

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

**Eagle View Elementary** Fairfax Villa Elementary **Fairhill Elementary Fairview Elementary** Flint Hill Elementary Floris Elementary Forest Edge Elementary **Forestdale Elementary Forestville Elementary** Fort Belvoir Primary School Fort Belvoir Upper School Fort Hunt Elementary Fox Mill Elementary Franconia Elementary Freedom Hill Elementary **Garfield Elementary Glen Forest Elementary Graham Road Elementary** 

Great Falls Elementary

**Greenbriar East Elementary** 

Greenbriar West Elementary

**Groveton Elementary** 

**Gunston Elementary** 

Halley Elementary

Haycock Elementary

Hayfield Elementary

Herndon Elementary

Hollin Meadows Elementary

Hunt Valley Elementary

Hunters Woods Elementary

Hutchison Elementary

Hybla Valley Elementary

Island Creek Elementary

Keene Mill Elementary

Kent Gardens Elementary

Kings Glen Elementary

Kings Park Elementary

# Eagle View Elementary

### Section A – Physical Education

Question: To what extent does your school implement the following practices:	<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	
Section D - 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

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#### Section C – Health Education

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

### **Eagle View Elementary**

C8: Substance Abuse Prevention.		
Section D – Health Services		
Question: To what extent does your school implement the following practices:	<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		
Question: To what extent does your school implement the following practices:	<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 Embedded with FCPS' Policy 4419 and Regulation 2152.

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

"none"

### Eagle View Elementary

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

Work Services	
Question: To what extent does your school implement the following practices:	<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</u> for staff members to improve their health and well-being:	<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

### 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:	<u>Response</u>
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

<u>Question: To what extent does your school implement the following</u> practices:	<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
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

### **Eagle View Elementary**

19: 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:	<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

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

"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"

### **Eagle View Elementary**

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

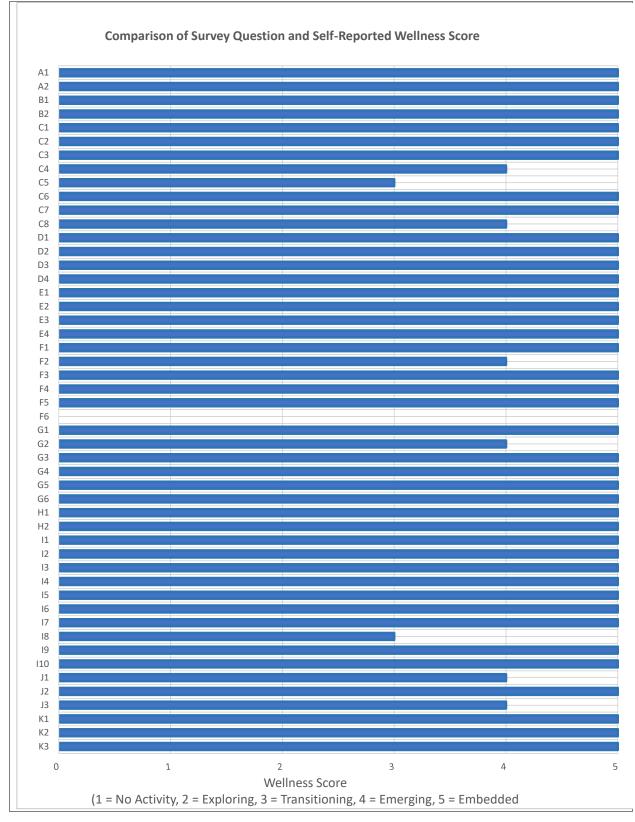
"No Response"

#### 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.

# Eagle View Elementary



# Eagle View Elementary

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
		С5,	C4, C8,	A1, A2,
		18	F2,	B1, B2,
			G2 <i>,</i>	C1, C2, C3, C6,
			J1, J3	С7,
				D1, D2, D3, D4,
				E1, E2, E3, E4,
				F1, F3, F4, F5,
				G1, G3, G4, G5,
				G6,
				H1, H2,
				11, 12, 13, 14, 15,
				16, 17, 19, 110,
				J2,
				K1, K2, K3, K4

### Survey Questions Grouped by Wellness Score

# Fairfax Villa Elementary

### Section A – Physical Education

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

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#### Section C – Health Education

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

### Fairfax Villa Elementary

C8: Substance Abuse Prevention.	No Activity	
Section D – Health Services		
Question: To what extent does your school implement the following practices:	<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		
Question: To what extent does your school implement the following practices:	<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 Embedded with FCPS' Policy 4419 and Regulation 2152.

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

"none"

### Fairfax Villa Elementary

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

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

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

### Fairfax Villa Elementary

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

<u>Question: To what extent does your school implement the following</u> practices:	<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
14: 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
17: 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

### 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	e
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.

"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"

### Fairfax Villa Elementary

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

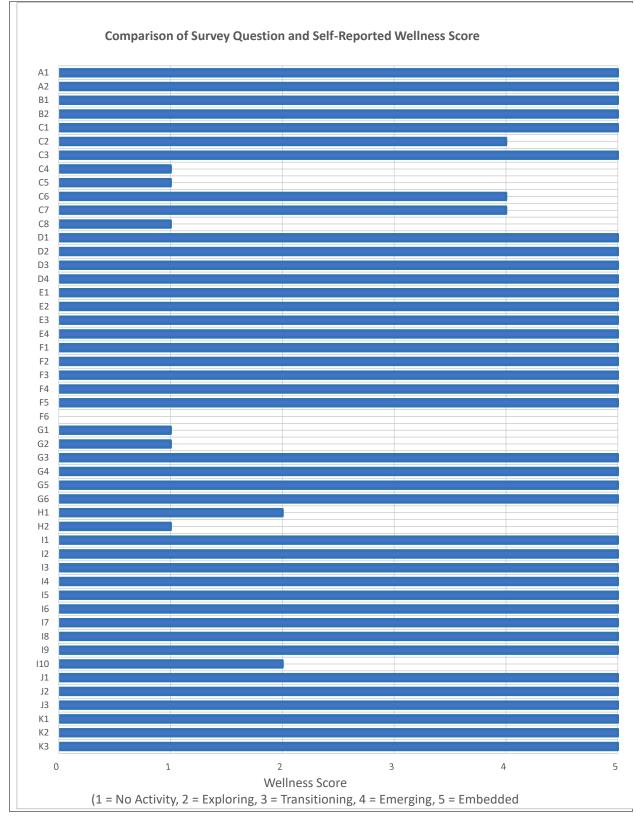
"No Response"

#### 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.

### Fairfax Villa Elementary



# Fairfax Villa Elementary

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

### Survey Questions Grouped by Wellness Score

### **Fairhill 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:	<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
<u>Question: Please highlight any activities or best practices used to promote</u> <u>student's physical activity.</u>	
"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	

Question: To what extent does your school effectively impart the following<br/>topics in FCPS's health education curriculum:ResponseC1: Promoting Healthy Lifestyles.Embedded

Embedded

Embedded

- C2: Stress Management.
- C3: Coping Skills.

# 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
Sectio	on D – Health Services	
<u>Questi</u>	on: To what extent does your school implement the following practices:	<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
Sectio	on E – Healthy and Safe School Environment	
	on: To what extent does your school implement the following practices:	Rosnonso

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

### **Fairhill Elementary**

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

"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	Response
for staff members to improve their health and well-being:	

G1: Health screenings.

# 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:	<u>Response</u>
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	
<u>Question: To what extent does your school implement the following</u> practices:	<u>Response</u>
I1: All students have at least 20 minutes to eat after sitting down for lunch.	Embedded
12: 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

### **Fairhill Elementary**

13: 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
17: Potable water is available to all our students at no cost.	Embedded
18: 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

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

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

#### **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

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

"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."

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

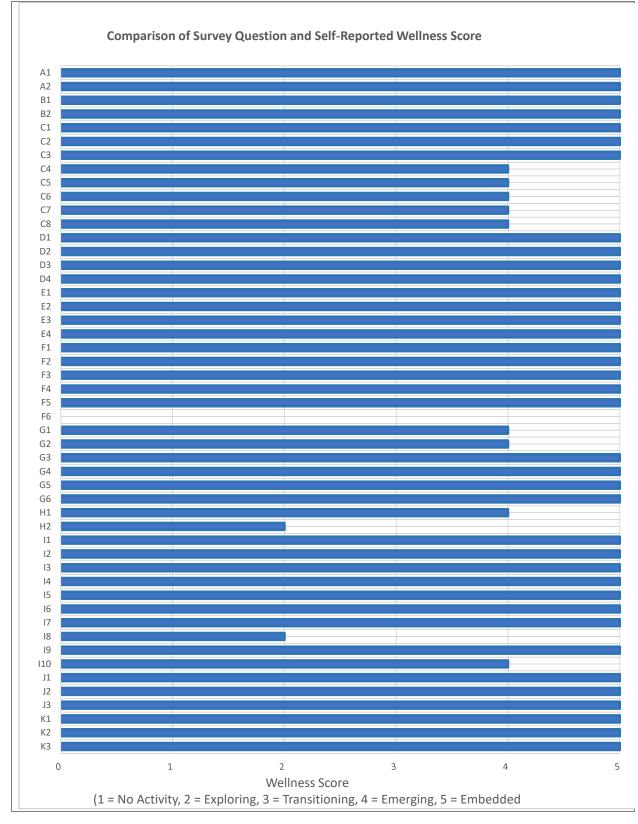
"None, thank you!"

#### 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.

### **Fairhill Elementary**



# Fairhill Elementary

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
	Н2,		C4, C5, C6, C7,	A1, A2,
	18		С8,	B1, B2,
			G1, G2,	C1, C2, C3,
			H1,	D1, D2, D3, D4,
			I10	E1, E2, E3, E4,
				F1, F2, F3, F4,
				F5,
				G3, G4, G5, G6,
				11, 12, 13, 14, 15,
				16, 17, 19,
				J1, J2, J3,
				K1, K2, K3, K4

### Survey Questions Grouped by Wellness Score

# **Fairview Elementary**

#### Section A – Physical Education

Section A – Filysical Education	
Question: To what extent does your school implement the following practices:	<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	
Question: To what extent does your school implement the following practices:	<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
<u>Question: Please highlight any activities or best practices used to promote</u> <u>student's physical activity.</u>	
"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</u> topics in FCPS's health education curriculum:	<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

### **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 Question: To what extent does your school implement the following practices:	<u>Response</u>
E1: Encourages children to safely walk or bike to and from school.	Transitioning

Embedded

Embedded

Embedded

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

with FCPS' Policy 4419 and Regulation 2152.

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

E3: School buildings, grounds, structures, vehicles (if applicable), and

equipment are maintained in accordance with FCPS Policy 8560.

E4: Maintains a comprehensive tobacco-free policy in accordance

"none"

### Fairview Elementary

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

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

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

### Fairview Elementary

G6: Staff celebrations that offer and encourage healthy choices for	Embedded
food and beverages.	
Section H – Family and Community Involvement	
Question: To what extent does your school implement the following practices:	<u>Response</u>
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:	<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.	Transitioning
I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities.	Embedded
14: 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

### **Fairview Elementary**

19: 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:	<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 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)"

### **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"

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

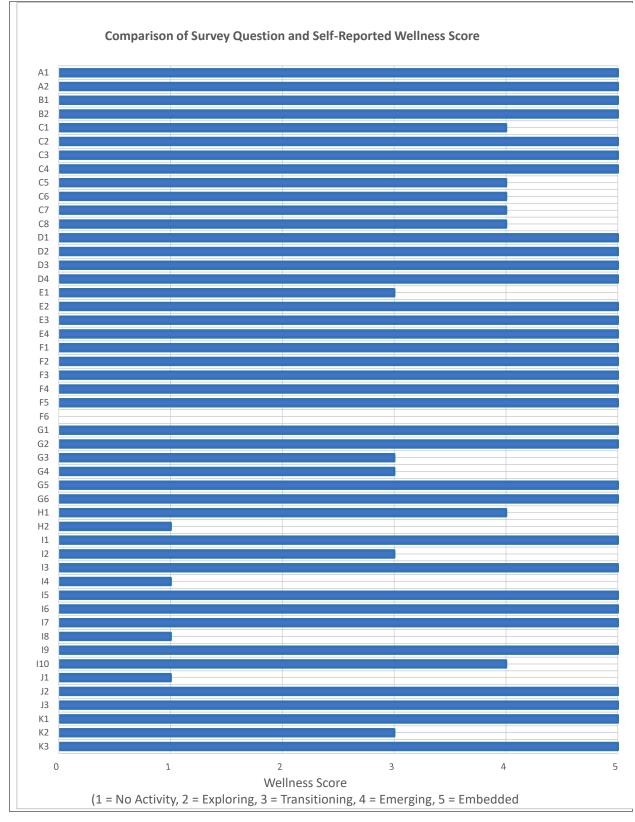
"No Response"

#### 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.

### **Fairview Elementary**



# Fairview Elementary

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
Н2,		E1,	C1, C5, C6, C7,	A1, A2,
14, 18,		G3, G4,	C8,	B1, B2,
J1		12,	H1,	C2, C3, C4,
		К2	I10	D1, D2, D3, D4,
				E2, E3, E4,
				F1, F2, F3, F4,
				F5 <i>,</i>
				G1, G2, G5, G6,
				11, 13, 15, 16, 17,
				19,
				J2, J3,
				К1, К3, К4

### Survey Questions Grouped by Wellness Score

# Flint Hill Elementary

### Section A – Physical Education

Question: To what extent does your school implement the following practices:	<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	
Question: To what extent does your school implement the following practices:	<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</u> topics in FCPS's health education curriculum:	<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

### Flint Hill Elementary

Flint Hill 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:	<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	
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 Embedded with FCPS' Policy 4419 and Regulation 2152.

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

"none"

### Flint Hill Elementary

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

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

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

# 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:	<u>Response</u>
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	
<u>Question: To what extent does your school implement the following</u> practices:	<u>Response</u>
I1: All students have at least 20 minutes to eat after sitting down for lunch.	Embedded
12: 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
13: 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
17: 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

### **Flint Hill Elementary**

19: 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:	<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

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

"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"

# Flint Hill Elementary

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

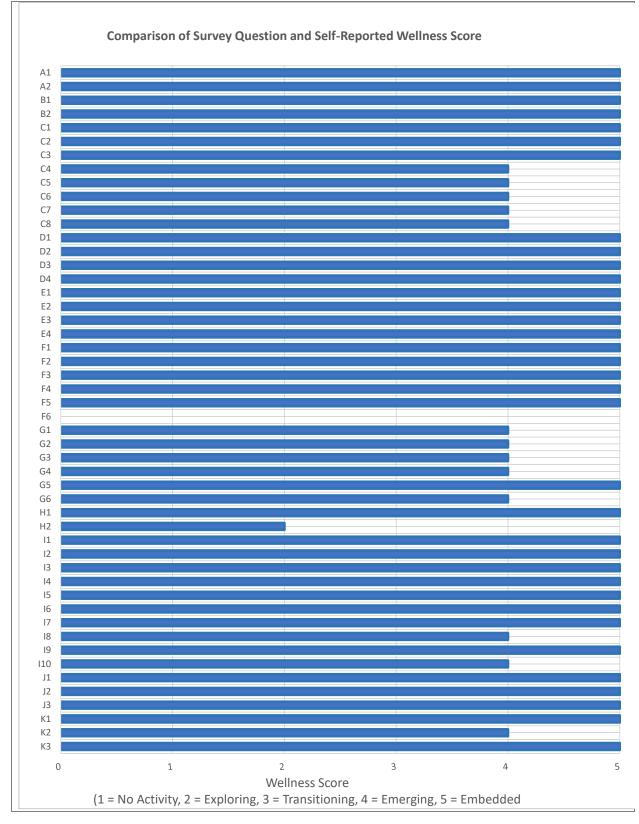
"No Response"

#### 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.

### **Flint Hill Elementary**



# Flint Hill Elementary

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
	H2		C4, C5, C6, C7,	A1, A2,
			С8,	B1, B2,
			G1, G2, G3, G4,	C1, C2, C3,
			G6 <i>,</i>	D1, D2, D3, D4,
			18, 110,	E1, E2, E3, E4,
			К2	F1, F2, F3, F4,
				F5 <i>,</i>
				G5,
				H1,
				11, 12, 13, 14, 15,
				16, 17, 19,
				J1, J2, J3,
				K1, K3, K4

### Survey Questions Grouped by Wellness Score

# **Floris Elementary**

#### Section A – Physical Education

C5: Suicide Prevention and Awareness.

Question: To what extent does your school implement the following practices:	<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	
Question: To what extent does your school implement the following practices:	<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</u> topics in FCPS's health education curriculum:	<u>Response</u>
C1: Promoting Healthy Lifestyles.	Embedded
C2: Stress Management.	Embedded
C3: Coping Skills.	Embedded
C4: Depression.	Embedded

Embedded

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

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

## **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

Question: To what extent does your school implement the following practices:	<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</u>	<u>Response</u>
for staff members to improve their health and well-being:	
G1: Health screenings.	No Activity
G2: Health care access.	No Activity

# **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	
<u>Question: To what extent does your school implement the following</u> <u>practices:</u>	<u>Response</u>
11: 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
13: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities.	Embedded
14: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals.	Embedded

# **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
18: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS).	Emerging
19: 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:	<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.

#### **Floris Elementary**

#### Section L – Ideas/Comments/Suggestions

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

"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"

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

"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.

### **Floris Elementary**



# **Floris Elementary**

			,	
No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
G1, G2		G4,	D2,	A1, A2,
		H2	E1,	B1, B2,
			H1,	C1, C2, C3, C4,
			18, 110	C5, C6, C7, C8,
				D1, D3, D4,
				E2, E3, E4,
				F1, F2, F3, F4,
				F5,
				G3, G5, G6,
				11, 12, 13, 14, 15,
				16, 17, 19,

J1, J2, J3, K1, K2, K3, K4

#### Survey Questions Grouped by Wellness Score

# Forest Edge 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:	<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
<u>Question: Please highlight any activities or best practices used to promote</u> <u>student's physical activity.</u>	
"Students at Forest Edge have 2 horus of PE each week in addition to 30 minutes of recess daily."	
Section C – Health Education	
Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:	<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

### Forest Edge Elementary

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	
Question: To what extent does your school implement the following practices:	<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 Embedded with FCPS' Policy 4419 and Regulation 2152.

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

"none"

# Forest Edge Elementary

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

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

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

# Forest Edge Elementary

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

<u>Question: To what extent does your school implement the following</u>	<u>Response</u>
practices:	
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
14: 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

# Forest Edge Elementary

19: 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	
<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 Embedded
K4: We follow all nutrition guidelines for food and beverage standards, as outlined in FCPS P2100 and R2100.	

#### Section L – Ideas/Comments/Suggestions

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

"No Response"

### 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"

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

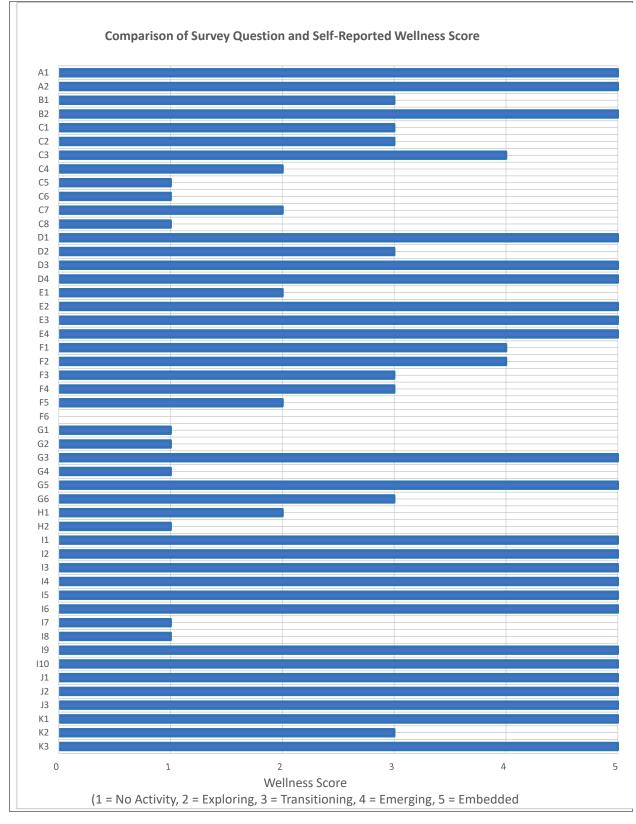
"No Response"

#### 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.

# Forest Edge Elementary



# Forest Edge Elementary

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
C5, C6, C8,	C4, C7,	B1,	СЗ,	A1, A2,
G1, G2, G4,	E1,	C1, C2,	F1, F2	В2,
H2,	F5,	D2,		D1, D3, D4,
17, 18	H1	F3, F4,		E2, E3, E4,
		G6 <i>,</i>		G3, G5,
		K2		11, 12, 13, 14, 15,
				I6 <i>,</i> I9, I10,
				J1, J2, J3,
				K1, K3, K4

### Survey Questions Grouped by Wellness Score

# Forestdale 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:	<u>Response</u>
B1: Withholding recess or physical education is not used as a disciplinary action.	Embedded
	Embedded Embedded

#### Section C – Health Education

<u>Question: To what extent does your school effectively impart the following</u> topics in FCPS's health education curriculum:	<u>Response</u>
C1: Promoting Healthy Lifestyles.	Transitioning
	C C
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

# Forestdale Elementary

C8: Substance Abuse Prevention.	Exploring			
Section D – Health Services				
Question: To what extent does your school implement the following practices:	<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				
Question: To what extent does your school implement the following practices:	<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"

# Forestdale Elementary

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

Work Services		
Question: To what extent does	your school implement the following pro	<u>ectices:</u> <u>Response</u>
	mate and other factors that may contrib ms of anxiety and depression, and peer a d substance use.	
	ed required suicide prevention training, cludes recognition of, and response to, m needs.	
F3: Implements program wellness of students an	ms that foster social and emotional heal nd staff.	th and Emerging
	to effectively implement FCPS' protocol solution screenings and assessments.	when Embedded
	ties for students, families, and staff to le nd manage stressors to maintain a healtl	
encourages flexibility ir	SCHOOLS ONLY: Academic advising a course scheduling to promote adequat a patterns to affect student mental healt ace.	

#### Section G – Health Promotion for Staff Members

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

# . .

Forestdale Elementary			
G6: Staff celebrations that offer and encourage healthy choices for food and beverages.	Transitioning		
Tobu and beverages.			
Section H – Family and Community Involvement			
Question: To what extent does your school implement the following practices:	Response		
Question. To what extent does your school implement the johowing 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		
<u>Question: Please share how your wellness committee encourages</u> <u>involvement from families and community members in promoting wellness in</u> <u>your school.</u>			
"none"			
Section I – Food and Nutrition General			
Question: To what extent does your school implement the following Re			
practices:			
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		
13. Student tutoring meetings and club activities are not scheduled	Embedded		

13: Student tutoring, meetings, and club activities are not scheduled Embedded during mealtimes unless students may eat during such activities. I4: Measures in place to prevent overt identification of students Embedded who are eligible for free and reduced-price school meals. I5: Encourages the use of non-food items for classroom Emerging celebrations. I6: Withholding access to food is not used as a disciplinary action. Embedded 17: Potable water is available to all our students at no cost. Embedded 18: Actively solicits student input in selecting foods and meals Exploring served by Food and Nutrition Services (FNS).

### 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		
	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:			
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"

### 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"

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

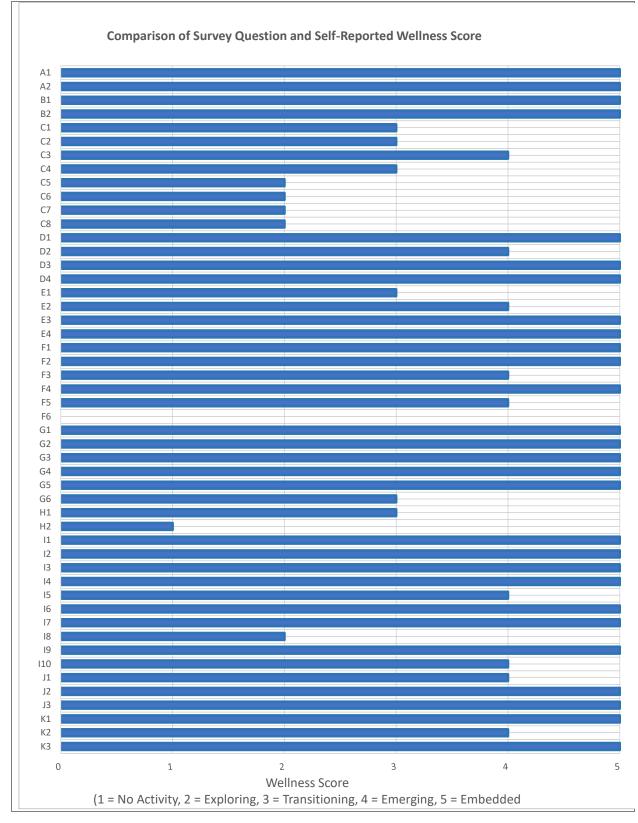
"No Response"

#### 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.

# Forestdale Elementary



# Forestdale Elementary

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
H2	C5, C6, C7, C8,	C1, C2, C4,	СЗ,	A1, A2,
	18	E1,	D2,	B1, B2,
		G6,	E2,	D1, D3, D4,
		H1	F3, F5,	E3, E4,
			15, 110,	F1, F2, F4,
			J1,	G1, G2, G3, G4,
			К2	G5 <i>,</i>
				11, 12, 13, 14, 16,
				17, 19,
				J2, J3,
				K1, K3, K4

### Survey Questions Grouped by Wellness Score

# Forestville Elementary

### Section A – Physical Education

Question: To what extent does your school implement the following practices:	<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
<u>Question: Please highlight any activities or best practices used to promote</u> <u>student's physical activity.</u>	
"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	

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

### **Forestville Elementary**

Forestville Elementary	
C7: Relationship of Healthy Sleep to Mental Health.	Emerging
C8: Substance Abuse Prevention.	Transitioning
Section D – Health Services	
Question: To what extent does your school implement the following practices:	<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>	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	Embedded

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

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

equipment are maintained in accordance with FCPS Policy 8560.

"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."

# Forestville Elementary

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

VOIR Services	
Question: To what extent does your school implement the following practices:	<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</u> for staff members to improve their health and well-being:	<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

# 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:	<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.	Transitioning
<u>Question: Please share how your wellness committee encourages</u> <u>involvement from families and community members in promoting wellness in</u> <u>your school.</u>	
"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	
<u>Question: To what extent does your school implement the following</u> <u>practices:</u>	<u>Response</u>
I1: All students have at least 20 minutes to eat after sitting down for lunch.	Embedded
12: 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
13: 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

# Forestville Elementary

15: 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

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.

#### **Forestville Elementary**

#### Section L – Ideas/Comments/Suggestions

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

"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.) "

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

"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.

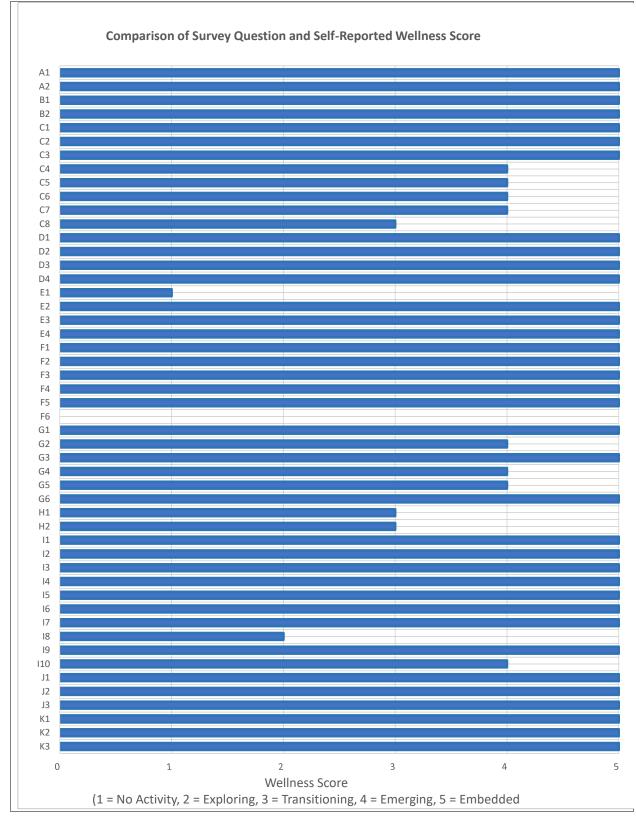
"No Response"

#### 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.

# **Forestville Elementary**



## Forestville Elementary

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
E1	18	С8,	C4, C5, C6, C7,	A1, A2,
		H1, H2	G2, G4, G5,	B1, B2,
			110	C1, C2, C3,
				D1, D2, D3, D4,
				E2, E3, E4,
				F1, F2, F3, F4,
				F5 <i>,</i>
				G1, G3, G6,
				11, 12, 13, 14, 15,
				16 <i>,</i> 17, 19,
				J1, J2, J3,
				K1, K2, K3, K4

### Survey Questions Grouped by Wellness Score

## Fort Belvoir Primary School

### Section A – Physical Education

Question: To what extent does your school implement the following practices:	<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	
Question: To what extent does your school implement the following practices:	<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
<u>Question: Please highlight any activities or best practices used to promote</u> <u>student's physical activity.</u>	
"PE teachers provide rotations and students can express their physical fitness goals."	
Section C Health Education	

### Section C – Health Education

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

### 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	
Question: To what extent does your school implement the following practices:	<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 Embedded equipment are maintained in accordance with FCPS Policy 8560.

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

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

"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. "

### Fort Belvoir Primary School

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

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

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

## Fort Belvoir Primary School

G5: Awareness of the Employee Assistance Program Services.	Transitioning Emerging
	Emerging
G6: Staff celebrations that offer and encourage healthy choices for food and beverages.	
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 T 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</u>	<u>Response</u>
I1: All students have at least 20 minutes to eat after sitting down E for lunch.	Embedded
I2: Students who participate in school meal programs have equal E 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 E who are eligible for free and reduced-price school meals.	Embedded
I5: Encourages the use of non-food items for classroom E celebrations.	Embedded

## Fort Belvoir Primary School

I6: Withholding access to food is not used as a disciplinary action.	Embedded
17: 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

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

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

### Fort Belvoir Primary School

### Section L – Ideas/Comments/Suggestions

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

"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"

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

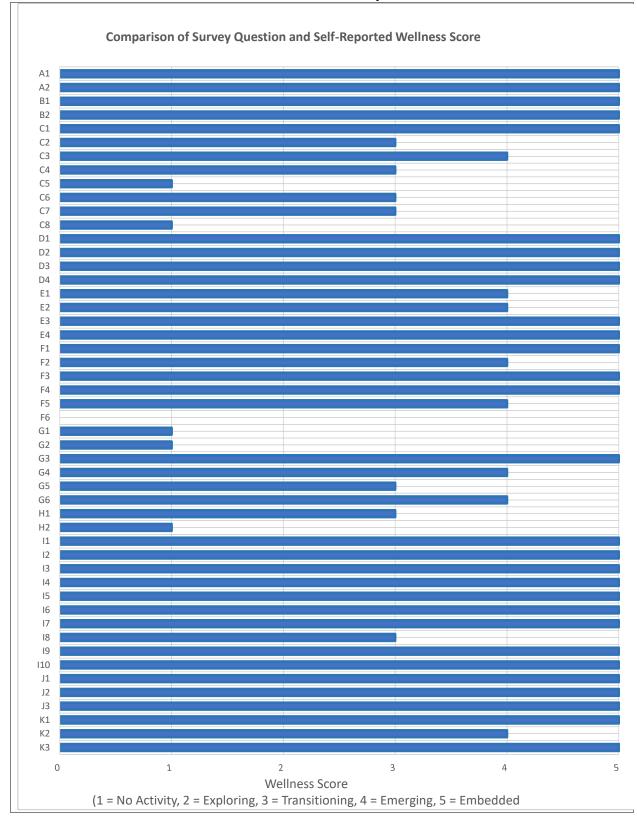
"No Response"

### 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.

### Fort Belvoir Primary School



## Fort Belvoir Primary School

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
C5, C8,		C2, C4, C6, C7,	СЗ,	A1, A2,
G1, G2,		G5 <i>,</i>	E1, E2,	B1, B2,
H2		H1,	F2, F5,	C1,
		18	G4, G6,	D1, D2, D3, D4,
			К2	E3, E4,
				F1, F3, F4,
				G3,
				11, 12, 13, 14, 15,
				16, 17, 19, 110,
				J1, J2, J3,
				K1, K3, K4

### Survey Questions Grouped by Wellness Score

## Fort Belvoir Upper School

### 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	
Section D - Englical 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	Embedded
disciplinary action.	
disciplinary action. B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess.	Embedded

### Section C – Health Education

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

### Fort Belvoir Upper School

C8: Substance Abuse Prevention.	Emerging
Section D – Health Services	
Question: To what extent does your school implement the following practices:	<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	Embedded

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

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

equipment are maintained in accordance with FCPS Policy 8560.

"none"

## Fort Belvoir Upper School

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

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

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

## 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

<u>Question: To what extent does your school implement the following</u> practices:	
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

## Fort Belvoir Upper School

19: 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:		
J1: Only food and beverages that meet the "Smart Snacks" standards are marketed to students on school grounds during the school day.	Embedded	
с с ,	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:	<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

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

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

### 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.

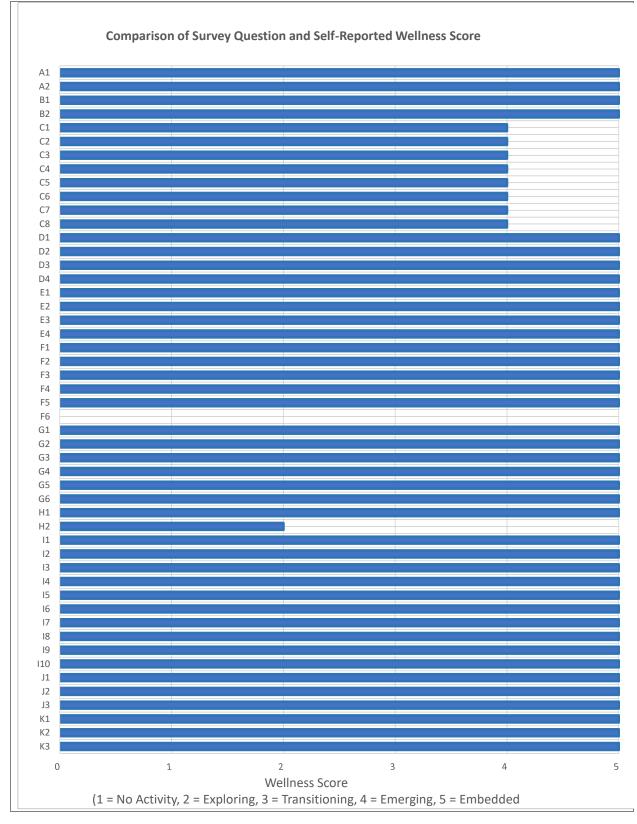
"No Response"

### Summary Tables:

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.

### Fort Belvoir Upper School



## Fort Belvoir Upper School

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
	H2		C1, C2, C3, C4,	A1, A2,
			C5, C6, C7, C8	B1, B2,
				D1, D2, D3, D4,
				E1, E2, E3, E4,
				F1, F2, F3, F4,
				F5,
				G1, G2, G3, G4,
				G5, G6,
				H1,
				11, 12, 13, 14, 15,
				16, 17, 18, 19, 110,
				J1, J2, J3,
				К1, К2, К3, К4

### Survey Questions Grouped by Wellness Score

## Fort Hunt Elementary

## Section A – Physical Education

Question: To what extent does your school implement the following practices:	<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	
Question: To what extent does your school implement the following practices:	<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.	
"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	
<u>Question: To what extent does your school effectively impart the following</u> topics in FCPS's health education curriculum:	<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

### Fort Hunt Elementary

C6: Mental H	ealth Issues (general).	ementary	Embedded
C7: Relations	hip of Healthy Sleep to Mental H	lealth.	Embedded
C8: Substance	e Abuse Prevention.		Emerging
Section D – Hea	Ith Services		
<u>Question: To what ex</u>	tent does your school implemen	t the following practices.	<u>Response</u>
•	tocols with respect to student c ehaviors, such as harm to self or		Embedded
	have regular access to public he r, and psychological issues.	alth nurses to address	Embedded
•	staff in our school maintain req rst aid, CPR, and AED per the Co	-	n Embedded
	staff in our school maintain req dministration per FCPS Regulation		n Embedded

### Section E – Healthy and Safe School Environment

Question: To what extent does your school implement the following practices:	<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
<u>Question: Please share any school or community specific barriers to promoting</u> <u>a healthy and safe school environment for students.</u>	

"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."

### Fort Hunt Elementary

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

Question: To what extent does your school implement the following practices:	<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</u> for staff members to improve their health and well-being:	<u>Response</u>
· · · · · · · · · · · · · · · · · · ·	
G1: Health screenings.	Embedded
G2: Health care access.	Embedded
G3: Employee flu immunization clinics.	Embedded
	LINDEQUEU

## Fort Hunt Elementary

Fort Hunt El	ementary	
G4: Wellness opportunities for staff, such as classes, mobile health screenings, wellness w health fairs that emphasize work/life balance	alks, workshops, or	Embedded
G5: Awareness of the Employee Assistance P	rogram Services.	Embedded
G6: Staff celebrations that offer and encoura food and beverages.	ge healthy choices for	Emerging
Section H – Family and Community Inv	volvement	
Question: To what extent does your school implemen	t the following practices:	Response
H1: Established a wellness committee to imp support the wellness policy.	lement activities that	Embedded
H2: Includes a non-staff, family, or communit school's wellness committee.	ty member in our	Exploring
Question: Please share how your wellness committee from families and community members in promoting		
""Walk, Roll and Bike to School Day Event program that we started and continue with since the p event, PTA sponsored after school enrichmer fitness/sports, HR wellness challenges. ―"	pandemic, Field Day	
Section I – Food and Nutrition Genera		
<u>Question: To what extent does your school implemen</u> practices:	<u>t the following</u>	<u>Response</u>
I1: All students have at least 20 minutes to ea for lunch.	at after sitting down	Embedded
I2: Students who participate in school meal p access to the same high-quality food and nut participants who purchase FCPS-provided for	rition as do non-	Embedded
I3: Student tutoring, meetings, and club activ during mealtimes unless students may eat du		Embedded
I4: Measures in place to prevent overt identif who are eligible for free and reduced-price so		Embedded

## 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
18: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS).	Embedded
19: 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:	<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. J2: We follow federal school meal nutrition standards for all foods	Embedded Embedded
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.	

### Fort Hunt Elementary

### Section L – Ideas/Comments/Suggestions

# <u>Question: Please list any wellness events or activities your school has undertaken or will undertake this</u> <u>school year.</u>

"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.

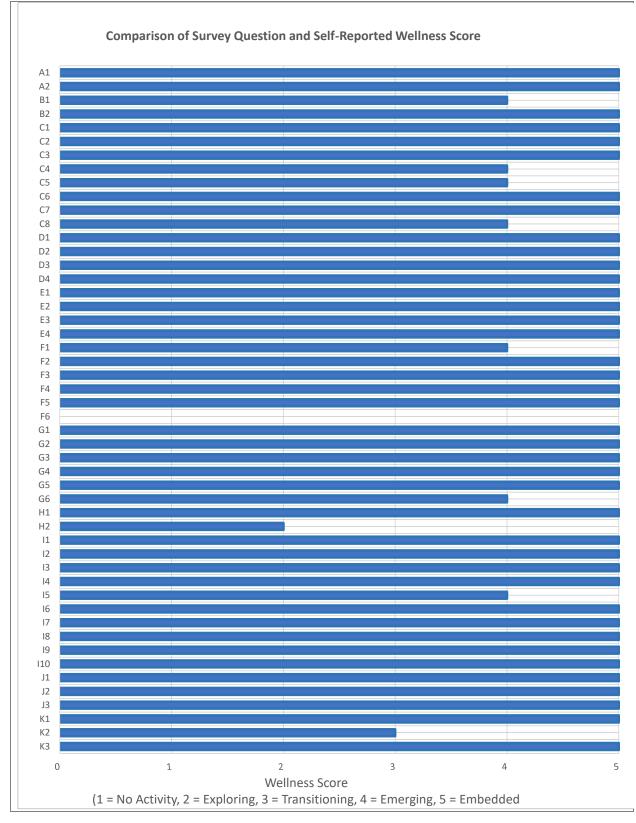
"We as a school work hard to meet the wellness needs of all students, staff and community members. At this present time in the world it is need ever so much. More resources; such as information or events would be a welcome to help all parties with their overall wellness."

### 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.

### Fort Hunt Elementary



## Fort Hunt Elementary

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
	H2	К2	B1,	A1, A2,
			C4, C5, C8,	В2,
			F1,	C1, C2, C3, C6,
			G6 <i>,</i>	С7,
			15	D1, D2, D3, D4,
				E1, E2, E3, E4,
				F2, F3, F4, F5,
				G1, G2, G3, G4,
				G5,
				H1,
				11, 12, 13, 14, 16,
				17, 18, 19, 110,
				J1, J2, J3,
				K1, K3, K4

### Survey Questions Grouped by Wellness Score

## Fox Mill Elementary

### Section A – Physical Education

Question: To what extent does your school implement the following practices:	<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	
Question: To what extent does your school implement the following practices:	<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</u> topics in FCPS's health education curriculum:	<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

### Fox Mill Elementary

C8: Substance Abuse Prevention.	Emerging
Section D – Health Services	
Question: To what extent does your school implement the following practices:	<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	
Question: To what extent does your school implement the following practices:	<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.	Emerging
E4: Maintains a comprehensive tobacco-free policy in accordance with	Emerging

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

FCPS' Policy 4419 and Regulation 2152.

"none"

### Fox Mill Elementary

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

Work Services	
Question: To what extent does your school implement the following practices:	<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</u> for staff members to improve their health and well-being:	<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

## Fox Mill Elementary

T OX TVIII EICHICHIGH Y	
G6: Staff celebrations that offer and encourage healthy choices for	Emerging
food and beverages.	
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	Emerging
support the wellness policy.	
H2: Includes a non-staff, family, or community member in our school's	Emerging
wellness committee.	
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:	
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
14: 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
18: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS).	Emerging

### Fox Mill Elementary

19: 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

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Question: To what extent does your school implement the following practices:	<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
	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.	
Section K – Nutritional Guidelines	
Question: To what extent does your school implement the following practices:	<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 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"

### Fox Mill Elementary

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

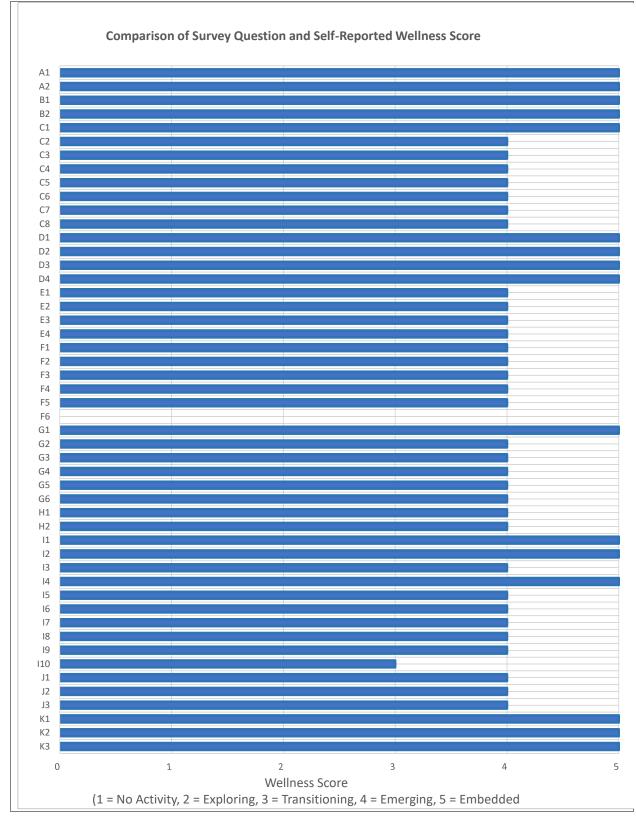
"No Response"

### 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.

### Fox Mill Elementary



## Fox Mill Elementary

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
		110	C2, C3, C4, C5,	A1, A2,
			C6, C7, C8,	B1, B2,
			E1, E2, E3, E4,	C1,
			F1, F2, F3, F4,	D1, D2, D3, D4,
			F5,	G1,
			G2, G3, G4, G5,	11, 12, 14,
			G6,	K1, K2, K3
			H1, H2,	
			13, 15, 16, 17, 18,	
			19,	
			J1, J2, J3,	
			K4	

### Survey Questions Grouped by Wellness Score

## Franconia Elementary

### Section A – Physical Education

Section A Thysical Education	
Question: To what extent does your school implement the following practices:	<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	
Question: To what extent does your school implement the following practices:	<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
<u>Question: Please highlight any activities or best practices used to promote</u> <u>student's physical activity.</u>	
"outside recess as priority aligned with weather, field day, PE units of study outside when appropriate"	
Section C - Health Education	

### Section C – Health Education

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

### Franconia Elementary

C7: Relationship of Healthy Sleep to Mental Health.	Emorging
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:	<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	
Question: To what extent does your school implement the following practices:	<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 Embedded equipment are maintained in accordance with FCPS Policy 8560.

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

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

"none"

### Franconia Elementary

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

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

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

## 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	
<u>Question: To what extent does your school implement the following</u> practices:	<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
13: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities.	Embedded
14: 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
17: Potable water is available to all our students at no cost.	Embedded

#### Franconia Elementary

18: 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

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

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

# <u>Question: Please list any wellness events or activities your school has undertaken or will undertake this</u> <u>school year.</u>

""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. "

#### 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."

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

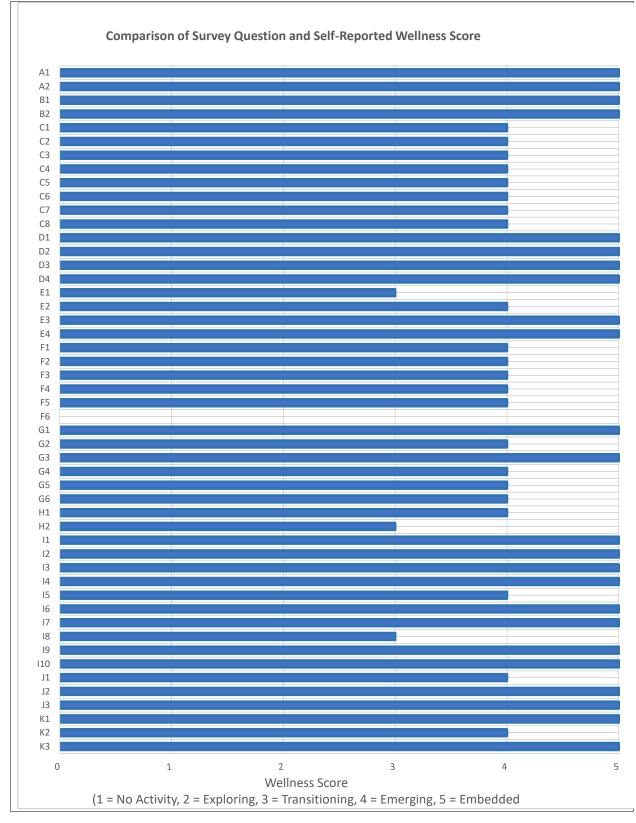
"n/a"

#### 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.

#### Franconia Elementary



# Franconia Elementary

#### Survey Questions Grouped by Wellness Score

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
		E1,	C1, C2, C3, C4,	A1, A2,
		H2,	C5, C6, C7, C8,	B1, B2,
		18	E2,	D1, D2, D3, D4,
			F1, F2, F3, F4,	E3, E4,
			F5 <i>,</i>	G1, G3,
			G2, G4, G5, G6,	11, 12, 13, 14, 16,
			H1,	17, 19, 110,
			15,	J2, J3,
			J1,	K1, K3, K4
			K2	

## Freedom Hill Elementary

#### Section A – Physical Education

Question: To what extent does your school implement the following practices:	<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	
Question: To what extent does your school implement the following practices:	<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</u> topics in FCPS's health education curriculum:	<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

#### **Freedom Hill Elementary**

C8: Substance Abuse Prevention.	Emerging
Section D – Health Services	
Question: To what extent does your school implement the following practices:	<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	
Question: To what extent does your school implement the following practices:	<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 Embedded with FCPS' Policy 4419 and Regulation 2152.

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

"none"

### Freedom Hill Elementary

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

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

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

### 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:	<u>Response</u>
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

<u>Question: To what extent does your school implement the following</u> practices:	<u>Response</u>
I1: All students have at least 20 minutes to eat after sitting down for lunch.	Embedded
12: 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
17: 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

#### 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:	<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
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.	
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. Use the stand have been and in a second stand of a stand stand	E so la o d d o d
K2: Healthy food and beverage options are encouraged at school-	Embedded
related events outside the school day.	
K3: Implements appropriate precautions against severe food allergies.	Embedded
	Embedded
KA. We follow all putrition guidelines for food and boustons	Linbeaded
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"

#### **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.

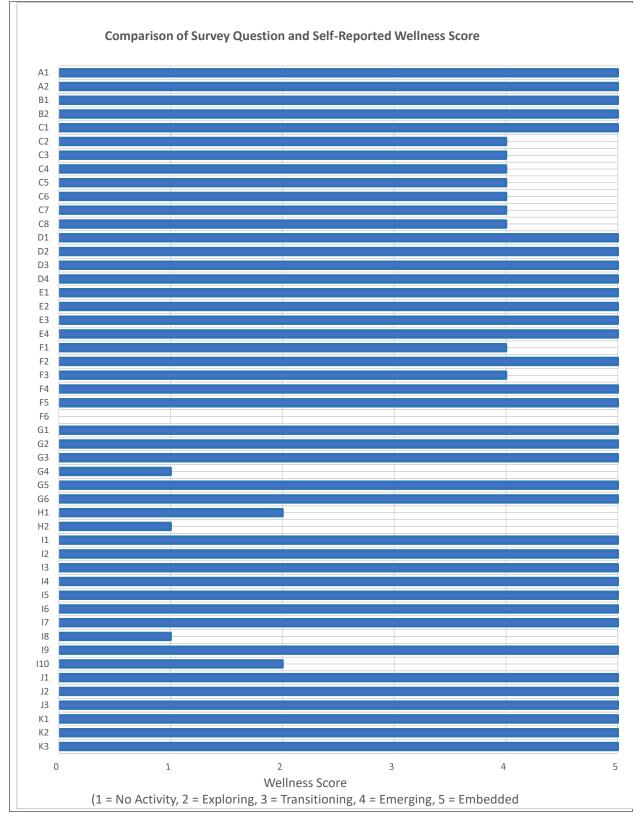
"No Response"

#### 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.

### **Freedom Hill Elementary**



# Freedom Hill Elementary

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
G4,	H1,		C2, C3, C4, C5,	A1, A2,
H2,	l10		C6, C7, C8,	B1, B2,
18			F1, F3	C1,
				D1, D2, D3, D4,
				E1, E2, E3, E4,
				F2, F4, F5,
				G1, G2, G3, G5,
				G6,
				11, 12, 13, 14, 15,
				16, 17, 19,
				J1, J2, J3,
				K1, K2, K3, K4

#### Survey Questions Grouped by Wellness Score

## Garfield Elementary

### Section A – Physical Education

Question: To what extent does your school implement the following practices:	<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	
Question: To what extent does your school implement the following practices:	<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
<u>Question: Please highlight any activities or best practices used to promote</u> <u>student's physical activity.</u>	
"organized games, movement breaks in class, physical education curriculum"	
Caption C Upplth Education	

#### Section C – Health Education

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

### **Garfield Elementary**

Garneiu 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:	<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 Embedded equipment are maintained in accordance with FCPS Policy 8560.

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

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

"none"

### **Garfield Elementary**

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

<u> </u>	1 011	
Work Services		
Question: To what extent does your school impl	ement the following practices:	Response
F1: Monitors school climate and other f student stress, symptoms of anxiety an academic pressures and substance use.	d depression, and peer and	Embedded
F2: Our staff has received required suic well as training that includes recognitio and behavioral health needs.		Embedded
F3: Implements programs that foster so wellness of students and staff.	ocial and emotional health and	Embedded
F4: Staff are prepared to effectively imp conducting suicide-risk screenings and a	•	Embedded
F5: Provides opportunities for students strategies to identify and manage stres work life balance.		Emerging
F6: MIDDLE AND HIGH SCHOOLS ONLY: encourages flexibility in course schedul sleep and healthy sleep patterns to affe wellness, and attendance.	ing to promote adequate	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:	<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

# Garfield Elementary

Garfield Elementary G6: Staff celebrations that offer and encourage healthy choices for food and beverages.	Embedded
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.	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	
<u>Question: To what extent does your school implement the following</u> practices:	<u>Response</u>
I1: All students have at least 20 minutes to eat after sitting down for lunch.	Embedded
12: 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
13: 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
17: Potable water is available to all our students at no cost.	Embedded
18: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS).	Exploring

#### **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:	<u>Response</u>
J1: Only food and beverages that meet the "Smart Snacks" standards	Embedded
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.	
Section K – Nutritional Guidelines	
Section R – Nutritional Guidennes	
<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	Embedded
time during the school day.	Embedded
K2: Healthy food and beverage options are encouraged at school-	Embedded
related events outside the school day.	
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"

### **Garfield Elementary**

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

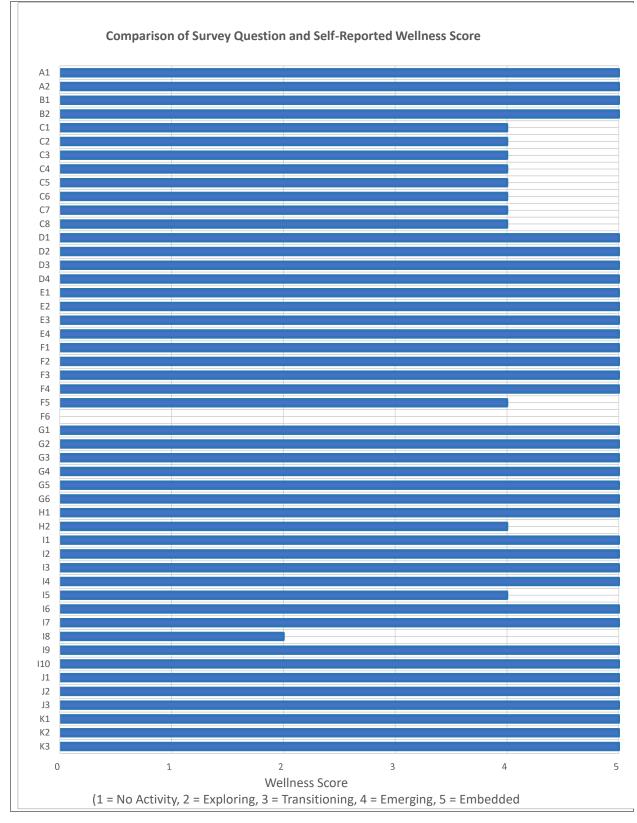
"No Response"

#### 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.

#### **Garfield Elementary**



# Garfield Elementary

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
	18		C1, C2, C3, C4,	A1, A2,
			C5, C6, C7, C8,	B1, B2,
			F5 <i>,</i>	D1, D2, D3, D4,
			Н2,	E1, E2, E3, E4,
			15	F1, F2, F3, F4,
				G1, G2, G3, G4,
				G5, G6,
				H1,
				11, 12, 13, 14, 16,
				17, 19, 110,
				J1, J2, J3,
				K1, K2, K3, K4

#### Survey Questions Grouped by Wellness Score

## Glen Forest Elementary

#### Section A – Physical Education

Section A mysical Education	
Question: To what extent does your school implement the following practices:	<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	
Question: To what extent does your school implement the following practices:	<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
<u>Question: Please highlight any activities or best practices used to promote</u> <u>student's physical activity.</u>	
"Students have access to soccer every day on a Fairfax County field."	

#### Section C – Health Education

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

#### **Glen Forest Elementary**

C8: Substance Abuse Prevention.	Embedded
Section D – Health Services	
Question: To what extent does your school implement the following practices:	<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	
Question: To what extent does your school implement the following practices:	<u>Response</u>
E1: Encourages children to safely walk or bike to and from school.	Emerging

with FCPS' Policy 4419 and Regulation 2152. Question: Please share any school or community specific barriers to promoting

E2: Promotes age-appropriate mentorships as a way to help students

develop strong, safe, and trusted relationships with respected adults.

E3: School buildings, grounds, structures, vehicles (if applicable), and

equipment are maintained in accordance with FCPS Policy 8560.

E4: Maintains a comprehensive tobacco-free policy in accordance

Emerging

Embedded

Embedded

a healthy and safe school environment for students.

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

### **Glen Forest Elementary**

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

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

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

### **Glen Forest Elementary**

Ge: 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:	<u>Response</u>
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:	<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
14: 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
17: 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

### **Glen Forest Elementary**

19: 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:	<u>Response</u>
J1: Only food and beverages that meet the "Smart Snacks" standards	No Activity
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.	
Section K – Nutritional Guidelines	
Question. To what a test does now asked involves out the following monstines.	Deserves
<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	Embedded
time during the school day.	
K2: Healthy food and beverage options are encouraged at school-	Embedded
related events outside the school day.	
K3: Implements appropriate precautions against severe food allergies.	Embedded
	Embedded
K4: We follow all nutrition guidelines for food and beverage	Linbedded
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"

### **Glen Forest Elementary**

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

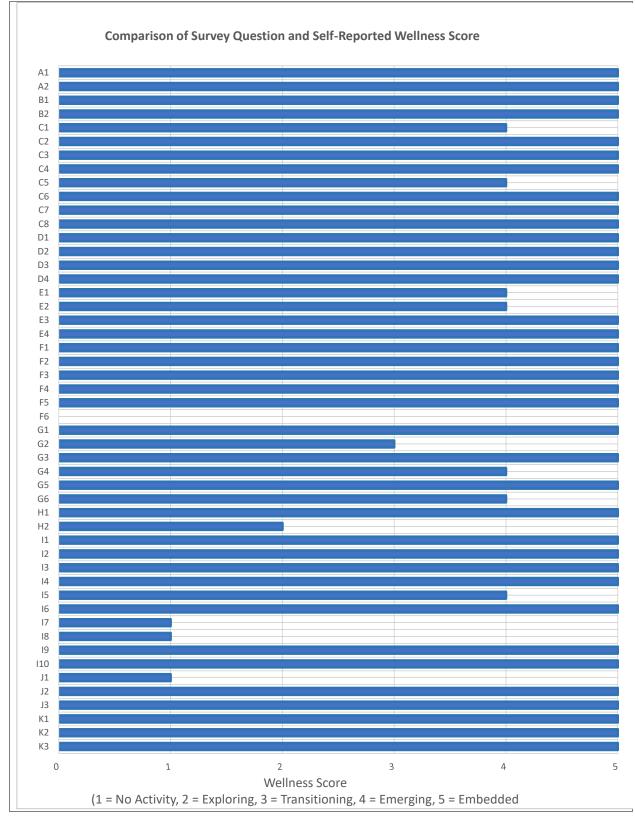
"No Response"

#### 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.

#### **Glen Forest Elementary**



# **Glen Forest Elementary**

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
17, 18,	H2	G2	C1, C5,	A1, A2,
J1			E1, E2,	B1, B2,
			G4, G6,	C2, C3, C4, C6,
			15	C7, C8,
				D1, D2, D3, D4,
				E3, E4,
				F1, F2, F3, F4,
				F5,
				G1, G3, G5,
				H1,
				11, 12, 13, 14, 16,
				19, 110,
				J2, J3,
				K1, K2, K3, K4

#### Survey Questions Grouped by Wellness Score

## Graham Road 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	
Section D - Englical 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	Embedded
disciplinary action.	
disciplinary action. B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess.	Embedded

*u n* 

#### Section C – Health Education

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

#### **Graham Road Elementary**

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	
Question: To what extent does your school implement the following practices:	<u>Response</u>
E1: Encourages children to safely walk or bike to and from school.	Emerging

with FCPS' Policy 4419 and Regulation 2152.	
Question: Please share any school or community specific barriers to promoting	
a healthy and safe school environment for students.	

E2: Promotes age-appropriate mentorships as a way to help students

develop strong, safe, and trusted relationships with respected adults.

E3: School buildings, grounds, structures, vehicles (if applicable), and

equipment are maintained in accordance with FCPS Policy 8560.

E4: Maintains a comprehensive tobacco-free policy in accordance

Embedded

Embedded

Embedded

"none"

### Graham Road Elementary

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

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

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

### Graham Road Elementary

Granan Road Elementary G6: Staff celebrations that offer and encourage healthy choices for food and beverages.	Embedded
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.	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	<u>Response</u>
practices:	
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
14: 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

#### 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:	<u>Response</u>
J1: Only food and beverages that meet the "Smart Snacks" standards	Embedded
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.	
Section K – Nutritional Guidelines	
Section R Nutritional Guidelines	
<u>Question: To what extent does your school implement the following practices:</u>	Response
	<u>itesponse</u>
K1: Sodas and sports drinks are not offered for sale to students at any	Embedded
time during the school day.	
K2: Healthy food and beverage options are encouraged at school-	Embedded
related events outside the school day.	
·	
	<b>F</b> and a shall be
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"

#### Graham Road Elementary

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

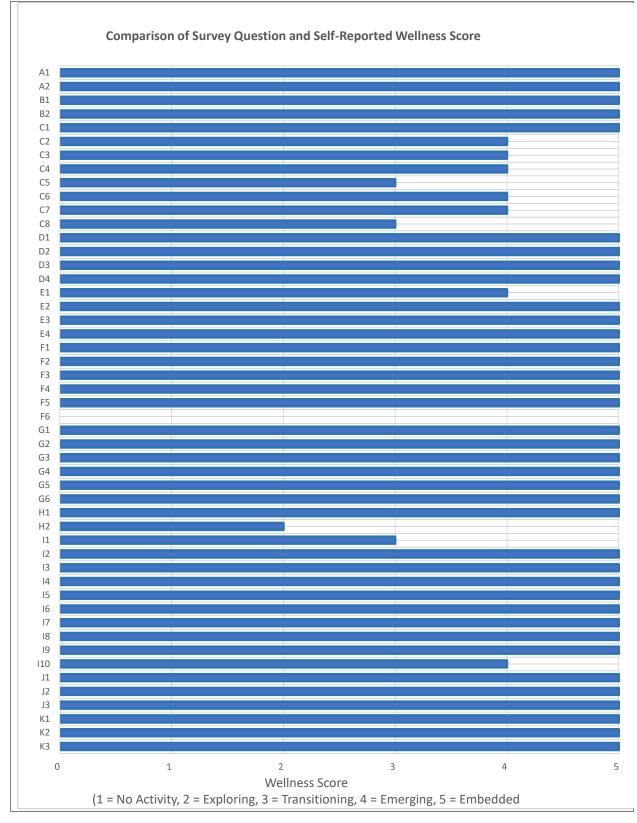
"No Response"

#### 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.

#### **Graham Road Elementary**



# Graham Road Elementary

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
	H2	C5, C8,	C2, C3, C4, C6,	A1, A2,
		11	С7,	B1, B2,
			E1,	C1,
			110	D1, D2, D3, D4,
				E2, E3, E4,
				F1, F2, F3, F4,
				F5 <i>,</i>
				G1, G2, G3, G4,
				G5, G6,
				H1,
				12, 13, 14, 15, 16,
				17, 18, 19,
				J1, J2, J3,
				К1, К2, К3, К4

### Survey Questions Grouped by Wellness Score

# **Great Falls 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:		
<u>Question. To what extent does your school implement the johowing 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	

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#### Section C – Health Education

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

# **Great Falls Elementary**

C8: Substance Abuse Prevention.	Emerging
Section D – Health Services	Porponco
Question: To what extent does your school implement the following practices:	<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	
Question: To what extent does your school implement the following practices:	<u>Response</u>
<u> </u>	<u></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"

# **Great Falls Elementary**

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

Work Se	ervices	
Question:	To what extent does your school implement the following practices:	Response
stu	: Monitors school climate and other factors that may contribute to udent stress, symptoms of anxiety and depression, and peer and ademic pressures and substance use.	Embedded
we	: Our staff has received required suicide prevention training, as ell as training that includes recognition of, and response to, mental nd behavioral health needs.	Emerging
	: Implements programs that foster social and emotional health and ellness of students and staff.	Emerging
	: Staff are prepared to effectively implement FCPS' protocol when nducting suicide-risk screenings and assessments.	Embedded
str	: Provides opportunities for students, families, and staff to learn rategies to identify and manage stressors to maintain a healthy ork life balance.	Emerging
en sle	: MIDDLE AND HIGH SCHOOLS ONLY: Academic advising acourages flexibility in course scheduling to promote adequate sep and healthy sleep patterns to affect student mental health, ellness, 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</u> for staff members to improve their health and well-being:		
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	

# Graat Falls Flomontan

Great Falls Elementary 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>	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
<u>Question: Please share how your wellness committee encourages</u> <u>involvement from families and community members in promoting wellness in</u> your school.	
"none"	
Section I – Food and Nutrition General <u>Question: To what extent does your school implement the following</u>	<u>Response</u>
practices:	
I1: All students have at least 20 minutes to eat after sitting down for lunch.	Embedded
12: 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
13: 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
16: Withholding access to food is not used as a disciplinary action.	Embedded

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

Embedded

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

# **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

	0
Question: To what extent does your school implement the following practices:	<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
	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

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

"No Response"

### **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"

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

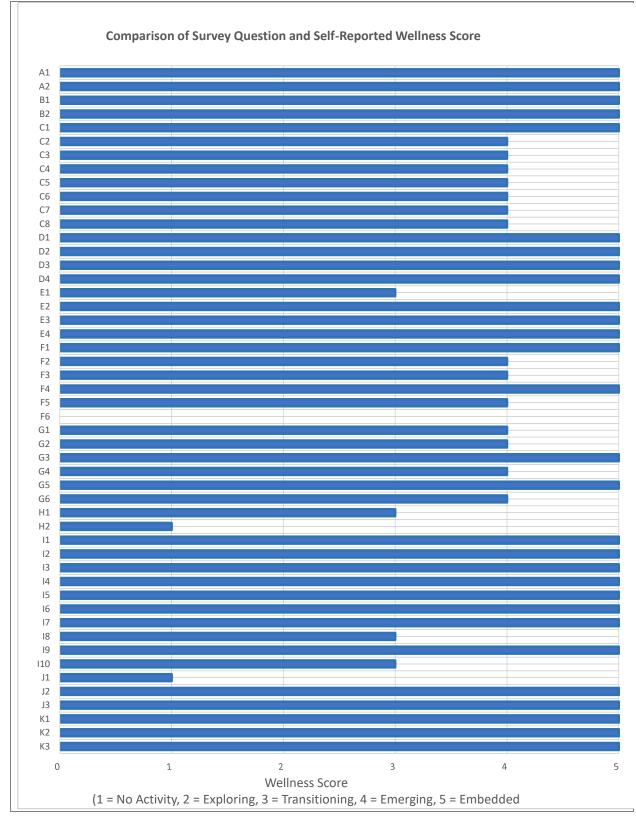
"No Response"

#### 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.

# **Great Falls Elementary**



# Great Falls Elementary

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
Н2,		E1,	C2, C3, C4, C5,	A1, A2,
J1		H1,	C6, C7, C8,	B1, B2,
		18, 110	F2, F3, F5,	C1,
			G1, G2, G4, G6	D1, D2, D3, D4,
				E2, E3, E4,
				F1, F4,
				G3, G5,
				11, 12, 13, 14, 15,
				16, 17, 19,
				J2, J3,
				К1, К2, К3, К4

### Survey Questions Grouped by Wellness Score

# **Greenbriar East Elementary**

#### Section A – Physical Education

Section A – Physical Education	
Question: To what extent does your school implement the following practices:	<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	
Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:	<u>Response</u>
C1: Promoting Healthy Lifestyles.	Transitioning

	Transitioning
C2: Stress Management.	Transitioning
C3: Coping Skills.	Transitioning
C4: Depression.	Exploring
C5: Suicide Prevention and Awareness.	Exploring
C6: Mental Health Issues (general).	Exploring

### **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:	<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 Embedded equipment are maintained in accordance with FCPS Policy 8560.

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

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

"Overcrowded school with lack of space."

# **Greenbriar East Elementary**

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

Work Services	
Question: To what extent does your school implement the following practices:	<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</u>	<u>Response</u>
for staff members to improve their health and well-being:	
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

# 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	
<u>Question: To what extent does your school implement the following</u> <u>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
13: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities.	Embedded
14: 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
17: Potable water is available to all our students at no cost.	Embedded
18: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS).	Emerging

# **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

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

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

#### Section L – Ideas/Comments/Suggestions

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

Embedded

"Feed Fairfax 5K, Backpack Food Program"

### **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.

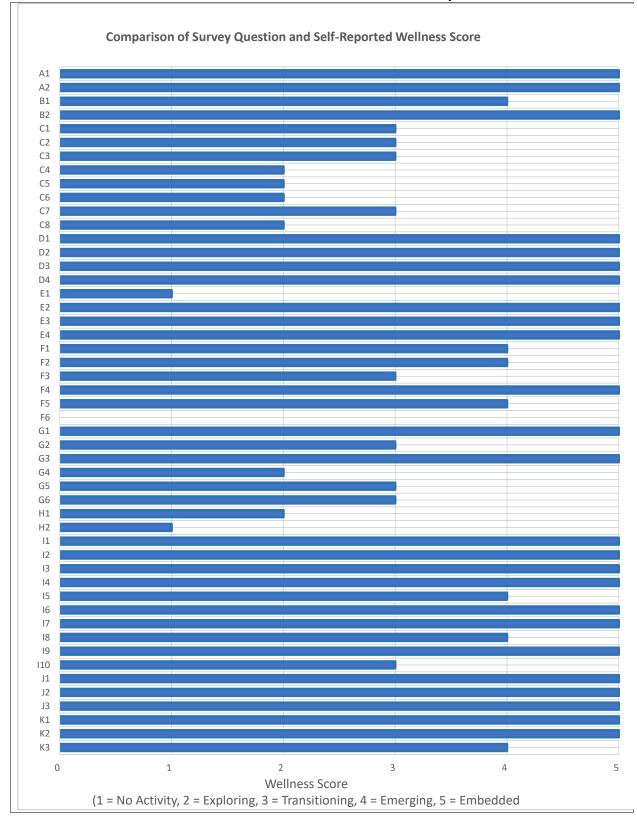
"No Response"

#### 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.

### **Greenbriar East Elementary**



# **Greenbriar East Elementary**

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
E1,	C4, C5, C6, C8,	C1, C2, C3, C7,	B1,	A1, A2,
H2	G4,	F3,	F1, F2, F5,	В2,
	H1	G2, G5, G6,	15, 18,	D1, D2, D3, D4,
		110	КЗ	E2, E3, E4,
				F4 <i>,</i>
				G1, G3,
				11, 12, 13, 14, 16,
				17, 19,
				J1, J2, J3,
				K1, K2, K4

### Survey Questions Grouped by Wellness Score

# **Greenbriar West Elementary**

### Section A – Physical Education

<u>Question: To what extent does your school implement the following practices:</u>	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:	<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
<u>Question: Please highlight any activities or best practices used to promote</u> <u>student's physical activity.</u>	
"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</u> topics in FCPS's health education curriculum:	<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

Embedded

C6: Mental Health Issues (general).

### **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:	<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	
Question: To what extent does your school implement the following practices:	<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 Embedded equipment are maintained in accordance with FCPS Policy 8560.

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

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

"NA"

# **Greenbriar West Elementary**

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

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Work Services	
Question: To what extent does your school implement the following p	ractices: <u>Response</u>
F1: Monitors school climate and other factors that may contr student stress, symptoms of anxiety and depression, and pee academic pressures and substance use.	
F2: Our staff has received required suicide prevention training well as training that includes recognition of, and response to, and behavioral health needs.	
F3: Implements programs that foster social and emotional he wellness of students and staff.	alth and Embedded
F4: Staff are prepared to effectively implement FCPS' protoco conducting suicide-risk screenings and assessments.	bl when Embedded
F5: Provides opportunities for students, families, and staff to strategies to identify and manage stressors to maintain a hea work life balance.	
F6: MIDDLE AND HIGH SCHOOLS ONLY: Academic advising encourages flexibility in course scheduling to promote adequ sleep and healthy sleep patterns to affect student mental hea wellness, and attendance.	

### Section G – Health Promotion for Staff Members

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

# 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
<u>Question: Please share how your wellness committee encourages involvement</u> 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 <u>Question: To what extent does your school implement the following</u> <u>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
13: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities.	Embedded
14: 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
17: Potable water is available to all our students at no cost.	Embedded

### **Greenbriar West Elementary**

18: 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

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

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

# <u>Question: Please list any wellness events or activities your school has undertaken or will undertake this</u> <u>school year.</u>

"Field Day, PTA presentations about wellness, running clubs, bike to school day. We also started a pickle ball club for staff. "

### **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. "

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

"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.

### **Greenbriar West Elementary**



# **Greenbriar West Elementary**

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
С5,	G6	C4, C8,	E1,	A1, A2,
G1, G2,		110	F2, F5,	B1, B2,
H2			G4	C1, C2, C3, C6,
				С7,
				D1, D2, D3, D4,
				E2, E3, E4,
				F1, F3, F4,
				G3, G5,
				H1,
				11, 12, 13, 14, 15,
				16, 17, 18, 19,
				J1, J2, J3,
				K1, K2, K3, K4

### Survey Questions Grouped by Wellness Score

### **Groveton 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.	Emerging
Section B – Physical Activity	
Question: To what extent does your school implement the following practices:	<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

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

### **Groveton Elementary**

C8: Substance Abuse Prevention.	Exploring
Section D – Health Services	Posponso
Question: To what extent does your school implement the following practices:	<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	
Question: To what extent does your school implement the following practices:	<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 Embedded with FCPS' Policy 4419 and Regulation 2152.

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

"Neighborhood not conducive to walking/biking. No regular crossing guard coverage. "

# **Groveton Elementary**

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

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

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

# **Groveton Elementary**

GG: 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.	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

<u>Question: To what extent does your school implement the following</u>	<u>Response</u>
practices:	
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
14: 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

### **Groveton Elementary**

19: 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

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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
	Transitioning
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:	<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.

"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"

# **Groveton Elementary**

<u>Question: Please provide any questions or comments you have with regard to FCPS' Student and Staff</u> 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.

### **Groveton Elementary**



# **Groveton Elementary**

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
E1,	С8,	C1, C2, C4, C6,	A2,	A1,
18	G4 <i>,</i>	J1, J2	C3, C7,	B1, B2,
	H2		F1, F3, F5,	С5,
			G6,	D1, D2, D3, D4,
			H1,	E2, E3, E4,
			К2	F2, F4,
				G1, G2, G3, G5,
				11, 12, 13, 14, 15,
				16, 17, 19, 110,
				J3,
				K1, K3, K4

### Survey Questions Grouped by Wellness Score

# **Gunston Elementary**

#### Section A – Physical Education

C3: Coping Skills.

C4: Depression.

Section A – Physical Education	
Question: To what extent does your school implement the following practices:	<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
<u>Question: Please highlight any activities or best practices used to promote</u> <u>student's physical activity.</u>	
"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</u> topics in FCPS's health education curriculum:	<u>Response</u>
C1: Promoting Healthy Lifestyles.	Embedded
C2: Stress Management.	Emerging

Emerging

Emerging

- C5: Suicide Prevention and Awareness. Exploring
- C6: Mental Health Issues (general).

# **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	
Question: To what extent does your school implement the following practices:	<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 Embedded with FCPS' Policy 4419 and Regulation 2152.

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

"none"

# **Gunston Elementary**

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

Work Services	
Question: To what extent does your school implement the following practices:	<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</u> for staff members to improve their health and well-being:	<u>Response</u>
jor stall members to improve their nearth and wen-being.	
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

## 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:	<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.	Exploring
<u>Question: Please share how your wellness committee encourages</u> <u>involvement from families and community members in promoting wellness in</u> <u>your school.</u>	
"none"	
Section I – Food and Nutrition General <u>Question: To what extent does your school implement the following</u> <u>practices:</u>	<u>Response</u>
I1: All students have at least 20 minutes to eat after sitting down for lunch.	Embedded
12: 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
13: 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
17: Potable water is available to all our students at no cost.	Embedded

### **Gunston Elementary**

18: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS).	No Activity
19: 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

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

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

"No Response"

### **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"

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

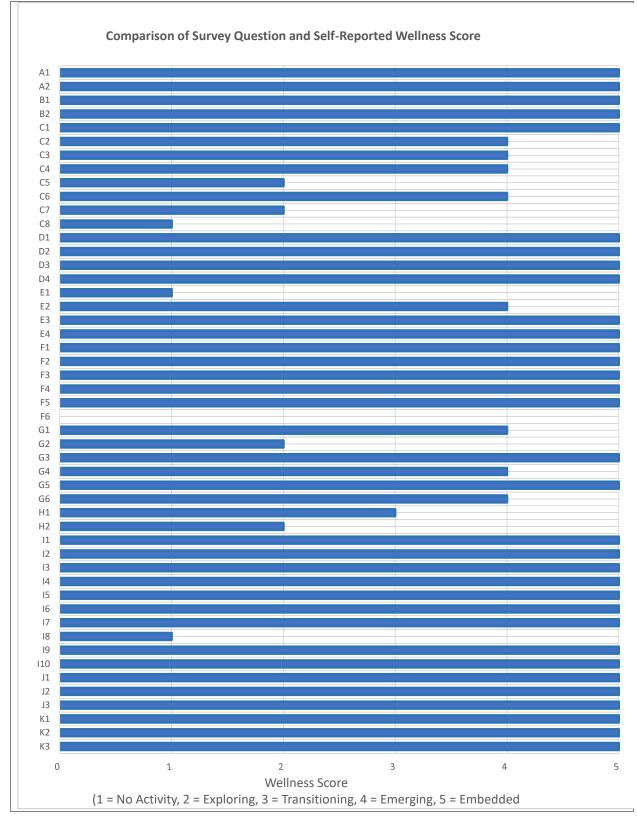
"No Response"

#### 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.

## **Gunston Elementary**



## Gunston Elementary

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
С8,	C5, C7,	H1	C2, C3, C4, C6,	A1, A2,
E1,	G2 <i>,</i>		E2,	B1, B2,
18	H2		G1, G4, G6	C1,
				D1, D2, D3, D4,
				E3 <i>,</i> E4,
				F1, F2, F3, F4,
				F5 <i>,</i>
				G3, G5,
				11, 12, 13, 14, 15,
				16, 17, 19, 110,
				J1, J2, J3,
				K1, K2, K3, K4

### Survey Questions Grouped by Wellness Score

## Halley Elementary

## Section A – Physical Education

Question: To what extent does your school implement the following practices:	<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	
Question: To what extent does your school implement the following practices:	<u>Response</u>
B1: Withholding recess or physical education is not used as a disciplinary action.	No Activity
	No Activity Embedded

"Brain Breaks"

#### Section C – Health Education

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

## Halley Elementary

C8: Substance Abuse Prevention.	Emerging
Section D – Health Services	
Question: To what extent does your school implement the following practices:	<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	
Question: To what extent does your school implement the following practices:	<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.	Emerging
E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152.	Embedded

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

"none"

## Halley Elementary

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

Work Se	ervices	
<u>Question:</u>	To what extent does your school implement the following practices:	Response
st	1: Monitors school climate and other factors that may contribute to tudent stress, symptoms of anxiety and depression, and peer and cademic pressures and substance use.	Embedded
w	2: Our staff has received required suicide prevention training, as vell as training that includes recognition of, and response to, mental nd behavioral health needs.	Emerging
	3: Implements programs that foster social and emotional health and vellness of students and staff.	Embedded
	4: Staff are prepared to effectively implement FCPS' protocol when onducting suicide-risk screenings and assessments.	Embedded
st	5: Provides opportunities for students, families, and staff to learn trategies to identify and manage stressors to maintain a healthy ork life balance.	Emerging
ei sl	6: MIDDLE AND HIGH SCHOOLS ONLY: Academic advising ncourages flexibility in course scheduling to promote adequate leep and healthy sleep patterns to affect student mental health, vellness, 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:	<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

## 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:	<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
<u>Question: Please share how your wellness committee encourages</u> <u>involvement from families and community members in promoting wellness in</u> your school.	
"none"	
Section I – Food and Nutrition General	
<u>Question: To what extent does your school implement the following</u> <u>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
13: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities.	Embedded
14: 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
17: Potable water is available to all our students at no cost.	Embedded
18: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS).	No Activity

## 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:	<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.

"Family Fit Day"

## 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"

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

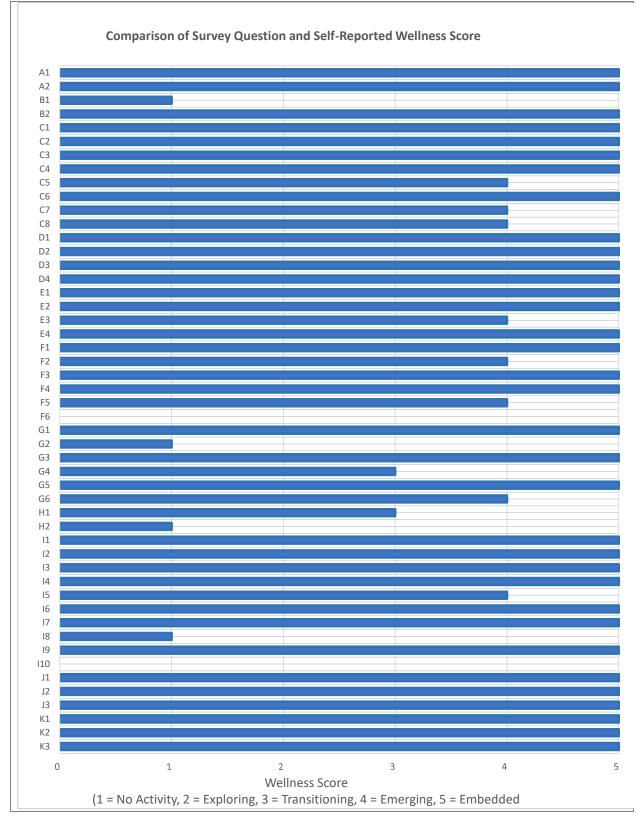
"N/A"

#### 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.

## Halley Elementary



## Halley Elementary

Survey Questions Grouped by Wellness Sco	ore
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No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
B1,		G4 <i>,</i>	C5, C7, C8,	A1, A2,
G2,		H1	E3,	В2,
H2,			F2, F5,	C1, C2, C3, C4,
18			G6,	C6,
			15	D1, D2, D3, D4,
				E1, E2, E4,
				F1, F3, F4,
				G1, G3, G5,
				11, 12, 13, 14, 16,
				17, 19,
				J1, J2, J3,
				K1, K2, K3, K4

## Haycock Elementary

### Section A – Physical Education

Section A Thysical Education	
Question: To what extent does your school implement the following practices:	<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
<u>Question: Please highlight any activities or best practices used to promote</u> <u>student's physical activity.</u>	
"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</u> topics in FCPS's health education curriculum:	<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

## Haycock 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:	<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	
Question: To what extent does your school implement the following practices:	<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 Embedded equipment are maintained in accordance with FCPS Policy 8560.

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

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

"No current barriers"

## Haycock Elementary

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

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

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

## Haycock Elementary

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:	<u>Response</u>
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	
<u>Question: To what extent does your school implement the following</u> practices:	<u>Response</u>
I1: All students have at least 20 minutes to eat after sitting down for lunch.	Embedded
12: 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
13: 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
17: Potable water is available to all our students at no cost.	Embedded
18: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS).	Emerging

## Haycock Elementary

19: 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:	<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	
Question: To what extent does your school implement the following practices:	<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

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

"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 "

## 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"

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

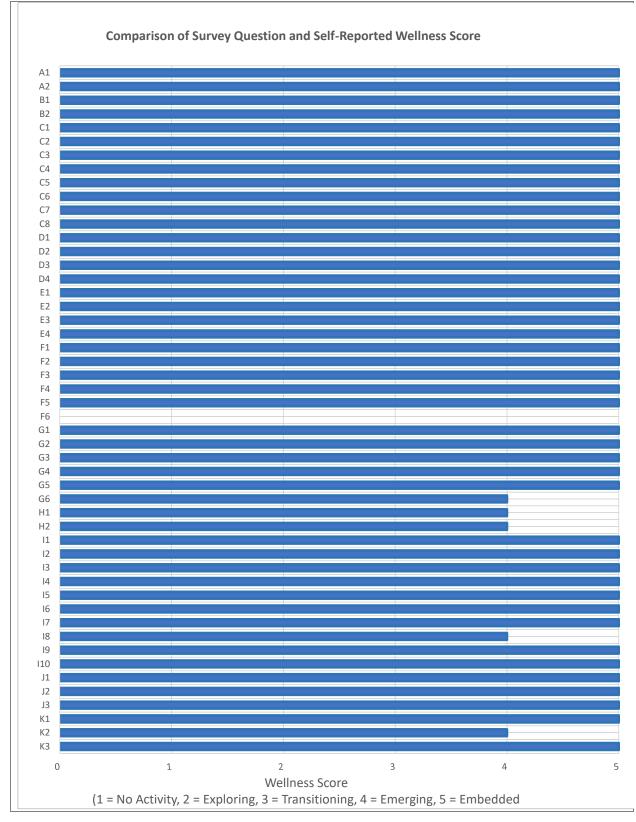
"No Response"

#### 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.

## Haycock Elementary



## Haycock Elementary

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
			G6 <i>,</i>	A1, A2,
			H1, H2,	B1, B2,
			18,	C1, C2, C3, C4,
			К2	C5, C6, C7, C8,
				D1, D2, D3, D4,
				E1, E2, E3, E4,
				F1, F2, F3, F4,
				F5 <i>,</i>
				G1, G2, G3, G4,
				G5,
				11, 12, 13, 14, 15,
				16, 17, 19, 110,
				J1, J2, J3,
				К1, КЗ, К4

### Survey Questions Grouped by Wellness Score

## Hayfield 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:	<u>Response</u>
<u>Question. To what extent does your school implement the johowing practices.</u>	<u>Nesponse</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

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#### Section C – Health Education

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

### Hayfield Elementary

C8: Substance Abuse Prevention.	Emerging
Section D – Health Services	
Question: To what extent does your school implement the following practices:	<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	
Question: To what extent does your school implement the following practices:	<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 accordanceEmbeddedwith FCPS' Policy 4419 and Regulation 2152.Embedded

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

"none"

## Hayfield Elementary

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

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

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

## Hayfield Elementary

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.	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:	<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
13: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities.	Embedded
14: 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

## Hayfield Elementary

19: 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	Embedded
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.	
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.

"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"

## Hayfield Elementary

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

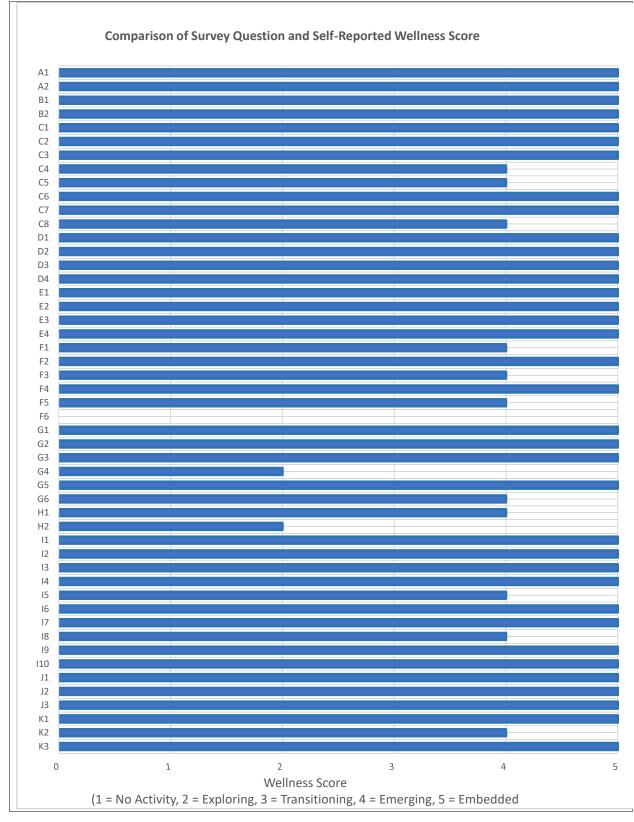
"No Response"

#### 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.

## Hayfield Elementary



## Hayfield Elementary

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
	G4,		C4, C5, C8,	A1, A2,
	H2		F1, F3, F5,	B1, B2,
			G6,	C1, C2, C3, C6,
			H1,	С7,
			15, 18,	D1, D2, D3, D4,
			K2	E1, E2, E3, E4,
				F2, F4,
				G1, G2, G3, G5,
				11, 12, 13, 14, 16,
				17, 19, 110,
				J1, J2, J3,
				K1, K3, K4

### Survey Questions Grouped by Wellness Score

## Herndon Elementary

#### Section A – Physical Education

Section A – Physical Education	
Question: To what extent does your school implement the following practices:	<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</u> topics in FCPS's health education curriculum:	<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

Emerging

C6: Mental Health Issues (general).

## Herndon Elementary

Herndon 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:	<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>	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	Embedded

equipment are maintained in accordance with FCPS Policy 8560. E4: Maintains a comprehensive tobacco-free policy in accordance Embedded

with FCPS' Policy 4419 and Regulation 2152.

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

"none"

## Herndon Elementary

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

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

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

## Herndon Elementary

Herndon Elementary	
G6: Staff celebrations that offer and encourage healthy choices for	Embedded
food and beverages.	
Section H – Family and Community Involvement	
Question: To what extent does your school implement the following practices:	<u>Response</u>
	<b>F</b>
H1: Established a wellness committee to implement activities that support the wellness policy.	Emerging
support the weintess poncy.	
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	Response
practices:	
I1: All students have at least 20 minutes to eat after sitting down for lunch.	Embedded
12: Students who participate in school meal programs have equal	Embedded
access to the same high-quality food and nutrition as do non-	
participants who purchase FCPS-provided food.	
13: Student tutoring, meetings, and club activities are not scheduled	Embedded
during mealtimes unless students may eat during such activities.	Embedded
I4: Measures in place to prevent overt identification of students	Embedded
who are eligible for free and reduced-price school meals.	
I5: Encourages the use of non-food items for classroom	Embedded
celebrations.	
I6: Withholding access to food is not used as a disciplinary action.	Embedded
17: Potable water is available to all our students at no cost.	Embedded
18: Actively solicits student input in selecting foods and meals	Exploring
served by Food and Nutrition Services (FNS).	

## Herndon Elementary

19: 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	e
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.

"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"

## 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.

## Herndon Elementary



# Herndon Elementary

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
G1, G2,	C5,	C1, C4,	C2, C3, C6, C7,	A1, A2,
H2	18	G4	С8,	B1, B2,
			G5,	D1, D2, D3, D4,
			H1,	E1, E2, E3, E4,
			I10	F1, F2, F3, F4,
				F5 <i>,</i>
				G3, G6,
				11, 12, 13, 14, 15,
				16, 17, 19,
				J1, J2, J3,
				К1, К2, К3, К4

#### Survey Questions Grouped by Wellness Score

# Hollin Meadows Elementary

## Section A – Physical Education

Question: To what extent does your school implement the following practices:	<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	
Question: To what extent does your school implement the following practices:	<u>Response</u>
<u></u>	<u></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
<u>Question: Please highlight any activities or best practices used to promote</u> <u>student's physical activity.</u>	
"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</u> topics in FCPS's health education curriculum:	<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

#### 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	
Question: To what extent does your school implement the following practices:	<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 Embedded equipment are maintained in accordance with FCPS Policy 8560.

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

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

"none"

## Hollin Meadows Elementary

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

Work Services	
Question: To what extent does your school implement the following practices:	<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</u> for staff members to improve their health and well-being:	<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

#### Hollin Meadows Elementary

G6: Staff celebrations that offer and encourage healthy choices for food and beverages.	Embedded
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.	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:	
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
14: 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
18: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS).	No Activity

#### **Hollin Meadows Elementary**

19: Allows students to possess personal containers for drinking water.	Embedded
110: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to	Not an Elementary

School

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

follow recess whenever possible.

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

"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"

#### Hollin Meadows Elementary

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

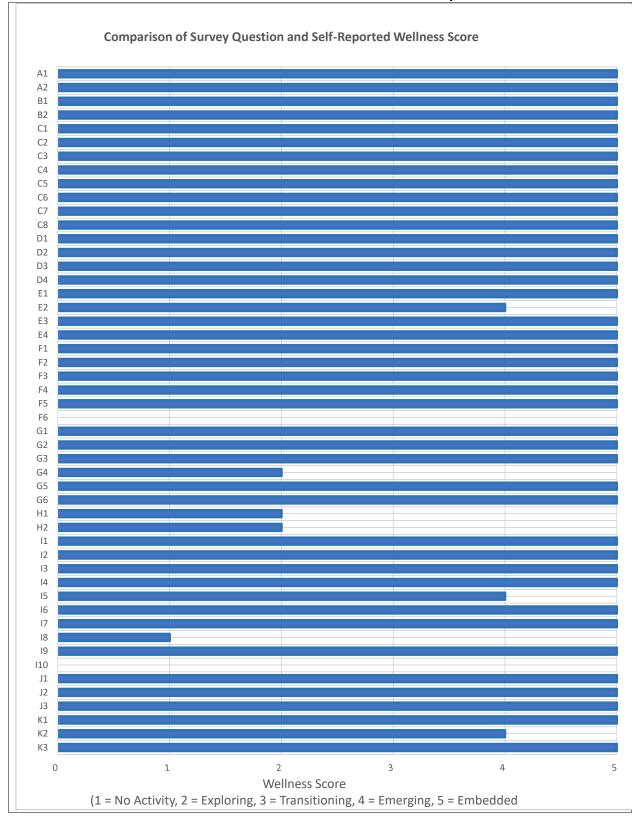
"No Response"

#### 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.

# Hollin Meadows Elementary



# Hollin Meadows Elementary

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
18	G4,		E2,	A1, A2,
	H1, H2		I5 <i>,</i>	B1, B2,
			К2	C1, C2, C3, C4,
				C5, C6, C7, C8,
				D1, D2, D3, D4,
				E1, E3, E4,
				F1, F2, F3, F4,
				F5 <i>,</i>
				G1, G2, G3, G5,
				G6,
				11, 12, 13, 14, 16,
				17, 19,
				J1, J2, J3,
				K1, K3, K4

#### Survey Questions Grouped by Wellness Score

# Hunt Valley Elementary

## Section A – Physical Education

Question: To what extent does your school implement the following practices:	<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</u> topics in FCPS's health education curriculum:	<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

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

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

## Hunt Valley Elementary

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

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

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

# 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	
<u>Question: To what extent does your school implement the following</u> practices:	<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
access to the same high-quality food and nutrition as do non-	Embedded Embedded
access to the same high-quality food and nutrition as do non- participants who purchase FCPS-provided food. I3: Student tutoring, meetings, and club activities are not scheduled	
access to the same high-quality food and nutrition as do non- participants who purchase FCPS-provided food. 13: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities. 14: Measures in place to prevent overt identification of students	Embedded

## 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

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

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

## Hunt Valley Elementary

#### Section L – Ideas/Comments/Suggestions

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

"Fun run, wellness fair, quarterly challenges."

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

"Not sure"

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

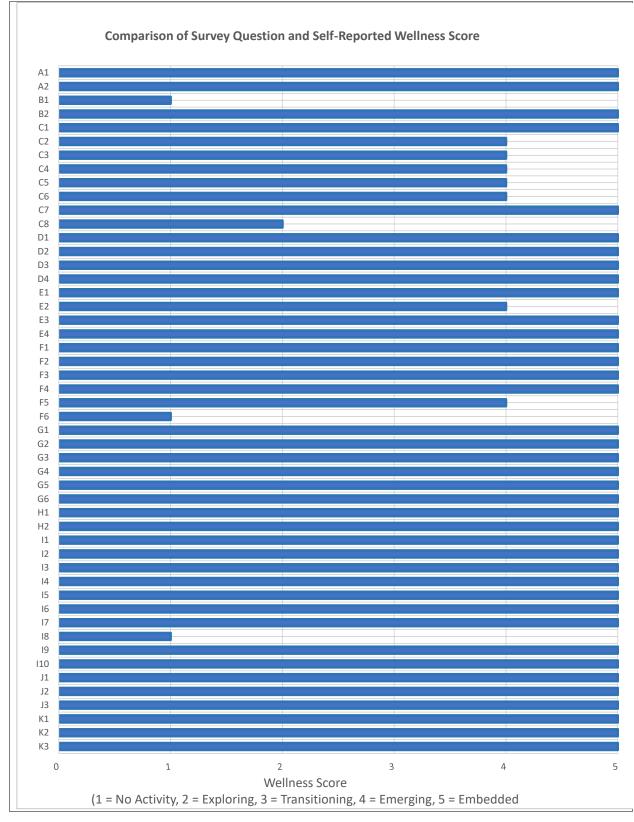
"none"

#### 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.

# Hunt Valley Elementary



# Hunt Valley Elementary

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
B1,	C8		C2, C3, C4, C5,	A1, A2,
F6,			C6,	В2,
18			E2,	C1, C7,
			F5	D1, D2, D3, D4,
				E1, E3, E4,
				F1, F2, F3, F4,
				G1, G2, G3, G4,
				G5, G6,
				H1, H2,
				11, 12, 13, 14, 15,
				16, 17, 19, 110,
				J1, J2, J3,
				K1, K2, K3, K4

#### Survey Questions Grouped by Wellness Score

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

#### **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:	<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	
Question: To what extent does your school implement the following practices:	<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	Embedded

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

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

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

develop strong, safe, and trusted relationships with respected adults.

"none"

#### Hunters Woods Elementary

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

Work Services	
Question: To what extent does your school implement the following practices:	<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</u> for staff members to improve their health and well-being:	<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

# Hunters Woods Elementary

G6: Staff celebrations that offer and encourage healthy choices for food and beverages.	Embedded
Section H – Family and Community Involvement	5
Question: To what extent does your school implement the following practices:	<u>Response</u>
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
<u>Question: Please share how your wellness committee encourages involvement</u> 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	
<u>Question: To what extent does your school implement the following</u> <u>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
16: 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

#### **Hunters Woods Elementary**

18: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS).	Transitioning
19: 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:	<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

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

#### <u>Question: Please list any wellness events or activities your school has undertaken or will undertake this</u> <u>school year.</u>

"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"

#### **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.

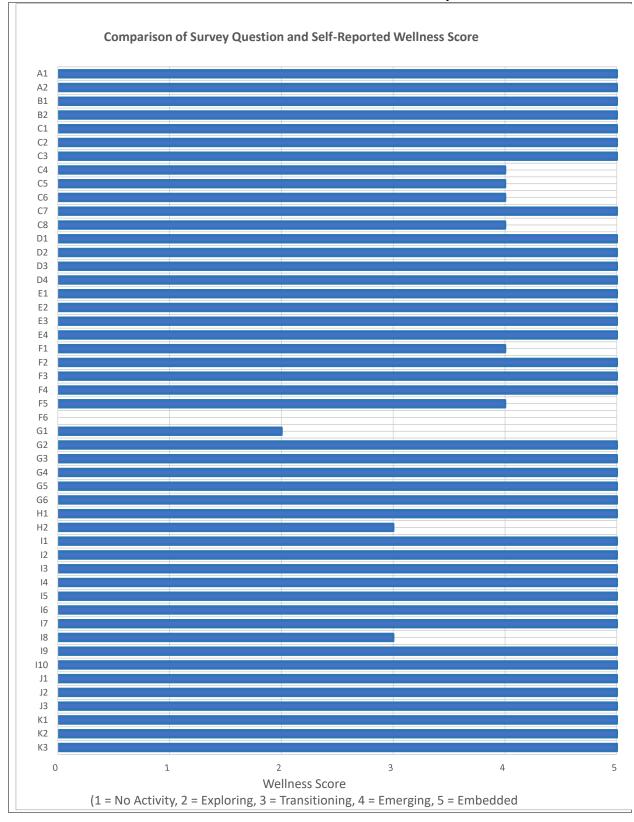
"No Response"

#### Summary Tables:

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.

# Hunters Woods Elementary



# Hunters Woods Elementary

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
	G1	Н2,	C4, C5, C6, C8,	A1, A2,
		18	F1, F5	B1, B2,
				C1, C2, C3, C7,
				D1, D2, D3, D4,
				E1, E2, E3, E4,
				F2, F3, F4,
				G2, G3, G4, G5,
				G6,
				H1,
				11, 12, 13, 14, 15,
				16, 17, 19, 110,
				J1, J2, J3,
				K1, K2, K3, K4

#### Survey Questions Grouped by Wellness Score

# Hutchison Elementary

## Section A – Physical Education

Question: To what extent does your school implement the following practices:	<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	
Question: To what extent does your school implement the following practices:	<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</u> topics in FCPS's health education curriculum:	<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

#### Hutchison Elementary

C8: Substance Abuse Prevention.	Transitioning
Section D – Health Services	
Question: To what extent does your school implement the following practices:	<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	
Question: To what extent does your school implement the following practices:	<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 Embedded equipment are maintained in accordance with FCPS Policy 8560.

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

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

"none"

## **Hutchison Elementary**

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

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

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

## **Hutchison Elementary**

<b>HUTCHISON Elementary</b> 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:	<u>Response</u>
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	Response
practices:	
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
13: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities.	Embedded
14: 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
17: Potable water is available to all our students at no cost.	Embedded
18: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS).	Embedded

#### **Hutchison Elementary**

19: 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:	<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	
Question: To what extent does your school implement the following practices:	<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.

"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"

## **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.

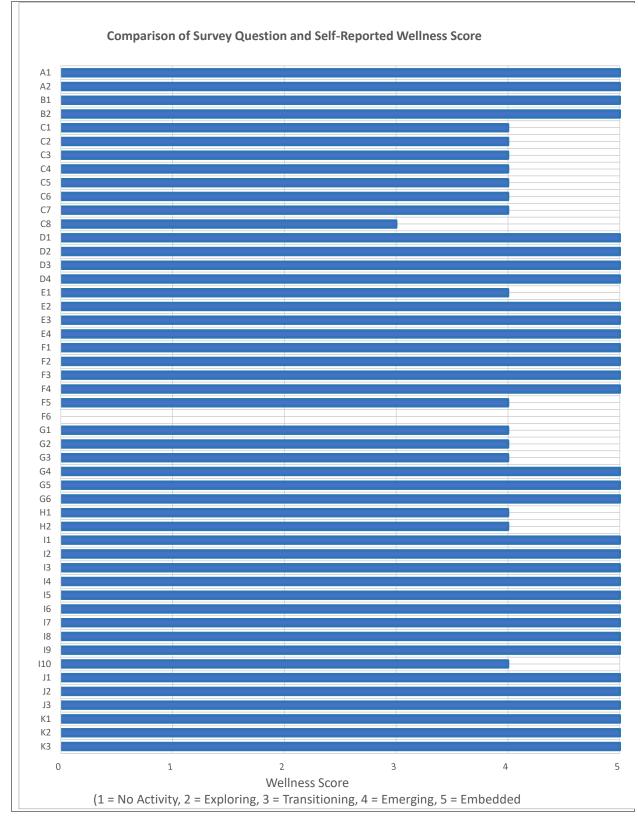
"N/A"

#### 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.

#### **Hutchison Elementary**



# Hutchison Elementary

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
	(3012 - 2)	C8	C1, C2, C3, C4, C5, C6, C7, E1, F5, G1, G2, G3, H1, H2, I10	A1, A2, B1, B2, D1, D2, D3, D4, E2, E3, E4, F1, F2, F3, F4, G4, G5, G6, I1, I2, I3, I4, I5,
				16, 17, 18, 19, J1, J2, J3, K1, K2, K3, K4

#### Survey Questions Grouped by Wellness Score

## Hybla Valley Elementary

#### Section A – Physical Education

Question: To what extent does your school implement the following practices:	<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	
Question: To what extent does your school implement the following practices:	<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
<u>Question: Please highlight any activities or best practices used to promote</u> 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</u> topics in FCPS's health education curriculum:	<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

## Hybla Valley Elementary

C8: Substance Abuse Prevention.	Embedded
Section D – Health Services	
Question: To what extent does your school implement the following practices:	<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	
Question: To what extent does your school implement the following practices:	<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	Embedded

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

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

equipment are maintained in accordance with FCPS Policy 8560.

"none"

## Hybla Valley Elementary

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

Work Services	
Question: To what extent does your school implement the following practices:	<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</u> for staff members to improve their health and well-being:	<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

# 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:	<u>Response</u>
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	
<u>Question: To what extent does your school implement the following</u> practices:	<u>Response</u>
I1: All students have at least 20 minutes to eat after sitting down for lunch.	Embedded
12: 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
13: 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
17: Potable water is available to all our students at no cost.	Embedded

#### Hybla Valley Elementary

18: 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:	<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

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

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

"Spring family event on a Saturday in April to promote wellness, fitness, and community togetherness."

### 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"

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

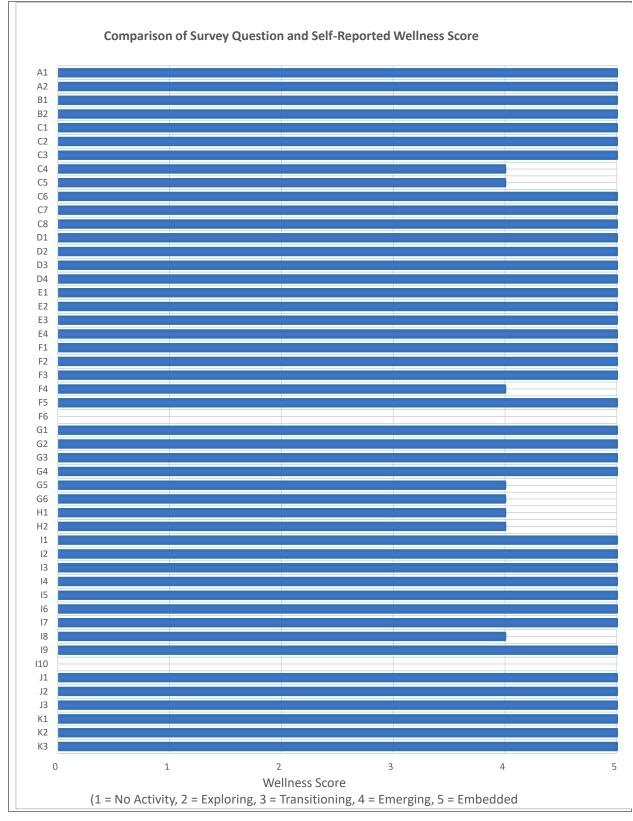
"No Response"

#### 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.

# Hybla Valley Elementary



# Hybla Valley Elementary

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
			C4, C5,	A1, A2,
			F4,	B1, B2,
			G5, G6,	C1, C2, C3, C6,
			H1, H2,	C7, C8,
			18	D1, D2, D3, D4,
				E1, E2, E3, E4,
				F1, F2, F3, F5,
				G1, G2, G3, G4,
				11, 12, 13, 14, 15,
				16, 17, 19,
				J1, J2, J3,
				K1, K2, K3, K4

### Survey Questions Grouped by Wellness Score

# Island Creek Elementary

#### Section A – Physical Education

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	
<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</u> topics in FCPS's health education curriculum:	<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.
- C6: Mental Health Issues (general). Emerging

No Activity

### 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:	<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	
Question: To what extent does your school implement the following practices:	<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 Embedded equipment are maintained in accordance with FCPS Policy 8560.

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

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

"Will be having a bike unit in PE for all students in Fall 2024"

# Island Creek Elementary

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

Work Ser	vices	
Question: To	o what extent does your school implement the following practices:	<u>Response</u>
stud	Monitors school climate and other factors that may contribute to lent stress, symptoms of anxiety and depression, and peer and demic pressures and substance use.	Embedded
well	Our staff has received required suicide prevention training, as as training that includes recognition of, and response to, mental behavioral health needs.	No Activity
	Implements programs that foster social and emotional health and ness of students and staff.	Embedded
	Staff are prepared to effectively implement FCPS' protocol when ducting suicide-risk screenings and assessments.	Embedded
stra	Provides opportunities for students, families, and staff to learn tegies to identify and manage stressors to maintain a healthy k life balance.	Embedded
enco slee	MIDDLE AND HIGH SCHOOLS ONLY: Academic advising ourages flexibility in course scheduling to promote adequate p and healthy sleep patterns to affect student mental health, ness, 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:	<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

# Island Creek Elementary

G6: Staff celebrations that offer and encourage healthy choices for food and beverages.	Embedded
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.	
"PTA Crock Rock and Run; gift cards for workout classes" Section I – Food and Nutrition General	
<u>Question: To what extent does your school implement the following</u> practices:	<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
13: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities.	Embedded
14: 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
17: Potable water is available to all our students at no cost.	Embedded

# Island Creek Elementary

18: 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
110: 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:	<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

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

### 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"

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

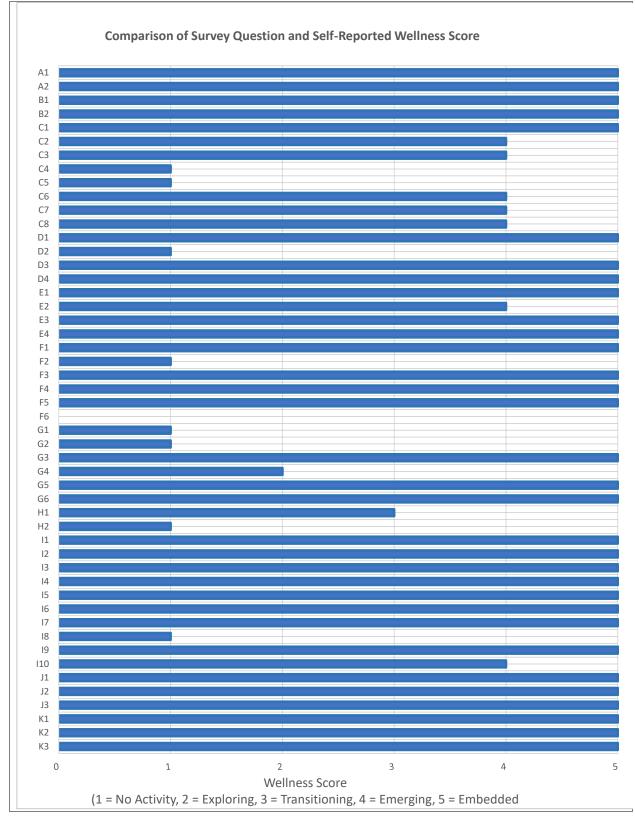
"none at this time"

#### 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.

# Island Creek Elementary



# Island Creek Elementary

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
C4, C5,	G4	H1	C2, C3, C6, C7,	A1, A2,
D2,			С8,	B1, B2,
F2,			E2,	C1,
G1, G2,			110	D1, D3, D4,
H2,				E1, E3, E4,
18				F1, F3, F4, F5,
				G3, G5, G6,
				11, 12, 13, 14, 15,
				16, 17, 19,
				J1, J2, J3,
				К1, К2, К3, К4

### Survey Questions Grouped by Wellness Score

# Keene Mill Elementary

### Section A – Physical Education

Question: To what extent does your school implement the following practices:	<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	
Question: To what extent does your school implement the following practices:	<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
<u>Question: Please highlight any activities or best practices used to promote</u> 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</u> topics in FCPS's health education curriculum:	<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

### **Keene Mill Elementary**

C8: Substance Abuse Prevention.	No Activity
Section D – Health Services	Descenter
Question: To what extent does your school implement the following practices:	<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	
Question: To what extent does your school implement the following practices:	<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 Embedded with FCPS' Policy 4419 and Regulation 2152.

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

"None"

# **Keene Mill Elementary**

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

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

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

# 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:	<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.	Transitioning
<u>Question: Please share how your wellness committee encourages</u> <u>involvement from families and community members in promoting wellness in</u> <u>your school.</u>	
"none"	
Section I – Food and Nutrition General	
Question: To what extent does your school implement the following	Response
<u>practices:</u>	
I1: All students have at least 20 minutes to eat after sitting down for lunch.	Embedded
12: 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

# **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

	0
Question: To what extent does your school implement the following practices:	<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
	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:	<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	Embedded

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

#### Section L – Ideas/Comments/Suggestions

allergies.

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

Embedded

"The staff has the opportunity to do yoga ever other week."

### **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"

<u>Question: Please provide any questions or comments you have with regard to FCPS' Student and Staff</u> 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.

### **Keene Mill Elementary**



# Keene Mill Elementary

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
B1,	G2	C4,	C1, C2, C6, C7,	A1, A2,
C5, C8,		H1, H2,	D2,	B2,
18,		К2	F4	СЗ,
J1				D1, D3, D4,
				E1, E2, E3, E4,
				F1, F2, F3, F5,
				G1, G3, G4, G5,
				G6,
				11, 12, 13, 14, 15,
				16, 17, 19, 110,
				J2, J3,
				K1, K3, K4

### Survey Questions Grouped by Wellness Score

# Kent Gardens Elementary

# Section A – Physical Education

Question: To what extent does your school implement the following practices:	<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	
Question: To what extent does your school implement the following practices:	<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</u> topics in FCPS's health education curriculum:	<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

#### Kent Gardens Elementary

C7: Relationship of Healthy Sleep to Mental Health.	Transitioning
C8: Substance Abuse Prevention.	Transitioning
Section D – Health Services	
Question: To what extent does your school implement the following practices:	<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 Embedded equipment are maintained in accordance with FCPS Policy 8560.

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

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

"none"

# Kent Gardens Elementary

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

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

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

# 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:	<u>Response</u>
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	Response
practices:	
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
13: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities.	Embedded
14: 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
17: 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

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

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

"Fun Run; Workout Wednesday; GOTR; After School Events coordinated by PTA; For Wellness - STEAM and Heritage Night - wellness room for students"

### 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"

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

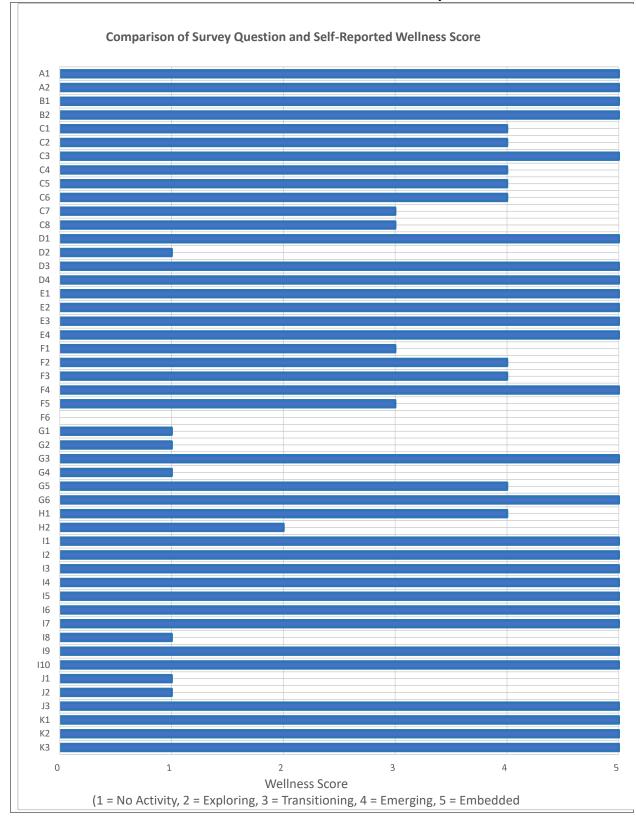
"No Response"

#### 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.

# Kent Gardens Elementary



# Kent Gardens Elementary

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

### Survey Questions Grouped by Wellness Score

# Kings Glen Elementary

### Section A – Physical Education

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

""

#### Section C – Health Education

	what extent does your school effectively impart the following 's health education curriculum:	<u>Response</u>
C1: Pr	romoting Healthy Lifestyles.	Emerging
C2: St	tress Management.	Emerging
C3: Co	oping Skills.	Emerging
C4: D	epression.	No Activity
C5: St	uicide Prevention and Awareness.	Exploring
C6: M	lental Health Issues (general).	Exploring
C7: Re	elationship of Healthy Sleep to Mental Health.	Emerging

# **Kings Glen Elementary**

C8: Substance Abuse Prevention.	Emerging
Section D – Health Services	
Question: To what extent does your school implement the following practices:	<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	
Question: To what extent does your school implement the following practices:	<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.	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	Embedded

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

with FCPS' Policy 4419 and Regulation 2152.

"none"

# **Kings Glen Elementary**

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

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

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

# **Kings Glen Elementary**

Kings Gien Elementary	
G6: Staff celebrations that offer and encourage healthy choices for	Emerging
food and beverages.	
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	Emerging
support the wellness policy.	
H2: Includes a non-staff, family, or community member in our	Transitioning
school's wellness committee.	
Question: Please share how your wellness committee encourages	
<u>involvement from families and community members in promoting wellness in</u> your school.	
"none"	
Section I – Food and Nutrition General	
Question: To what extent does your school implement the following	Response
practices:	<u>nesponse</u>
I1: All students have at least 20 minutes to eat after sitting down	Embedded
for lunch.	
12: Students who participate in school meal programs have equal	Embedded
access to the same high-quality food and nutrition as do non-	Lindeaca
participants who purchase FCPS-provided food.	
13: Student tutoring, meetings, and club activities are not scheduled	Embedded
during mealtimes unless students may eat during such activities.	
14: Measures in place to prevent overt identification of students	Embedded
who are eligible for free and reduced-price school meals.	
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
	_
17: Potable water is available to all our students at no cost.	Embedded
18: Actively solicits student input in selecting foods and meals	Emerging
io. Actively solicits student input in selecting roods and meals	Linciging

served by Food and Nutrition Services (FNS).

# **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
J2: We follow federal school meal nutrition standards for all foods	Embedded
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:	<u>Response</u>
<u>Question: To what extent does your school implement the following practices:</u> K1: Sodas and sports drinks are not offered for sale to students at any time during the school day.	<u>Response</u> Embedded

K3: Implements appropriate precautions against severe food allergies.EmbeddedK4: We follow all nutrition guidelines for food and beverage<br/>standards, as outlined in FCPS P2100 and R2100.Embedded

#### Section L – Ideas/Comments/Suggestions

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

"No Response"

### **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"

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

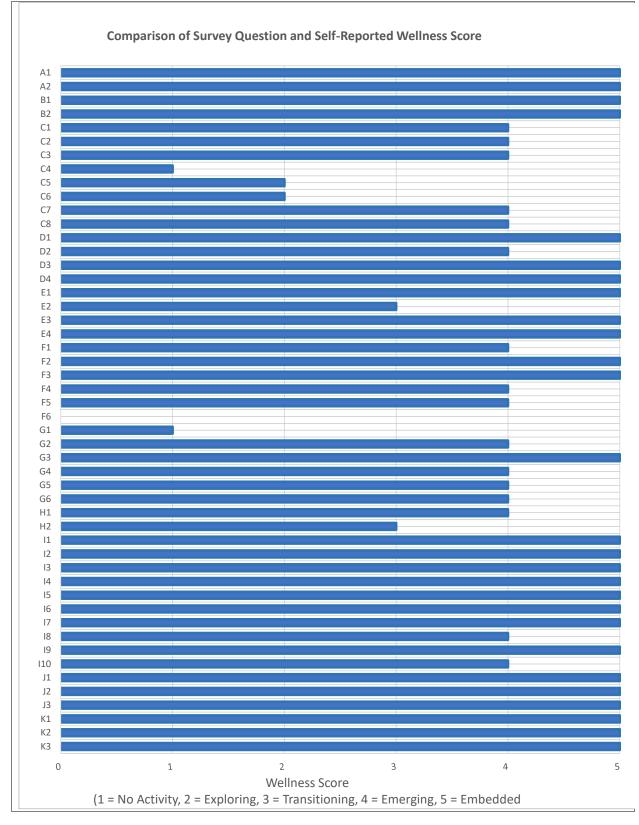
"No Response"

#### 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.

# **Kings Glen Elementary**



# Kings Glen Elementary

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
C4,	C5, C6	E2,	C1, C2, C3, C7,	A1, A2,
G1		H2	С8,	B1, B2,
			D2,	D1, D3, D4,
			F1, F4, F5,	E1, E3, E4,
			G2, G4, G5, G6,	F2, F3,
			H1,	G3,
			18, 110	11, 12, 13, 14, 15,
				16, 17, 19,
				J1, J2, J3,
				K1, K2, K3, K4

### Survey Questions Grouped by Wellness Score

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

# **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:	<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	
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 Embedded equipment are maintained in accordance with FCPS Policy 8560.

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

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

"Working to reduce absenteeism continues to be a focus for Kings Park."

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

VOIR SELVICES	
Question: To what extent does your school implement the following prac	ctices: Response
F1: Monitors school climate and other factors that may contribustudent stress, symptoms of anxiety and depression, and peer a academic pressures and substance use.	
F2: Our staff has received required suicide prevention training, a well as training that includes recognition of, and response to, m and behavioral health needs.	
F3: Implements programs that foster social and emotional healt wellness of students and staff.	th and Embedded
F4: Staff are prepared to effectively implement FCPS' protocol v conducting suicide-risk screenings and assessments.	vhen Embedded
F5: Provides opportunities for students, families, and staff to least strategies to identify and manage stressors to maintain a health work life balance.	
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.	

#### Section G – Health Promotion for Staff Members

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

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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	Posponso
Question: To what extent does your school implement the following practices:	<u>Response</u>
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	<u>Response</u>
practices:	
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

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17: 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

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

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

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

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"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"

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

"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.

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No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
18	G2,	G1	E1,	A1, A2,
	H2		F5,	B1, B2,
			G4 <i>,</i>	C1, C2, C3, C4,
			К2	C5, C6, C7, C8,
				D1, D2, D3, D4,
				E2, E3, E4,
				F1, F2, F3, F4,
				G3, G5, G6,
				H1,
				11, 12, 13, 14, 15,
				16, 17, 19, 110,
				J1, J2, J3,
				K1, K3, K4

### Survey Questions Grouped by Wellness Score