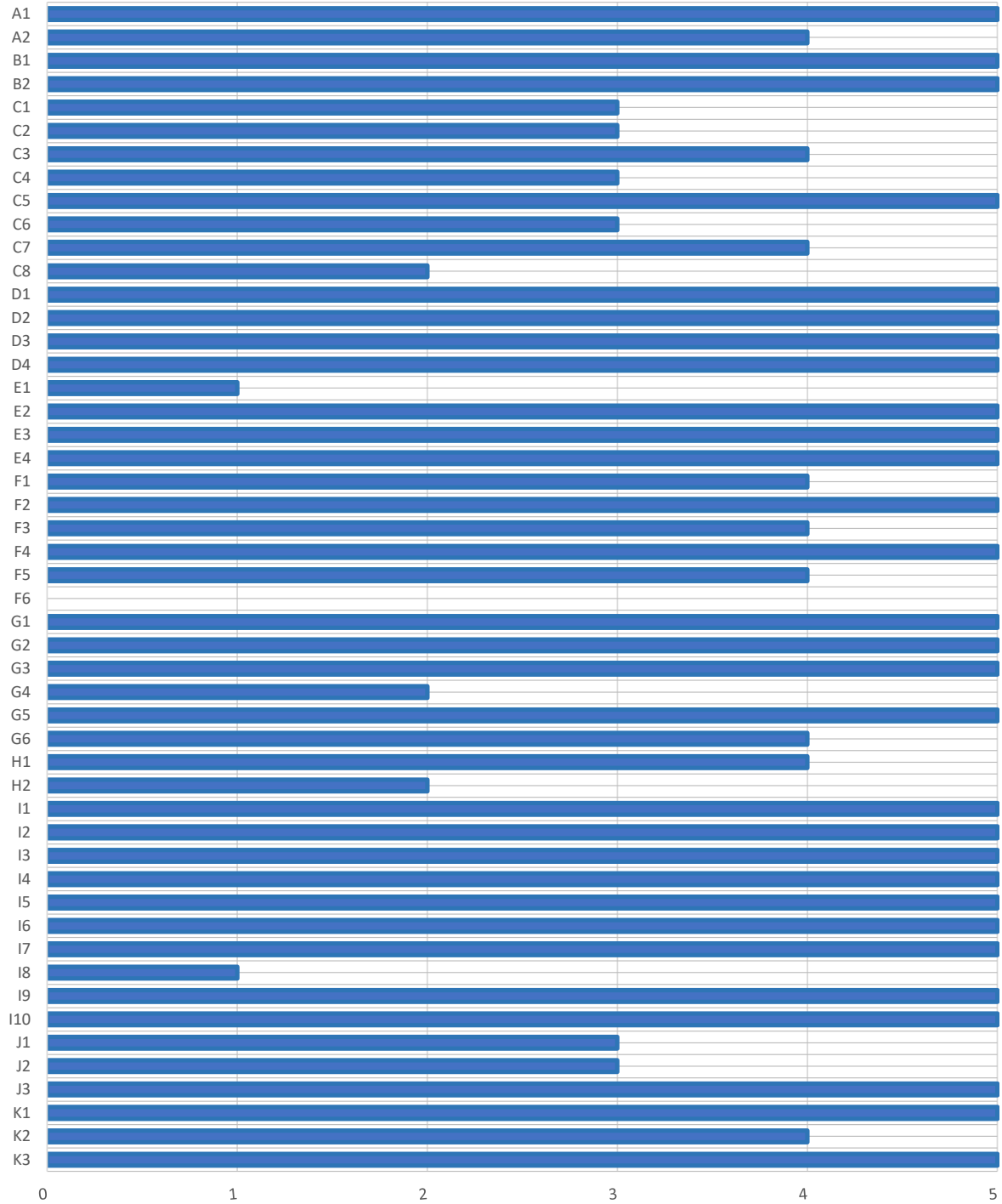
The following graph and table visually summarize your school's responses provided above. Questions in the graph are represented by bars corresponding to the self-reported wellness score. Questions in the table are grouped together according to their self-reported wellness score (e.g., all questions recorded as "embedded" are grouped together, etc.).

\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2023-2024 School Wellness Survey Responses

## Groveton Elementary

Comparison of Survey Question and Self-Reported Wellness Score



Wellness Score

(1 = No Activity, 2 = Exploring, 3 = Transitioning, 4 = Emerging, 5 = Embedded)



# 2023-2024 School Wellness Survey Responses

## Groveton Elementary

### Survey Questions Grouped by Wellness Score

| No Activity<br>(Score = 1) | Exploring<br>(Score = 2) | Transitioning<br>(Score =3) | Emerging<br>(Score =4)                            | Embedded<br>(Score =5)  |
|----------------------------|--------------------------|-----------------------------|---|---|
| E1,<br>I8                  | C8,<br>G4,<br>H2         | C1, C2, C4, C6,<br>J1, J2   | A2,<br>C3, C7,<br>F1, F3, F5,<br>G6,<br>H1,<br>K2 | A1,<br>B1, B2,<br>C5,<br>D1, D2, D3, D4,<br>E2, E3, E4,<br>F2, F4,<br>G1, G2, G3, G5,<br>I1, I2, I3, I4, I5,<br>I6, I7, I9, I10,<br>J3,<br>K1, K3, K4 |

# 2023-2024 School Wellness Survey Responses

## Gunston Elementary

### Section A – Physical Education

| <u>Question: To what extent does your school implement the following practices:</u>                            | <u>Response</u> |
|--|-----------------|
| A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218. | Embedded        |
| A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.      | Embedded        |

### Section B – Physical Activity

| <u>Question: To what extent does your school implement the following practices:</u>                                | <u>Response</u> |
|--|-----------------|
| B1: Withholding recess or physical education is not used as a disciplinary action.                                 | Embedded        |
| B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess. | Embedded        |

Question: Please highlight any activities or best practices used to promote student's physical activity.

“Extra curricular activities such as Girls on the Run, Boys on the Run, Harvest Walk as a school to raise funds, Fundraisers around physical activity”

### Section C – Health Education

| <u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u> | <u>Response</u> |
|---|-----------------|
| C1: Promoting Healthy Lifestyles.   | Embedded        |
| C2: Stress Management.  | Emerging        |
| C3: Coping Skills.  | Emerging        |
| C4: Depression.   | Emerging        |
| C5: Suicide Prevention and Awareness.   | Exploring       |
| C6: Mental Health Issues (general).   | Emerging        |

# 2023-2024 School Wellness Survey Responses

## Gunston Elementary

|   |             |
|---|-------------|
| C7: Relationship of Healthy Sleep to Mental Health. | Exploring   |
| C8: Substance Abuse Prevention.                     | No Activity |

### Section D – Health Services

| <u>Question: To what extent does your school implement the following practices:</u>   | <u>Response</u> |
|---|-----------------|
| D1: FCPS' protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others.           | Embedded        |
| D2: Students have regular access to public health nurses to address health, safety, and psychological issues.                         | Embedded        |
| D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia. | Embedded        |
| D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102.         | Embedded        |

### Section E – Healthy and Safe School Environment

| <u>Question: To what extent does your school implement the following practices:</u>   | <u>Response</u> |
|---|-----------------|
| E1: Encourages children to safely walk or bike to and from school.  | No Activity     |
| E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults. | Emerging        |
| E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560.    | Embedded        |
| E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152.                               | Embedded        |

Question: Please share any school or community specific barriers to promoting a healthy and safe school environment for students.

“none”

# 2023-2024 School Wellness Survey Responses

## Gunston Elementary

### Section F – School Counseling, School Psychology, and School Social Work Services

| <u>Question: To what extent does your school implement the following practices:</u>   | <u>Response</u>          |
|---|--------------------------|
| F1: Monitors school climate and other factors that may contribute to student stress, symptoms of anxiety and depression, and peer and academic pressures and substance use.                                     | Embedded                 |
| F2: Our staff has received required suicide prevention training, as well as training that includes recognition of, and response to, mental and behavioral health needs.   | Embedded                 |
| F3: Implements programs that foster social and emotional health and wellness of students and staff.   | Embedded                 |
| F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.   | Embedded                 |
| F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.  | Embedded                 |
| F6: MIDDLE AND HIGH SCHOOLS ONLY: Academic advising encourages flexibility in course scheduling to promote adequate sleep and healthy sleep patterns to affect student mental health, wellness, and attendance. | Not a Middle/High School |

### Section G – Health Promotion for Staff Members

| <u>Question: To what extent does the staff wellness liaison support opportunities for staff members to improve their health and well-being:</u>   | <u>Response</u> |
|---|-----------------|
| G1: Health screenings.  | Emerging        |
| G2: Health care access.   | Exploring       |
| G3: Employee flu immunization clinics.  | Embedded        |
| G4: Wellness opportunities for staff, such as fitness challenges, fitness classes, mobile health screenings, wellness walks, workshops, or health fairs that emphasize work/life balance. | Emerging        |
| G5: Awareness of the Employee Assistance Program Services.  | Embedded        |

# 2023-2024 School Wellness Survey Responses

## Gunston Elementary

G6: Staff celebrations that offer and encourage healthy choices for food and beverages. Emerging

### Section H – Family and Community Involvement

Question: To what extent does your school implement the following practices: Response

H1: Established a wellness committee to implement activities that support the wellness policy. Transitioning

H2: Includes a non-staff, family, or community member in our school's wellness committee. Exploring

Question: Please share how your wellness committee encourages involvement from families and community members in promoting wellness in your school.

"none"

### Section I – Food and Nutrition General

Question: To what extent does your school implement the following practices: Response

I1: All students have at least 20 minutes to eat after sitting down for lunch. Embedded

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I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities. Embedded

I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals. Embedded

I5: Encourages the use of non-food items for classroom celebrations. Embedded

I6: Withholding access to food is not used as a disciplinary action. Embedded

I7: Potable water is available to all our students at no cost. Embedded

# 2023-2024 School Wellness Survey Responses

## Gunston Elementary

|   |             |
|---|-------------|
| I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS). | No Activity |
| I9: Allows students to possess personal containers for drinking water.  | Embedded    |
| I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible.                     | Embedded    |

### Section J – Nutrition Education, Promotion, and Food Marketing

| <u>Question: To what extent does your school implement the following practices:</u>   | <u>Response</u> |
|---|-----------------|
| J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day.  | Embedded        |
|   | Embedded        |
| J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day. | Embedded        |
| J3: We follow FCPS’ policy on fundraisers as outlined in R2100.   |                 |

### Section K – Nutritional Guidelines

| <u>Question: To what extent does your school implement the following practices:</u>                          | <u>Response</u> |
|--|-----------------|
| K1: Sodas and sports drinks are not offered for sale to students at any time during the school day.          | Embedded        |
| K2: Healthy food and beverage options are encouraged at school-related events outside the school day.        | Embedded        |
| K3: Implements appropriate precautions against severe food allergies.  | Embedded        |
|  | Embedded        |
| K4: We follow all nutrition guidelines for food and beverage standards, as outlined in FCPS P2100 and R2100. |                 |

### Section L – Ideas/Comments/Suggestions

Question: Please list any wellness events or activities your school has undertaken or will undertake this school year.

“No Response”

# 2023-2024 School Wellness Survey Responses

## Gunston Elementary

Question: Please provide any suggestions, best practices, or tools that you believe would be helpful in evaluating and supporting student and staff health and wellness within FCPS.

“No Response”

Question: Please provide any questions or comments you have with regard to FCPS’ Student and Staff Health and Wellness policy, regulation, or these wellness survey items.

“No Response”

### Summary Tables:

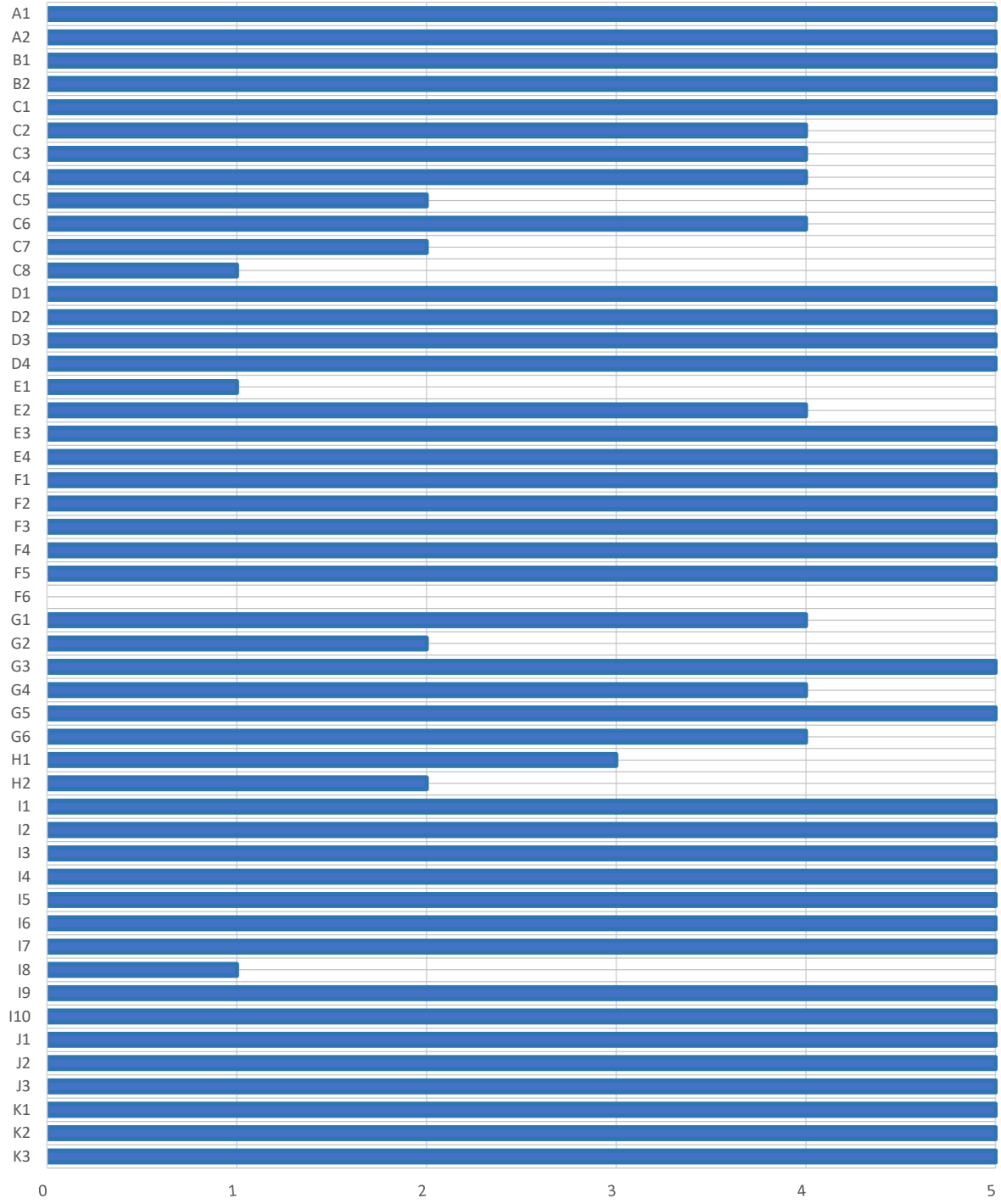
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\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2023-2024 School Wellness Survey Responses

## Gunston Elementary

Comparison of Survey Question and Self-Reported Wellness Score



Wellness Score  
(1 = No Activity, 2 = Exploring, 3 = Transitioning, 4 = Emerging, 5 = Embedded)



# 2023-2024 School Wellness Survey Responses

## Gunston Elementary

### Survey Questions Grouped by Wellness Score

| No Activity<br>(Score = 1) | Exploring<br>(Score = 2) | Transitioning<br>(Score =3) | Emerging<br>(Score =4)               | Embedded<br>(Score =5)   |
|----------------------------|--------------------------|-----------------------------|--------------------------------------|--|
| C8,<br>E1,<br>I8           | C5, C7,<br>G2,<br>H2     | H1                          | C2, C3, C4, C6,<br>E2,<br>G1, G4, G6 | A1, A2,<br>B1, B2,<br>C1,<br>D1, D2, D3, D4,<br>E3, E4,<br>F1, F2, F3, F4,<br>F5,<br>G3, G5,<br>I1, I2, I3, I4, I5,<br>I6, I7, I9, I10,<br>J1, J2, J3,<br>K1, K2, K3, K4 |

# 2023-2024 School Wellness Survey Responses

## Halley Elementary

### Section A – Physical Education

| <u>Question: To what extent does your school implement the following practices:</u>                            | <u>Response</u> |
|--|-----------------|
| A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218. | Embedded        |
| A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.      | Embedded        |

### Section B – Physical Activity

| <u>Question: To what extent does your school implement the following practices:</u>                                | <u>Response</u> |
|--|-----------------|
| B1: Withholding recess or physical education is not used as a disciplinary action.                                 | No Activity     |
| B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess. | Embedded        |

Question: Please highlight any activities or best practices used to promote student's physical activity.

“Brain Breaks”

### Section C – Health Education

| <u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u> | <u>Response</u> |
|---|-----------------|
| C1: Promoting Healthy Lifestyles.   | Embedded        |
| C2: Stress Management.  | Embedded        |
| C3: Coping Skills.  | Embedded        |
| C4: Depression.   | Embedded        |
| C5: Suicide Prevention and Awareness.   | Emerging        |
| C6: Mental Health Issues (general).   | Embedded        |
| C7: Relationship of Healthy Sleep to Mental Health.   | Emerging        |

# 2023-2024 School Wellness Survey Responses

## Halley Elementary

C8: Substance Abuse Prevention.

Emerging

### Section D – Health Services

Question: To what extent does your school implement the following practices:

Response

D1: FCPS' protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others.

Embedded

D2: Students have regular access to public health nurses to address health, safety, and psychological issues.

Embedded

D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia.

Embedded

D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102.

Embedded

### Section E – Healthy and Safe School Environment

Question: To what extent does your school implement the following practices:

Response

E1: Encourages children to safely walk or bike to and from school.

Embedded

E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults.

Embedded

E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560.

Emerging

E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152.

Embedded

Question: Please share any school or community specific barriers to promoting a healthy and safe school environment for students.

“none”

# 2023-2024 School Wellness Survey Responses

## Halley Elementary

### Section F – School Counseling, School Psychology, and School Social Work Services

| <u>Question: To what extent does your school implement the following practices:</u>   | <u>Response</u>          |
|---|--------------------------|
| F1: Monitors school climate and other factors that may contribute to student stress, symptoms of anxiety and depression, and peer and academic pressures and substance use.                                     | Embedded                 |
| F2: Our staff has received required suicide prevention training, as well as training that includes recognition of, and response to, mental and behavioral health needs.   | Emerging                 |
| F3: Implements programs that foster social and emotional health and wellness of students and staff.   | Embedded                 |
| F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.   | Embedded                 |
| F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.  | Emerging                 |
| F6: MIDDLE AND HIGH SCHOOLS ONLY: Academic advising encourages flexibility in course scheduling to promote adequate sleep and healthy sleep patterns to affect student mental health, wellness, and attendance. | Not a Middle/High School |

### Section G – Health Promotion for Staff Members

| <u>Question: To what extent does the staff wellness liaison support opportunities for staff members to improve their health and well-being:</u>   | <u>Response</u> |
|---|-----------------|
| G1: Health screenings.  | Embedded        |
| G2: Health care access.   | No Activity     |
| G3: Employee flu immunization clinics.  | Embedded        |
| G4: Wellness opportunities for staff, such as fitness challenges, fitness classes, mobile health screenings, wellness walks, workshops, or health fairs that emphasize work/life balance. | Transitioning   |
| G5: Awareness of the Employee Assistance Program Services.  | Embedded        |

# 2023-2024 School Wellness Survey Responses

## Halley Elementary

G6: Staff celebrations that offer and encourage healthy choices for food and beverages. Emerging

### Section H – Family and Community Involvement

Question: To what extent does your school implement the following practices: Response

H1: Established a wellness committee to implement activities that support the wellness policy. Transitioning

H2: Includes a non-staff, family, or community member in our school's wellness committee. No Activity

Question: Please share how your wellness committee encourages involvement from families and community members in promoting wellness in your school.

“none”

### Section I – Food and Nutrition General

Question: To what extent does your school implement the following practices: Response

I1: All students have at least 20 minutes to eat after sitting down for lunch. Embedded

I2: Students who participate in school meal programs have equal access to the same high-quality food and nutrition as do non-participants who purchase FCPS-provided food. Embedded

I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities. Embedded

I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals. Embedded

I5: Encourages the use of non-food items for classroom celebrations. Emerging

I6: Withholding access to food is not used as a disciplinary action. Embedded

I7: Potable water is available to all our students at no cost. Embedded

I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS). No Activity

# 2023-2024 School Wellness Survey Responses

## Halley Elementary

I9: Allows students to possess personal containers for drinking water. Embedded

I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible. Not an Elementary School

### Section J – Nutrition Education, Promotion, and Food Marketing

Question: To what extent does your school implement the following practices: Response

J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day. Embedded

Embedded

J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day. Embedded

J3: We follow FCPS’ policy on fundraisers as outlined in R2100.

### Section K – Nutritional Guidelines

Question: To what extent does your school implement the following practices: Response

K1: Sodas and sports drinks are not offered for sale to students at any time during the school day. Embedded

K2: Healthy food and beverage options are encouraged at school-related events outside the school day. Embedded

K3: Implements appropriate precautions against severe food allergies. Embedded  
Embedded

K4: We follow all nutrition guidelines for food and beverage standards, as outlined in FCPS P2100 and R2100.

### Section L – Ideas/Comments/Suggestions

Question: Please list any wellness events or activities your school has undertaken or will undertake this school year.

“Family Fit Day”

# 2023-2024 School Wellness Survey Responses

## Halley Elementary

Question: Please provide any suggestions, best practices, or tools that you believe would be helpful in evaluating and supporting student and staff health and wellness within FCPS.

“N/A”

Question: Please provide any questions or comments you have with regard to FCPS’ Student and Staff Health and Wellness policy, regulation, or these wellness survey items.

“N/A”

### Summary Tables:

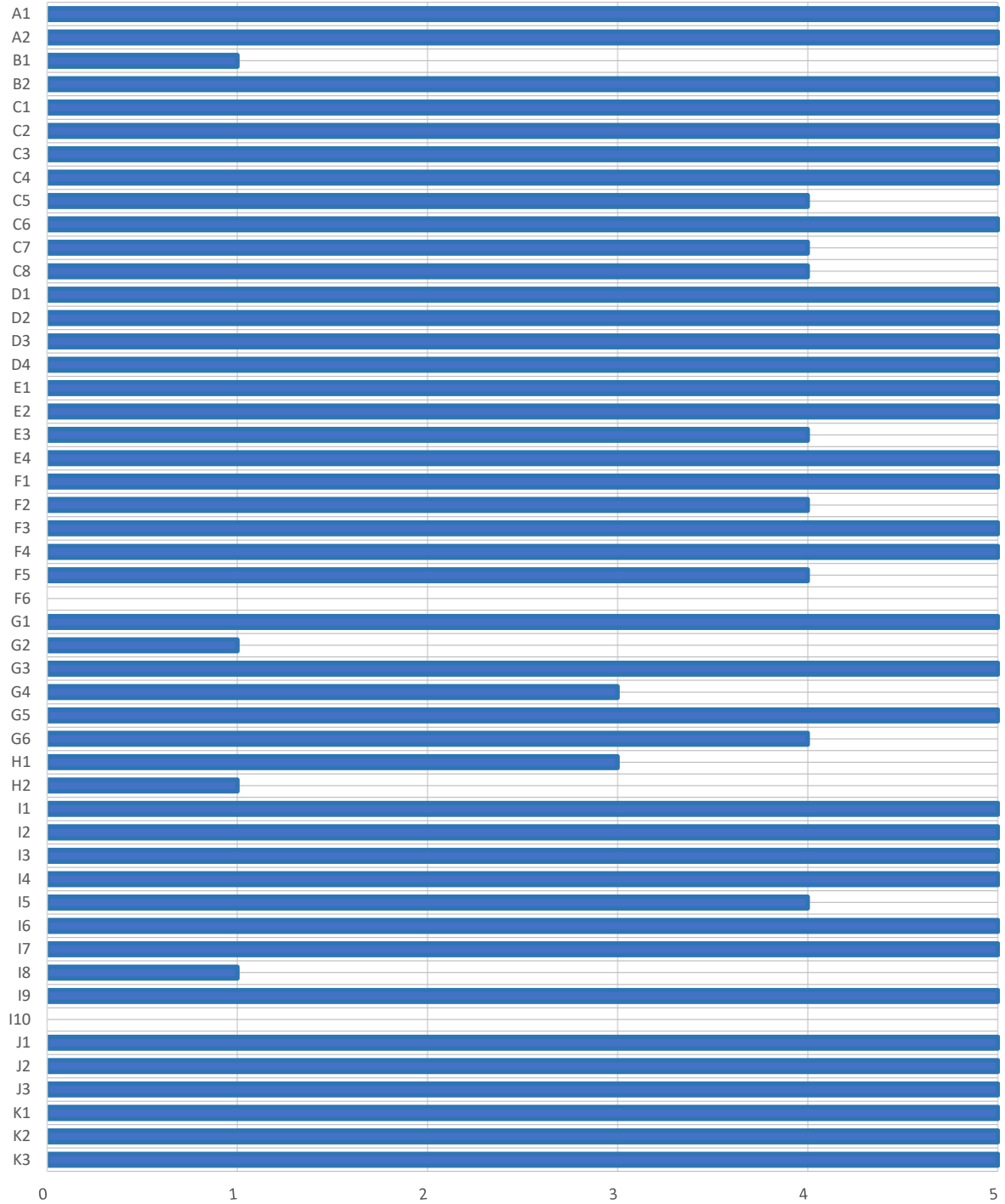
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\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2023-2024 School Wellness Survey Responses

## Halley Elementary

Comparison of Survey Question and Self-Reported Wellness Score



Wellness Score

(1 = No Activity, 2 = Exploring, 3 = Transitioning, 4 = Emerging, 5 = Embedded)



# 2023-2024 School Wellness Survey Responses

## Halley Elementary

### Survey Questions Grouped by Wellness Score

| No Activity<br>(Score = 1) | Exploring<br>(Score = 2) | Transitioning<br>(Score =3) | Emerging<br>(Score =4)                     | Embedded<br>(Score =5)  |
|----------------------------|--------------------------|-----------------------------|--|---|
| B1,<br>G2,<br>H2,<br>I8    |                          | G4,<br>H1                   | C5, C7, C8,<br>E3,<br>F2, F5,<br>G6,<br>I5 | A1, A2,<br>B2,<br>C1, C2, C3, C4,<br>C6,<br>D1, D2, D3, D4,<br>E1, E2, E4,<br>F1, F3, F4,<br>G1, G3, G5,<br>I1, I2, I3, I4, I6,<br>I7, I9,<br>J1, J2, J3,<br>K1, K2, K3, K4 |

# 2023-2024 School Wellness Survey Responses

## Haycock Elementary

### Section A – Physical Education

| <u>Question: To what extent does your school implement the following practices:</u>                            | <u>Response</u> |
|--|-----------------|
| A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218. | Embedded        |
| A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.      | Embedded        |

### Section B – Physical Activity

| <u>Question: To what extent does your school implement the following practices:</u>                                | <u>Response</u> |
|--|-----------------|
| B1: Withholding recess or physical education is not used as a disciplinary action.                                 | Embedded        |
| B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess. | Embedded        |

Question: Please highlight any activities or best practices used to promote student's physical activity.

“We participate in Kids' Heart Health and multiple Bike, Walk, or Roll to school events”

### Section C – Health Education

| <u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u> | <u>Response</u> |
|---|-----------------|
| C1: Promoting Healthy Lifestyles.   | Embedded        |
| C2: Stress Management.  | Embedded        |
| C3: Coping Skills.  | Embedded        |
| C4: Depression.   | Embedded        |
| C5: Suicide Prevention and Awareness.   | Embedded        |
| C6: Mental Health Issues (general).   | Embedded        |

# 2023-2024 School Wellness Survey Responses

## Haycock Elementary

|   |          |
|---|----------|
| C7: Relationship of Healthy Sleep to Mental Health. | Embedded |
| C8: Substance Abuse Prevention.                     | Embedded |

### Section D – Health Services

| <u>Question: To what extent does your school implement the following practices:</u>   | <u>Response</u> |
|---|-----------------|
| D1: FCPS' protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others.           | Embedded        |
| D2: Students have regular access to public health nurses to address health, safety, and psychological issues.                         | Embedded        |
| D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia. | Embedded        |
| D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102.         | Embedded        |

### Section E – Healthy and Safe School Environment

| <u>Question: To what extent does your school implement the following practices:</u>   | <u>Response</u> |
|---|-----------------|
| E1: Encourages children to safely walk or bike to and from school.  | Embedded        |
| E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults. | Embedded        |
| E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560.    | Embedded        |
| E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152.                               | Embedded        |

Question: Please share any school or community specific barriers to promoting a healthy and safe school environment for students.

“No current barriers”

# 2023-2024 School Wellness Survey Responses

## Haycock Elementary

### Section F – School Counseling, School Psychology, and School Social Work Services

| <u>Question: To what extent does your school implement the following practices:</u>   | <u>Response</u>          |
|---|--------------------------|
| F1: Monitors school climate and other factors that may contribute to student stress, symptoms of anxiety and depression, and peer and academic pressures and substance use.                                     | Embedded                 |
| F2: Our staff has received required suicide prevention training, as well as training that includes recognition of, and response to, mental and behavioral health needs.   | Embedded                 |
| F3: Implements programs that foster social and emotional health and wellness of students and staff.   | Embedded                 |
| F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.   | Embedded                 |
| F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.  | Embedded                 |
| F6: MIDDLE AND HIGH SCHOOLS ONLY: Academic advising encourages flexibility in course scheduling to promote adequate sleep and healthy sleep patterns to affect student mental health, wellness, and attendance. | Not a Middle/High School |

### Section G – Health Promotion for Staff Members

| <u>Question: To what extent does the staff wellness liaison support opportunities for staff members to improve their health and well-being:</u>   | <u>Response</u> |
|---|-----------------|
| G1: Health screenings.  | Embedded        |
| G2: Health care access.   | Embedded        |
| G3: Employee flu immunization clinics.  | Embedded        |
| G4: Wellness opportunities for staff, such as fitness challenges, fitness classes, mobile health screenings, wellness walks, workshops, or health fairs that emphasize work/life balance. | Embedded        |
| G5: Awareness of the Employee Assistance Program Services.  | Embedded        |

# 2023-2024 School Wellness Survey Responses

## Haycock Elementary

G6: Staff celebrations that offer and encourage healthy choices for food and beverages. Emerging

### Section H – Family and Community Involvement

Question: To what extent does your school implement the following practices: Response

H1: Established a wellness committee to implement activities that support the wellness policy. Emerging

H2: Includes a non-staff, family, or community member in our school's wellness committee. Emerging

Question: Please share how your wellness committee encourages involvement from families and community members in promoting wellness in your school.

"We advertise student wellness activities and share information in our community newsletter and during Parent Coffees "

### Section I – Food and Nutrition General

Question: To what extent does your school implement the following practices: Response

I1: All students have at least 20 minutes to eat after sitting down for lunch. Embedded

I2: Students who participate in school meal programs have equal access to the same high-quality food and nutrition as do non-participants who purchase FCPS-provided food. Embedded

I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities. Embedded

I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals. Embedded

I5: Encourages the use of non-food items for classroom celebrations. Embedded

I6: Withholding access to food is not used as a disciplinary action. Embedded

I7: Potable water is available to all our students at no cost. Embedded

I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS). Emerging

# 2023-2024 School Wellness Survey Responses

## Haycock Elementary

I9: Allows students to possess personal containers for drinking water. Embedded

I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible. Embedded

### Section J – Nutrition Education, Promotion, and Food Marketing

Question: To what extent does your school implement the following practices: Response

J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day. Embedded

Embedded

J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day. Embedded

J3: We follow FCPS’ policy on fundraisers as outlined in R2100.

### Section K – Nutritional Guidelines

Question: To what extent does your school implement the following practices: Response

K1: Sodas and sports drinks are not offered for sale to students at any time during the school day. Embedded

K2: Healthy food and beverage options are encouraged at school-related events outside the school day. Emerging

K3: Implements appropriate precautions against severe food allergies. Embedded  
Embedded

K4: We follow all nutrition guidelines for food and beverage standards, as outlined in FCPS P2100 and R2100.

### Section L – Ideas/Comments/Suggestions

Question: Please list any wellness events or activities your school has undertaken or will undertake this school year.

“Kids’ Heart Health; Walks/Hikes in Cougar Woods for both students and staff; Bike/Walk/Roll to School Day; Field Day; Before school Staff Knock Out; Staff/Student Volleyball game ”

# 2023-2024 School Wellness Survey Responses

## Haycock Elementary

Question: Please provide any suggestions, best practices, or tools that you believe would be helpful in evaluating and supporting student and staff health and wellness within FCPS.

“Our PE teachers do regular fitness assessments of our students and provide wellness resources to staff members”

Question: Please provide any questions or comments you have with regard to FCPS’ Student and Staff Health and Wellness policy, regulation, or these wellness survey items.

“No Response”

### Summary Tables:

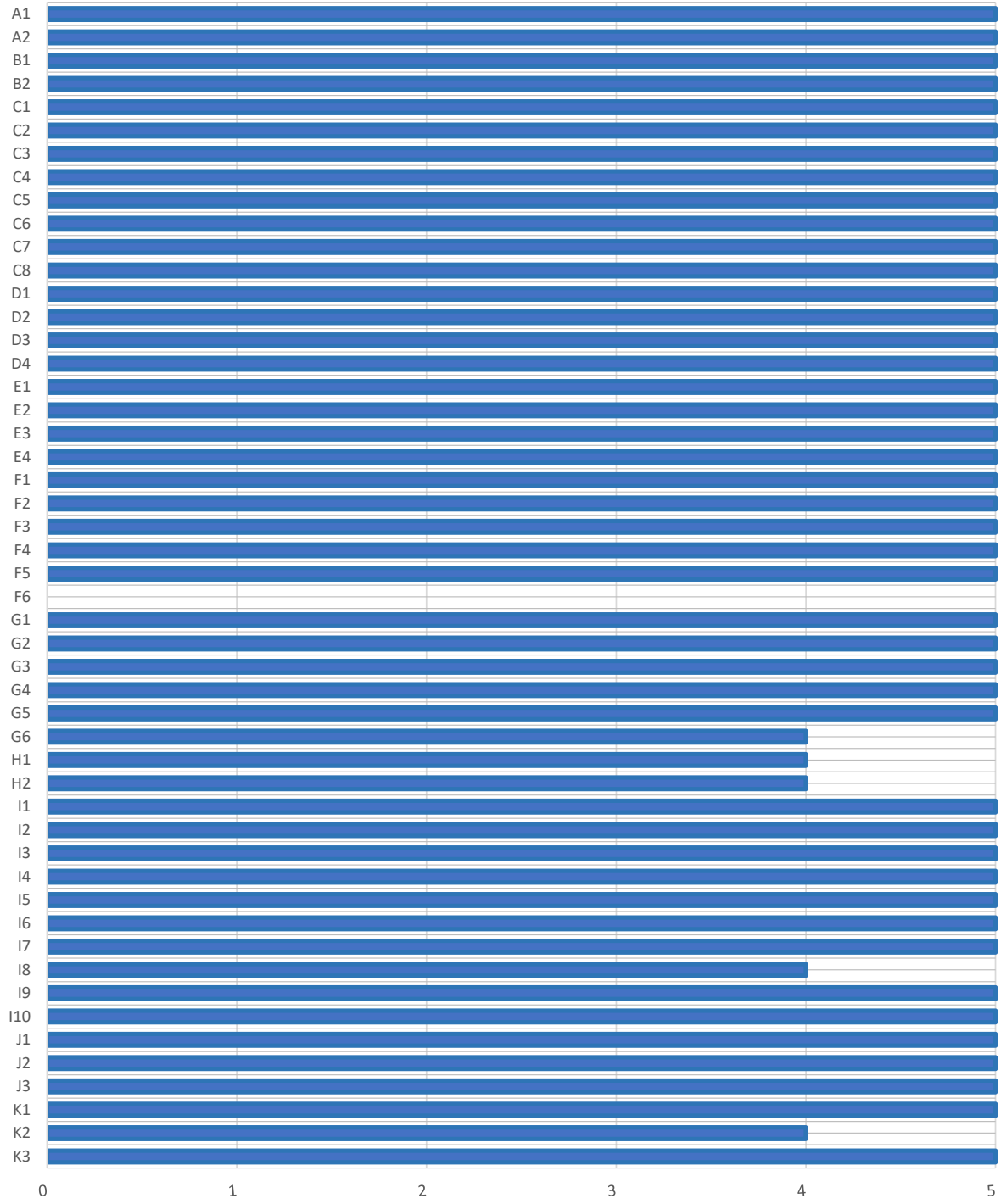
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\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2023-2024 School Wellness Survey Responses

## Haycock Elementary

Comparison of Survey Question and Self-Reported Wellness Score



Wellness Score  
(1 = No Activity, 2 = Exploring, 3 = Transitioning, 4 = Emerging, 5 = Embedded)



# 2023-2024 School Wellness Survey Responses

## Haycock Elementary

### Survey Questions Grouped by Wellness Score

| No Activity<br>(Score = 1) | Exploring<br>(Score = 2) | Transitioning<br>(Score =3) | Emerging<br>(Score =4)      | Embedded<br>(Score =5)   |
|----------------------------|--------------------------|-----------------------------|-----------------------------|--|
|                            |                          |                             | G6,<br>H1, H2,<br>I8,<br>K2 | A1, A2,<br>B1, B2,<br>C1, C2, C3, C4,<br>C5, C6, C7, C8,<br>D1, D2, D3, D4,<br>E1, E2, E3, E4,<br>F1, F2, F3, F4,<br>F5,<br>G1, G2, G3, G4,<br>G5,<br>I1, I2, I3, I4, I5,<br>I6, I7, I9, I10,<br>J1, J2, J3,<br>K1, K3, K4 |

# 2023-2024 School Wellness Survey Responses

## Hayfield Elementary

### Section A – Physical Education

| <u>Question: To what extent does your school implement the following practices:</u>                            | <u>Response</u> |
|--|-----------------|
| A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218. | Embedded        |
| A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.      | Embedded        |

### Section B – Physical Activity

| <u>Question: To what extent does your school implement the following practices:</u>                                | <u>Response</u> |
|--|-----------------|
| B1: Withholding recess or physical education is not used as a disciplinary action.                                 | Embedded        |
| B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess. | Embedded        |

Question: Please highlight any activities or best practices used to promote student's physical activity.

“ ”

### Section C – Health Education

| <u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u> | <u>Response</u> |
|---|-----------------|
| C1: Promoting Healthy Lifestyles.   | Embedded        |
| C2: Stress Management.  | Embedded        |
| C3: Coping Skills.  | Embedded        |
| C4: Depression.   | Emerging        |
| C5: Suicide Prevention and Awareness.   | Emerging        |
| C6: Mental Health Issues (general).   | Embedded        |
| C7: Relationship of Healthy Sleep to Mental Health.   | Embedded        |

# 2023-2024 School Wellness Survey Responses

## Hayfield Elementary

C8: Substance Abuse Prevention.

Emerging

### Section D – Health Services

Question: To what extent does your school implement the following practices:

Response

D1: FCPS' protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others.

Embedded

D2: Students have regular access to public health nurses to address health, safety, and psychological issues.

Embedded

D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia.

Embedded

D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102.

Embedded

### Section E – Healthy and Safe School Environment

Question: To what extent does your school implement the following practices:

Response

E1: Encourages children to safely walk or bike to and from school.

Embedded

E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults.

Embedded

E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560.

Embedded

E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152.

Embedded

Question: Please share any school or community specific barriers to promoting a healthy and safe school environment for students.

“none”

# 2023-2024 School Wellness Survey Responses

## Hayfield Elementary

### Section F – School Counseling, School Psychology, and School Social Work Services

| <u>Question: To what extent does your school implement the following practices:</u>   | <u>Response</u>          |
|---|--------------------------|
| F1: Monitors school climate and other factors that may contribute to student stress, symptoms of anxiety and depression, and peer and academic pressures and substance use.                                     | Emerging                 |
| F2: Our staff has received required suicide prevention training, as well as training that includes recognition of, and response to, mental and behavioral health needs.   | Embedded                 |
| F3: Implements programs that foster social and emotional health and wellness of students and staff.   | Emerging                 |
| F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.   | Embedded                 |
| F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.  | Emerging                 |
| F6: MIDDLE AND HIGH SCHOOLS ONLY: Academic advising encourages flexibility in course scheduling to promote adequate sleep and healthy sleep patterns to affect student mental health, wellness, and attendance. | Not a Middle/High School |

### Section G – Health Promotion for Staff Members

| <u>Question: To what extent does the staff wellness liaison support opportunities for staff members to improve their health and well-being:</u>   | <u>Response</u> |
|---|-----------------|
| G1: Health screenings.  | Embedded        |
| G2: Health care access.   | Embedded        |
| G3: Employee flu immunization clinics.  | Embedded        |
| G4: Wellness opportunities for staff, such as fitness challenges, fitness classes, mobile health screenings, wellness walks, workshops, or health fairs that emphasize work/life balance. | Exploring       |
| G5: Awareness of the Employee Assistance Program Services.  | Embedded        |

# 2023-2024 School Wellness Survey Responses

## Hayfield Elementary

G6: Staff celebrations that offer and encourage healthy choices for food and beverages. Emerging

### Section H – Family and Community Involvement

Question: To what extent does your school implement the following practices: Response

H1: Established a wellness committee to implement activities that support the wellness policy. Emerging

H2: Includes a non-staff, family, or community member in our school's wellness committee. Exploring

Question: Please share how your wellness committee encourages involvement from families and community members in promoting wellness in your school.

"none"

### Section I – Food and Nutrition General

Question: To what extent does your school implement the following practices: Response

I1: All students have at least 20 minutes to eat after sitting down for lunch. Embedded

I2: Students who participate in school meal programs have equal access to the same high-quality food and nutrition as do non-participants who purchase FCPS-provided food. Embedded

I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities. Embedded

I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals. Embedded

I5: Encourages the use of non-food items for classroom celebrations. Emerging

I6: Withholding access to food is not used as a disciplinary action. Embedded

I7: Potable water is available to all our students at no cost. Embedded

I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS). Emerging

# 2023-2024 School Wellness Survey Responses

## Hayfield Elementary

I9: Allows students to possess personal containers for drinking water. Embedded

I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible. Embedded

### Section J – Nutrition Education, Promotion, and Food Marketing

Question: To what extent does your school implement the following practices: Response

J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day. Embedded

Embedded

J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day. Embedded

J3: We follow FCPS’ policy on fundraisers as outlined in R2100.

### Section K – Nutritional Guidelines

Question: To what extent does your school implement the following practices: Response

K1: Sodas and sports drinks are not offered for sale to students at any time during the school day. Embedded

K2: Healthy food and beverage options are encouraged at school-related events outside the school day. Emerging

K3: Implements appropriate precautions against severe food allergies. Embedded  
Embedded

K4: We follow all nutrition guidelines for food and beverage standards, as outlined in FCPS P2100 and R2100.

### Section L – Ideas/Comments/Suggestions

Question: Please list any wellness events or activities your school has undertaken or will undertake this school year.

“No Response”

Question: Please provide any suggestions, best practices, or tools that you believe would be helpful in evaluating and supporting student and staff health and wellness within FCPS.

“No Response”

# 2023-2024 School Wellness Survey Responses

## Hayfield Elementary

Question: Please provide any questions or comments you have with regard to FCPS' Student and Staff Health and Wellness policy, regulation, or these wellness survey items.

"No Response"

### Summary Tables:

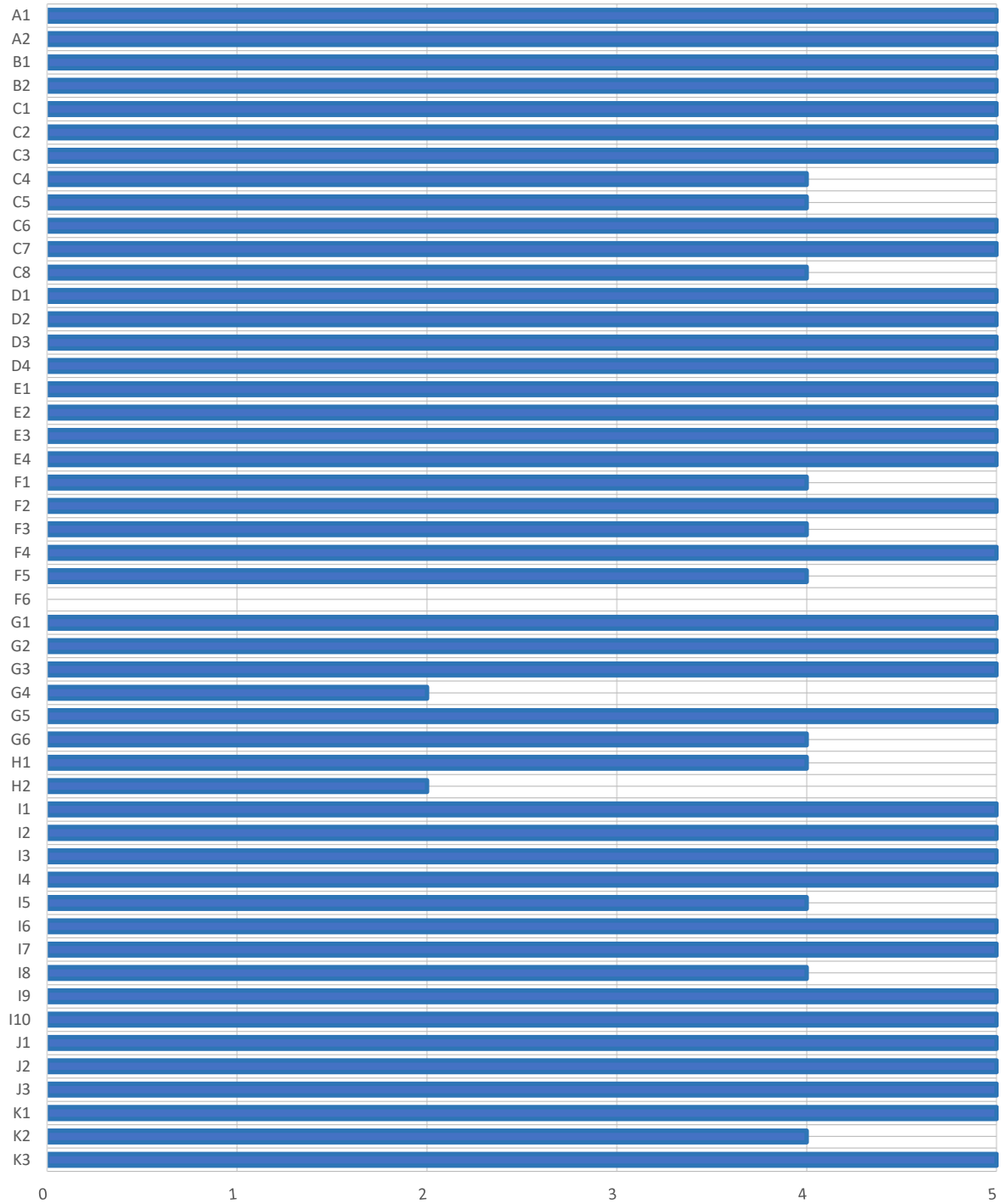
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\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2023-2024 School Wellness Survey Responses

## Hayfield Elementary

Comparison of Survey Question and Self-Reported Wellness Score



Wellness Score

(1 = No Activity, 2 = Exploring, 3 = Transitioning, 4 = Emerging, 5 = Embedded)



# 2023-2024 School Wellness Survey Responses

## Hayfield Elementary

### Survey Questions Grouped by Wellness Score

| No Activity<br>(Score = 1) | Exploring<br>(Score = 2) | Transitioning<br>(Score =3) | Emerging<br>(Score =4)                                    | Embedded<br>(Score =5)   |
|----------------------------|--------------------------|-----------------------------|---|--|
|                            | G4,<br>H2                |                             | C4, C5, C8,<br>F1, F3, F5,<br>G6,<br>H1,<br>I5, I8,<br>K2 | A1, A2,<br>B1, B2,<br>C1, C2, C3, C6,<br>C7,<br>D1, D2, D3, D4,<br>E1, E2, E3, E4,<br>F2, F4,<br>G1, G2, G3, G5,<br>I1, I2, I3, I4, I6,<br>I7, I9, I10,<br>J1, J2, J3,<br>K1, K3, K4 |

# 2023-2024 School Wellness Survey Responses

## Herndon Elementary

### Section A – Physical Education

| <u>Question: To what extent does your school implement the following practices:</u>                            | <u>Response</u> |
|--|-----------------|
| A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218. | Embedded        |
| A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.      | Embedded        |

### Section B – Physical Activity

| <u>Question: To what extent does your school implement the following practices:</u>                                | <u>Response</u> |
|--|-----------------|
| B1: Withholding recess or physical education is not used as a disciplinary action.                                 | Embedded        |
| B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess. | Embedded        |

Question: Please highlight any activities or best practices used to promote student's physical activity.

“Walk/Ride Your Bike to School Day twice a year. Field day. 6th grade vs teachers in volleyball and basketball. Grade level kickball games. ”

### Section C – Health Education

| <u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u> | <u>Response</u> |
|---|-----------------|
| C1: Promoting Healthy Lifestyles.   | Transitioning   |
| C2: Stress Management.  | Emerging        |
| C3: Coping Skills.  | Emerging        |
| C4: Depression.   | Transitioning   |
| C5: Suicide Prevention and Awareness.   | Exploring       |
| C6: Mental Health Issues (general).   | Emerging        |

# 2023-2024 School Wellness Survey Responses

## Herndon Elementary

|   |          |
|---|----------|
| C7: Relationship of Healthy Sleep to Mental Health. | Emerging |
| C8: Substance Abuse Prevention.                     | Emerging |

### Section D – Health Services

| <u>Question: To what extent does your school implement the following practices:</u>   | <u>Response</u> |
|---|-----------------|
| D1: FCPS' protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others.           | Embedded        |
| D2: Students have regular access to public health nurses to address health, safety, and psychological issues.                         | Embedded        |
| D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia. | Embedded        |
| D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102.         | Embedded        |

### Section E – Healthy and Safe School Environment

| <u>Question: To what extent does your school implement the following practices:</u>   | <u>Response</u> |
|---|-----------------|
| E1: Encourages children to safely walk or bike to and from school.  | Embedded        |
| E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults. | Embedded        |
| E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560.    | Embedded        |
| E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152.                               | Embedded        |

Question: Please share any school or community specific barriers to promoting a healthy and safe school environment for students.

“none”

# 2023-2024 School Wellness Survey Responses

## Herndon Elementary

### Section F – School Counseling, School Psychology, and School Social Work Services

| <u>Question: To what extent does your school implement the following practices:</u>   | <u>Response</u>          |
|---|--------------------------|
| F1: Monitors school climate and other factors that may contribute to student stress, symptoms of anxiety and depression, and peer and academic pressures and substance use.                                     | Embedded                 |
| F2: Our staff has received required suicide prevention training, as well as training that includes recognition of, and response to, mental and behavioral health needs.   | Embedded                 |
| F3: Implements programs that foster social and emotional health and wellness of students and staff.   | Embedded                 |
| F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.   | Embedded                 |
| F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.  | Embedded                 |
| F6: MIDDLE AND HIGH SCHOOLS ONLY: Academic advising encourages flexibility in course scheduling to promote adequate sleep and healthy sleep patterns to affect student mental health, wellness, and attendance. | Not a Middle/High School |

### Section G – Health Promotion for Staff Members

| <u>Question: To what extent does the staff wellness liaison support opportunities for staff members to improve their health and well-being:</u>   | <u>Response</u> |
|---|-----------------|
| G1: Health screenings.  | No Activity     |
| G2: Health care access.   | No Activity     |
| G3: Employee flu immunization clinics.  | Embedded        |
| G4: Wellness opportunities for staff, such as fitness challenges, fitness classes, mobile health screenings, wellness walks, workshops, or health fairs that emphasize work/life balance. | Transitioning   |
| G5: Awareness of the Employee Assistance Program Services.  | Emerging        |

# 2023-2024 School Wellness Survey Responses

## Herndon Elementary

G6: Staff celebrations that offer and encourage healthy choices for food and beverages. Embedded

### Section H – Family and Community Involvement

Question: To what extent does your school implement the following practices: Response

H1: Established a wellness committee to implement activities that support the wellness policy. Emerging

H2: Includes a non-staff, family, or community member in our school's wellness committee. No Activity

Question: Please share how your wellness committee encourages involvement from families and community members in promoting wellness in your school.

"Promoting ride/walk to school days. Field day volunteers. "

### Section I – Food and Nutrition General

Question: To what extent does your school implement the following practices: Response

I1: All students have at least 20 minutes to eat after sitting down for lunch. Embedded

I2: Students who participate in school meal programs have equal access to the same high-quality food and nutrition as do non-participants who purchase FCPS-provided food. Embedded

I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities. Embedded

I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals. Embedded

I5: Encourages the use of non-food items for classroom celebrations. Embedded

I6: Withholding access to food is not used as a disciplinary action. Embedded

I7: Potable water is available to all our students at no cost. Embedded

I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS). Exploring

# 2023-2024 School Wellness Survey Responses

## Herndon Elementary

I9: Allows students to possess personal containers for drinking water. Embedded

I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible. Emerging

### Section J – Nutrition Education, Promotion, and Food Marketing

Question: To what extent does your school implement the following practices: Response

J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day. Embedded

Embedded

J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day. Embedded

J3: We follow FCPS’ policy on fundraisers as outlined in R2100.

### Section K – Nutritional Guidelines

Question: To what extent does your school implement the following practices: Response

K1: Sodas and sports drinks are not offered for sale to students at any time during the school day. Embedded

K2: Healthy food and beverage options are encouraged at school-related events outside the school day. Embedded

K3: Implements appropriate precautions against severe food allergies. Embedded  
Embedded

K4: We follow all nutrition guidelines for food and beverage standards, as outlined in FCPS P2100 and R2100.

### Section L – Ideas/Comments/Suggestions

Question: Please list any wellness events or activities your school has undertaken or will undertake this school year.

“Flu shot. Staff relaxation room. ”

Question: Please provide any suggestions, best practices, or tools that you believe would be helpful in evaluating and supporting student and staff health and wellness within FCPS.

“No Response”

# 2023-2024 School Wellness Survey Responses

## Herndon Elementary

Question: Please provide any questions or comments you have with regard to FCPS' Student and Staff Health and Wellness policy, regulation, or these wellness survey items.

"No Response"

### Summary Tables:

The following graph and table visually summarize your school's responses provided above. Questions in the graph are represented by bars corresponding to the self-reported wellness score. Questions in the table are grouped together according to their self-reported wellness score (e.g., all questions recorded as "embedded" are grouped together, etc.).

\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2023-2024 School Wellness Survey Responses

## Herndon Elementary

Comparison of Survey Question and Self-Reported Wellness Score



Wellness Score  
(1 = No Activity, 2 = Exploring, 3 = Transitioning, 4 = Emerging, 5 = Embedded)



# 2023-2024 School Wellness Survey Responses

## Herndon Elementary

### Survey Questions Grouped by Wellness Score

| No Activity<br>(Score = 1) | Exploring<br>(Score = 2) | Transitioning<br>(Score =3) | Emerging<br>(Score =4)                      | Embedded<br>(Score =5)   |
|----------------------------|--------------------------|-----------------------------|---|--|
| G1, G2,<br>H2              | C5,<br>I8                | C1, C4,<br>G4               | C2, C3, C6, C7,<br>C8,<br>G5,<br>H1,<br>I10 | A1, A2,<br>B1, B2,<br>D1, D2, D3, D4,<br>E1, E2, E3, E4,<br>F1, F2, F3, F4,<br>F5,<br>G3, G6,<br>I1, I2, I3, I4, I5,<br>I6, I7, I9,<br>J1, J2, J3,<br>K1, K2, K3, K4 |

# 2023-2024 School Wellness Survey Responses

## Hollin Meadows Elementary

### Section A – Physical Education

| <u>Question: To what extent does your school implement the following practices:</u>                            | <u>Response</u> |
|--|-----------------|
| A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218. | Embedded        |
| A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.      | Embedded        |

### Section B – Physical Activity

| <u>Question: To what extent does your school implement the following practices:</u>                                | <u>Response</u> |
|--|-----------------|
| B1: Withholding recess or physical education is not used as a disciplinary action.                                 | Embedded        |
| B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess. | Embedded        |

Question: Please highlight any activities or best practices used to promote student's physical activity.

"After school running club. Girls on the Run. Walk/Ride to School days"

### Section C – Health Education

| <u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u> | <u>Response</u> |
|---|-----------------|
| C1: Promoting Healthy Lifestyles.   | Embedded        |
| C2: Stress Management.  | Embedded        |
| C3: Coping Skills.  | Embedded        |
| C4: Depression.   | Embedded        |
| C5: Suicide Prevention and Awareness.   | Embedded        |
| C6: Mental Health Issues (general).   | Embedded        |

# 2023-2024 School Wellness Survey Responses

## Hollin Meadows Elementary

|   |          |
|---|----------|
| C7: Relationship of Healthy Sleep to Mental Health. | Embedded |
| C8: Substance Abuse Prevention.                     | Embedded |

### Section D – Health Services

| <u>Question: To what extent does your school implement the following practices:</u>   | <u>Response</u> |
|---|-----------------|
| D1: FCPS' protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others.           | Embedded        |
| D2: Students have regular access to public health nurses to address health, safety, and psychological issues.                         | Embedded        |
| D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia. | Embedded        |
| D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102.         | Embedded        |

### Section E – Healthy and Safe School Environment

| <u>Question: To what extent does your school implement the following practices:</u>   | <u>Response</u> |
|---|-----------------|
| E1: Encourages children to safely walk or bike to and from school.  | Embedded        |
| E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults. | Emerging        |
| E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560.    | Embedded        |
| E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152.                               | Embedded        |

Question: Please share any school or community specific barriers to promoting a healthy and safe school environment for students.

“none”

# 2023-2024 School Wellness Survey Responses

## Hollin Meadows Elementary

### Section F – School Counseling, School Psychology, and School Social Work Services

| <u>Question: To what extent does your school implement the following practices:</u>   | <u>Response</u>          |
|---|--------------------------|
| F1: Monitors school climate and other factors that may contribute to student stress, symptoms of anxiety and depression, and peer and academic pressures and substance use.                                     | Embedded                 |
| F2: Our staff has received required suicide prevention training, as well as training that includes recognition of, and response to, mental and behavioral health needs.   | Embedded                 |
| F3: Implements programs that foster social and emotional health and wellness of students and staff.   | Embedded                 |
| F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.   | Embedded                 |
| F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.  | Embedded                 |
| F6: MIDDLE AND HIGH SCHOOLS ONLY: Academic advising encourages flexibility in course scheduling to promote adequate sleep and healthy sleep patterns to affect student mental health, wellness, and attendance. | Not a Middle/High School |

### Section G – Health Promotion for Staff Members

| <u>Question: To what extent does the staff wellness liaison support opportunities for staff members to improve their health and well-being:</u>   | <u>Response</u> |
|---|-----------------|
| G1: Health screenings.  | Embedded        |
| G2: Health care access.   | Embedded        |
| G3: Employee flu immunization clinics.  | Embedded        |
| G4: Wellness opportunities for staff, such as fitness challenges, fitness classes, mobile health screenings, wellness walks, workshops, or health fairs that emphasize work/life balance. | Exploring       |
| G5: Awareness of the Employee Assistance Program Services.  | Embedded        |

# 2023-2024 School Wellness Survey Responses

## Hollin Meadows Elementary

G6: Staff celebrations that offer and encourage healthy choices for food and beverages.

Embedded

### Section H – Family and Community Involvement

Question: To what extent does your school implement the following practices:

Response

H1: Established a wellness committee to implement activities that support the wellness policy.

Exploring

H2: Includes a non-staff, family, or community member in our school's wellness committee.

Exploring

Question: Please share how your wellness committee encourages involvement from families and community members in promoting wellness in your school.

"none"

### Section I – Food and Nutrition General

Question: To what extent does your school implement the following practices:

Response

I1: All students have at least 20 minutes to eat after sitting down for lunch.

Embedded

I2: Students who participate in school meal programs have equal access to the same high-quality food and nutrition as do non-participants who purchase FCPS-provided food.

Embedded

I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities.

Embedded

I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals.

Embedded

I5: Encourages the use of non-food items for classroom celebrations.

Emerging

I6: Withholding access to food is not used as a disciplinary action.

Embedded

I7: Potable water is available to all our students at no cost.

Embedded

I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS).

No Activity

# 2023-2024 School Wellness Survey Responses

## Hollin Meadows Elementary

|   |                          |
|---|--------------------------|
| I9: Allows students to possess personal containers for drinking water.                    | Embedded                 |
| I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible. | Not an Elementary School |

### Section J – Nutrition Education, Promotion, and Food Marketing

| <u>Question: To what extent does your school implement the following practices:</u>   | <u>Response</u> |
|---|-----------------|
| J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day.  | Embedded        |
| J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day. | Embedded        |
| J3: We follow FCPS’ policy on fundraisers as outlined in R2100.   | Embedded        |

### Section K – Nutritional Guidelines

| <u>Question: To what extent does your school implement the following practices:</u>                          | <u>Response</u>      |
|--|----------------------|
| K1: Sodas and sports drinks are not offered for sale to students at any time during the school day.          | Embedded             |
| K2: Healthy food and beverage options are encouraged at school-related events outside the school day.        | Emerging             |
| K3: Implements appropriate precautions against severe food allergies.  | Embedded<br>Embedded |
| K4: We follow all nutrition guidelines for food and beverage standards, as outlined in FCPS P2100 and R2100. |                      |

### Section L – Ideas/Comments/Suggestions

Question: Please list any wellness events or activities your school has undertaken or will undertake this school year.

“Community Wellness Fair”

Question: Please provide any suggestions, best practices, or tools that you believe would be helpful in evaluating and supporting student and staff health and wellness within FCPS.

“No Response”

# 2023-2024 School Wellness Survey Responses

## Hollin Meadows Elementary

Question: Please provide any questions or comments you have with regard to FCPS' Student and Staff Health and Wellness policy, regulation, or these wellness survey items.

"No Response"

### Summary Tables:

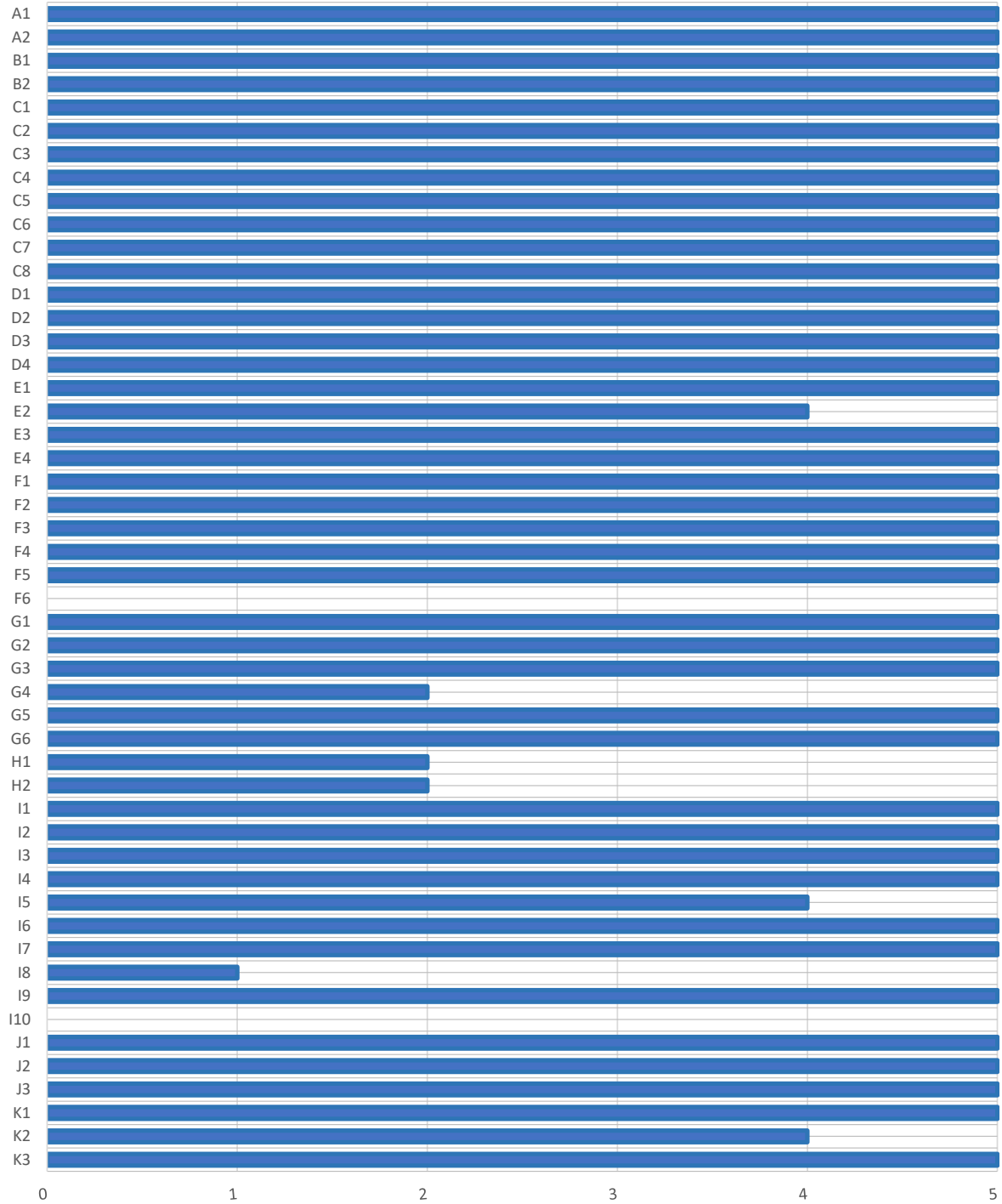
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\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2023-2024 School Wellness Survey Responses

## Hollin Meadows Elementary

Comparison of Survey Question and Self-Reported Wellness Score



Wellness Score  
(1 = No Activity, 2 = Exploring, 3 = Transitioning, 4 = Emerging, 5 = Embedded)



# 2023-2024 School Wellness Survey Responses

## Hollin Meadows Elementary

### Survey Questions Grouped by Wellness Score

| No Activity<br>(Score = 1) | Exploring<br>(Score = 2) | Transitioning<br>(Score =3) | Emerging<br>(Score =4) | Embedded<br>(Score =5)  |
|----------------------------|--------------------------|-----------------------------|------------------------|---|
| I8                         | G4,<br>H1, H2            |                             | E2,<br>I5,<br>K2       | A1, A2,<br>B1, B2,<br>C1, C2, C3, C4,<br>C5, C6, C7, C8,<br>D1, D2, D3, D4,<br>E1, E3, E4,<br>F1, F2, F3, F4,<br>F5,<br>G1, G2, G3, G5,<br>G6,<br>I1, I2, I3, I4, I6,<br>I7, I9,<br>J1, J2, J3,<br>K1, K3, K4 |

# 2023-2024 School Wellness Survey Responses

## Hunt Valley Elementary

### Section A – Physical Education

| <u>Question: To what extent does your school implement the following practices:</u>                            | <u>Response</u> |
|--|-----------------|
| A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218. | Embedded        |
| A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.      | Embedded        |

### Section B – Physical Activity

| <u>Question: To what extent does your school implement the following practices:</u>                                | <u>Response</u> |
|--|-----------------|
| B1: Withholding recess or physical education is not used as a disciplinary action.                                 | No Activity     |
| B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess. | Embedded        |

Question: Please highlight any activities or best practices used to promote student's physical activity.

“at least one hour of PE for all students weekly, 30 minutes of supervised recess daily, wellness fair for our students and families to learn about healthy options, activities, foods, and time to engage in physical activities, we practice mindfulness in classrooms.”

### Section C – Health Education

| <u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u> | <u>Response</u> |
|---|-----------------|
| C1: Promoting Healthy Lifestyles.   | Embedded        |
| C2: Stress Management.  | Emerging        |
| C3: Coping Skills.  | Emerging        |
| C4: Depression.   | Emerging        |
| C5: Suicide Prevention and Awareness.   | Emerging        |

# 2023-2024 School Wellness Survey Responses

## Hunt Valley Elementary

|   |           |
|---|-----------|
| C6: Mental Health Issues (general).                 | Emerging  |
| C7: Relationship of Healthy Sleep to Mental Health. | Embedded  |
| C8: Substance Abuse Prevention.                     | Exploring |

### Section D – Health Services

| <u>Question: To what extent does your school implement the following practices:</u>   | <u>Response</u> |
|---|-----------------|
| D1: FCPS' protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others.           | Embedded        |
| D2: Students have regular access to public health nurses to address health, safety, and psychological issues.                         | Embedded        |
| D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia. | Embedded        |
| D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102.         | Embedded        |

### Section E – Healthy and Safe School Environment

| <u>Question: To what extent does your school implement the following practices:</u>   | <u>Response</u> |
|---|-----------------|
| E1: Encourages children to safely walk or bike to and from school.  | Embedded        |
| E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults. | Emerging        |
| E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560.    | Embedded        |
| E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152.                               | Embedded        |

Question: Please share any school or community specific barriers to promoting a healthy and safe school environment for students.

“none”

# 2023-2024 School Wellness Survey Responses

## Hunt Valley Elementary

### Section F – School Counseling, School Psychology, and School Social Work Services

| <u>Question: To what extent does your school implement the following practices:</u>   | <u>Response</u> |
|---|-----------------|
| F1: Monitors school climate and other factors that may contribute to student stress, symptoms of anxiety and depression, and peer and academic pressures and substance use.                                     | Embedded        |
| F2: Our staff has received required suicide prevention training, as well as training that includes recognition of, and response to, mental and behavioral health needs.   | Embedded        |
| F3: Implements programs that foster social and emotional health and wellness of students and staff.   | Embedded        |
| F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.   | Embedded        |
| F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.  | Emerging        |
| F6: MIDDLE AND HIGH SCHOOLS ONLY: Academic advising encourages flexibility in course scheduling to promote adequate sleep and healthy sleep patterns to affect student mental health, wellness, and attendance. | No Activity     |

### Section G – Health Promotion for Staff Members

| <u>Question: To what extent does the staff wellness liaison support opportunities for staff members to improve their health and well-being:</u>   | <u>Response</u> |
|---|-----------------|
| G1: Health screenings.  | Embedded        |
| G2: Health care access.   | Embedded        |
| G3: Employee flu immunization clinics.  | Embedded        |
| G4: Wellness opportunities for staff, such as fitness challenges, fitness classes, mobile health screenings, wellness walks, workshops, or health fairs that emphasize work/life balance. | Embedded        |

# 2023-2024 School Wellness Survey Responses

## Hunt Valley Elementary

G5: Awareness of the Employee Assistance Program Services. Embedded

G6: Staff celebrations that offer and encourage healthy choices for food and beverages. Embedded

### Section H – Family and Community Involvement

Question: To what extent does your school implement the following practices: Response

H1: Established a wellness committee to implement activities that support the wellness policy. Embedded

H2: Includes a non-staff, family, or community member in our school’s wellness committee. Embedded

Question: Please share how your wellness committee encourages involvement from families and community members in promoting wellness in your school.

“They send out weekly recommendations on healthy food options, exercise, ways to destress, engage in mindfulness. They have challenges throughout the year and organize a wellness fair. ”

### Section I – Food and Nutrition General

Question: To what extent does your school implement the following practices: Response

I1: All students have at least 20 minutes to eat after sitting down for lunch. Embedded

I2: Students who participate in school meal programs have equal access to the same high-quality food and nutrition as do non-participants who purchase FCPS-provided food. Embedded

I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities. Embedded

I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals. Embedded

I5: Encourages the use of non-food items for classroom celebrations. Embedded

I6: Withholding access to food is not used as a disciplinary action. Embedded

# 2023-2024 School Wellness Survey Responses

## Hunt Valley Elementary

|   |             |
|---|-------------|
| I7: Potable water is available to all our students at no cost.  | Embedded    |
| I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS). | No Activity |
| I9: Allows students to possess personal containers for drinking water.  | Embedded    |
| I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible.                     | Embedded    |

### Section J – Nutrition Education, Promotion, and Food Marketing

| <u>Question: To what extent does your school implement the following practices:</u>   | <u>Response</u> |
|---|-----------------|
| J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day.  | Embedded        |
|   | Embedded        |
| J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day. | Embedded        |
| J3: We follow FCPS’ policy on fundraisers as outlined in R2100.   |                 |

### Section K – Nutritional Guidelines

| <u>Question: To what extent does your school implement the following practices:</u>                          | <u>Response</u>      |
|--|----------------------|
| K1: Sodas and sports drinks are not offered for sale to students at any time during the school day.          | Embedded             |
| K2: Healthy food and beverage options are encouraged at school-related events outside the school day.        | Embedded             |
| K3: Implements appropriate precautions against severe food allergies.  | Embedded<br>Embedded |
| K4: We follow all nutrition guidelines for food and beverage standards, as outlined in FCPS P2100 and R2100. |                      |

# 2023-2024 School Wellness Survey Responses

## Hunt Valley Elementary

### Section L – Ideas/Comments/Suggestions

Question: Please list any wellness events or activities your school has undertaken or will undertake this school year.

“Fun run, wellness fair, quarterly challenges.”

Question: Please provide any suggestions, best practices, or tools that you believe would be helpful in evaluating and supporting student and staff health and wellness within FCPS.

“Not sure”

Question: Please provide any questions or comments you have with regard to FCPS’ Student and Staff Health and Wellness policy, regulation, or these wellness survey items.

“none”

### Summary Tables:

The following graph and table visually summarize your school’s responses provided above. Questions in the graph are represented by bars corresponding to the self-reported wellness score. Questions in the table are grouped together according to their self-reported wellness score (e.g., all questions recorded as “embedded” are grouped together, etc.).

\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2023-2024 School Wellness Survey Responses

## Hunt Valley Elementary

Comparison of Survey Question and Self-Reported Wellness Score



Wellness Score  
(1 = No Activity, 2 = Exploring, 3 = Transitioning, 4 = Emerging, 5 = Embedded)



# 2023-2024 School Wellness Survey Responses

## Hunt Valley Elementary

### Survey Questions Grouped by Wellness Score

| No Activity<br>(Score = 1) | Exploring<br>(Score = 2) | Transitioning<br>(Score =3) | Emerging<br>(Score =4)              | Embedded<br>(Score =5)  |
|----------------------------|--------------------------|-----------------------------|-------------------------------------|---|
| B1,<br>F6,<br>I8           | C8                       |                             | C2, C3, C4, C5,<br>C6,<br>E2,<br>F5 | A1, A2,<br>B2,<br>C1, C7,<br>D1, D2, D3, D4,<br>E1, E3, E4,<br>F1, F2, F3, F4,<br>G1, G2, G3, G4,<br>G5, G6,<br>H1, H2,<br>I1, I2, I3, I4, I5,<br>I6, I7, I9, I10,<br>J1, J2, J3,<br>K1, K2, K3, K4 |

# 2023-2024 School Wellness Survey Responses

## Hunters Woods Elementary

### Section A – Physical Education

| <u>Question: To what extent does your school implement the following practices:</u>                            | <u>Response</u> |
|--|-----------------|
| A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218. | Embedded        |
| A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.      | Embedded        |

### Section B – Physical Activity

| <u>Question: To what extent does your school implement the following practices:</u>                                | <u>Response</u> |
|--|-----------------|
| B1: Withholding recess or physical education is not used as a disciplinary action.                                 | Embedded        |
| B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess. | Embedded        |

Question: Please highlight any activities or best practices used to promote student's physical activity.

“Workout Wednesdays, Dance/Creative Movement Classes weekly for all students, Annual Community Wellness Fair, Bike Safety lessons, Bike To School Event, HWES owns 40 bikes for use during PE”

### Section C – Health Education

| <u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u> | <u>Response</u> |
|---|-----------------|
| C1: Promoting Healthy Lifestyles.   | Embedded        |
| C2: Stress Management.  | Embedded        |
| C3: Coping Skills.  | Embedded        |
| C4: Depression.   | Emerging        |
| C5: Suicide Prevention and Awareness.   | Emerging        |
| C6: Mental Health Issues (general).   | Emerging        |

# 2023-2024 School Wellness Survey Responses

## Hunters Woods Elementary

C7: Relationship of Healthy Sleep to Mental Health. Embedded

C8: Substance Abuse Prevention. Emerging

### Section D – Health Services

Question: To what extent does your school implement the following practices: Response

D1: FCPS' protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others. Embedded

D2: Students have regular access to public health nurses to address health, safety, and psychological issues. Embedded

D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia. Embedded

D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102. Embedded

### Section E – Healthy and Safe School Environment

Question: To what extent does your school implement the following practices: Response

E1: Encourages children to safely walk or bike to and from school. Embedded

E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults. Embedded

E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560. Embedded

E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152. Embedded

Question: Please share any school or community specific barriers to promoting a healthy and safe school environment for students.

“none”

# 2023-2024 School Wellness Survey Responses

## Hunters Woods Elementary

### Section F – School Counseling, School Psychology, and School Social Work Services

| <u>Question: To what extent does your school implement the following practices:</u>   | <u>Response</u>          |
|---|--------------------------|
| F1: Monitors school climate and other factors that may contribute to student stress, symptoms of anxiety and depression, and peer and academic pressures and substance use.                                     | Emerging                 |
| F2: Our staff has received required suicide prevention training, as well as training that includes recognition of, and response to, mental and behavioral health needs.   | Embedded                 |
| F3: Implements programs that foster social and emotional health and wellness of students and staff.   | Embedded                 |
| F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.   | Embedded                 |
| F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.  | Emerging                 |
| F6: MIDDLE AND HIGH SCHOOLS ONLY: Academic advising encourages flexibility in course scheduling to promote adequate sleep and healthy sleep patterns to affect student mental health, wellness, and attendance. | Not a Middle/High School |

### Section G – Health Promotion for Staff Members

| <u>Question: To what extent does the staff wellness liaison support opportunities for staff members to improve their health and well-being:</u>   | <u>Response</u> |
|---|-----------------|
| G1: Health screenings.  | Exploring       |
| G2: Health care access.   | Embedded        |
| G3: Employee flu immunization clinics.  | Embedded        |
| G4: Wellness opportunities for staff, such as fitness challenges, fitness classes, mobile health screenings, wellness walks, workshops, or health fairs that emphasize work/life balance. | Embedded        |
| G5: Awareness of the Employee Assistance Program Services.  | Embedded        |

# 2023-2024 School Wellness Survey Responses

## Hunters Woods Elementary

G6: Staff celebrations that offer and encourage healthy choices for food and beverages. Embedded

### Section H – Family and Community Involvement

Question: To what extent does your school implement the following practices: Response

H1: Established a wellness committee to implement activities that support the wellness policy. Embedded

H2: Includes a non-staff, family, or community member in our school's wellness committee. Transitioning

Question: Please share how your wellness committee encourages involvement from families and community members in promoting wellness in your school.

“Volunteering at the Wellness Fair, assisting with Bike and Walk to School Day and Field Day events”

### Section I – Food and Nutrition General

Question: To what extent does your school implement the following practices: Response

I1: All students have at least 20 minutes to eat after sitting down for lunch. Embedded

I2: Students who participate in school meal programs have equal access to the same high-quality food and nutrition as do non-participants who purchase FCPS-provided food. Embedded

I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities. Embedded

I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals. Embedded

I5: Encourages the use of non-food items for classroom celebrations. Embedded

I6: Withholding access to food is not used as a disciplinary action. Embedded

I7: Potable water is available to all our students at no cost. Embedded

# 2023-2024 School Wellness Survey Responses

## Hunters Woods Elementary

|   |               |
|---|---------------|
| I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS). | Transitioning |
| I9: Allows students to possess personal containers for drinking water.  | Embedded      |
| I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible.                     | Embedded      |

### Section J – Nutrition Education, Promotion, and Food Marketing

| <u>Question: To what extent does your school implement the following practices:</u>   | <u>Response</u> |
|---|-----------------|
| J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day.  | Embedded        |
|   | Embedded        |
| J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day. | Embedded        |
| J3: We follow FCPS’ policy on fundraisers as outlined in R2100.   |                 |

### Section K – Nutritional Guidelines

| <u>Question: To what extent does your school implement the following practices:</u>                          | <u>Response</u> |
|--|-----------------|
| K1: Sodas and sports drinks are not offered for sale to students at any time during the school day.          | Embedded        |
| K2: Healthy food and beverage options are encouraged at school-related events outside the school day.        | Embedded        |
| K3: Implements appropriate precautions against severe food allergies.  | Embedded        |
|  | Embedded        |
| K4: We follow all nutrition guidelines for food and beverage standards, as outlined in FCPS P2100 and R2100. |                 |

### Section L – Ideas/Comments/Suggestions

Question: Please list any wellness events or activities your school has undertaken or will undertake this school year.

“Community Wellness Fair, Workout Wednesday, SEL Day, Walk, Bike and Roll To School Events, Field Day, Saturday Dance Workshop with Baileys ES, Student Dance/Movement Assemblies/Workshops”

# 2023-2024 School Wellness Survey Responses

## Hunters Woods Elementary

Question: Please provide any suggestions, best practices, or tools that you believe would be helpful in evaluating and supporting student and staff health and wellness within FCPS.

“No Response”

Question: Please provide any questions or comments you have with regard to FCPS’ Student and Staff Health and Wellness policy, regulation, or these wellness survey items.

“No Response”

### Summary Tables:

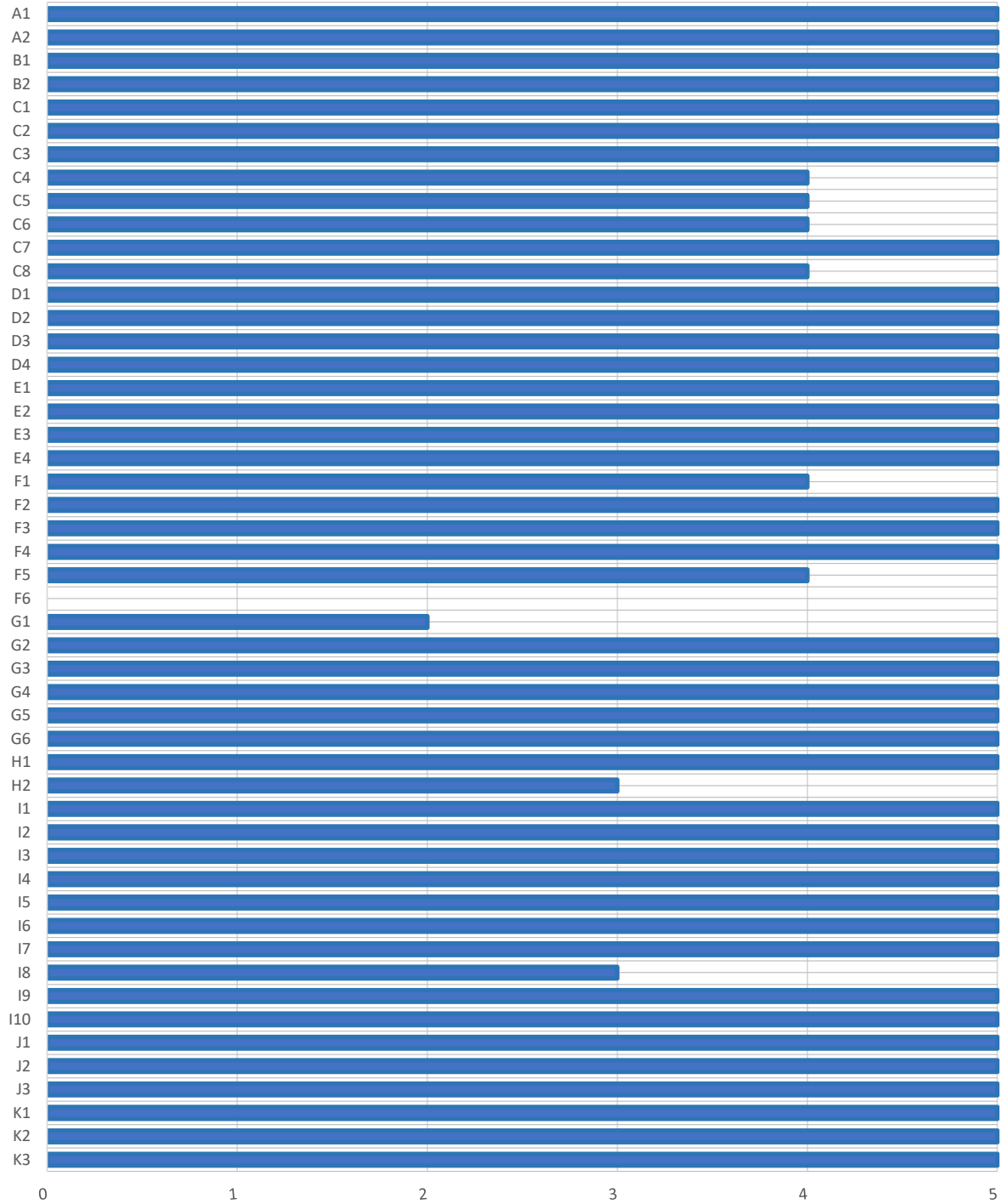
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\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2023-2024 School Wellness Survey Responses

## Hunters Woods Elementary

Comparison of Survey Question and Self-Reported Wellness Score



Wellness Score

(1 = No Activity, 2 = Exploring, 3 = Transitioning, 4 = Emerging, 5 = Embedded)



# 2023-2024 School Wellness Survey Responses

## Hunters Woods Elementary

### Survey Questions Grouped by Wellness Score

| No Activity<br>(Score = 1) | Exploring<br>(Score = 2) | Transitioning<br>(Score =3) | Emerging<br>(Score =4)    | Embedded<br>(Score =5)  |
|----------------------------|--------------------------|-----------------------------|---------------------------|---|
|                            | G1                       | H2,<br>I8                   | C4, C5, C6, C8,<br>F1, F5 | A1, A2,<br>B1, B2,<br>C1, C2, C3, C7,<br>D1, D2, D3, D4,<br>E1, E2, E3, E4,<br>F2, F3, F4,<br>G2, G3, G4, G5,<br>G6,<br>H1,<br>I1, I2, I3, I4, I5,<br>I6, I7, I9, I10,<br>J1, J2, J3,<br>K1, K2, K3, K4 |

# 2023-2024 School Wellness Survey Responses

## Hutchison Elementary

### Section A – Physical Education

| <u>Question: To what extent does your school implement the following practices:</u>                            | <u>Response</u> |
|--|-----------------|
| A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218. | Embedded        |
| A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.      | Embedded        |

### Section B – Physical Activity

| <u>Question: To what extent does your school implement the following practices:</u>                                | <u>Response</u> |
|--|-----------------|
| B1: Withholding recess or physical education is not used as a disciplinary action.                                 | Embedded        |
| B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess. | Embedded        |

Question: Please highlight any activities or best practices used to promote student's physical activity.

"30 min of recess"

### Section C – Health Education

| <u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u> | <u>Response</u> |
|---|-----------------|
| C1: Promoting Healthy Lifestyles.   | Emerging        |
| C2: Stress Management.  | Emerging        |
| C3: Coping Skills.  | Emerging        |
| C4: Depression.   | Emerging        |
| C5: Suicide Prevention and Awareness.   | Emerging        |
| C6: Mental Health Issues (general).   | Emerging        |
| C7: Relationship of Healthy Sleep to Mental Health.   | Emerging        |

# 2023-2024 School Wellness Survey Responses

## Hutchison Elementary

C8: Substance Abuse Prevention.

Transitioning

### Section D – Health Services

Question: To what extent does your school implement the following practices:

Response

D1: FCPS' protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others.

Embedded

D2: Students have regular access to public health nurses to address health, safety, and psychological issues.

Embedded

D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia.

Embedded

D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102.

Embedded

### Section E – Healthy and Safe School Environment

Question: To what extent does your school implement the following practices:

Response

E1: Encourages children to safely walk or bike to and from school.

Emerging

E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults.

Embedded

E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560.

Embedded

E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152.

Embedded

Question: Please share any school or community specific barriers to promoting a healthy and safe school environment for students.

“none”

# 2023-2024 School Wellness Survey Responses

## Hutchison Elementary

### Section F – School Counseling, School Psychology, and School Social Work Services

| <u>Question: To what extent does your school implement the following practices:</u>   | <u>Response</u>          |
|---|--------------------------|
| F1: Monitors school climate and other factors that may contribute to student stress, symptoms of anxiety and depression, and peer and academic pressures and substance use.                                     | Embedded                 |
| F2: Our staff has received required suicide prevention training, as well as training that includes recognition of, and response to, mental and behavioral health needs.   | Embedded                 |
| F3: Implements programs that foster social and emotional health and wellness of students and staff.   | Embedded                 |
| F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.   | Embedded                 |
| F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.  | Emerging                 |
| F6: MIDDLE AND HIGH SCHOOLS ONLY: Academic advising encourages flexibility in course scheduling to promote adequate sleep and healthy sleep patterns to affect student mental health, wellness, and attendance. | Not a Middle/High School |

### Section G – Health Promotion for Staff Members

| <u>Question: To what extent does the staff wellness liaison support opportunities for staff members to improve their health and well-being:</u>   | <u>Response</u> |
|---|-----------------|
| G1: Health screenings.  | Emerging        |
| G2: Health care access.   | Emerging        |
| G3: Employee flu immunization clinics.  | Emerging        |
| G4: Wellness opportunities for staff, such as fitness challenges, fitness classes, mobile health screenings, wellness walks, workshops, or health fairs that emphasize work/life balance. | Embedded        |
| G5: Awareness of the Employee Assistance Program Services.  | Embedded        |

# 2023-2024 School Wellness Survey Responses

## Hutchison Elementary

G6: Staff celebrations that offer and encourage healthy choices for food and beverages. Embedded

### Section H – Family and Community Involvement

Question: To what extent does your school implement the following practices: Response

H1: Established a wellness committee to implement activities that support the wellness policy. Emerging

H2: Includes a non-staff, family, or community member in our school's wellness committee. Emerging

Question: Please share how your wellness committee encourages involvement from families and community members in promoting wellness in your school.

"Promotion of physical activity, healthy habits, and school programming"

### Section I – Food and Nutrition General

Question: To what extent does your school implement the following practices: Response

I1: All students have at least 20 minutes to eat after sitting down for lunch. Embedded

I2: Students who participate in school meal programs have equal access to the same high-quality food and nutrition as do non-participants who purchase FCPS-provided food. Embedded

I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities. Embedded

I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals. Embedded

I5: Encourages the use of non-food items for classroom celebrations. Embedded

I6: Withholding access to food is not used as a disciplinary action. Embedded

I7: Potable water is available to all our students at no cost. Embedded

I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS). Embedded

# 2023-2024 School Wellness Survey Responses

## Hutchison Elementary

I9: Allows students to possess personal containers for drinking water. Embedded

I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible. Emerging

### Section J – Nutrition Education, Promotion, and Food Marketing

Question: To what extent does your school implement the following practices: Response

J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day. Embedded

Embedded

J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day. Embedded

J3: We follow FCPS’ policy on fundraisers as outlined in R2100.

### Section K – Nutritional Guidelines

Question: To what extent does your school implement the following practices: Response

K1: Sodas and sports drinks are not offered for sale to students at any time during the school day. Embedded

K2: Healthy food and beverage options are encouraged at school-related events outside the school day. Embedded

K3: Implements appropriate precautions against severe food allergies. Embedded  
Embedded

K4: We follow all nutrition guidelines for food and beverage standards, as outlined in FCPS P2100 and R2100.

### Section L – Ideas/Comments/Suggestions

Question: Please list any wellness events or activities your school has undertaken or will undertake this school year.

“wellness wednesdays, Family Play Night, responsive classroom”

Question: Please provide any suggestions, best practices, or tools that you believe would be helpful in evaluating and supporting student and staff health and wellness within FCPS.

“additional community organizations that can partner with schools”

# 2023-2024 School Wellness Survey Responses

## Hutchison Elementary

Question: Please provide any questions or comments you have with regard to FCPS' Student and Staff Health and Wellness policy, regulation, or these wellness survey items.

"N/A"

### Summary Tables:

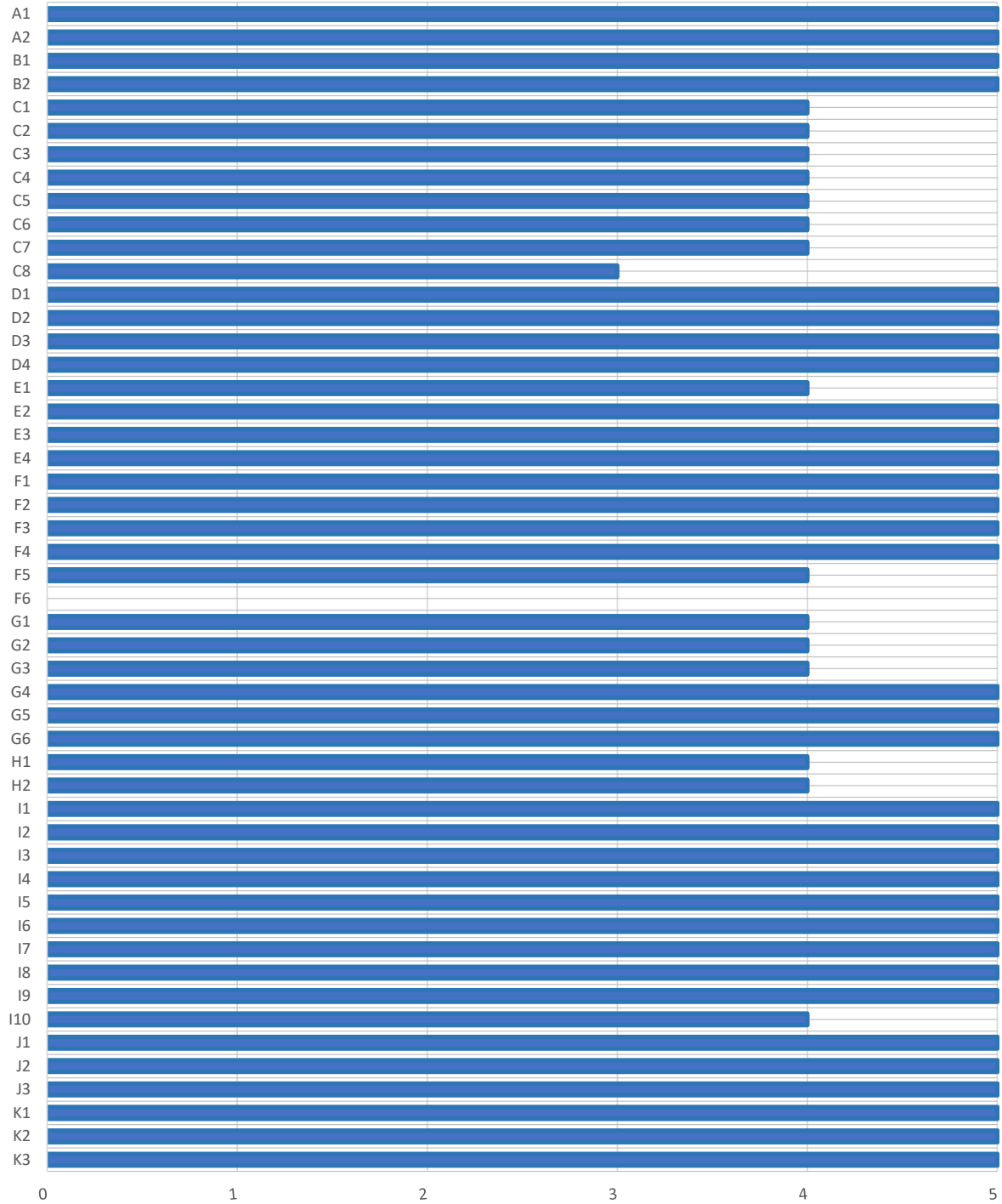
The following graph and table visually summarize your school's responses provided above. Questions in the graph are represented by bars corresponding to the self-reported wellness score. Questions in the table are grouped together according to their self-reported wellness score (e.g., all questions recorded as "embedded" are grouped together, etc.).

\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2023-2024 School Wellness Survey Responses

## Hutchison Elementary

Comparison of Survey Question and Self-Reported Wellness Score



Wellness Score  
(1 = No Activity, 2 = Exploring, 3 = Transitioning, 4 = Emerging, 5 = Embedded)



# 2023-2024 School Wellness Survey Responses

## Hutchison Elementary

### Survey Questions Grouped by Wellness Score

| No Activity<br>(Score = 1) | Exploring<br>(Score = 2) | Transitioning<br>(Score =3) | Emerging<br>(Score =4)  | Embedded<br>(Score =5)  |
|----------------------------|--------------------------|-----------------------------|---|---|
|                            |                          | C8                          | C1, C2, C3, C4,<br>C5, C6, C7,<br>E1,<br>F5,<br>G1, G2, G3,<br>H1, H2,<br>I10 | A1, A2,<br>B1, B2,<br>D1, D2, D3, D4,<br>E2, E3, E4,<br>F1, F2, F3, F4,<br>G4, G5, G6,<br>I1, I2, I3, I4, I5,<br>I6, I7, I8, I9,<br>J1, J2, J3,<br>K1, K2, K3, K4 |

# 2023-2024 School Wellness Survey Responses

## Hybla Valley Elementary

### Section A – Physical Education

| <u>Question: To what extent does your school implement the following practices:</u>                            | <u>Response</u> |
|--|-----------------|
| A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218. | Embedded        |
| A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.      | Embedded        |

### Section B – Physical Activity

| <u>Question: To what extent does your school implement the following practices:</u>                                | <u>Response</u> |
|--|-----------------|
| B1: Withholding recess or physical education is not used as a disciplinary action.                                 | Embedded        |
| B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess. | Embedded        |

Question: Please highlight any activities or best practices used to promote student's physical activity.

“Sports Club, Girls on the Run, Soccer Club”

### Section C – Health Education

| <u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u> | <u>Response</u> |
|---|-----------------|
| C1: Promoting Healthy Lifestyles.   | Embedded        |
| C2: Stress Management.  | Embedded        |
| C3: Coping Skills.  | Embedded        |
| C4: Depression.   | Emerging        |
| C5: Suicide Prevention and Awareness.   | Emerging        |
| C6: Mental Health Issues (general).   | Embedded        |
| C7: Relationship of Healthy Sleep to Mental Health.   | Embedded        |

# 2023-2024 School Wellness Survey Responses

## Hybla Valley Elementary

C8: Substance Abuse Prevention.

Embedded

### Section D – Health Services

Question: To what extent does your school implement the following practices:

Response

D1: FCPS' protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others.

Embedded

D2: Students have regular access to public health nurses to address health, safety, and psychological issues.

Embedded

D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia.

Embedded

D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102.

Embedded

### Section E – Healthy and Safe School Environment

Question: To what extent does your school implement the following practices:

Response

E1: Encourages children to safely walk or bike to and from school.

Embedded

E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults.

Embedded

E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560.

Embedded

E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152.

Embedded

Question: Please share any school or community specific barriers to promoting a healthy and safe school environment for students.

“none”

# 2023-2024 School Wellness Survey Responses

## Hybla Valley Elementary

### Section F – School Counseling, School Psychology, and School Social Work Services

| <u>Question: To what extent does your school implement the following practices:</u>   | <u>Response</u>          |
|---|--------------------------|
| F1: Monitors school climate and other factors that may contribute to student stress, symptoms of anxiety and depression, and peer and academic pressures and substance use.                                     | Embedded                 |
| F2: Our staff has received required suicide prevention training, as well as training that includes recognition of, and response to, mental and behavioral health needs.   | Embedded                 |
| F3: Implements programs that foster social and emotional health and wellness of students and staff.   | Embedded                 |
| F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.   | Emerging                 |
| F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.  | Embedded                 |
| F6: MIDDLE AND HIGH SCHOOLS ONLY: Academic advising encourages flexibility in course scheduling to promote adequate sleep and healthy sleep patterns to affect student mental health, wellness, and attendance. | Not a Middle/High School |

### Section G – Health Promotion for Staff Members

| <u>Question: To what extent does the staff wellness liaison support opportunities for staff members to improve their health and well-being:</u>   | <u>Response</u> |
|---|-----------------|
| G1: Health screenings.  | Embedded        |
| G2: Health care access.   | Embedded        |
| G3: Employee flu immunization clinics.  | Embedded        |
| G4: Wellness opportunities for staff, such as fitness challenges, fitness classes, mobile health screenings, wellness walks, workshops, or health fairs that emphasize work/life balance. | Embedded        |
| G5: Awareness of the Employee Assistance Program Services.  | Emerging        |

# 2023-2024 School Wellness Survey Responses

## Hybla Valley Elementary

G6: Staff celebrations that offer and encourage healthy choices for food and beverages. Emerging

### Section H – Family and Community Involvement

Question: To what extent does your school implement the following practices: Response

H1: Established a wellness committee to implement activities that support the wellness policy. Emerging

H2: Includes a non-staff, family, or community member in our school's wellness committee. Emerging

Question: Please share how your wellness committee encourages involvement from families and community members in promoting wellness in your school.

"We provide our families and community members with flyers in regards to wellness related events in the surrounding community. We are also having a family day in the Spring to promote wellness and togetherness in our school community."

### Section I – Food and Nutrition General

Question: To what extent does your school implement the following practices: Response

I1: All students have at least 20 minutes to eat after sitting down for lunch. Embedded

I2: Students who participate in school meal programs have equal access to the same high-quality food and nutrition as do non-participants who purchase FCPS-provided food. Embedded

I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities. Embedded

I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals. Embedded

I5: Encourages the use of non-food items for classroom celebrations. Embedded

I6: Withholding access to food is not used as a disciplinary action. Embedded

I7: Potable water is available to all our students at no cost. Embedded

# 2023-2024 School Wellness Survey Responses

## Hybla Valley Elementary

|   |                          |
|---|--------------------------|
| I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS). | Emerging                 |
| I9: Allows students to possess personal containers for drinking water.  | Embedded                 |
| I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible.                     | Not an Elementary School |

### Section J – Nutrition Education, Promotion, and Food Marketing

Question: To what extent does your school implement the following practices: Response

|   |          |
|---|----------|
| J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day.  | Embedded |
|   | Embedded |
| J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day. | Embedded |
| J3: We follow FCPS’ policy on fundraisers as outlined in R2100.   |          |

### Section K – Nutritional Guidelines

Question: To what extent does your school implement the following practices: Response

|  |          |
|--|----------|
| K1: Sodas and sports drinks are not offered for sale to students at any time during the school day.          | Embedded |
| K2: Healthy food and beverage options are encouraged at school-related events outside the school day.        | Embedded |
| K3: Implements appropriate precautions against severe food allergies.  | Embedded |
|  | Embedded |
| K4: We follow all nutrition guidelines for food and beverage standards, as outlined in FCPS P2100 and R2100. |          |

### Section L – Ideas/Comments/Suggestions

Question: Please list any wellness events or activities your school has undertaken or will undertake this school year.

“Spring family event on a Saturday in April to promote wellness, fitness, and community togetherness. ”

# 2023-2024 School Wellness Survey Responses

## Hybla Valley Elementary

Question: Please provide any suggestions, best practices, or tools that you believe would be helpful in evaluating and supporting student and staff health and wellness within FCPS.

“No Response”

Question: Please provide any questions or comments you have with regard to FCPS’ Student and Staff Health and Wellness policy, regulation, or these wellness survey items.

“No Response”

### Summary Tables:

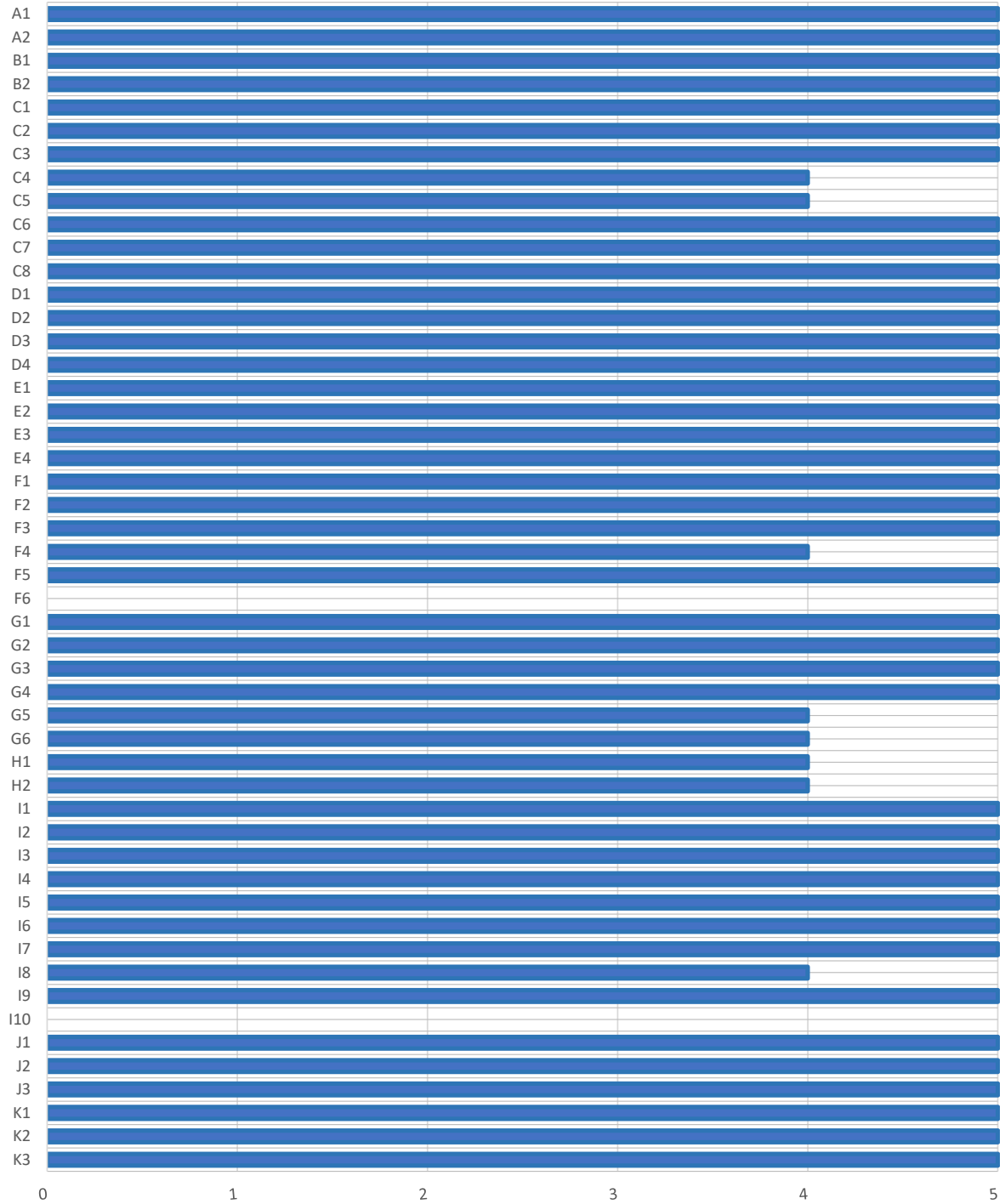
The following graph and table visually summarize your school’s responses provided above. Questions in the graph are represented by bars corresponding to the self-reported wellness score. Questions in the table are grouped together according to their self-reported wellness score (e.g., all questions recorded as “embedded” are grouped together, etc.).

\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2023-2024 School Wellness Survey Responses

## Hybla Valley Elementary

Comparison of Survey Question and Self-Reported Wellness Score



Wellness Score

(1 = No Activity, 2 = Exploring, 3 = Transitioning, 4 = Emerging, 5 = Embedded)



# 2023-2024 School Wellness Survey Responses

## Hybla Valley Elementary

### Survey Questions Grouped by Wellness Score

| No Activity<br>(Score = 1) | Exploring<br>(Score = 2) | Transitioning<br>(Score =3) | Emerging<br>(Score =4)                     | Embedded<br>(Score =5)  |
|----------------------------|--------------------------|-----------------------------|--|---|
|                            |                          |                             | C4, C5,<br>F4,<br>G5, G6,<br>H1, H2,<br>I8 | A1, A2,<br>B1, B2,<br>C1, C2, C3, C6,<br>C7, C8,<br>D1, D2, D3, D4,<br>E1, E2, E3, E4,<br>F1, F2, F3, F5,<br>G1, G2, G3, G4,<br>I1, I2, I3, I4, I5,<br>I6, I7, I9,<br>J1, J2, J3,<br>K1, K2, K3, K4 |

# 2023-2024 School Wellness Survey Responses

## Island Creek Elementary

### Section A – Physical Education

| <u>Question: To what extent does your school implement the following practices:</u>                            | <u>Response</u> |
|--|-----------------|
| A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218. | Embedded        |
| A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.      | Embedded        |

### Section B – Physical Activity

| <u>Question: To what extent does your school implement the following practices:</u>                                | <u>Response</u> |
|--|-----------------|
| B1: Withholding recess or physical education is not used as a disciplinary action.                                 | Embedded        |
| B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess. | Embedded        |

Question: Please highlight any activities or best practices used to promote student's physical activity.

“Croc Rock and Run (Fall, schoolwide); Crocs in Motion (Thursday mornings, Grades 4-6); recess bins with PTA-bought equipment; movement breaks”

### Section C – Health Education

| <u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u> | <u>Response</u> |
|---|-----------------|
| C1: Promoting Healthy Lifestyles.   | Embedded        |
| C2: Stress Management.  | Emerging        |
| C3: Coping Skills.  | Emerging        |
| C4: Depression.   | No Activity     |
| C5: Suicide Prevention and Awareness.   | No Activity     |
| C6: Mental Health Issues (general).   | Emerging        |

# 2023-2024 School Wellness Survey Responses

## Island Creek Elementary

C7: Relationship of Healthy Sleep to Mental Health. Emerging

C8: Substance Abuse Prevention. Emerging

### Section D – Health Services

Question: To what extent does your school implement the following practices: Response

D1: FCPS' protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others. Embedded

D2: Students have regular access to public health nurses to address health, safety, and psychological issues. No Activity

D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia. Embedded

D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102. Embedded

### Section E – Healthy and Safe School Environment

Question: To what extent does your school implement the following practices: Response

E1: Encourages children to safely walk or bike to and from school. Embedded

E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults. Emerging

E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560. Embedded

E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152. Embedded

Question: Please share any school or community specific barriers to promoting a healthy and safe school environment for students.

“Will be having a bike unit in PE for all students in Fall 2024”

# 2023-2024 School Wellness Survey Responses

## Island Creek Elementary

### Section F – School Counseling, School Psychology, and School Social Work Services

| <u>Question: To what extent does your school implement the following practices:</u>   | <u>Response</u>          |
|---|--------------------------|
| F1: Monitors school climate and other factors that may contribute to student stress, symptoms of anxiety and depression, and peer and academic pressures and substance use.                                     | Embedded                 |
| F2: Our staff has received required suicide prevention training, as well as training that includes recognition of, and response to, mental and behavioral health needs.   | No Activity              |
| F3: Implements programs that foster social and emotional health and wellness of students and staff.   | Embedded                 |
| F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.   | Embedded                 |
| F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.  | Embedded                 |
| F6: MIDDLE AND HIGH SCHOOLS ONLY: Academic advising encourages flexibility in course scheduling to promote adequate sleep and healthy sleep patterns to affect student mental health, wellness, and attendance. | Not a Middle/High School |

### Section G – Health Promotion for Staff Members

| <u>Question: To what extent does the staff wellness liaison support opportunities for staff members to improve their health and well-being:</u>   | <u>Response</u> |
|---|-----------------|
| G1: Health screenings.  | No Activity     |
| G2: Health care access.   | No Activity     |
| G3: Employee flu immunization clinics.  | Embedded        |
| G4: Wellness opportunities for staff, such as fitness challenges, fitness classes, mobile health screenings, wellness walks, workshops, or health fairs that emphasize work/life balance. | Exploring       |
| G5: Awareness of the Employee Assistance Program Services.  | Embedded        |

# 2023-2024 School Wellness Survey Responses

## Island Creek Elementary

G6: Staff celebrations that offer and encourage healthy choices for food and beverages. Embedded

### Section H – Family and Community Involvement

Question: To what extent does your school implement the following practices: Response

H1: Established a wellness committee to implement activities that support the wellness policy. Transitioning

H2: Includes a non-staff, family, or community member in our school's wellness committee. No Activity

Question: Please share how your wellness committee encourages involvement from families and community members in promoting wellness in your school.

“PTA Crock Rock and Run; gift cards for workout classes”

### Section I – Food and Nutrition General

Question: To what extent does your school implement the following practices: Response

I1: All students have at least 20 minutes to eat after sitting down for lunch. Embedded

I2: Students who participate in school meal programs have equal access to the same high-quality food and nutrition as do non-participants who purchase FCPS-provided food. Embedded

I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities. Embedded

I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals. Embedded

I5: Encourages the use of non-food items for classroom celebrations. Embedded

I6: Withholding access to food is not used as a disciplinary action. Embedded

I7: Potable water is available to all our students at no cost. Embedded

# 2023-2024 School Wellness Survey Responses

## Island Creek Elementary

|   |             |
|---|-------------|
| I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS). | No Activity |
| I9: Allows students to possess personal containers for drinking water.  | Embedded    |
| I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible.                     | Emerging    |

### Section J – Nutrition Education, Promotion, and Food Marketing

| <u>Question: To what extent does your school implement the following practices:</u>   | <u>Response</u> |
|---|-----------------|
| J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day.  | Embedded        |
|   | Embedded        |
| J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day. | Embedded        |
| J3: We follow FCPS’ policy on fundraisers as outlined in R2100.   |                 |

### Section K – Nutritional Guidelines

| <u>Question: To what extent does your school implement the following practices:</u>                          | <u>Response</u> |
|--|-----------------|
| K1: Sodas and sports drinks are not offered for sale to students at any time during the school day.          | Embedded        |
| K2: Healthy food and beverage options are encouraged at school-related events outside the school day.        | Embedded        |
| K3: Implements appropriate precautions against severe food allergies.  | Embedded        |
|  | Embedded        |
| K4: We follow all nutrition guidelines for food and beverage standards, as outlined in FCPS P2100 and R2100. |                 |

### Section L – Ideas/Comments/Suggestions

Question: Please list any wellness events or activities your school has undertaken or will undertake this school year.

“Croc Rock and Run, Thursday Croc in Motions, SEL Night, Field Day, 6th Grade vs. Staff with basketball (Winter) and kickball (Spring)”

# 2023-2024 School Wellness Survey Responses

## Island Creek Elementary

Question: Please provide any suggestions, best practices, or tools that you believe would be helpful in evaluating and supporting student and staff health and wellness within FCPS.

“none at this time”

Question: Please provide any questions or comments you have with regard to FCPS’ Student and Staff Health and Wellness policy, regulation, or these wellness survey items.

“none at this time”

### Summary Tables:

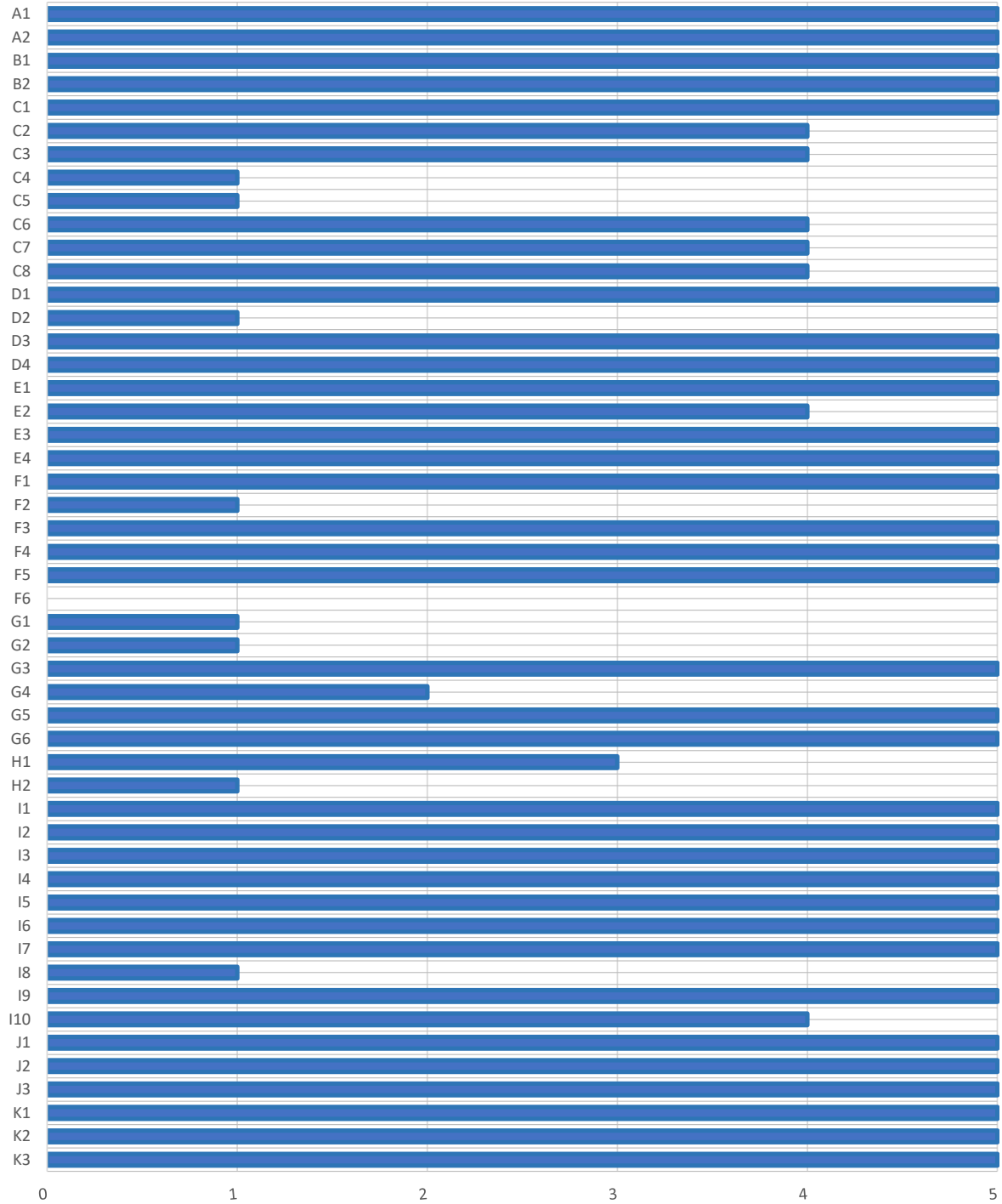
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\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2023-2024 School Wellness Survey Responses

## Island Creek Elementary

Comparison of Survey Question and Self-Reported Wellness Score



Wellness Score  
(1 = No Activity, 2 = Exploring, 3 = Transitioning, 4 = Emerging, 5 = Embedded)



# 2023-2024 School Wellness Survey Responses

## Island Creek Elementary

### Survey Questions Grouped by Wellness Score

| No Activity<br>(Score = 1)                    | Exploring<br>(Score = 2) | Transitioning<br>(Score =3) | Emerging<br>(Score =4)               | Embedded<br>(Score =5)   |
|---|--------------------------|-----------------------------|--------------------------------------|--|
| C4, C5,<br>D2,<br>F2,<br>G1, G2,<br>H2,<br>I8 | G4                       | H1                          | C2, C3, C6, C7,<br>C8,<br>E2,<br>I10 | A1, A2,<br>B1, B2,<br>C1,<br>D1, D3, D4,<br>E1, E3, E4,<br>F1, F3, F4, F5,<br>G3, G5, G6,<br>I1, I2, I3, I4, I5,<br>I6, I7, I9,<br>J1, J2, J3,<br>K1, K2, K3, K4 |

# 2023-2024 School Wellness Survey Responses

## Keene Mill Elementary

### Section A – Physical Education

| <u>Question: To what extent does your school implement the following practices:</u>                            | <u>Response</u> |
|--|-----------------|
| A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218. | Embedded        |
| A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.      | Embedded        |

### Section B – Physical Activity

| <u>Question: To what extent does your school implement the following practices:</u>                                | <u>Response</u> |
|--|-----------------|
| B1: Withholding recess or physical education is not used as a disciplinary action.                                 | No Activity     |
| B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess. | Embedded        |

Question: Please highlight any activities or best practices used to promote student's physical activity.

“During classroom brain breaks teacher include movement.”

### Section C – Health Education

| <u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u> | <u>Response</u> |
|---|-----------------|
| C1: Promoting Healthy Lifestyles.   | Emerging        |
| C2: Stress Management.  | Emerging        |
| C3: Coping Skills.  | Embedded        |
| C4: Depression.   | Transitioning   |
| C5: Suicide Prevention and Awareness.   | No Activity     |
| C6: Mental Health Issues (general).   | Emerging        |
| C7: Relationship of Healthy Sleep to Mental Health.   | Emerging        |

# 2023-2024 School Wellness Survey Responses

## Keene Mill Elementary

C8: Substance Abuse Prevention.

No Activity

### Section D – Health Services

Question: To what extent does your school implement the following practices:

Response

D1: FCPS' protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others.

Embedded

D2: Students have regular access to public health nurses to address health, safety, and psychological issues.

Emerging

D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia.

Embedded

D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102.

Embedded

### Section E – Healthy and Safe School Environment

Question: To what extent does your school implement the following practices:

Response

E1: Encourages children to safely walk or bike to and from school.

Embedded

E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults.

Embedded

E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560.

Embedded

E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152.

Embedded

Question: Please share any school or community specific barriers to promoting a healthy and safe school environment for students.

"None"

# 2023-2024 School Wellness Survey Responses

## Keene Mill Elementary

### Section F – School Counseling, School Psychology, and School Social Work Services

| <u>Question: To what extent does your school implement the following practices:</u>   | <u>Response</u>          |
|---|--------------------------|
| F1: Monitors school climate and other factors that may contribute to student stress, symptoms of anxiety and depression, and peer and academic pressures and substance use.                                     | Embedded                 |
| F2: Our staff has received required suicide prevention training, as well as training that includes recognition of, and response to, mental and behavioral health needs.   | Embedded                 |
| F3: Implements programs that foster social and emotional health and wellness of students and staff.   | Embedded                 |
| F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.   | Emerging                 |
| F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.  | Embedded                 |
| F6: MIDDLE AND HIGH SCHOOLS ONLY: Academic advising encourages flexibility in course scheduling to promote adequate sleep and healthy sleep patterns to affect student mental health, wellness, and attendance. | Not a Middle/High School |

### Section G – Health Promotion for Staff Members

| <u>Question: To what extent does the staff wellness liaison support opportunities for staff members to improve their health and well-being:</u>   | <u>Response</u> |
|---|-----------------|
| G1: Health screenings.  | Embedded        |
| G2: Health care access.   | Exploring       |
| G3: Employee flu immunization clinics.  | Embedded        |
| G4: Wellness opportunities for staff, such as fitness challenges, fitness classes, mobile health screenings, wellness walks, workshops, or health fairs that emphasize work/life balance. | Embedded        |
| G5: Awareness of the Employee Assistance Program Services.  | Embedded        |

# 2023-2024 School Wellness Survey Responses

## Keene Mill Elementary

G6: Staff celebrations that offer and encourage healthy choices for food and beverages. Embedded

### Section H – Family and Community Involvement

Question: To what extent does your school implement the following practices: Response

H1: Established a wellness committee to implement activities that support the wellness policy. Transitioning

H2: Includes a non-staff, family, or community member in our school's wellness committee. Transitioning

Question: Please share how your wellness committee encourages involvement from families and community members in promoting wellness in your school.

“none”

### Section I – Food and Nutrition General

Question: To what extent does your school implement the following practices: Response

I1: All students have at least 20 minutes to eat after sitting down for lunch. Embedded

I2: Students who participate in school meal programs have equal access to the same high-quality food and nutrition as do non-participants who purchase FCPS-provided food. Embedded

I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities. Embedded

I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals. Embedded

I5: Encourages the use of non-food items for classroom celebrations. Embedded

I6: Withholding access to food is not used as a disciplinary action. Embedded

I7: Potable water is available to all our students at no cost. Embedded

I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS). No Activity

# 2023-2024 School Wellness Survey Responses

## Keene Mill Elementary

I9: Allows students to possess personal containers for drinking water. Embedded

I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible. Embedded

### Section J – Nutrition Education, Promotion, and Food Marketing

Question: To what extent does your school implement the following practices: Response

J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day. No Activity

Embedded

J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day. Embedded

J3: We follow FCPS’ policy on fundraisers as outlined in R2100.

### Section K – Nutritional Guidelines

Question: To what extent does your school implement the following practices: Response

K1: Sodas and sports drinks are not offered for sale to students at any time during the school day. Embedded

K2: Healthy food and beverage options are encouraged at school-related events outside the school day. Transitioning

K3: Implements appropriate precautions against severe food allergies. Embedded  
Embedded

K4: We follow all nutrition guidelines for food and beverage standards, as outlined in FCPS P2100 and R2100.

### Section L – Ideas/Comments/Suggestions

Question: Please list any wellness events or activities your school has undertaken or will undertake this school year.

“The staff has the opportunity to do yoga ever other week.”

# 2023-2024 School Wellness Survey Responses

## Keene Mill Elementary

Question: Please provide any suggestions, best practices, or tools that you believe would be helpful in evaluating and supporting student and staff health and wellness within FCPS.

“No Response”

Question: Please provide any questions or comments you have with regard to FCPS’ Student and Staff Health and Wellness policy, regulation, or these wellness survey items.

“No Response”

### Summary Tables:

The following graph and table visually summarize your school’s responses provided above. Questions in the graph are represented by bars corresponding to the self-reported wellness score. Questions in the table are grouped together according to their self-reported wellness score (e.g., all questions recorded as “embedded” are grouped together, etc.).

\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2023-2024 School Wellness Survey Responses

## Keene Mill Elementary

Comparison of Survey Question and Self-Reported Wellness Score



Wellness Score

(1 = No Activity, 2 = Exploring, 3 = Transitioning, 4 = Emerging, 5 = Embedded)



# 2023-2024 School Wellness Survey Responses

## Keene Mill Elementary

### Survey Questions Grouped by Wellness Score

| No Activity<br>(Score = 1)  | Exploring<br>(Score = 2) | Transitioning<br>(Score =3) | Emerging<br>(Score =4)       | Embedded<br>(Score =5)   |
|-----------------------------|--------------------------|-----------------------------|------------------------------|--|
| B1,<br>C5, C8,<br>I8,<br>J1 | G2                       | C4,<br>H1, H2,<br>K2        | C1, C2, C6, C7,<br>D2,<br>F4 | A1, A2,<br>B2,<br>C3,<br>D1, D3, D4,<br>E1, E2, E3, E4,<br>F1, F2, F3, F5,<br>G1, G3, G4, G5,<br>G6,<br>I1, I2, I3, I4, I5,<br>I6, I7, I9, I10,<br>J2, J3,<br>K1, K3, K4 |

# 2023-2024 School Wellness Survey Responses

## Kent Gardens Elementary

### Section A – Physical Education

| <u>Question: To what extent does your school implement the following practices:</u>                            | <u>Response</u> |
|--|-----------------|
| A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218. | Embedded        |
| A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.      | Embedded        |

### Section B – Physical Activity

| <u>Question: To what extent does your school implement the following practices:</u>                                | <u>Response</u> |
|--|-----------------|
| B1: Withholding recess or physical education is not used as a disciplinary action.                                 | Embedded        |
| B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess. | Embedded        |

Question: Please highlight any activities or best practices used to promote student's physical activity.

“Workout Wednesday, Fun Run, other after school activities sponsored by PTA”

### Section C – Health Education

| <u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u> | <u>Response</u> |
|---|-----------------|
| C1: Promoting Healthy Lifestyles.   | Emerging        |
| C2: Stress Management.  | Emerging        |
| C3: Coping Skills.  | Embedded        |
| C4: Depression.   | Emerging        |
| C5: Suicide Prevention and Awareness.   | Emerging        |
| C6: Mental Health Issues (general).   | Emerging        |

# 2023-2024 School Wellness Survey Responses

## Kent Gardens Elementary

|   |               |
|---|---------------|
| C7: Relationship of Healthy Sleep to Mental Health. | Transitioning |
| C8: Substance Abuse Prevention.                     | Transitioning |

### Section D – Health Services

| <u>Question: To what extent does your school implement the following practices:</u>   | <u>Response</u> |
|---|-----------------|
| D1: FCPS' protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others.           | Embedded        |
| D2: Students have regular access to public health nurses to address health, safety, and psychological issues.                         | No Activity     |
| D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia. | Embedded        |
| D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102.         | Embedded        |

### Section E – Healthy and Safe School Environment

| <u>Question: To what extent does your school implement the following practices:</u>   | <u>Response</u> |
|---|-----------------|
| E1: Encourages children to safely walk or bike to and from school.  | Embedded        |
| E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults. | Embedded        |
| E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560.    | Embedded        |
| E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152.                               | Embedded        |

Question: Please share any school or community specific barriers to promoting a healthy and safe school environment for students.

“none”

# 2023-2024 School Wellness Survey Responses

## Kent Gardens Elementary

### Section F – School Counseling, School Psychology, and School Social Work Services

| <u>Question: To what extent does your school implement the following practices:</u>   | <u>Response</u>          |
|---|--------------------------|
| F1: Monitors school climate and other factors that may contribute to student stress, symptoms of anxiety and depression, and peer and academic pressures and substance use.                                     | Transitioning            |
| F2: Our staff has received required suicide prevention training, as well as training that includes recognition of, and response to, mental and behavioral health needs.   | Emerging                 |
| F3: Implements programs that foster social and emotional health and wellness of students and staff.   | Emerging                 |
| F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.   | Embedded                 |
| F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.  | Transitioning            |
| F6: MIDDLE AND HIGH SCHOOLS ONLY: Academic advising encourages flexibility in course scheduling to promote adequate sleep and healthy sleep patterns to affect student mental health, wellness, and attendance. | Not a Middle/High School |

### Section G – Health Promotion for Staff Members

| <u>Question: To what extent does the staff wellness liaison support opportunities for staff members to improve their health and well-being:</u>   | <u>Response</u> |
|---|-----------------|
| G1: Health screenings.  | No Activity     |
| G2: Health care access.   | No Activity     |
| G3: Employee flu immunization clinics.  | Embedded        |
| G4: Wellness opportunities for staff, such as fitness challenges, fitness classes, mobile health screenings, wellness walks, workshops, or health fairs that emphasize work/life balance. | No Activity     |
| G5: Awareness of the Employee Assistance Program Services.  | Emerging        |

# 2023-2024 School Wellness Survey Responses

## Kent Gardens Elementary

G6: Staff celebrations that offer and encourage healthy choices for food and beverages. Embedded

### Section H – Family and Community Involvement

Question: To what extent does your school implement the following practices: Response

H1: Established a wellness committee to implement activities that support the wellness policy. Emerging

H2: Includes a non-staff, family, or community member in our school's wellness committee. Exploring

Question: Please share how your wellness committee encourages involvement from families and community members in promoting wellness in your school.

“Coordinate with PTA to support events that involve physical activity and wellness.”

### Section I – Food and Nutrition General

Question: To what extent does your school implement the following practices: Response

I1: All students have at least 20 minutes to eat after sitting down for lunch. Embedded

I2: Students who participate in school meal programs have equal access to the same high-quality food and nutrition as do non-participants who purchase FCPS-provided food. Embedded

I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities. Embedded

I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals. Embedded

I5: Encourages the use of non-food items for classroom celebrations. Embedded

I6: Withholding access to food is not used as a disciplinary action. Embedded

I7: Potable water is available to all our students at no cost. Embedded

I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS). No Activity

# 2023-2024 School Wellness Survey Responses

## Kent Gardens Elementary

I9: Allows students to possess personal containers for drinking water. Embedded

I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible. Embedded

### Section J – Nutrition Education, Promotion, and Food Marketing

Question: To what extent does your school implement the following practices: Response

J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day. No Activity

J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day. No Activity

J3: We follow FCPS’ policy on fundraisers as outlined in R2100. Embedded

### Section K – Nutritional Guidelines

Question: To what extent does your school implement the following practices: Response

K1: Sodas and sports drinks are not offered for sale to students at any time during the school day. Embedded

K2: Healthy food and beverage options are encouraged at school-related events outside the school day. Embedded

K3: Implements appropriate precautions against severe food allergies. Embedded  
Embedded

K4: We follow all nutrition guidelines for food and beverage standards, as outlined in FCPS P2100 and R2100.

### Section L – Ideas/Comments/Suggestions

Question: Please list any wellness events or activities your school has undertaken or will undertake this school year.

“Fun Run; Workout Wednesday; GOTR; After School Events coordinated by PTA; For Wellness - STEAM and Heritage Night - wellness room for students”

# 2023-2024 School Wellness Survey Responses

## Kent Gardens Elementary

Question: Please provide any suggestions, best practices, or tools that you believe would be helpful in evaluating and supporting student and staff health and wellness within FCPS.

“No Response”

Question: Please provide any questions or comments you have with regard to FCPS’ Student and Staff Health and Wellness policy, regulation, or these wellness survey items.

“No Response”

### Summary Tables:

The following graph and table visually summarize your school’s responses provided above. Questions in the graph are represented by bars corresponding to the self-reported wellness score. Questions in the table are grouped together according to their self-reported wellness score (e.g., all questions recorded as “embedded” are grouped together, etc.).

\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2023-2024 School Wellness Survey Responses

## Kent Gardens Elementary

Comparison of Survey Question and Self-Reported Wellness Score



Wellness Score

(1 = No Activity, 2 = Exploring, 3 = Transitioning, 4 = Emerging, 5 = Embedded)



# 2023-2024 School Wellness Survey Responses

## Kent Gardens Elementary

### Survey Questions Grouped by Wellness Score

| No Activity<br>(Score = 1)          | Exploring<br>(Score = 2) | Transitioning<br>(Score =3) | Emerging<br>(Score =4)                         | Embedded<br>(Score =5)  |
|-------------------------------------|--------------------------|-----------------------------|--|---|
| D2,<br>G1, G2, G4,<br>I8,<br>J1, J2 | H2                       | C7, C8,<br>F1, F5           | C1, C2, C4, C5,<br>C6,<br>F2, F3,<br>G5,<br>H1 | A1, A2,<br>B1, B2,<br>C3,<br>D1, D3, D4,<br>E1, E2, E3, E4,<br>F4,<br>G3, G6,<br>I1, I2, I3, I4, I5,<br>I6, I7, I9, I10,<br>J3,<br>K1, K2, K3, K4 |

# 2023-2024 School Wellness Survey Responses

## Kings Glen Elementary

### Section A – Physical Education

| <u>Question: To what extent does your school implement the following practices:</u>                            | <u>Response</u> |
|--|-----------------|
| A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218. | Embedded        |
| A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.      | Embedded        |

### Section B – Physical Activity

| <u>Question: To what extent does your school implement the following practices:</u>                                | <u>Response</u> |
|--|-----------------|
| B1: Withholding recess or physical education is not used as a disciplinary action.                                 | Embedded        |
| B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess. | Embedded        |

Question: Please highlight any activities or best practices used to promote student's physical activity.

“ ”

### Section C – Health Education

| <u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u> | <u>Response</u> |
|---|-----------------|
| C1: Promoting Healthy Lifestyles.   | Emerging        |
| C2: Stress Management.  | Emerging        |
| C3: Coping Skills.  | Emerging        |
| C4: Depression.   | No Activity     |
| C5: Suicide Prevention and Awareness.   | Exploring       |
| C6: Mental Health Issues (general).   | Exploring       |
| C7: Relationship of Healthy Sleep to Mental Health.   | Emerging        |

# 2023-2024 School Wellness Survey Responses

## Kings Glen Elementary

C8: Substance Abuse Prevention.

Emerging

### Section D – Health Services

Question: To what extent does your school implement the following practices:

Response

D1: FCPS' protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others.

Embedded

D2: Students have regular access to public health nurses to address health, safety, and psychological issues.

Emerging

D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia.

Embedded

D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102.

Embedded

### Section E – Healthy and Safe School Environment

Question: To what extent does your school implement the following practices:

Response

E1: Encourages children to safely walk or bike to and from school.

Embedded

E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults.

Transitioning

E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560.

Embedded

E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152.

Embedded

Question: Please share any school or community specific barriers to promoting a healthy and safe school environment for students.

"none"

# 2023-2024 School Wellness Survey Responses

## Kings Glen Elementary

### Section F – School Counseling, School Psychology, and School Social Work Services

| <u>Question: To what extent does your school implement the following practices:</u>   | <u>Response</u>          |
|---|--------------------------|
| F1: Monitors school climate and other factors that may contribute to student stress, symptoms of anxiety and depression, and peer and academic pressures and substance use.                                     | Emerging                 |
| F2: Our staff has received required suicide prevention training, as well as training that includes recognition of, and response to, mental and behavioral health needs.   | Embedded                 |
| F3: Implements programs that foster social and emotional health and wellness of students and staff.   | Embedded                 |
| F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.   | Emerging                 |
| F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.  | Emerging                 |
| F6: MIDDLE AND HIGH SCHOOLS ONLY: Academic advising encourages flexibility in course scheduling to promote adequate sleep and healthy sleep patterns to affect student mental health, wellness, and attendance. | Not a Middle/High School |

### Section G – Health Promotion for Staff Members

| <u>Question: To what extent does the staff wellness liaison support opportunities for staff members to improve their health and well-being:</u>   | <u>Response</u> |
|---|-----------------|
| G1: Health screenings.  | No Activity     |
| G2: Health care access.   | Emerging        |
| G3: Employee flu immunization clinics.  | Embedded        |
| G4: Wellness opportunities for staff, such as fitness challenges, fitness classes, mobile health screenings, wellness walks, workshops, or health fairs that emphasize work/life balance. | Emerging        |
| G5: Awareness of the Employee Assistance Program Services.  | Emerging        |

# 2023-2024 School Wellness Survey Responses

## Kings Glen Elementary

G6: Staff celebrations that offer and encourage healthy choices for food and beverages. Emerging

### Section H – Family and Community Involvement

Question: To what extent does your school implement the following practices: Response

H1: Established a wellness committee to implement activities that support the wellness policy. Emerging

H2: Includes a non-staff, family, or community member in our school's wellness committee. Transitioning

Question: Please share how your wellness committee encourages involvement from families and community members in promoting wellness in your school.

“none”

### Section I – Food and Nutrition General

Question: To what extent does your school implement the following practices: Response

I1: All students have at least 20 minutes to eat after sitting down for lunch. Embedded

I2: Students who participate in school meal programs have equal access to the same high-quality food and nutrition as do non-participants who purchase FCPS-provided food. Embedded

I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities. Embedded

I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals. Embedded

I5: Encourages the use of non-food items for classroom celebrations. Embedded

I6: Withholding access to food is not used as a disciplinary action. Embedded

I7: Potable water is available to all our students at no cost. Embedded

I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS). Emerging

# 2023-2024 School Wellness Survey Responses

## Kings Glen Elementary

I9: Allows students to possess personal containers for drinking water. Embedded

I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible. Emerging

### Section J – Nutrition Education, Promotion, and Food Marketing

Question: To what extent does your school implement the following practices: Response

J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day. Embedded

Embedded

J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day. Embedded

J3: We follow FCPS’ policy on fundraisers as outlined in R2100.

### Section K – Nutritional Guidelines

Question: To what extent does your school implement the following practices: Response

K1: Sodas and sports drinks are not offered for sale to students at any time during the school day. Embedded

K2: Healthy food and beverage options are encouraged at school-related events outside the school day. Embedded

K3: Implements appropriate precautions against severe food allergies. Embedded  
Embedded

K4: We follow all nutrition guidelines for food and beverage standards, as outlined in FCPS P2100 and R2100.

### Section L – Ideas/Comments/Suggestions

Question: Please list any wellness events or activities your school has undertaken or will undertake this school year.

“No Response”

# 2023-2024 School Wellness Survey Responses

## Kings Glen Elementary

Question: Please provide any suggestions, best practices, or tools that you believe would be helpful in evaluating and supporting student and staff health and wellness within FCPS.

“No Response”

Question: Please provide any questions or comments you have with regard to FCPS’ Student and Staff Health and Wellness policy, regulation, or these wellness survey items.

“No Response”

### Summary Tables:

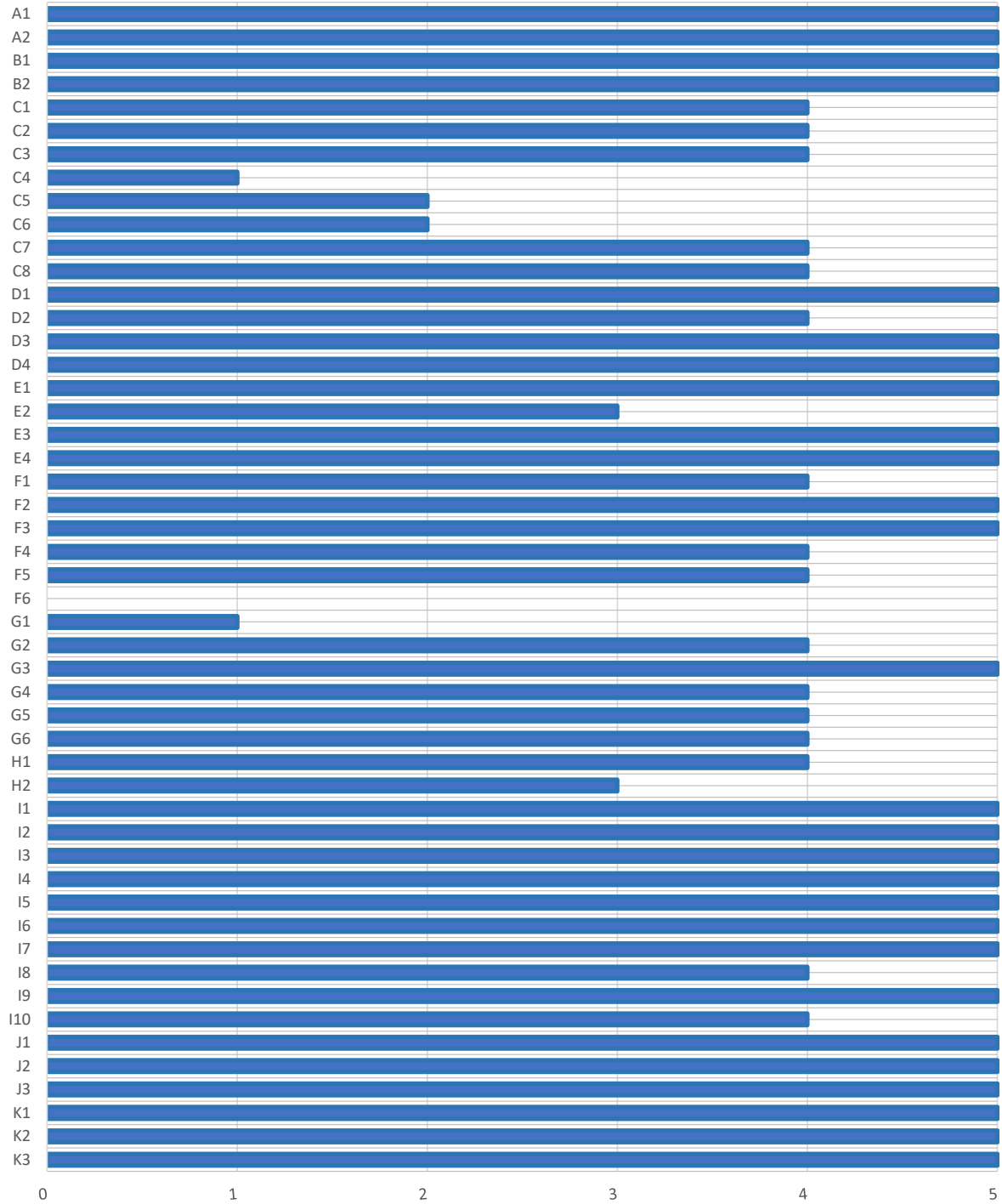
The following graph and table visually summarize your school’s responses provided above. Questions in the graph are represented by bars corresponding to the self-reported wellness score. Questions in the table are grouped together according to their self-reported wellness score (e.g., all questions recorded as “embedded” are grouped together, etc.).

\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2023-2024 School Wellness Survey Responses

## Kings Glen Elementary

Comparison of Survey Question and Self-Reported Wellness Score



Wellness Score  
(1 = No Activity, 2 = Exploring, 3 = Transitioning, 4 = Emerging, 5 = Embedded)



# 2023-2024 School Wellness Survey Responses

## Kings Glen Elementary

### Survey Questions Grouped by Wellness Score

| No Activity<br>(Score = 1) | Exploring<br>(Score = 2) | Transitioning<br>(Score =3) | Emerging<br>(Score =4)  | Embedded<br>(Score =5)  |
|----------------------------|--------------------------|-----------------------------|---|---|
| C4,<br>G1                  | C5, C6                   | E2,<br>H2                   | C1, C2, C3, C7,<br>C8,<br>D2,<br>F1, F4, F5,<br>G2, G4, G5, G6,<br>H1,<br>I8, I10 | A1, A2,<br>B1, B2,<br>D1, D3, D4,<br>E1, E3, E4,<br>F2, F3,<br>G3,<br>I1, I2, I3, I4, I5,<br>I6, I7, I9,<br>J1, J2, J3,<br>K1, K2, K3, K4 |

# 2023-2024 School Wellness Survey Responses

## Kings Park Elementary

### Section A – Physical Education

| <u>Question: To what extent does your school implement the following practices:</u>                            | <u>Response</u> |
|--|-----------------|
| A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218. | Embedded        |
| A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.      | Embedded        |

### Section B – Physical Activity

| <u>Question: To what extent does your school implement the following practices:</u>                                | <u>Response</u> |
|--|-----------------|
| B1: Withholding recess or physical education is not used as a disciplinary action.                                 | Embedded        |
| B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess. | Embedded        |

Question: Please highlight any activities or best practices used to promote student's physical activity.

“Students receive more than the minimum physical activity through both PE and recess schedules. We have provided equipment as well as game ideas to promote inclusive group games during recess.”

### Section C – Health Education

| <u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u> | <u>Response</u> |
|---|-----------------|
| C1: Promoting Healthy Lifestyles.   | Embedded        |
| C2: Stress Management.  | Embedded        |
| C3: Coping Skills.  | Embedded        |
| C4: Depression.   | Embedded        |
| C5: Suicide Prevention and Awareness.   | Embedded        |
| C6: Mental Health Issues (general).   | Embedded        |

# 2023-2024 School Wellness Survey Responses

## Kings Park Elementary

C7: Relationship of Healthy Sleep to Mental Health. Embedded

C8: Substance Abuse Prevention. Embedded

### Section D – Health Services

Question: To what extent does your school implement the following practices: Response

D1: FCPS' protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others. Embedded

D2: Students have regular access to public health nurses to address health, safety, and psychological issues. Embedded

D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia. Embedded

D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102. Embedded

### Section E – Healthy and Safe School Environment

Question: To what extent does your school implement the following practices: Response

E1: Encourages children to safely walk or bike to and from school. Emerging

E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults. Embedded

E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560. Embedded

E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152. Embedded

Question: Please share any school or community specific barriers to promoting a healthy and safe school environment for students.

“Working to reduce absenteeism continues to be a focus for Kings Park.”

# 2023-2024 School Wellness Survey Responses

## Kings Park Elementary

### Section F – School Counseling, School Psychology, and School Social Work Services

| <u>Question: To what extent does your school implement the following practices:</u>   | <u>Response</u>          |
|---|--------------------------|
| F1: Monitors school climate and other factors that may contribute to student stress, symptoms of anxiety and depression, and peer and academic pressures and substance use.                                     | Embedded                 |
| F2: Our staff has received required suicide prevention training, as well as training that includes recognition of, and response to, mental and behavioral health needs.   | Embedded                 |
| F3: Implements programs that foster social and emotional health and wellness of students and staff.   | Embedded                 |
| F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.   | Embedded                 |
| F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.  | Emerging                 |
| F6: MIDDLE AND HIGH SCHOOLS ONLY: Academic advising encourages flexibility in course scheduling to promote adequate sleep and healthy sleep patterns to affect student mental health, wellness, and attendance. | Not a Middle/High School |

### Section G – Health Promotion for Staff Members

| <u>Question: To what extent does the staff wellness liaison support opportunities for staff members to improve their health and well-being:</u>   | <u>Response</u> |
|---|-----------------|
| G1: Health screenings.  | Transitioning   |
| G2: Health care access.   | Exploring       |
| G3: Employee flu immunization clinics.  | Embedded        |
| G4: Wellness opportunities for staff, such as fitness challenges, fitness classes, mobile health screenings, wellness walks, workshops, or health fairs that emphasize work/life balance. | Emerging        |

# 2023-2024 School Wellness Survey Responses

## Kings Park Elementary

G5: Awareness of the Employee Assistance Program Services. Embedded

G6: Staff celebrations that offer and encourage healthy choices for food and beverages. Embedded

### Section H – Family and Community Involvement

Question: To what extent does your school implement the following practices: Response

H1: Established a wellness committee to implement activities that support the wellness policy. Embedded

H2: Includes a non-staff, family, or community member in our school's wellness committee. Exploring

Question: Please share how your wellness committee encourages involvement from families and community members in promoting wellness in your school.

"We promote and advertise the PTA Family Wellness Event. "

### Section I – Food and Nutrition General

Question: To what extent does your school implement the following practices: Response

I1: All students have at least 20 minutes to eat after sitting down for lunch. Embedded

I2: Students who participate in school meal programs have equal access to the same high-quality food and nutrition as do non-participants who purchase FCPS-provided food. Embedded

I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities. Embedded

I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals. Embedded

I5: Encourages the use of non-food items for classroom celebrations. Embedded

I6: Withholding access to food is not used as a disciplinary action. Embedded

# 2023-2024 School Wellness Survey Responses

## Kings Park Elementary

|   |             |
|---|-------------|
| I7: Potable water is available to all our students at no cost.  | Embedded    |
| I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS). | No Activity |
| I9: Allows students to possess personal containers for drinking water.  | Embedded    |
| I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible.                     | Embedded    |

## Section J – Nutrition Education, Promotion, and Food Marketing

| <u>Question: To what extent does your school implement the following practices:</u>   | <u>Response</u> |
|---|-----------------|
| J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day.  | Embedded        |
| J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day. | Embedded        |
| J3: We follow FCPS’ policy on fundraisers as outlined in R2100.   | Embedded        |

## Section K – Nutritional Guidelines

| <u>Question: To what extent does your school implement the following practices:</u>                          | <u>Response</u>      |
|--|----------------------|
| K1: Sodas and sports drinks are not offered for sale to students at any time during the school day.          | Embedded             |
| K2: Healthy food and beverage options are encouraged at school-related events outside the school day.        | Emerging             |
| K3: Implements appropriate precautions against severe food allergies.  | Embedded<br>Embedded |
| K4: We follow all nutrition guidelines for food and beverage standards, as outlined in FCPS P2100 and R2100. |                      |

## Section L – Ideas/Comments/Suggestions

Question: Please list any wellness events or activities your school has undertaken or will undertake this school year.

# 2023-2024 School Wellness Survey Responses

## Kings Park Elementary

“Flu Shot Clinic, presentation by EAP representative, Family Wellness Event, multiple fitness challenges. ”

Question: Please provide any suggestions, best practices, or tools that you believe would be helpful in evaluating and supporting student and staff health and wellness within FCPS.

“No Response”

Question: Please provide any questions or comments you have with regard to FCPS’ Student and Staff Health and Wellness policy, regulation, or these wellness survey items.

“No Response”

### Summary Tables:

The following graph and table visually summarize your school’s responses provided above. Questions in the graph are represented by bars corresponding to the self-reported wellness score. Questions in the table are grouped together according to their self-reported wellness score (e.g., all questions recorded as “embedded” are grouped together, etc.).

\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2023-2024 School Wellness Survey Responses

## Kings Park Elementary

Comparison of Survey Question and Self-Reported Wellness Score



Wellness Score

(1 = No Activity, 2 = Exploring, 3 = Transitioning, 4 = Emerging, 5 = Embedded)



# 2023-2024 School Wellness Survey Responses

## Kings Park Elementary

### Survey Questions Grouped by Wellness Score

| No Activity<br>(Score = 1) | Exploring<br>(Score = 2) | Transitioning<br>(Score =3) | Emerging<br>(Score =4)  | Embedded<br>(Score =5)  |
|----------------------------|--------------------------|-----------------------------|-------------------------|---|
| I8                         | G2,<br>H2                | G1                          | E1,<br>F5,<br>G4,<br>K2 | A1, A2,<br>B1, B2,<br>C1, C2, C3, C4,<br>C5, C6, C7, C8,<br>D1, D2, D3, D4,<br>E2, E3, E4,<br>F1, F2, F3, F4,<br>G3, G5, G6,<br>H1,<br>I1, I2, I3, I4, I5,<br>I6, I7, I9, I10,<br>J1, J2, J3,<br>K1, K3, K4 |