

## 2023-2024 School Wellness Survey Responses by **Elementary School (L-R)**

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# 2023-2024 School Wellness Survey Responses

## Lake Anne 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.

“Movement Breaks throughout the day, Monthly Walk and Roll to School Activities, Annual Dolphin Dash, Two-15 minute recesses/day”

### Section C – Health Education

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

# 2023-2024 School Wellness Survey Responses

## Lake Anne Elementary

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

### Section D – Health Services

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

### Section E – Healthy and Safe School Environment

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

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

“A full time psychologist and full time social worker would allow us to better support student mental health issues that greatly impact the learning environment and school on a daily basis. Wellness team support should reflect the needs of the community (Ex. homeless shelters, domestic violence shelters, Title I status)”

# 2023-2024 School Wellness Survey Responses

## Lake Anne Elementary

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

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

### Section G – Health Promotion for Staff Members

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

# 2023-2024 School Wellness Survey Responses

## Lake Anne Elementary

G4: Wellness opportunities for staff, such as fitness challenges, fitness classes, mobile health screenings, wellness walks, workshops, or health fairs that emphasize work/life balance. Embedded

G5: Awareness of the Employee Assistance Program Services. Embedded

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

## Section H – Family and Community Involvement

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

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

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

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

"Families are encouraged to and do join us in our monthly Walk and Roll to School days. They also come to support and cheer students during the Dolphin Dash and Field Day."

## Section I – Food and Nutrition General

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

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

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

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

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

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

# 2023-2024 School Wellness Survey Responses

## Lake Anne Elementary

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

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

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

## Section K – Nutritional Guidelines

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

# 2023-2024 School Wellness Survey Responses

## Lake Anne Elementary

### Section L – Ideas/Comments/Suggestions

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

“Turkey Trot Wellness Challenge, Yoga for staff, staff was provided coupons to cycling gym, Walk and Roll, Ruby Bridges Walk”

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

“No Response”

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

“No Response”

### Summary Tables:

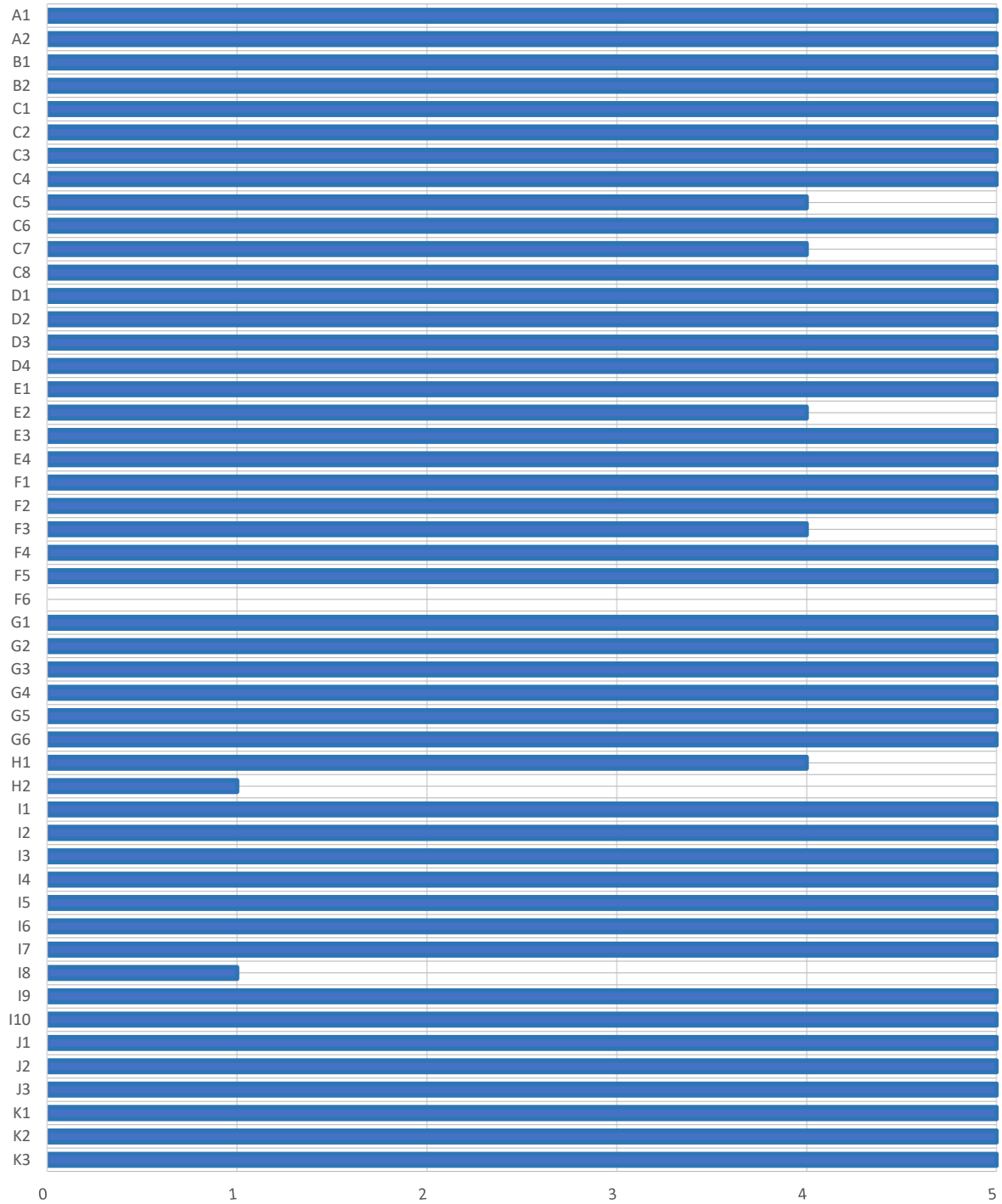
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\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2023-2024 School Wellness Survey Responses

## Lake Anne Elementary

Comparison of Survey Question and Self-Reported Wellness Score



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



# 2023-2024 School Wellness Survey Responses

## Lake Anne Elementary

### Survey Questions Grouped by Wellness Score

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

# 2023-2024 School Wellness Survey Responses

## Lane Elementary

### Section A – Physical Education

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

### Section B – Physical Activity

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
B1: Withholding recess or physical education is not used as a disciplinary action.	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.

“ ”

### Section C – Health Education

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

# 2023-2024 School Wellness Survey Responses

## Lane Elementary

C8: Substance Abuse Prevention.

Transitioning

### Section D – Health Services

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

Response

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

Embedded

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

Emerging

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

Embedded

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

Embedded

### Section E – Healthy and Safe School Environment

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

Response

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

Emerging

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

Embedded

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

Embedded

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

Embedded

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

"none"

# 2023-2024 School Wellness Survey Responses

## Lane Elementary

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

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

### Section G – Health Promotion for Staff Members

<u>Question: To what extent does the staff wellness liaison support opportunities for staff members to improve their health and well-being:</u>	<u>Response</u>
G1: Health screenings.	No Activity
G2: Health care access.	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.	Exploring
G5: Awareness of the Employee Assistance Program Services.	Emerging

# 2023-2024 School Wellness Survey Responses

## Lane 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.

No Activity

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

No Activity

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

"none"

### Section I – Food and Nutrition General

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

Response

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

Embedded

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

Embedded

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

Embedded

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

Embedded

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

Transitioning

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

Embedded

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

Embedded

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

No Activity

# 2023-2024 School Wellness Survey Responses

## Lane Elementary

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

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

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

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

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

Embedded

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

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

### Section K – Nutritional Guidelines

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

K1: Sodas and sports drinks are not offered for sale to students at any time during the school day. No Activity

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

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

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

### Section L – Ideas/Comments/Suggestions

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

“No Response”

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

“No Response”

# 2023-2024 School Wellness Survey Responses

## Lane Elementary

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

"No Response"

### Summary Tables:

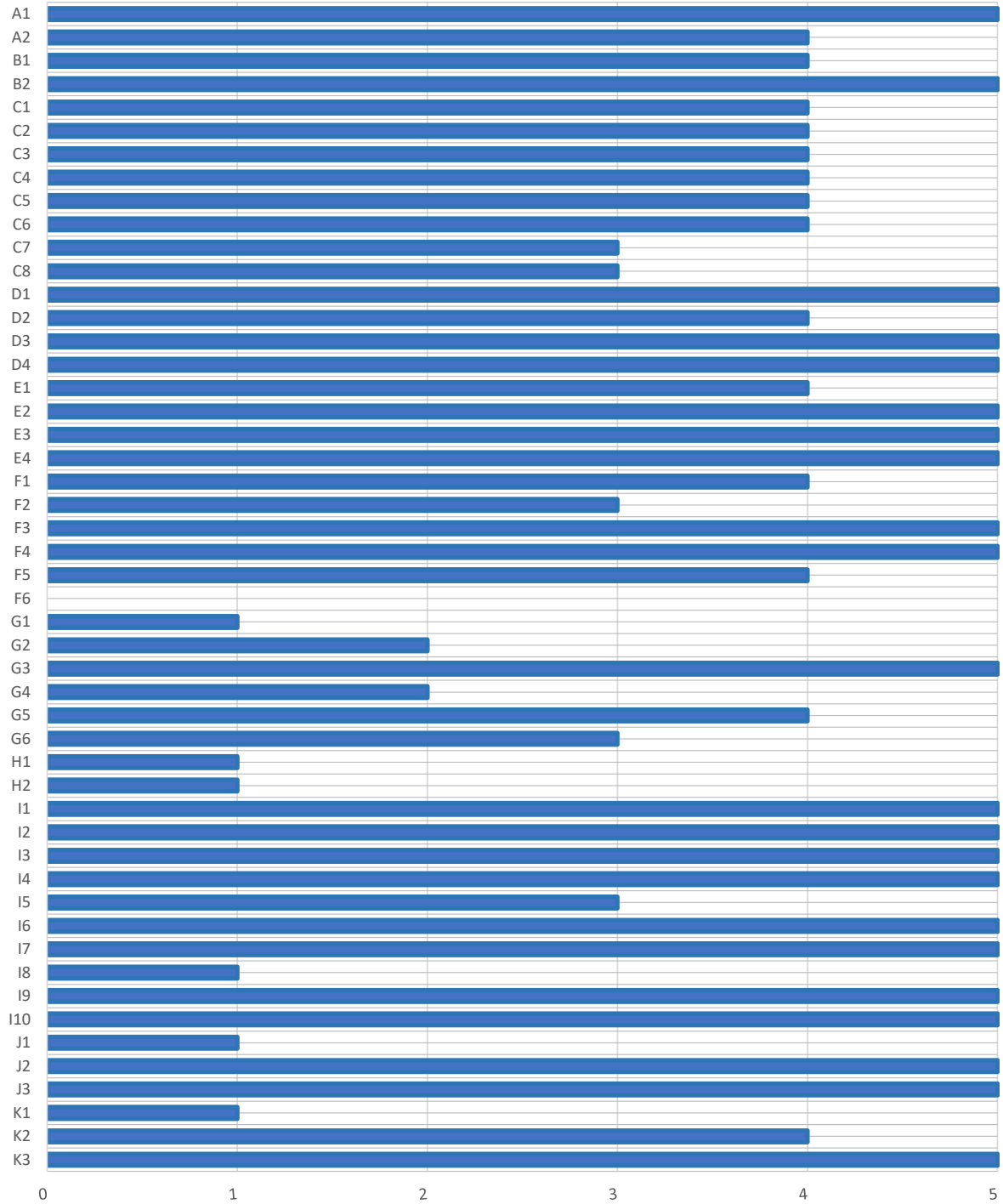
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\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2023-2024 School Wellness Survey Responses

## Lane Elementary

Comparison of Survey Question and Self-Reported Wellness Score



Wellness Score

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



# 2023-2024 School Wellness Survey Responses

## Lane Elementary

### Survey Questions Grouped by Wellness Score

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

# 2023-2024 School Wellness Survey Responses

## Laurel Hill Elementary

### Section A – Physical Education

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

### Section B – Physical Activity

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

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

“ ”

### Section C – Health Education

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

# 2023-2024 School Wellness Survey Responses

## Laurel Hill Elementary

C8: Substance Abuse Prevention.

Transitioning

### Section D – Health Services

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

Response

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

Embedded

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

Embedded

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

Embedded

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

Embedded

### Section E – Healthy and Safe School Environment

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

Response

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

Transitioning

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

Transitioning

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

Embedded

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

Embedded

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

“none”

# 2023-2024 School Wellness Survey Responses

## Laurel Hill Elementary

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

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
F1: Monitors school climate and other factors that may contribute to student stress, symptoms of anxiety and depression, and peer and academic pressures and substance use.	Emerging
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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

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G5: Awareness of the Employee Assistance Program Services.	Embedded

# 2023-2024 School Wellness Survey Responses

## Laurel Hill Elementary

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

### Section H – Family and Community Involvement

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

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

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

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

“none”

### Section I – Food and Nutrition General

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

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

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

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

# 2023-2024 School Wellness Survey Responses

## Laurel 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. Embedded

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

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

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

“No Response”

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

“No Response”

# 2023-2024 School Wellness Survey Responses

## Laurel 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 questions"

### Summary Tables:

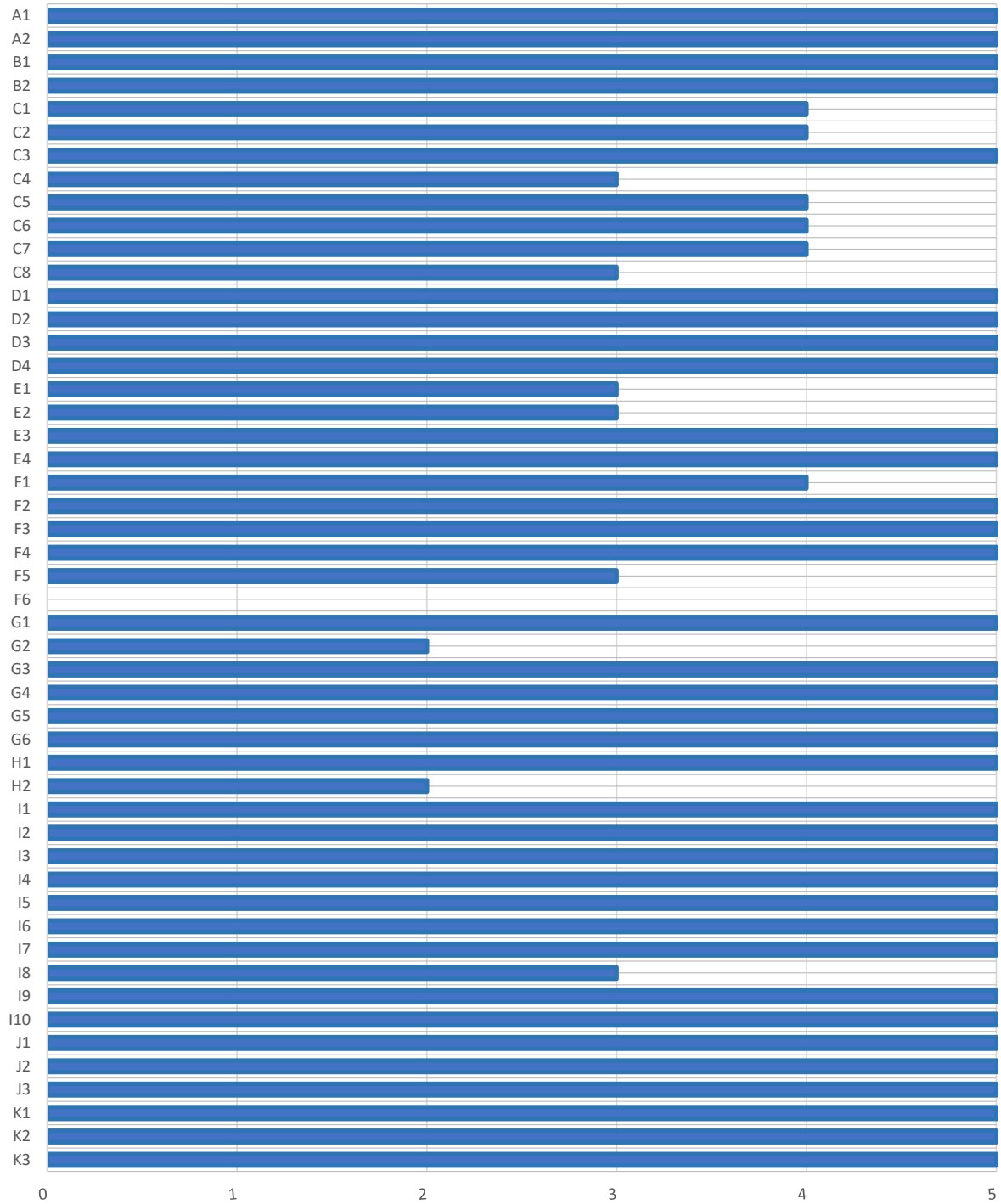
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# 2023-2024 School Wellness Survey Responses

## Laurel Hill Elementary

Comparison of Survey Question and Self-Reported Wellness Score



Wellness Score

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



# 2023-2024 School Wellness Survey Responses

## Laurel Hill Elementary

### Survey Questions Grouped by Wellness Score

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

# 2023-2024 School Wellness Survey Responses

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

“ ”

### Section C – Health Education

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

# 2023-2024 School Wellness Survey Responses

## Laurel Ridge Elementary

C8: Substance Abuse Prevention.

Embedded

### Section D – Health Services

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

Response

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

Embedded

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

Emerging

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

Embedded

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

Embedded

### Section E – Healthy and Safe School Environment

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

Response

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

Emerging

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

Embedded

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

Embedded

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

Embedded

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

“none”

# 2023-2024 School Wellness Survey Responses

## Laurel Ridge Elementary

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

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
F1: Monitors school climate and other factors that may contribute to student stress, symptoms of anxiety and depression, and peer and academic pressures and substance use.	Embedded
F2: Our staff has received required suicide prevention training, as well as training that includes recognition of, and response to, mental and behavioral health needs.	Embedded
F3: Implements programs that foster social and emotional health and wellness of students and staff.	Embedded
F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.	Embedded
F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.	Embedded
F6: MIDDLE AND HIGH SCHOOLS ONLY: Academic advising encourages flexibility in course scheduling to promote adequate sleep and healthy sleep patterns to affect student mental health, wellness, and attendance.	No Activity

### Section G – Health Promotion for Staff Members

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

# 2023-2024 School Wellness Survey Responses

## Laurel Ridge Elementary

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

### Section H – Family and Community Involvement

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

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

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

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

"none"

### Section I – Food and Nutrition General

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

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

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

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

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

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

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

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

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

# 2023-2024 School Wellness Survey Responses

## Laurel Ridge Elementary

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

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

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

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

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

Embedded

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

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

### Section K – Nutritional Guidelines

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

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

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

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

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

### Section L – Ideas/Comments/Suggestions

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

“No Response”

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

“No Response”

# 2023-2024 School Wellness Survey Responses

## Laurel Ridge Elementary

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

"No Response"

### Summary Tables:

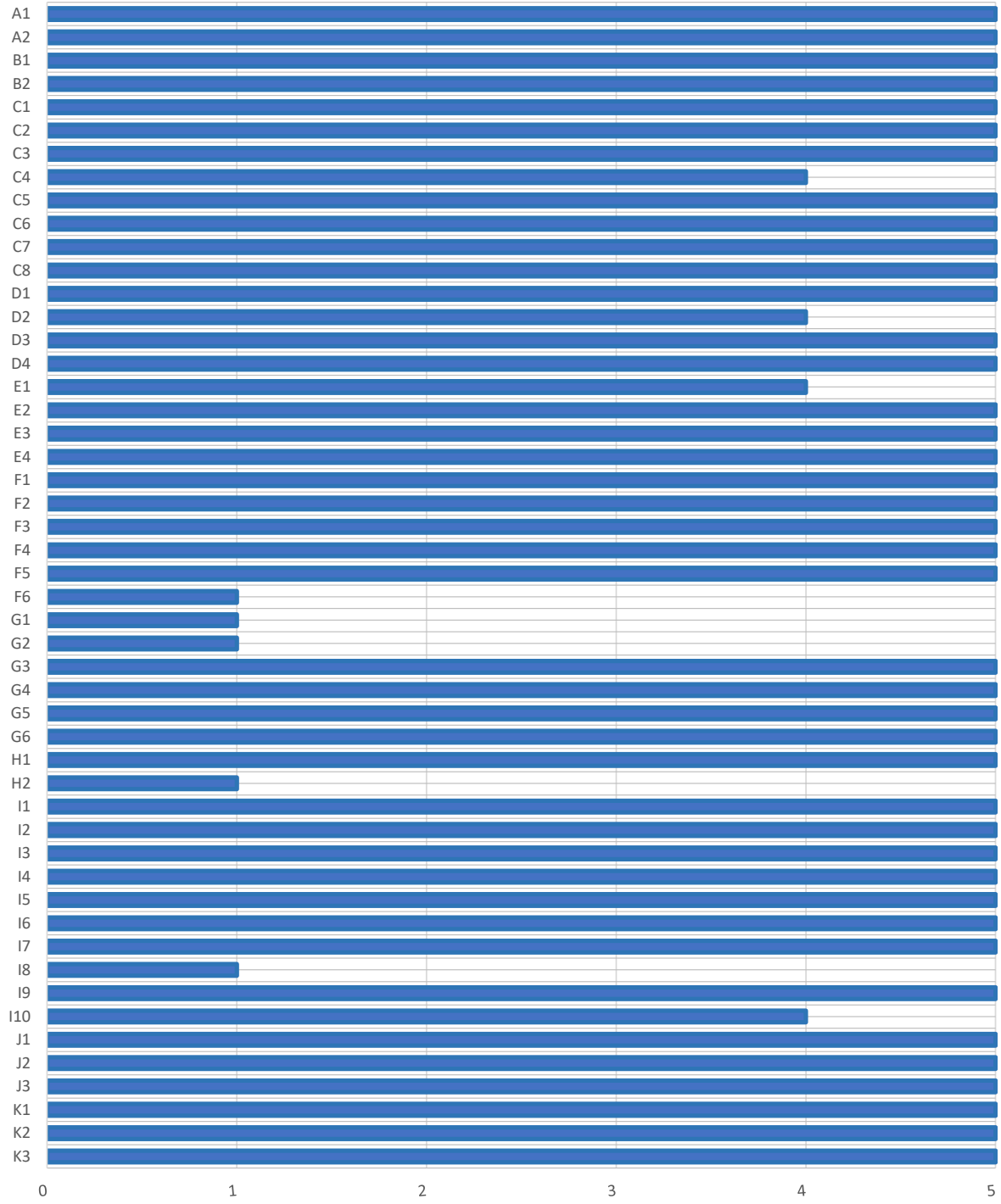
The following graph and table visually summarize your school's responses provided above. Questions in the graph are represented by bars corresponding to the self-reported wellness score. Questions in the table are grouped together according to their self-reported wellness score (e.g., all questions recorded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

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

# 2023-2024 School Wellness Survey Responses

## Laurel Ridge Elementary

Comparison of Survey Question and Self-Reported Wellness Score



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



# 2023-2024 School Wellness Survey Responses

## Laurel Ridge Elementary

### Survey Questions Grouped by Wellness Score

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
F6, G1, G2, H2, I8			C4, D2, E1, I10	A1, A2, B1, B2, C1, C2, C3, C5, C6, C7, C8, D1, D3, D4, E2, E3, E4, F1, F2, F3, F4, F5, G3, G4, G5, G6, H1, I1, I2, I3, I4, I5, I6, I7, I9, J1, J2, J3, K1, K2, K3, K4

# 2023-2024 School Wellness Survey Responses

## Lees Corner Elementary

### Section A – Physical Education

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

### Section B – Physical Activity

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
B1: Withholding recess or physical education is not used as a disciplinary action.	No Activity
B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess.	Embedded

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

“Fun Fit Fridays with families and community”

### Section C – Health Education

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

# 2023-2024 School Wellness Survey Responses

## Lees Corner Elementary

C8: Substance Abuse Prevention.

Transitioning

### Section D – Health Services

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

Response

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

Embedded

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

No Activity

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

Embedded

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

Embedded

### Section E – Healthy and Safe School Environment

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

Response

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

Embedded

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

Embedded

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

Embedded

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

Embedded

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

“none”

# 2023-2024 School Wellness Survey Responses

## Lees Corner Elementary

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

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

### Section G – Health Promotion for Staff Members

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

# 2023-2024 School Wellness Survey Responses

## Lees Corner Elementary

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

### Section H – Family and Community Involvement

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

H1: Established a wellness committee to implement activities that support the wellness policy. No Activity

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

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

"none"

### Section I – Food and Nutrition General

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

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

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

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

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

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

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

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

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

# 2023-2024 School Wellness Survey Responses

## Lees Corner Elementary

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

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

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

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

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

Embedded

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

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

### Section K – Nutritional Guidelines

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

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

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

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

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

### Section L – Ideas/Comments/Suggestions

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

“Fun Fit Friday, Yoga, Wellness Groups with 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.

“No Response”

# 2023-2024 School Wellness Survey Responses

## Lees Corner Elementary

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

"No Response"

### Summary Tables:

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

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

# 2023-2024 School Wellness Survey Responses

## Lees Corner Elementary

Comparison of Survey Question and Self-Reported Wellness Score



Wellness Score

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



# 2023-2024 School Wellness Survey Responses

## Lees Corner Elementary

### Survey Questions Grouped by Wellness Score

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

# 2023-2024 School Wellness Survey Responses

## Lemon Road Elementary

### Section A – Physical Education

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

### Section B – Physical Activity

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

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

"Afterschool wellness clubs; 2 recesses per day for all students; movement breaks when longer than 45 minutes of seating in classrooms"

### Section C – Health Education

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

# 2023-2024 School Wellness Survey Responses

## Lemon Road Elementary

C7: Relationship of Healthy Sleep to Mental Health. Embedded

C8: Substance Abuse Prevention. Embedded

### Section D – Health Services

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

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

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

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

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

### Section E – Healthy and Safe School Environment

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

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

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

“Schools need full-time Public Health Nurses and more frequent substitutes for SHRA when they are out”

# 2023-2024 School Wellness Survey Responses

## Lemon Road Elementary

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

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

### Section G – Health Promotion for Staff Members

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

# 2023-2024 School Wellness Survey Responses

## Lemon Road 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. Emerging

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

“Walk/bike to school days; staff basketball game”

### Section I – Food and Nutrition General

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

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

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

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

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

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

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

# 2023-2024 School Wellness Survey Responses

## Lemon Road 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).	Embedded
I9: Allows students to possess personal containers for drinking water.	Embedded
I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible.	Embedded

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

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

## Section K – Nutritional Guidelines

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

## Section L – Ideas/Comments/Suggestions

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

# 2023-2024 School Wellness Survey Responses

## Lemon Road Elementary

“Staff Basketball Game; Volleyball Tournament; 3v3 basketball game; walk to school; bike to 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.

“FCPS Schools must have better counseling ratios to support the wellness needs of our students; School Counselors should be asked to support the wellness needs of staff directly”

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

“No Response”

### Summary Tables:

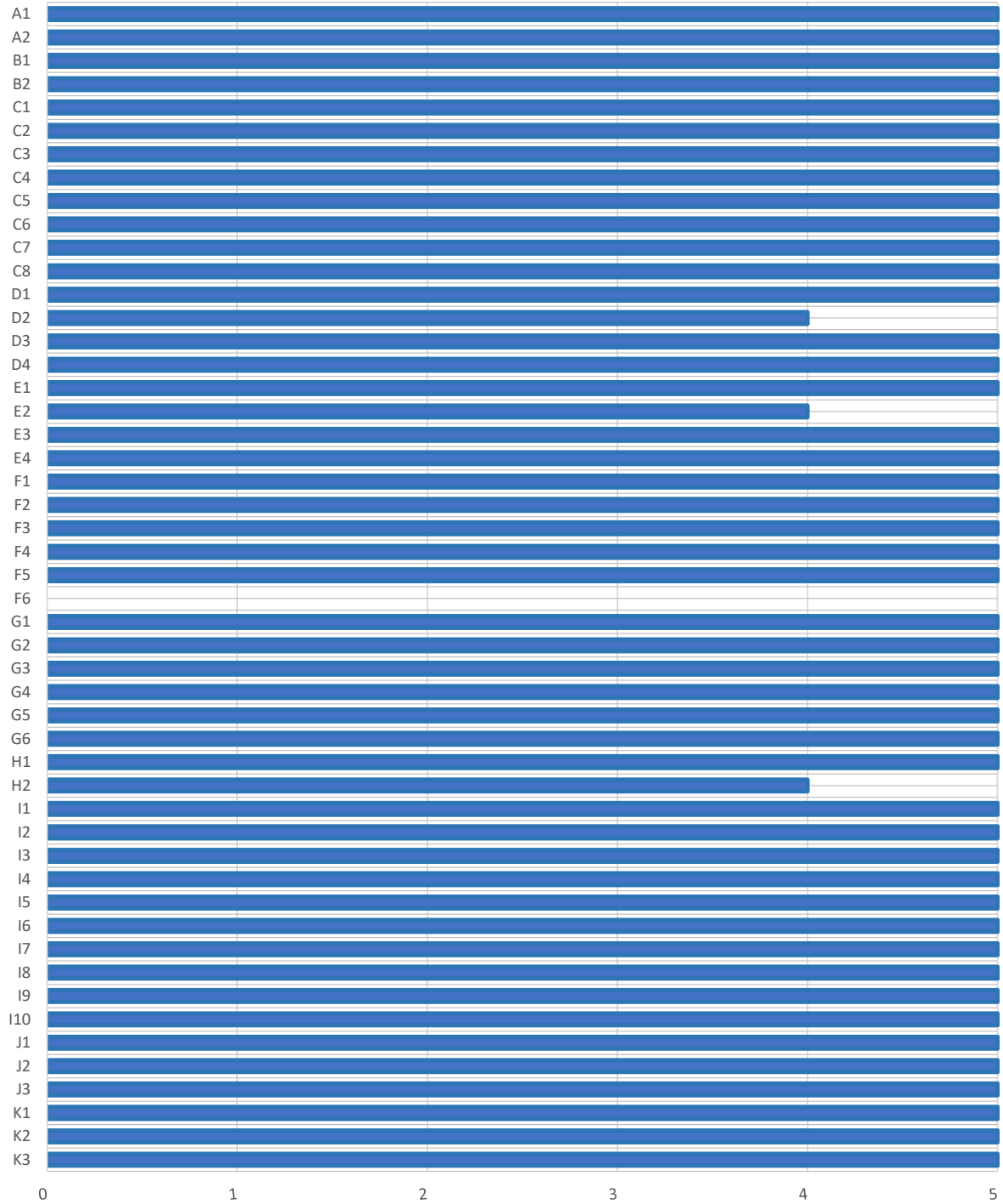
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\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2023-2024 School Wellness Survey Responses

## Lemon Road Elementary

Comparison of Survey Question and Self-Reported Wellness Score



Wellness Score

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



# 2023-2024 School Wellness Survey Responses

## Lemon Road Elementary

### Survey Questions Grouped by Wellness Score

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

# 2023-2024 School Wellness Survey Responses

## Little Run 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.

“Frequent energizers in the classroom, flexible seating Wobble chairs for movement”

### Section C – Health Education

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

# 2023-2024 School Wellness Survey Responses

## Little Run Elementary

C7: Relationship of Healthy Sleep to Mental Health.	Exploring
C8: Substance Abuse Prevention.	Exploring

### Section D – Health Services

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

### Section E – Healthy and Safe School Environment

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

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

“none”

# 2023-2024 School Wellness Survey Responses

## Little Run Elementary

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

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

### Section G – Health Promotion for Staff Members

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

# 2023-2024 School Wellness Survey Responses

## Little Run Elementary

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

### Section H – Family and Community Involvement

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

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

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

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

“none”

### Section I – Food and Nutrition General

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

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

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

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

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

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

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

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

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

# 2023-2024 School Wellness Survey Responses

## Little Run Elementary

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

I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible. Not an Elementary School

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

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

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

Embedded

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

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

### Section K – Nutritional Guidelines

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

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

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

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

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

### Section L – Ideas/Comments/Suggestions

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

“No Response”

# 2023-2024 School Wellness Survey Responses

## Little Run Elementary

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

“No Response”

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

“No Response”

### Summary Tables:

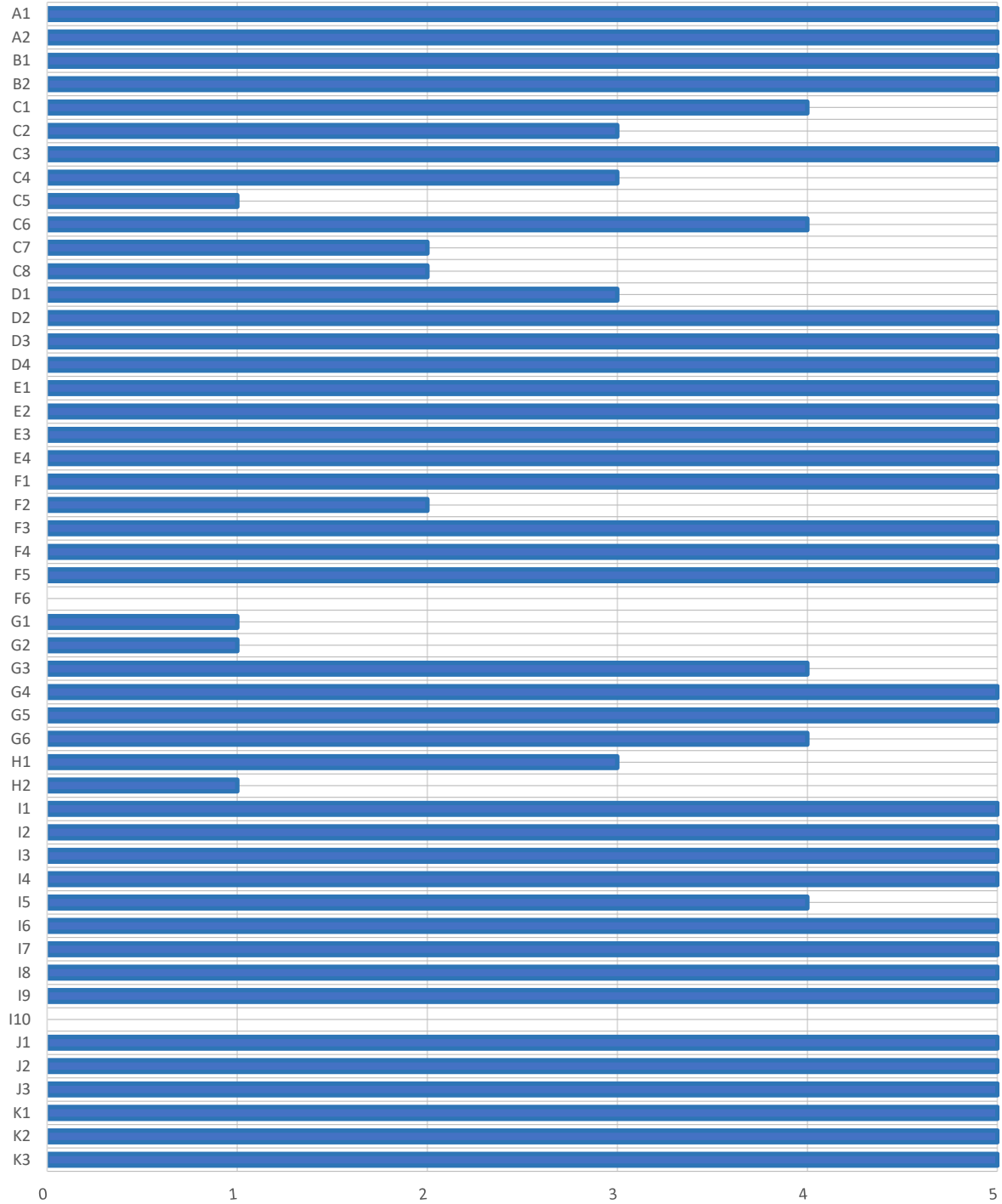
The following graph and table visually summarize your school’s responses provided above. Questions in the graph are represented by bars corresponding to the self-reported wellness score. Questions in the table are grouped together according to their self-reported wellness score (e.g., all questions recorded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

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

# 2023-2024 School Wellness Survey Responses

## Little Run Elementary

Comparison of Survey Question and Self-Reported Wellness Score



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



# 2023-2024 School Wellness Survey Responses

## Little Run Elementary

### Survey Questions Grouped by Wellness Score

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

# 2023-2024 School Wellness Survey Responses

## London Towne Elementary

### Section A – Physical Education

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

### Section B – Physical Activity

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

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

“ ”

### Section C – Health Education

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

# 2023-2024 School Wellness Survey Responses

## London Towne Elementary

C8: Substance Abuse Prevention.

Emerging

### Section D – Health Services

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

Response

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

Embedded

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

Embedded

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

Embedded

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

Embedded

### Section E – Healthy and Safe School Environment

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

Response

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

Embedded

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

Embedded

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

Embedded

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

Embedded

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

“none”

# 2023-2024 School Wellness Survey Responses

## London Towne Elementary

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

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

### Section G – Health Promotion for Staff Members

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

# 2023-2024 School Wellness Survey Responses

## London Towne Elementary

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

### Section H – Family and Community Involvement

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

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

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

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

“none”

### Section I – Food and Nutrition General

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

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

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

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

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

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

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

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

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

# 2023-2024 School Wellness Survey Responses

## London Towne Elementary

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

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

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

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

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

Embedded

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

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

### Section K – Nutritional Guidelines

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

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

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

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

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

### Section L – Ideas/Comments/Suggestions

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

“No Response”

# 2023-2024 School Wellness Survey Responses

## London Towne Elementary

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

“No Response”

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

“No Response”

### Summary Tables:

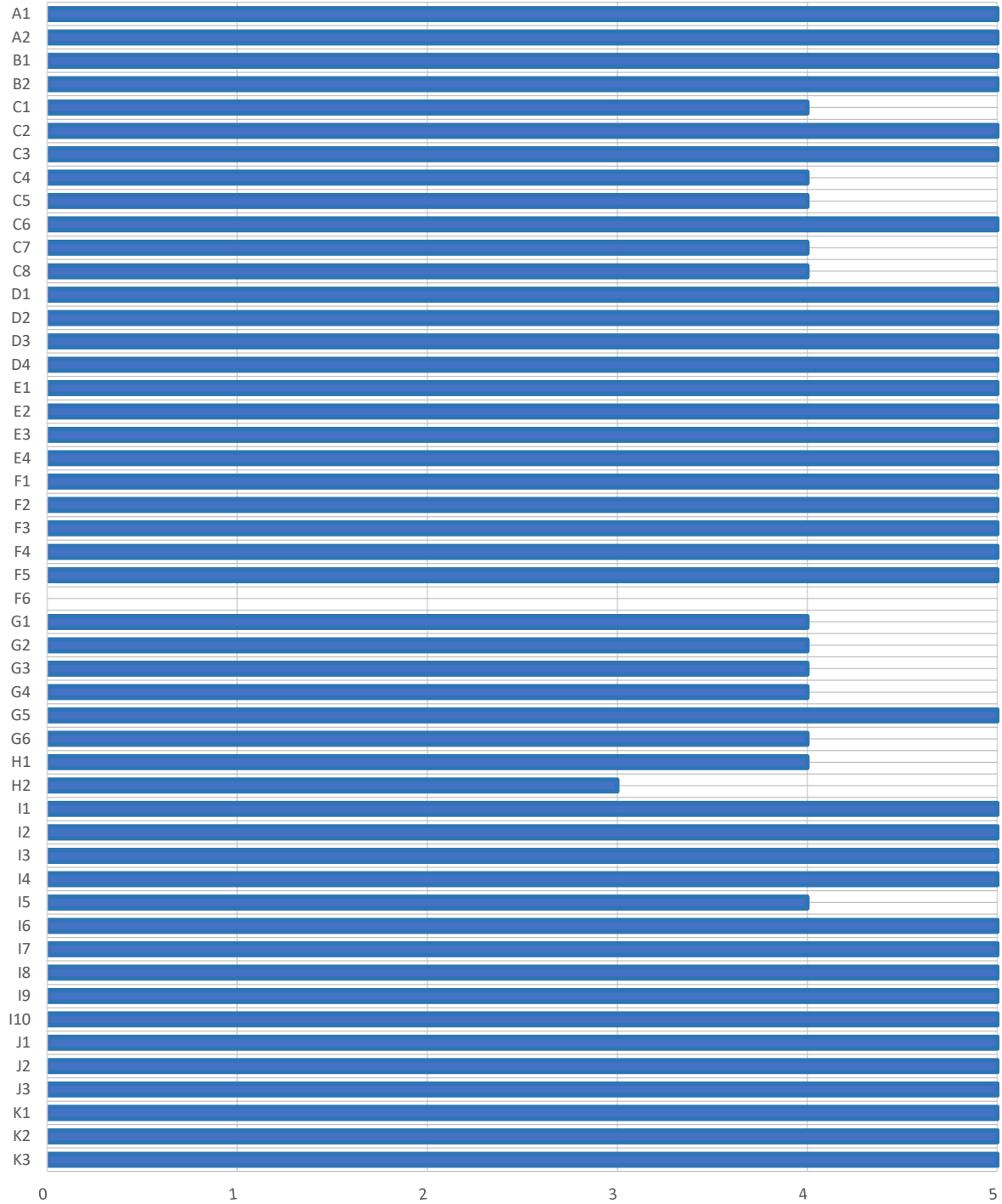
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\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2023-2024 School Wellness Survey Responses

## London Towne Elementary

Comparison of Survey Question and Self-Reported Wellness Score



Wellness Score

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



# 2023-2024 School Wellness Survey Responses

## London Towne Elementary

### Survey Questions Grouped by Wellness Score

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

# 2023-2024 School Wellness Survey Responses

## Lorton Station Elementary

### Section A – Physical Education

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

### Section B – Physical Activity

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
B1: Withholding recess or physical education is not used as a disciplinary action.	No Activity
B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess.	Embedded

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

“ ”

### Section C – Health Education

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

# 2023-2024 School Wellness Survey Responses

## Lorton Station Elementary

C8: Substance Abuse Prevention.

Embedded

### Section D – Health Services

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

Response

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

Embedded

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

Embedded

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

Embedded

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

Embedded

### Section E – Healthy and Safe School Environment

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

Response

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

Embedded

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

Embedded

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

Embedded

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

Embedded

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

“none”

# 2023-2024 School Wellness Survey Responses

## Lorton Station Elementary

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

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

### Section G – Health Promotion for Staff Members

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

# 2023-2024 School Wellness Survey Responses

## Lorton Station Elementary

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

### Section H – Family and Community Involvement

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

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

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

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

“none”

### Section I – Food and Nutrition General

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

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

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

# 2023-2024 School Wellness Survey Responses

## Lorton Station Elementary

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

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

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

### Section K – Nutritional Guidelines

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

### Section L – Ideas/Comments/Suggestions

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

“No Response”

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

“No Response”

# 2023-2024 School Wellness Survey Responses

## Lorton Station Elementary

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

"No Response"

### Summary Tables:

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

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

# 2023-2024 School Wellness Survey Responses

## Lorton Station Elementary

Comparison of Survey Question and Self-Reported Wellness Score



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



# 2023-2024 School Wellness Survey Responses

## Lorton Station Elementary

### Survey Questions Grouped by Wellness Score

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

# 2023-2024 School Wellness Survey Responses

## Lynbrook 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.

“Rigorous PE classes. When exploring health curriculum in PE we ensure there is at least 50% of time dedicated to movement. We teach recess games so that students are actively moving during recess.”

### Section C – Health Education

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

# 2023-2024 School Wellness Survey Responses

## Lynbrook Elementary

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

### Section D – Health Services

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

### Section E – Healthy and Safe School Environment

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

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

“We are working hard to partner with community agencies and our SAPS to provide proactive, preventative education to students and families around drugs. We like the rest of the country are impacted by the opioid/fentanyl epidemic. ”

# 2023-2024 School Wellness Survey Responses

## Lynbrook Elementary

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

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

### Section G – Health Promotion for Staff Members

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

# 2023-2024 School Wellness Survey Responses

## Lynbrook Elementary

G4: Wellness opportunities for staff, such as fitness challenges, fitness classes, mobile health screenings, wellness walks, workshops, or health fairs that emphasize work/life balance.	Emerging
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.	Emerging

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

"We work with our family liaison, PTA and family learning center coordinator to educate around wellness practice and illicit feedback from families to see how we can continue to build a healthier Lynbrook community. "

## Section I – Food and Nutrition General

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

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

# 2023-2024 School Wellness Survey Responses

## Lynbrook Elementary

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

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

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

### Section K – Nutritional Guidelines

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

# 2023-2024 School Wellness Survey Responses

## Lynbrook Elementary

### Section L – Ideas/Comments/Suggestions

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

“Fall Festival, Fall Field Day, Arts and Culture Night ”

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 surveying schools / families to see what healthcare needs may be lacking. We have many families here who do not have healthcare and I wish we could have immunizations available at the school level. Immunizations can be a barrier to school attendance. ”

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

“N/A”

### Summary Tables:

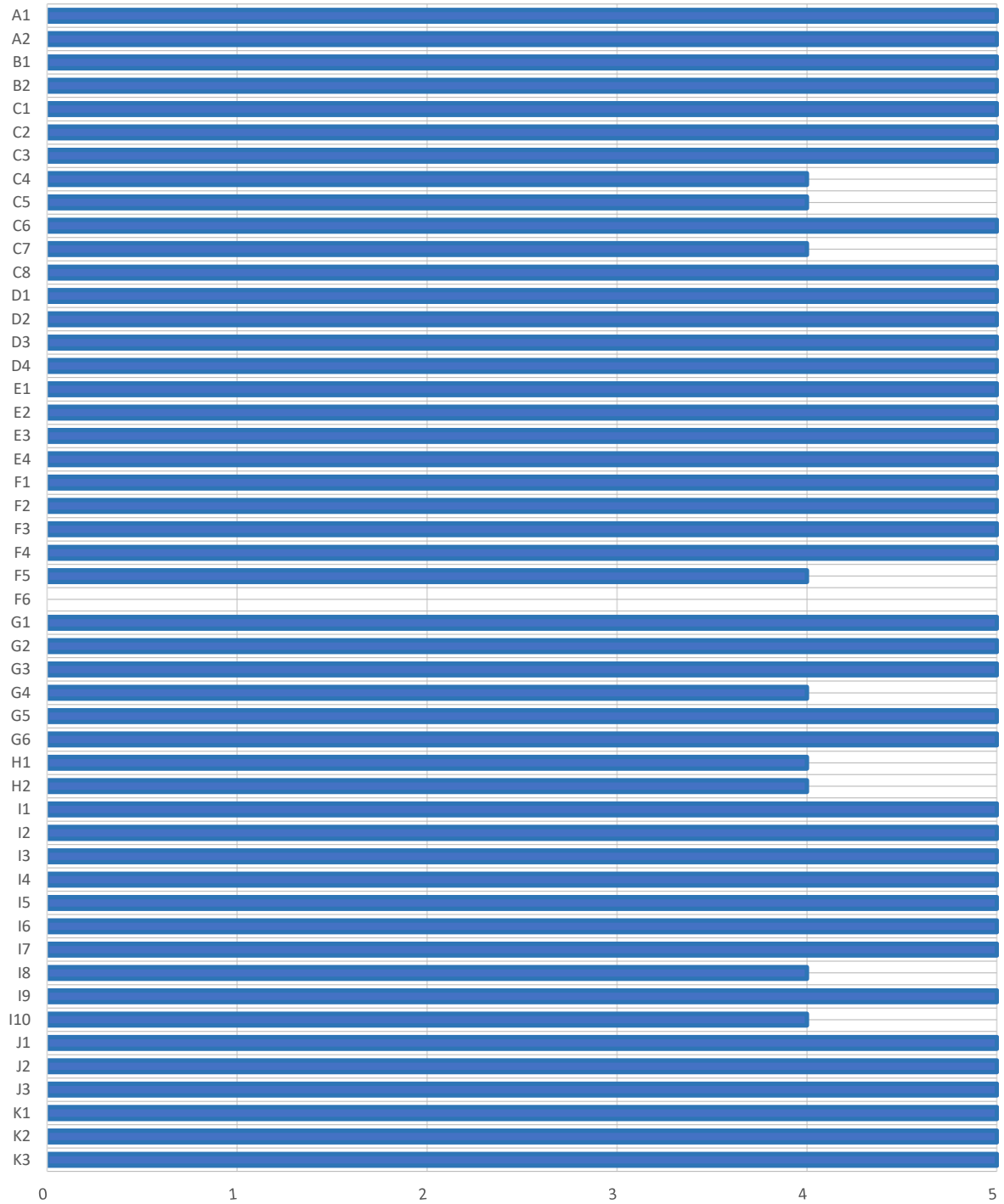
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\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2023-2024 School Wellness Survey Responses

## Lynbrook Elementary

Comparison of Survey Question and Self-Reported Wellness Score



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



# 2023-2024 School Wellness Survey Responses

## Lynbrook Elementary

### Survey Questions Grouped by Wellness Score

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

# 2023-2024 School Wellness Survey Responses

## Mantua Elementary

### Section A – Physical Education

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

### Section B – Physical Activity

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
B1: Withholding recess or physical education is not used as a disciplinary action.	No Activity
B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess.	Embedded

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

“Several enrichment afterschool programs related to physical activities, Monday Movement is a walking club with staff and families.”

### Section C – Health Education

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

# 2023-2024 School Wellness Survey Responses

## Mantua Elementary

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

### Section D – Health Services

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

### Section E – Healthy and Safe School Environment

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

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

“The ability to implement schoolwide programs is limited resources with only 2 school counselors, .6 School Social Worker, .6 Psychologist. We have 950+ students.”

# 2023-2024 School Wellness Survey Responses

## Mantua Elementary

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

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

### Section G – Health Promotion for Staff Members

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

# 2023-2024 School Wellness Survey Responses

## Mantua 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. 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.

"Movement Mondays and wellness messages included in weekly community and staff communications."

### Section I – Food and Nutrition General

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

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

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

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

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

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

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

# 2023-2024 School Wellness Survey Responses

## Mantua 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).	Transitioning
I9: Allows students to possess personal containers for drinking water.	Embedded
I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible.	Embedded

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

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

## Section K – Nutritional Guidelines

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

## Section L – Ideas/Comments/Suggestions

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

# 2023-2024 School Wellness Survey Responses

## Mantua Elementary

“Movement Mondays, Field Day, Wellness Challenge Team, Tea & Healthy Snacks for Teachers Lounge.”

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.

“Increased supports for stress and time management ”

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

“No Response”

### Summary Tables:

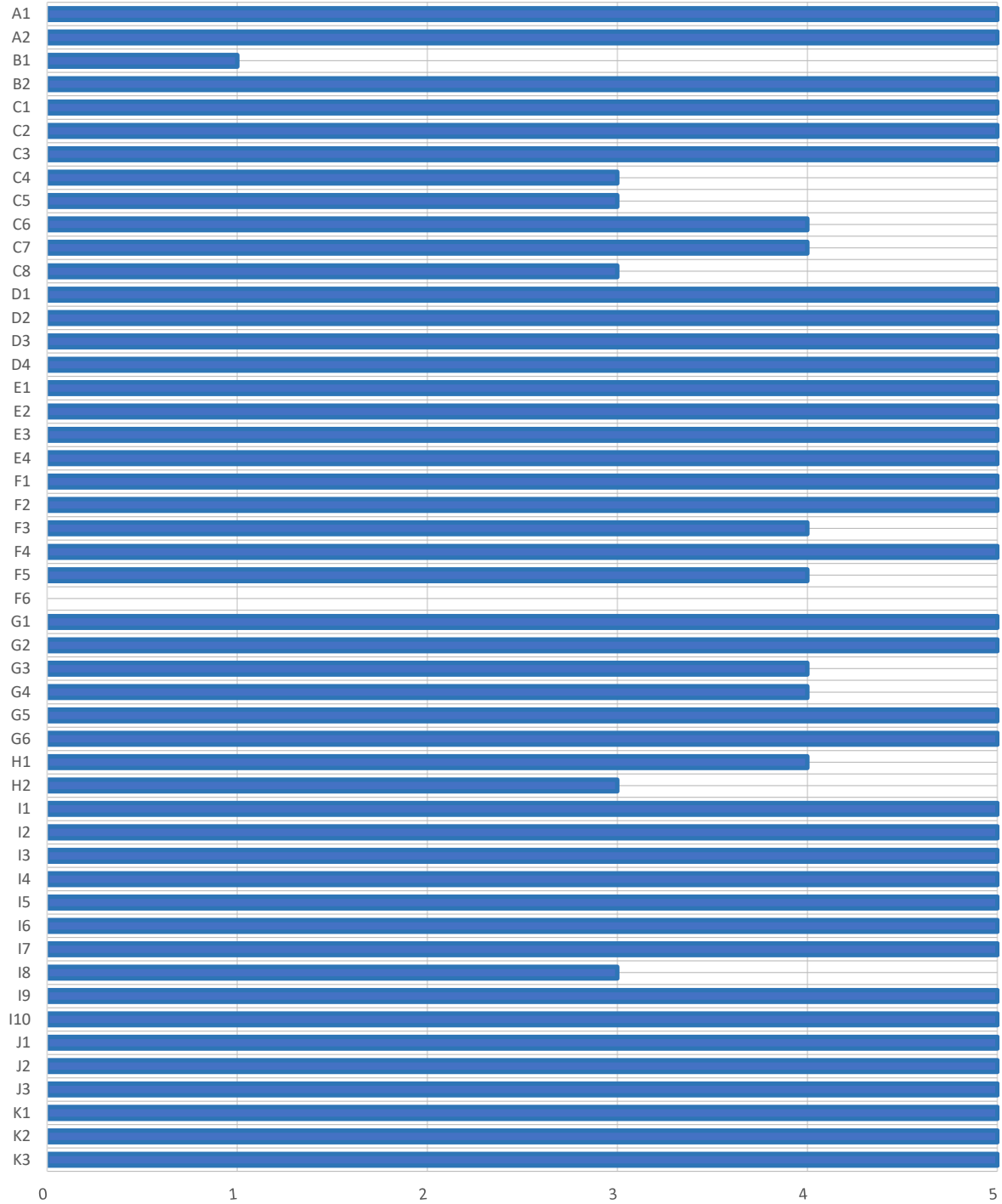
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\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2023-2024 School Wellness Survey Responses

## Mantua Elementary

Comparison of Survey Question and Self-Reported Wellness Score



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



# 2023-2024 School Wellness Survey Responses

## Mantua Elementary

### Survey Questions Grouped by Wellness Score

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

# 2023-2024 School Wellness Survey Responses

## Marshall Road Elementary

### Section A – Physical Education

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

### Section B – Physical Activity

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
B1: Withholding recess or physical education is not used as a disciplinary action.	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.

"2-3 30 min PE classes a week. 30-40 (K has 2 20) recess daily. Movement breaks in class and hallways. "

### Section C – Health Education

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

# 2023-2024 School Wellness Survey Responses

## Marshall Road Elementary

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

### Section D – Health Services

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

### Section E – Healthy and Safe School Environment

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
E1: Encourages children to safely walk or bike to and from school.	Embedded
E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults.	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.

“Even at ES level, students have exposure to vaping products and use.”

# 2023-2024 School Wellness Survey Responses

## Marshall Road Elementary

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

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

### Section G – Health Promotion for Staff Members

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

# 2023-2024 School Wellness Survey Responses

## Marshall Road Elementary

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

### Section H – Family and Community Involvement

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

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

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

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

“Collaboration with PTA and Equity committee to add family voice. ”

### Section I – Food and Nutrition General

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

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

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

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

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

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

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

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

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

# 2023-2024 School Wellness Survey Responses

## Marshall 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.	Transitioning

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

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

### Section K – Nutritional Guidelines

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

“PTA/ Family physical game night, Runathon Event, Family Partnership Night (educational and wellness sessions), staff “pop-ups”.”

# 2023-2024 School Wellness Survey Responses

## Marshall Road Elementary

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

“No Response”

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

“No Response”

### Summary Tables:

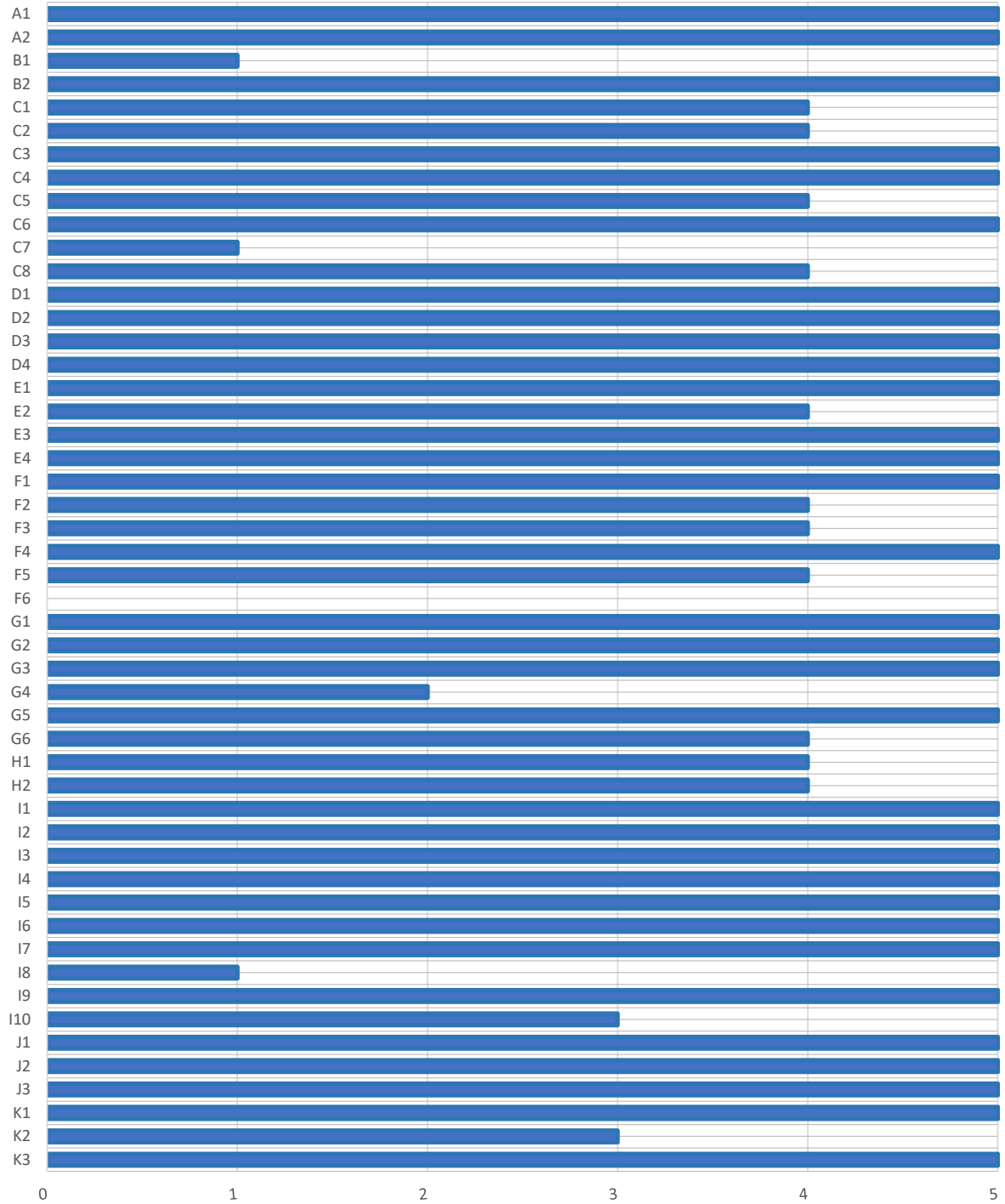
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\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2023-2024 School Wellness Survey Responses

## Marshall Road Elementary

Comparison of Survey Question and Self-Reported Wellness Score



Wellness Score

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



# 2023-2024 School Wellness Survey Responses

## Marshall Road Elementary

### Survey Questions Grouped by Wellness Score

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

# 2023-2024 School Wellness Survey Responses

## Mason Crest 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.

“Brain breaks built in for students in Preschool-3rd grade; 30 minutes of recess provided for students”

### Section C – Health Education

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

# 2023-2024 School Wellness Survey Responses

## Mason Crest Elementary

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

### Section D – Health Services

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

### Section E – Healthy and Safe School Environment

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

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

“We are in neighborhood that does not have sidewalks that are accessible for students to walk or bike safely to school. But, we teach bike safety for those students who bike to school.”

# 2023-2024 School Wellness Survey Responses

## Mason Crest Elementary

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

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

### Section G – Health Promotion for Staff Members

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

# 2023-2024 School Wellness Survey Responses

## Mason Crest Elementary

G5: Awareness of the Employee Assistance Program Services. Emerging

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

### Section H – Family and Community Involvement

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

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

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

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

“We have informed our families of our practices but it is difficult to get them involved.”

### Section I – Food and Nutrition General

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

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

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

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

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

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

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

# 2023-2024 School Wellness Survey Responses

## Mason Crest 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).	Transitioning
I9: Allows students to possess personal containers for drinking water.	Emerging
I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible.	Embedded

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

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

### Section K – Nutritional Guidelines

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

# 2023-2024 School Wellness Survey Responses

## Mason Crest Elementary

### Section L – Ideas/Comments/Suggestions

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

“Parent Workshop (Student Wellness and Supporting Behaviors at Home)”

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

“No Response”

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

“No Response”

### Summary Tables:

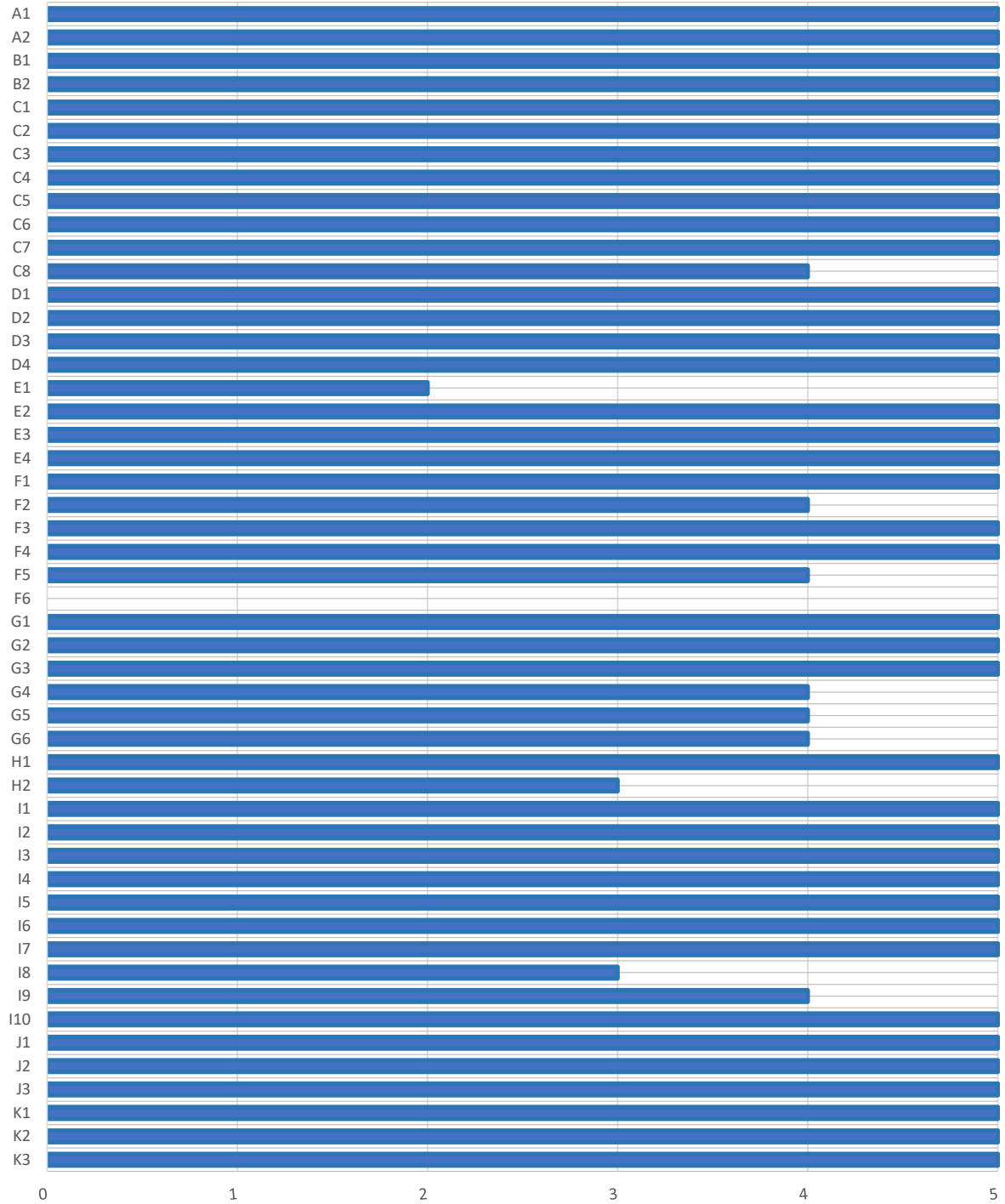
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\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2023-2024 School Wellness Survey Responses

## Mason Crest Elementary

Comparison of Survey Question and Self-Reported Wellness Score



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



# 2023-2024 School Wellness Survey Responses

## Mason Crest Elementary

### Survey Questions Grouped by Wellness Score

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

# 2023-2024 School Wellness Survey Responses

## McNair Elementary

### Section A – Physical Education

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

### Section B – Physical Activity

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

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

“ ”

### Section C – Health Education

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

# 2023-2024 School Wellness Survey Responses

## McNair Elementary

C8: Substance Abuse Prevention.

Exploring

### Section D – Health Services

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

Response

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

Embedded

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

Embedded

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

Embedded

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

Embedded

### Section E – Healthy and Safe School Environment

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

Response

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

Embedded

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

Exploring

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

Embedded

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

Embedded

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

"none"

# 2023-2024 School Wellness Survey Responses

## McNair Elementary

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

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

### Section G – Health Promotion for Staff Members

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

# 2023-2024 School Wellness Survey Responses

## McNair Elementary

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

### Section H – Family and Community Involvement

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

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

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

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

“Walk, bike, & roll to school.”

### Section I – Food and Nutrition General

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

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

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

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

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

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

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

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

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

# 2023-2024 School Wellness Survey Responses

## McNair Elementary

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

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

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

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

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

Embedded

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

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

### Section K – Nutritional Guidelines

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

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

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

“Bike, walk, and roll days (Fall and Spring), Field Day, AttenDANCE, ”

# 2023-2024 School Wellness Survey Responses

## McNair Elementary

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

“No Response”

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

“No Response”

### Summary Tables:

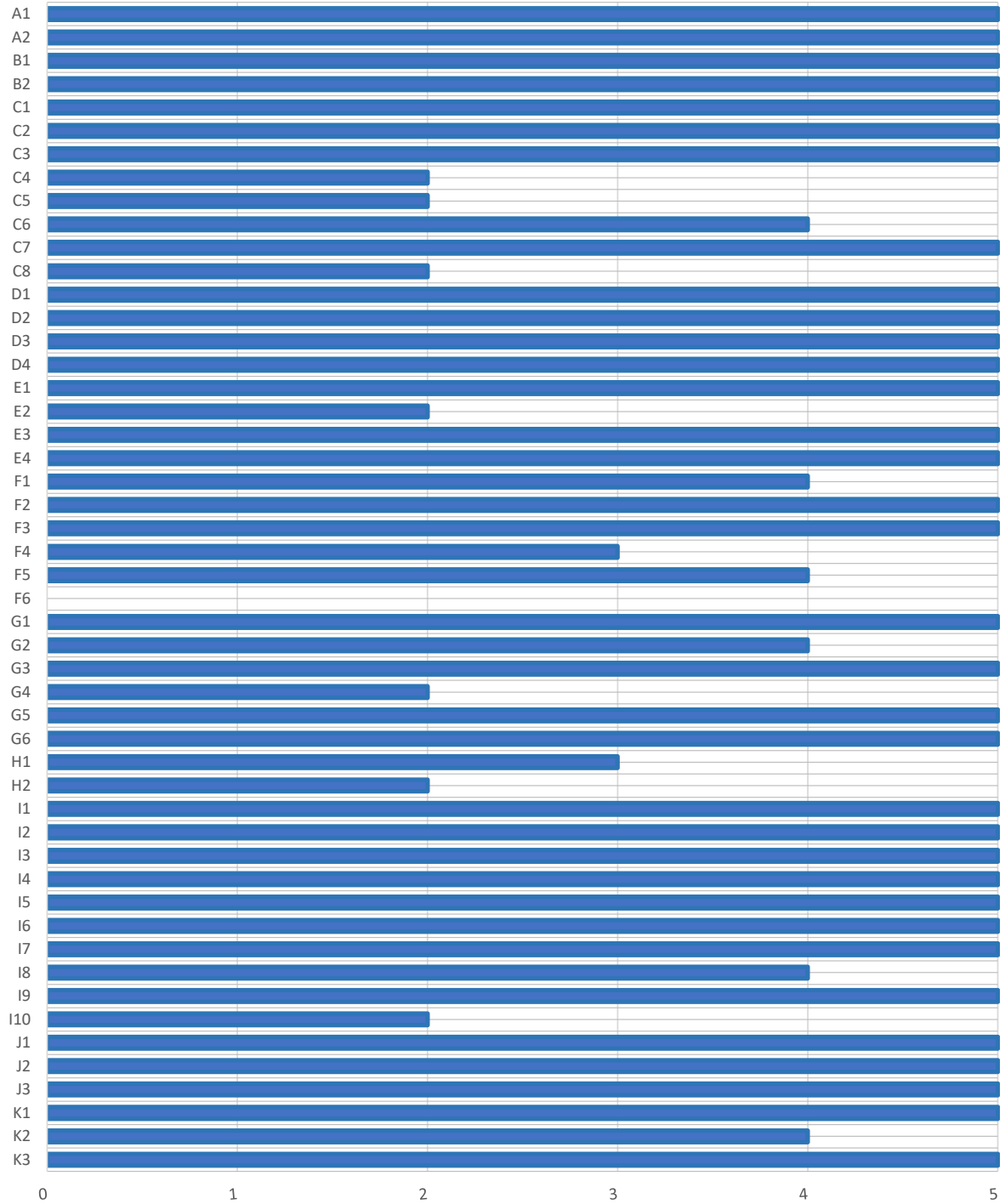
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\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2023-2024 School Wellness Survey Responses

## McNair Elementary

Comparison of Survey Question and Self-Reported Wellness Score



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



# 2023-2024 School Wellness Survey Responses

## McNair Elementary

### Survey Questions Grouped by Wellness Score

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

# 2023-2024 School Wellness Survey Responses

## McNair Upper 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.

“-Most students have three 30-minute PE blocks unless they participate in the band/strings program.  
-Field day event  
-30 minutes of uninterrupted daily recess time  
-Workout Wednesday”

### Section C – Health Education

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

# 2023-2024 School Wellness Survey Responses

## McNair Upper Elementary

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

### Section D – Health Services

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

### Section E – Healthy and Safe School Environment

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

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

“More signage on our field area and recess/playground area to promote healthy and safe schools would be helpful as we have a large walking community that uses these areas for personal use after school hours and on the weekends. ”

# 2023-2024 School Wellness Survey Responses

## McNair Upper Elementary

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

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

### Section G – Health Promotion for Staff Members

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

# 2023-2024 School Wellness Survey Responses

## McNair Upper Elementary

G4: Wellness opportunities for staff, such as fitness challenges, fitness classes, mobile health screenings, wellness walks, workshops, or health fairs that emphasize work/life balance.	Emerging
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

<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.	No Activity

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

"This is an area we need to continue to grow. Next year, we plan to host an SEL Family Night. We also celebrate Workout Wednesday as a school community. In previous years, our PTA sponsored a school-wide Fun Run fundraiser. We'd like to bring this back in the fall. "

## Section I – Food and Nutrition General

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

# 2023-2024 School Wellness Survey Responses

## McNair Upper Elementary

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
I9: Allows students to possess personal containers for drinking water.	Embedded
I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible.	No Activity

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

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

### Section K – Nutritional Guidelines

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

# 2023-2024 School Wellness Survey Responses

## McNair Upper Elementary

### Section L – Ideas/Comments/Suggestions

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

“We participate in FCPS-sponsored wellness activities and challenges.  
We participate in Walk or Bike to School Day twice per year.  
We have Workout Wednesday weekly.  
We have the bike program at McNair Upper ES. ”

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

“No Response”

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

“No Response”

### Summary Tables:

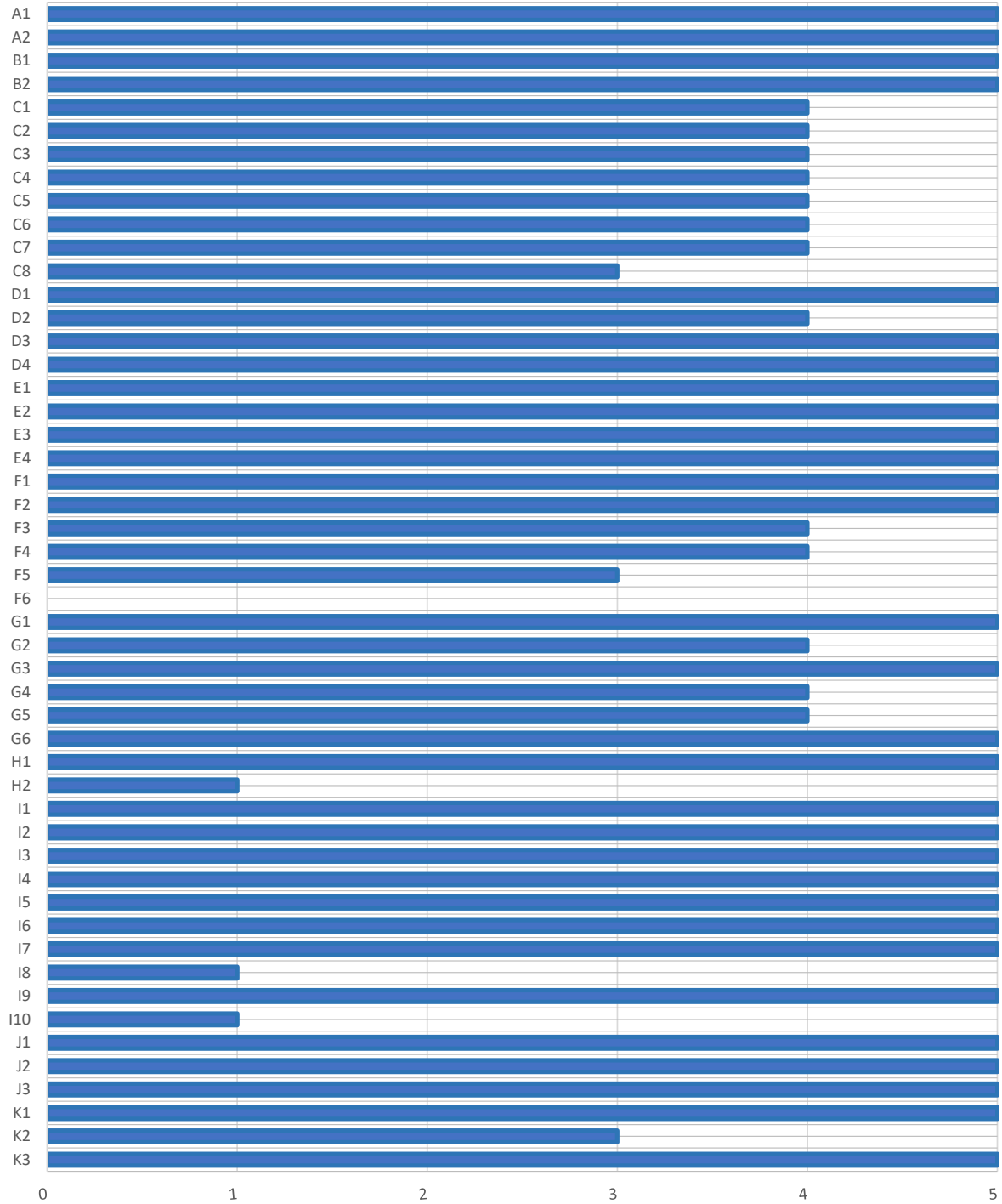
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\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2023-2024 School Wellness Survey Responses

## McNair Upper Elementary

Comparison of Survey Question and Self-Reported Wellness Score



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



# 2023-2024 School Wellness Survey Responses

## McNair Upper Elementary

### Survey Questions Grouped by Wellness Score

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

# 2023-2024 School Wellness Survey Responses

## Mosaic 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.

“Wellness Wednesdays to promote physical activity with students and staff”

### Section C – Health Education

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

# 2023-2024 School Wellness Survey Responses

## Mosaic Elementary

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

### Section D – Health Services

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

### Section E – Healthy and Safe School Environment

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

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

“none”

# 2023-2024 School Wellness Survey Responses

## Mosaic Elementary

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

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

### Section G – Health Promotion for Staff Members

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

# 2023-2024 School Wellness Survey Responses

## Mosaic Elementary

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

### Section H – Family and Community Involvement

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

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

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

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

“none”

### Section I – Food and Nutrition General

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

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

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

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

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

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

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

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

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

# 2023-2024 School Wellness Survey Responses

## Mosaic Elementary

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

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

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

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

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

Embedded

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

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

### Section K – Nutritional Guidelines

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

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

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

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

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

### Section L – Ideas/Comments/Suggestions

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

“ Wellness Wednesdays, Mindfulness Mondays, We love FCPS WALKTOBER”

# 2023-2024 School Wellness Survey Responses

## Mosaic 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.

“Low cost or no cost fitness classes for staff after school”

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

“No Response”

### Summary Tables:

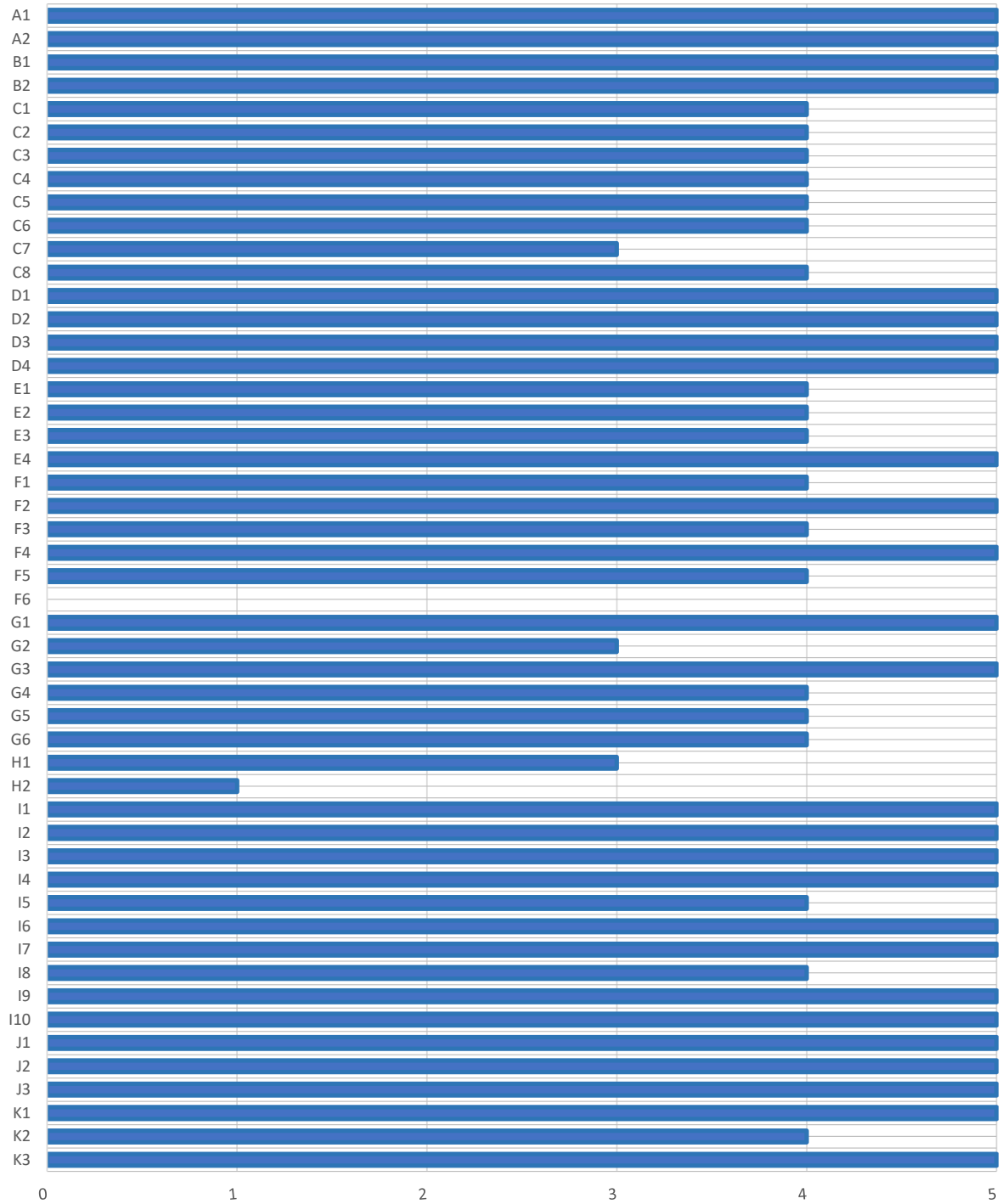
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\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2023-2024 School Wellness Survey Responses

## Mosaic Elementary

Comparison of Survey Question and Self-Reported Wellness Score



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



# 2023-2024 School Wellness Survey Responses

## Mosaic Elementary

### Survey Questions Grouped by Wellness Score

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

# 2023-2024 School Wellness Survey Responses

## Mount Eagle 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.

“Scheduling recess, clear communication with staff about expectations”

### Section C – Health Education

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

# 2023-2024 School Wellness Survey Responses

## Mount Eagle Elementary

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

### Section D – Health Services

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

### Section E – Healthy and Safe School Environment

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

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

“Need interpretation--not necessarily a barrier. Just another step needed.”

# 2023-2024 School Wellness Survey Responses

## Mount Eagle Elementary

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

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

### Section G – Health Promotion for Staff Members

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

# 2023-2024 School Wellness Survey Responses

## Mount Eagle Elementary

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

### Section H – Family and Community Involvement

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

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

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

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

“none”

### Section I – Food and Nutrition General

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

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

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

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

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

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

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

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

# 2023-2024 School Wellness Survey Responses

## Mount Eagle Elementary

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

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

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

### Section K – Nutritional Guidelines

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

### Section L – Ideas/Comments/Suggestions

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

“Flu vaccine clinicx, screening for preschool families”

# 2023-2024 School Wellness Survey Responses

## Mount Eagle 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.

“Is there a training for the wellness liaison? If not, there should be. ”

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

“None at this time.”

### Summary Tables:

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

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

# 2023-2024 School Wellness Survey Responses

## Mount Eagle Elementary

Comparison of Survey Question and Self-Reported Wellness Score



Wellness Score

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



# 2023-2024 School Wellness Survey Responses

## Mount Eagle Elementary

### Survey Questions Grouped by Wellness Score

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

# 2023-2024 School Wellness Survey Responses

## Mount Vernon Woods Elementary

### Section A – Physical Education

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

### Section B – Physical Activity

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

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

"We have soccer balls, basketballs, jump ropes and hula hoops for students to utilize at recess"

### Section C – Health Education

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

# 2023-2024 School Wellness Survey Responses

## Mount Vernon Woods Elementary

C7: Relationship of Healthy Sleep to Mental Health.	Exploring
C8: Substance Abuse Prevention.	Exploring

### Section D – Health Services

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

### 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.	Exploring
E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560.	Emerging
E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152.	Embedded

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

“We have a low gate that surrounds our school. We now keep it locked; however, the community was not happy about it. We have a campus that can't be fully locked, so sometimes we still have strangers on our campus while students are in school. ”

# 2023-2024 School Wellness Survey Responses

## Mount Vernon Woods Elementary

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

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
F1: Monitors school climate and other factors that may contribute to student stress, symptoms of anxiety and depression, and peer and academic pressures and substance use.	Emerging
F2: Our staff has received required suicide prevention training, as well as training that includes recognition of, and response to, mental and behavioral health needs.	Transitioning
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.	No Activity

### Section G – Health Promotion for Staff Members

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

# 2023-2024 School Wellness Survey Responses

## Mount Vernon Woods Elementary

G5: Awareness of the Employee Assistance Program Services. Emerging

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. 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.

“We currently do not have a committee”

### Section I – Food and Nutrition General

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

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

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

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

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

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

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

# 2023-2024 School Wellness Survey Responses

## Mount Vernon Woods 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).	Exploring
I9: Allows students to possess personal containers for drinking water.	Embedded
I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible.	Emerging

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

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

# 2023-2024 School Wellness Survey Responses

## Mount Vernon Woods Elementary

### Section L – Ideas/Comments/Suggestions

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

“We are planning a Parent Education Night/Resource 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”

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

“No Response”

### Summary Tables:

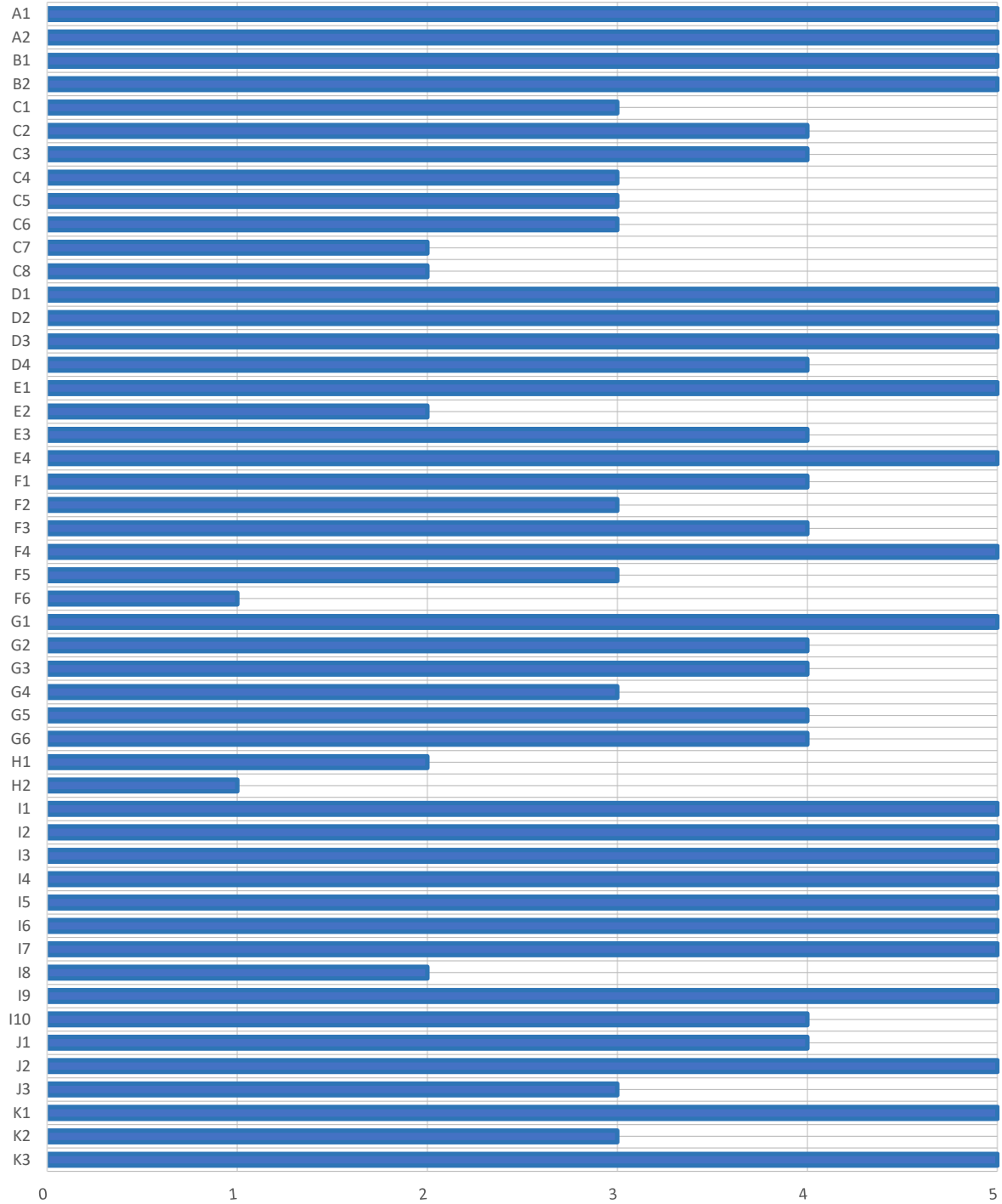
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\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2023-2024 School Wellness Survey Responses

## Mount Vernon Woods Elementary

Comparison of Survey Question and Self-Reported Wellness Score



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



# 2023-2024 School Wellness Survey Responses

## Mount Vernon Woods Elementary

### Survey Questions Grouped by Wellness Score

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
F6, H2	C7, C8, E2, H1, I8	C1, C4, C5, C6, F2, F5, G4, J3, K2	C2, C3, D4, E3, F1, F3, G2, G3, G5, G6, I10, J1	A1, A2, B1, B2, D1, D2, D3, E1, E4, F4, G1, I1, I2, I3, I4, I5, I6, I7, I9, J2, K1, K3, K4

# 2023-2024 School Wellness Survey Responses

## Navy 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.

“All grade levels along with our Enhanced Autism class have 30 minutes of recess every day. Our PE classes have embedded physical activity, including our students who receive adaptive PE.”

### Section C – Health Education

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

# 2023-2024 School Wellness Survey Responses

## Navy Elementary

C7: Relationship of Healthy Sleep to Mental Health. Embedded

C8: Substance Abuse Prevention. Embedded

### Section D – Health Services

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

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

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

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

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

### Section E – Healthy and Safe School Environment

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

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

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

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

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

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

“none”

# 2023-2024 School Wellness Survey Responses

## Navy Elementary

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

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

### Section G – Health Promotion for Staff Members

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

# 2023-2024 School Wellness Survey Responses

## Navy Elementary

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

### Section H – Family and Community Involvement

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

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

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

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

“Seek out parent support, school-directed events focused on wellness”

### Section I – Food and Nutrition General

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

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

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

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

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

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

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

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

# 2023-2024 School Wellness Survey Responses

## Navy Elementary

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

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

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

## Section K – Nutritional Guidelines

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

## Section L – Ideas/Comments/Suggestions

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

“fitness challenge, wellness week”

# 2023-2024 School Wellness Survey Responses

## Navy Elementary

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

“No Response”

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

“No Response”

### Summary Tables:

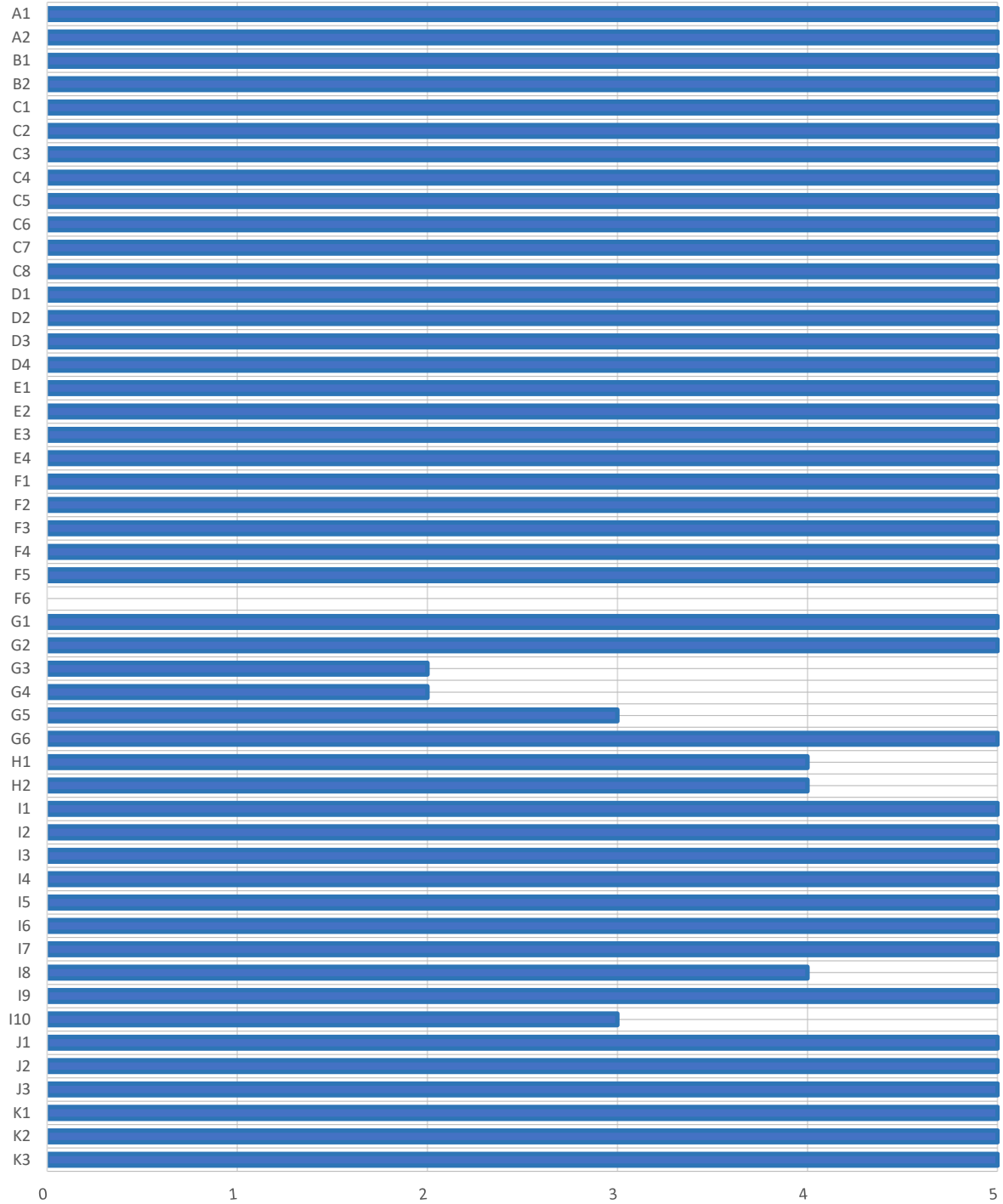
The following graph and table visually summarize your school’s responses provided above. Questions in the graph are represented by bars corresponding to the self-reported wellness score. Questions in the table are grouped together according to their self-reported wellness score (e.g., all questions recorded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

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

# 2023-2024 School Wellness Survey Responses

## Navy Elementary

Comparison of Survey Question and Self-Reported Wellness Score



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



# 2023-2024 School Wellness Survey Responses

## Navy Elementary

### Survey Questions Grouped by Wellness Score

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

# 2023-2024 School Wellness Survey Responses

## Newington Forest Elementary

### Section A – Physical Education

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

### Section B – Physical Activity

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

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

“Recess games and activities students can explore and PE”

### Section C – Health Education

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

# 2023-2024 School Wellness Survey Responses

## Newington Forest Elementary

C8: Substance Abuse Prevention.

No Activity

### Section D – Health Services

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

Response

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

Embedded

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

Embedded

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

Embedded

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

Embedded

### Section E – Healthy and Safe School Environment

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

Response

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

Embedded

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

Exploring

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

Embedded

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

Embedded

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

“none”

# 2023-2024 School Wellness Survey Responses

## Newington Forest Elementary

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

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

### Section G – Health Promotion for Staff Members

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

# 2023-2024 School Wellness Survey Responses

## Newington Forest Elementary

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

### Section H – Family and Community Involvement

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

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

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

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

"There is a group who encourages wellness through email suggestions and invites."

### Section I – Food and Nutrition General

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

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

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

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

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

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

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

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

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

# 2023-2024 School Wellness Survey Responses

## Newington Forest Elementary

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

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

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

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

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

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

### Section L – Ideas/Comments/Suggestions

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

“No Response”

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

“No Response”

# 2023-2024 School Wellness Survey Responses

## Newington Forest Elementary

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

"No Response"

### Summary Tables:

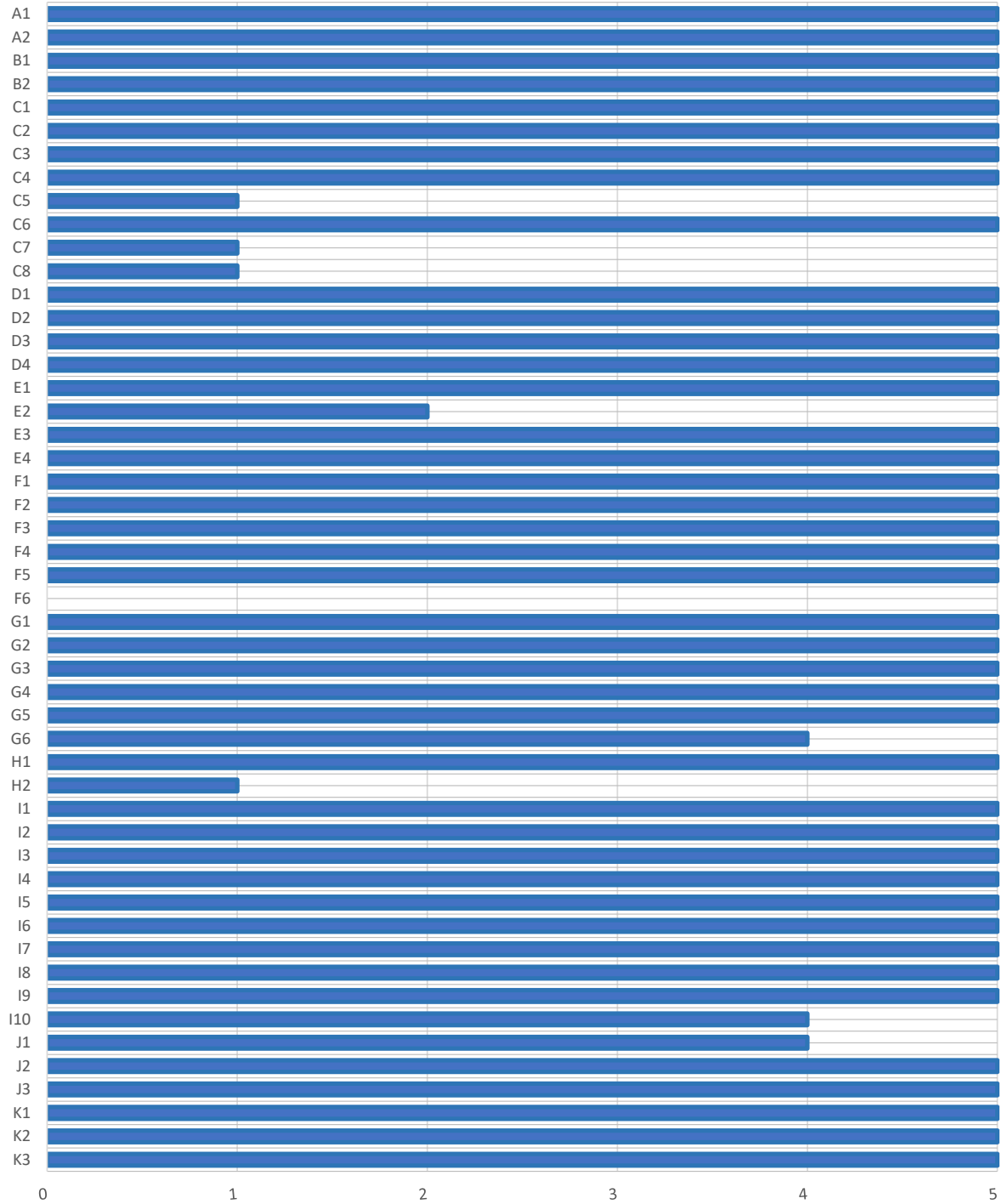
The following graph and table visually summarize your school's responses provided above. Questions in the graph are represented by bars corresponding to the self-reported wellness score. Questions in the table are grouped together according to their self-reported wellness score (e.g., all questions recorded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

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

# 2023-2024 School Wellness Survey Responses

## Newington Forest Elementary

Comparison of Survey Question and Self-Reported Wellness Score



Wellness Score

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



# 2023-2024 School Wellness Survey Responses

## Newington Forest Elementary

### Survey Questions Grouped by Wellness Score

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

# 2023-2024 School Wellness Survey Responses

## North Springfield 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.

“Our Top Ten Mile run, morning get up and move club, 30 minutes of recess daily”

### Section C – Health Education

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

# 2023-2024 School Wellness Survey Responses

## North Springfield Elementary

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

### Section D – Health Services

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

### Section E – Healthy and Safe School Environment

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

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

“none”

# 2023-2024 School Wellness Survey Responses

## North Springfield Elementary

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

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

### Section G – Health Promotion for Staff Members

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

# 2023-2024 School Wellness Survey Responses

## North Springfield Elementary

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

### Section H – Family and Community Involvement

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

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

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

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

“Our Beaver Blast Off at BOY and our Spring Fun Fest at EOY, Heritage Night ”

### Section I – Food and Nutrition General

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

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

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

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

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

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

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

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

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

# 2023-2024 School Wellness Survey Responses

## North Springfield 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 and beverages available for sale on campus during the school day. Embedded

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

### Section K – Nutritional Guidelines

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

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

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

“Be the “i” in Kind, Gratitude Wall,”

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.

“expanding the time food svc workers are at school to allow more flexibility in scheduling ”

# 2023-2024 School Wellness Survey Responses

## North Springfield 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.

"none"

### Summary Tables:

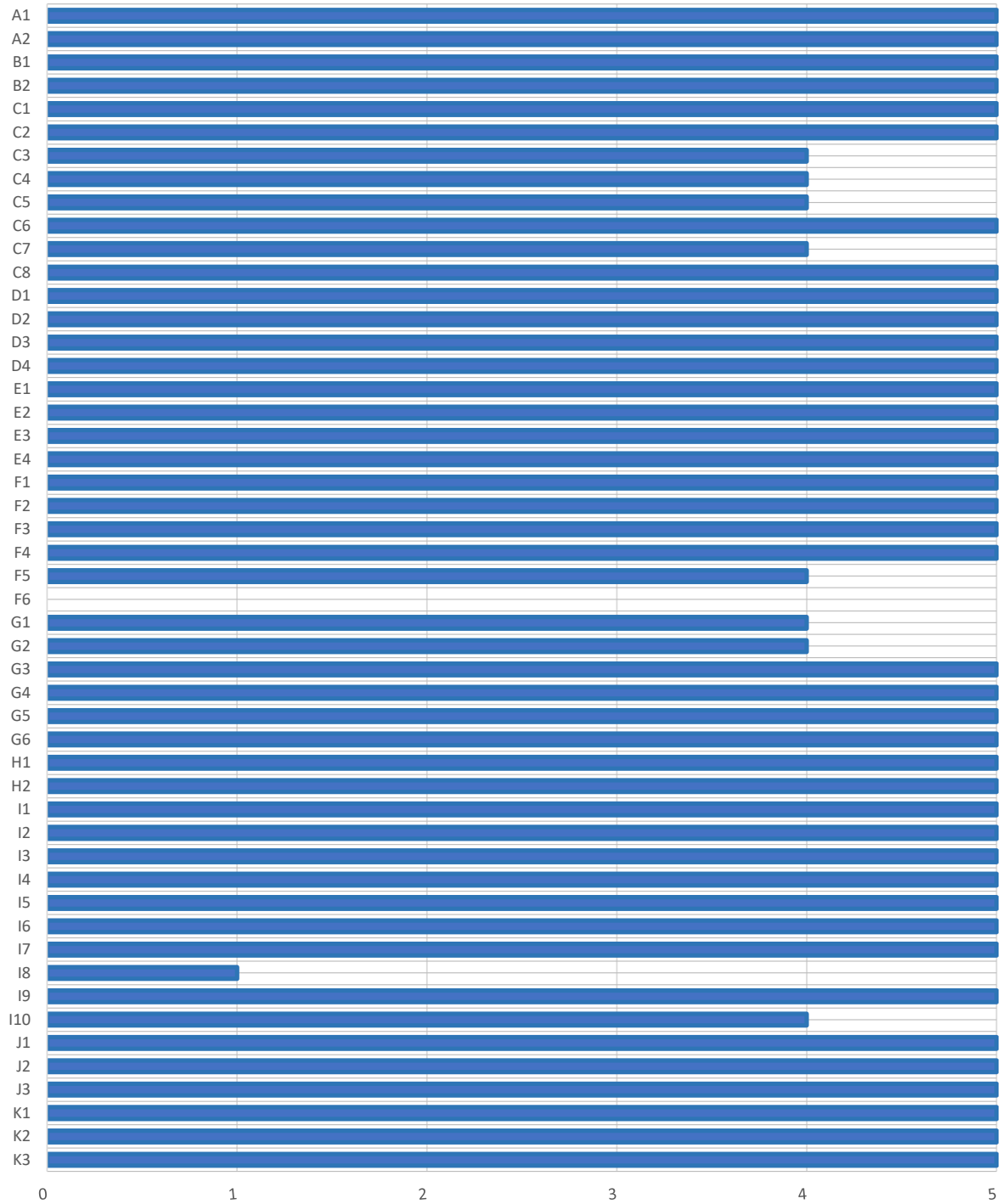
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\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2023-2024 School Wellness Survey Responses

## North Springfield Elementary

Comparison of Survey Question and Self-Reported Wellness Score



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



# 2023-2024 School Wellness Survey Responses

## North Springfield Elementary

### Survey Questions Grouped by Wellness Score

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

# 2023-2024 School Wellness Survey Responses

## Oak Hill Elementary

### Section A – Physical Education

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

### Section B – Physical Activity

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

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

“After School Activities offered: Girls on the Run, Yoga, Sports and PE Games, Basketball, Floor Hockey, Soccer, Hip Hop, Ultimate Sports, Pickleball. 6th Grade Basketball Game vs. Lees Corner, Field Day, Oak Hill 5k Fun Run, Walk/Bike/Roll to School”

### Section C – Health Education

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

# 2023-2024 School Wellness Survey Responses

## Oak Hill Elementary

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

### Section D – Health Services

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

### Section E – Healthy and Safe School Environment

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

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

“The school is entering the final stages of renovation at this time. ”

# 2023-2024 School Wellness Survey Responses

## Oak Hill Elementary

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

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

### Section G – Health Promotion for Staff Members

<u>Question: To what extent does the staff wellness liaison support opportunities for staff members to improve their health and well-being:</u>	<u>Response</u>
G1: Health screenings.	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

# 2023-2024 School Wellness Survey Responses

## Oak Hill Elementary

G5: Awareness of the Employee Assistance Program Services. Embedded

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

### Section H – Family and Community Involvement

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

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

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

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

“planning community wellness events”

### Section I – Food and Nutrition General

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

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

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

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

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

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

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

# 2023-2024 School Wellness Survey Responses

## Oak Hill 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.	Emerging

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

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

## Section K – Nutritional Guidelines

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

“Oak Hill 5k Fun Run, Staff Flu Shots, Stress Less/Laugh More Week, Fab Fit Fridays for Staff”

# 2023-2024 School Wellness Survey Responses

## Oak Hill 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.

“none at this time”

### Summary Tables:

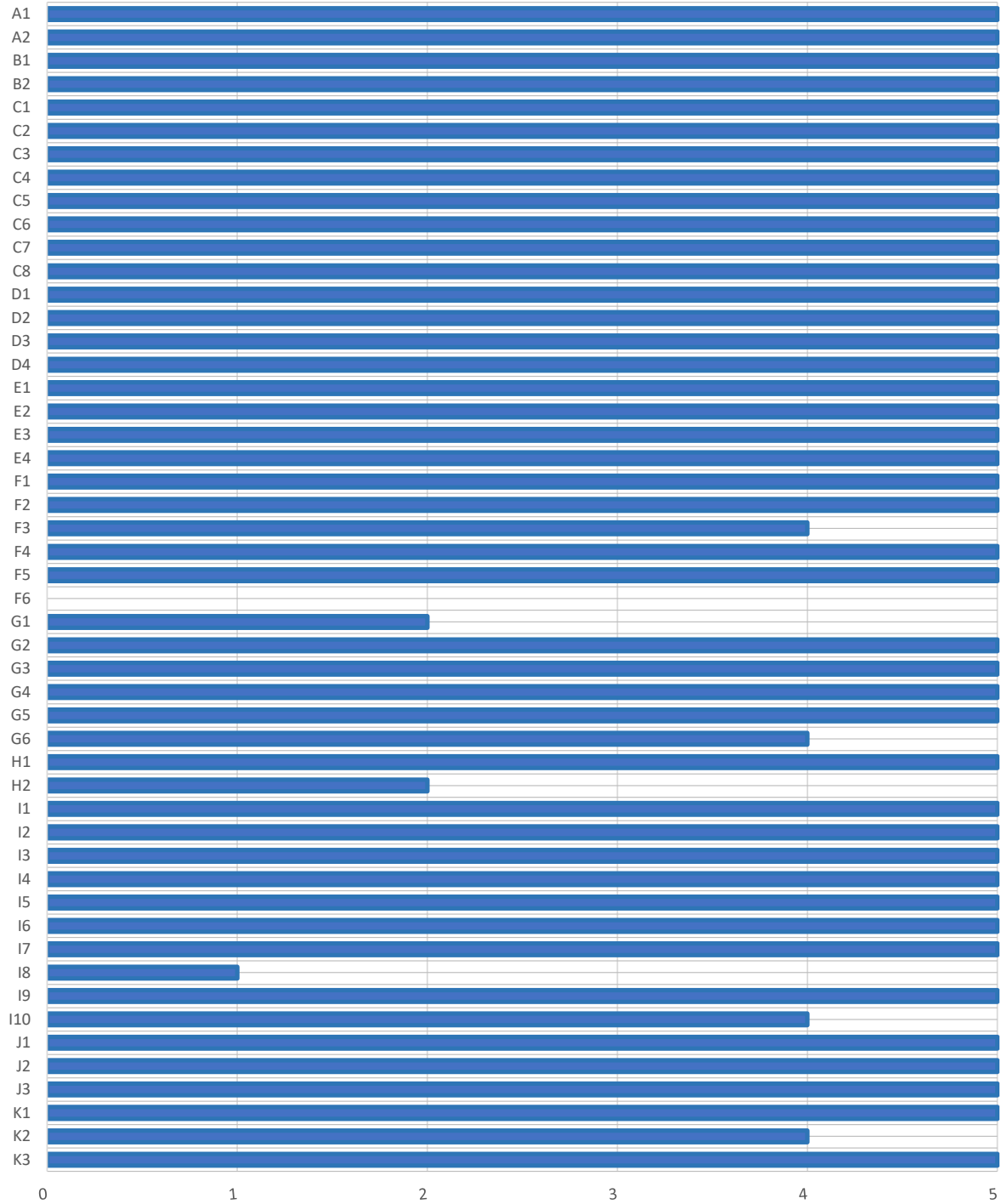
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\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2023-2024 School Wellness Survey Responses

## Oak Hill Elementary

Comparison of Survey Question and Self-Reported Wellness Score



Wellness Score

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



# 2023-2024 School Wellness Survey Responses

## Oak Hill Elementary

### Survey Questions Grouped by Wellness Score

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

# 2023-2024 School Wellness Survey Responses

## Oak View Elementary

### Section A – Physical Education

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

### Section B – Physical Activity

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

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

“ ”

### Section C – Health Education

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

# 2023-2024 School Wellness Survey Responses

## Oak View Elementary

C8: Substance Abuse Prevention.

Embedded

### Section D – Health Services

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

Response

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

Embedded

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

Embedded

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

Embedded

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

Embedded

### Section E – Healthy and Safe School Environment

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

Response

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

Embedded

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

Embedded

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

Embedded

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

Embedded

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

“none”

# 2023-2024 School Wellness Survey Responses

## Oak View Elementary

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

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

### Section G – Health Promotion for Staff Members

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

# 2023-2024 School Wellness Survey Responses

## Oak View Elementary

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

### Section H – Family and Community Involvement

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

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

“Work with PTA”

### Section I – Food and Nutrition General

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

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

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

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

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

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

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

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

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

# 2023-2024 School Wellness Survey Responses

## Oak View Elementary

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

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

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

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

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

Embedded

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

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

### Section K – Nutritional Guidelines

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

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

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

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

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

### Section L – Ideas/Comments/Suggestions

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

“No Response”

# 2023-2024 School Wellness Survey Responses

## Oak View Elementary

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

“No Response”

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

“No Response”

### Summary Tables:

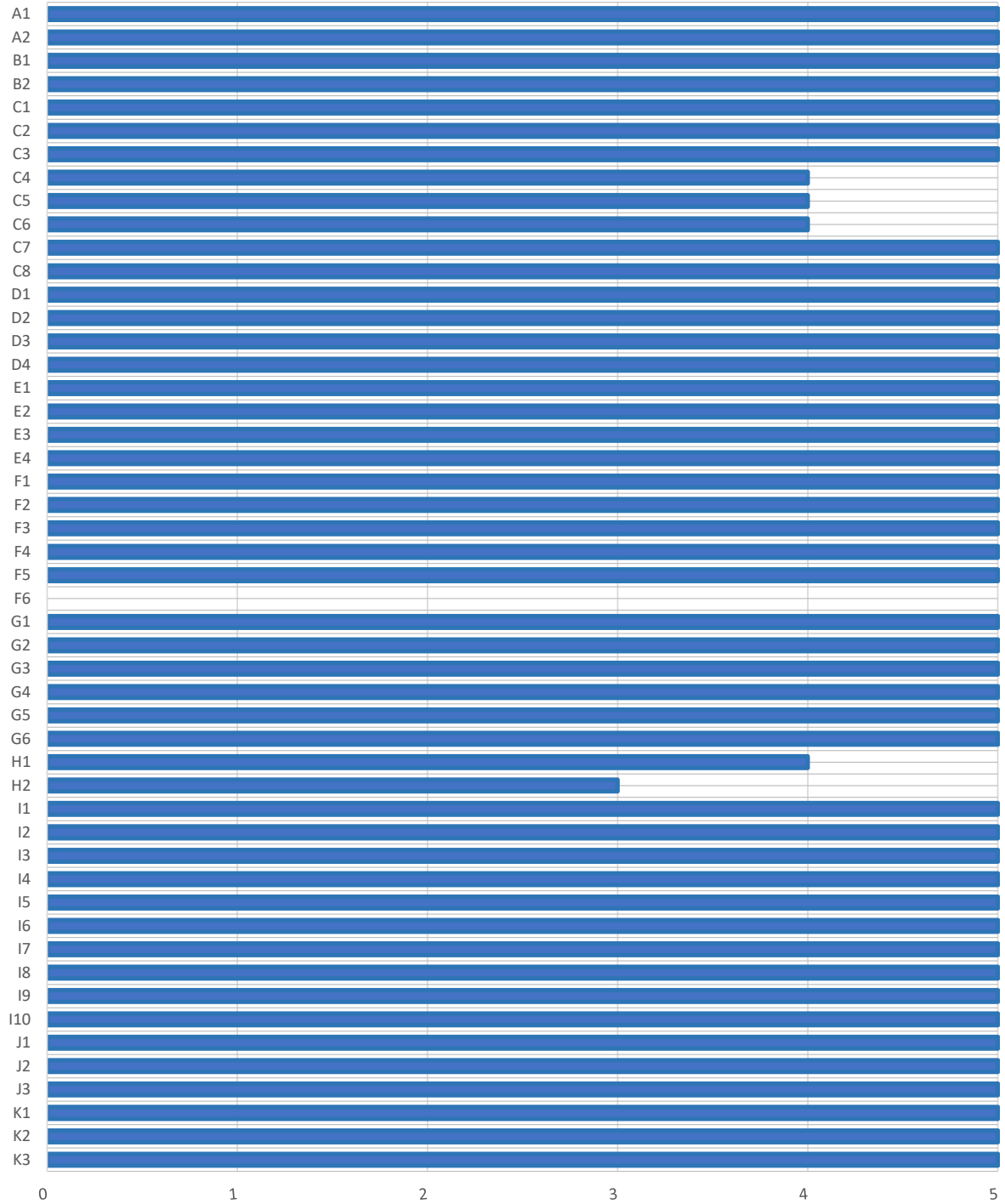
The following graph and table visually summarize your school’s responses provided above. Questions in the graph are represented by bars corresponding to the self-reported wellness score. Questions in the table are grouped together according to their self-reported wellness score (e.g., all questions recorded as “embedded” are grouped together, etc.).

\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2023-2024 School Wellness Survey Responses

## Oak View Elementary

Comparison of Survey Question and Self-Reported Wellness Score



Wellness Score

(1 = No Activity, 2 = Exploring, 3 = Transitioning, 4 = Emerging, 5 = Embedded)



# 2023-2024 School Wellness Survey Responses

## Oak View Elementary

### Survey Questions Grouped by Wellness Score

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
		H2	C4, C5, C6, H1	A1, A2, B1, B2, C1, C2, C3, C7, C8, D1, D2, D3, D4, E1, E2, E3, E4, F1, F2, F3, F4, F5, G1, G2, G3, G4, G5, G6, I1, I2, I3, I4, I5, I6, I7, I8, I9, I10, J1, J2, J3, K1, K2, K3, K4

# 2023-2024 School Wellness Survey Responses

## Oakton 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.

“recess equipment, lots of space for movement”

### Section C – Health Education

<u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u>	<u>Response</u>
C1: Promoting Healthy Lifestyles.	Emerging
C2: Stress Management.	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.	Emerging

# 2023-2024 School Wellness Survey Responses

## Oakton Elementary

C8: Substance Abuse Prevention.

Emerging

### Section D – Health Services

Question: To what extent does your school implement the following practices:

Response

D1: FCPS’ protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others.

Embedded

D2: Students have regular access to public health nurses to address health, safety, and psychological issues.

No Activity

D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia.

Embedded

D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102.

Embedded

### Section E – Healthy and Safe School Environment

Question: To what extent does your school implement the following practices:

Response

E1: Encourages children to safely walk or bike to and from school.

No Activity

E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults.

Embedded

E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560.

Embedded

E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS’ Policy 4419 and Regulation 2152.

Embedded

Question: Please share any school or community specific barriers to promoting a healthy and safe school environment for students.

“due to our location - students cannot safely walk or bike to school”

# 2023-2024 School Wellness Survey Responses

## Oakton Elementary

### Section F – School Counseling, School Psychology, and School Social Work Services

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
F1: Monitors school climate and other factors that may contribute to student stress, symptoms of anxiety and depression, and peer and academic pressures and substance use.	Embedded
F2: Our staff has received required suicide prevention training, as well as training that includes recognition of, and response to, mental and behavioral health needs.	Embedded
F3: Implements programs that foster social and emotional health and wellness of students and staff.	Embedded
F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.	Embedded
F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.	Embedded
F6: MIDDLE AND HIGH SCHOOLS ONLY: Academic advising encourages flexibility in course scheduling to promote adequate sleep and healthy sleep patterns to affect student mental health, wellness, and attendance.	Not a Middle/High School

### Section G – Health Promotion for Staff Members

<u>Question: To what extent does the staff wellness liaison support opportunities for staff members to improve their health and well-being:</u>	<u>Response</u>
G1: Health screenings.	No Activity
G2: Health care access.	No Activity
G3: Employee flu immunization clinics.	Embedded
G4: Wellness opportunities for staff, such as fitness challenges, fitness classes, mobile health screenings, wellness walks, workshops, or health fairs that emphasize work/life balance.	Embedded
G5: Awareness of the Employee Assistance Program Services.	Embedded

# 2023-2024 School Wellness Survey Responses

## Oakton Elementary

G6: Staff celebrations that offer and encourage healthy choices for food and beverages. Embedded

### Section H – Family and Community Involvement

Question: To what extent does your school implement the following practices: Response

H1: Established a wellness committee to implement activities that support the wellness policy. Embedded

H2: Includes a non-staff, family, or community member in our school's wellness committee. Embedded

Question: Please share how your wellness committee encourages involvement from families and community members in promoting wellness in your school.

“work closely with PTA to offer student activities”

### Section I – Food and Nutrition General

Question: To what extent does your school implement the following practices: Response

I1: All students have at least 20 minutes to eat after sitting down for lunch. Embedded

I2: Students who participate in school meal programs have equal access to the same high-quality food and nutrition as do non-participants who purchase FCPS-provided food. Embedded

I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities. Embedded

I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals. Embedded

I5: Encourages the use of non-food items for classroom celebrations. Embedded

I6: Withholding access to food is not used as a disciplinary action. Embedded

I7: Potable water is available to all our students at no cost. Embedded

I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS). No Activity

# 2023-2024 School Wellness Survey Responses

## Oakton Elementary

I9: Allows students to possess personal containers for drinking water. Embedded

I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible. Embedded

### Section J – Nutrition Education, Promotion, and Food Marketing

Question: To what extent does your school implement the following practices: Response

J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day. Embedded

Embedded

J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day. Embedded

J3: We follow FCPS’ policy on fundraisers as outlined in R2100.

### Section K – Nutritional Guidelines

Question: To what extent does your school implement the following practices: Response

K1: Sodas and sports drinks are not offered for sale to students at any time during the school day. Embedded

K2: Healthy food and beverage options are encouraged at school-related events outside the school day. Embedded

K3: Implements appropriate precautions against severe food allergies. Embedded  
Embedded

K4: We follow all nutrition guidelines for food and beverage standards, as outlined in FCPS P2100 and R2100.

### Section L – Ideas/Comments/Suggestions

Question: Please list any wellness events or activities your school has undertaken or will undertake this school year.

“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.

“No Response”

# 2023-2024 School Wellness Survey Responses

## Oakton Elementary

Question: Please provide any questions or comments you have with regard to FCPS' Student and Staff Health and Wellness policy, regulation, or these wellness survey items.

"No Response"

### Summary Tables:

The following graph and table visually summarize your school's responses provided above. Questions in the graph are represented by bars corresponding to the self-reported wellness score. Questions in the table are grouped together according to their self-reported wellness score (e.g., all questions recorded as "embedded" are grouped together, etc.).

\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2023-2024 School Wellness Survey Responses

## Oakton Elementary

Comparison of Survey Question and Self-Reported Wellness Score



Wellness Score

(1 = No Activity, 2 = Exploring, 3 = Transitioning, 4 = Emerging, 5 = Embedded)



# 2023-2024 School Wellness Survey Responses

## Oakton Elementary

### Survey Questions Grouped by Wellness Score

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
D2, E1, G1, G2, I8			C1, C4, C5, C7, C8	A1, A2, B1, B2, C2, C3, C6, D1, D3, D4, E2, E3, E4, F1, F2, F3, F4, F5, G3, G4, G5, G6, H1, H2, I1, I2, I3, I4, I5, I6, I7, I9, I10, J1, J2, J3, K1, K2, K3, K4

# 2023-2024 School Wellness Survey Responses

## Olde Creek Elementary

### Section A – Physical Education

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218.	Embedded
A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.	Emerging

### Section B – Physical Activity

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
B1: Withholding recess or physical education is not used as a disciplinary action.	Embedded
B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess.	Embedded

Question: Please highlight any activities or best practices used to promote student's physical activity.

“ ”

### Section C – Health Education

<u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u>	<u>Response</u>
C1: Promoting Healthy Lifestyles.	Emerging
C2: Stress Management.	Transitioning
C3: Coping Skills.	Emerging
C4: Depression.	Transitioning
C5: Suicide Prevention and Awareness.	Transitioning
C6: Mental Health Issues (general).	Emerging
C7: Relationship of Healthy Sleep to Mental Health.	Transitioning

# 2023-2024 School Wellness Survey Responses

## Olde Creek Elementary

C8: Substance Abuse Prevention.

Transitioning

### Section D – Health Services

Question: To what extent does your school implement the following practices:

Response

D1: FCPS' protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others.

Embedded

D2: Students have regular access to public health nurses to address health, safety, and psychological issues.

Embedded

D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia.

Embedded

D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102.

Embedded

### Section E – Healthy and Safe School Environment

Question: To what extent does your school implement the following practices:

Response

E1: Encourages children to safely walk or bike to and from school.

Embedded

E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults.

Emerging

E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560.

Embedded

E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152.

Embedded

Question: Please share any school or community specific barriers to promoting a healthy and safe school environment for students.

"none"

# 2023-2024 School Wellness Survey Responses

## Olde Creek Elementary

### Section F – School Counseling, School Psychology, and School Social Work Services

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
F1: Monitors school climate and other factors that may contribute to student stress, symptoms of anxiety and depression, and peer and academic pressures and substance use.	Emerging
F2: Our staff has received required suicide prevention training, as well as training that includes recognition of, and response to, mental and behavioral health needs.	Embedded
F3: Implements programs that foster social and emotional health and wellness of students and staff.	Emerging
F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.	Embedded
F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.	Emerging
F6: MIDDLE AND HIGH SCHOOLS ONLY: Academic advising encourages flexibility in course scheduling to promote adequate sleep and healthy sleep patterns to affect student mental health, wellness, and attendance.	Not a Middle/High School

### Section G – Health Promotion for Staff Members

<u>Question: To what extent does the staff wellness liaison support opportunities for staff members to improve their health and well-being:</u>	<u>Response</u>
G1: Health screenings.	Transitioning
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.	Emerging

# 2023-2024 School Wellness Survey Responses

## Olde Creek Elementary

G6: Staff celebrations that offer and encourage healthy choices for food and beverages. Embedded

### Section H – Family and Community Involvement

Question: To what extent does your school implement the following practices: Response

H1: Established a wellness committee to implement activities that support the wellness policy. Exploring

H2: Includes a non-staff, family, or community member in our school's wellness committee. No Activity

Question: Please share how your wellness committee encourages involvement from families and community members in promoting wellness in your school.

"none"

### Section I – Food and Nutrition General

Question: To what extent does your school implement the following practices: Response

I1: All students have at least 20 minutes to eat after sitting down for lunch. Embedded

I2: Students who participate in school meal programs have equal access to the same high-quality food and nutrition as do non-participants who purchase FCPS-provided food. Embedded

I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities. Embedded

I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals. Embedded

I5: Encourages the use of non-food items for classroom celebrations. Embedded

I6: Withholding access to food is not used as a disciplinary action. Embedded

I7: Potable water is available to all our students at no cost. Embedded

I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS). No Activity

# 2023-2024 School Wellness Survey Responses

## Olde Creek Elementary

I9: Allows students to possess personal containers for drinking water. Embedded

I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible. Embedded

### Section J – Nutrition Education, Promotion, and Food Marketing

Question: To what extent does your school implement the following practices: Response

J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day. No Activity

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

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. No Activity

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.

“Principals Walking Club”

Question: Please provide any suggestions, best practices, or tools that you believe would be helpful in evaluating and supporting student and staff health and wellness within FCPS.

“No Response”

# 2023-2024 School Wellness Survey Responses

## Olde Creek Elementary

Question: Please provide any questions or comments you have with regard to FCPS' Student and Staff Health and Wellness policy, regulation, or these wellness survey items.

"No Response"

### Summary Tables:

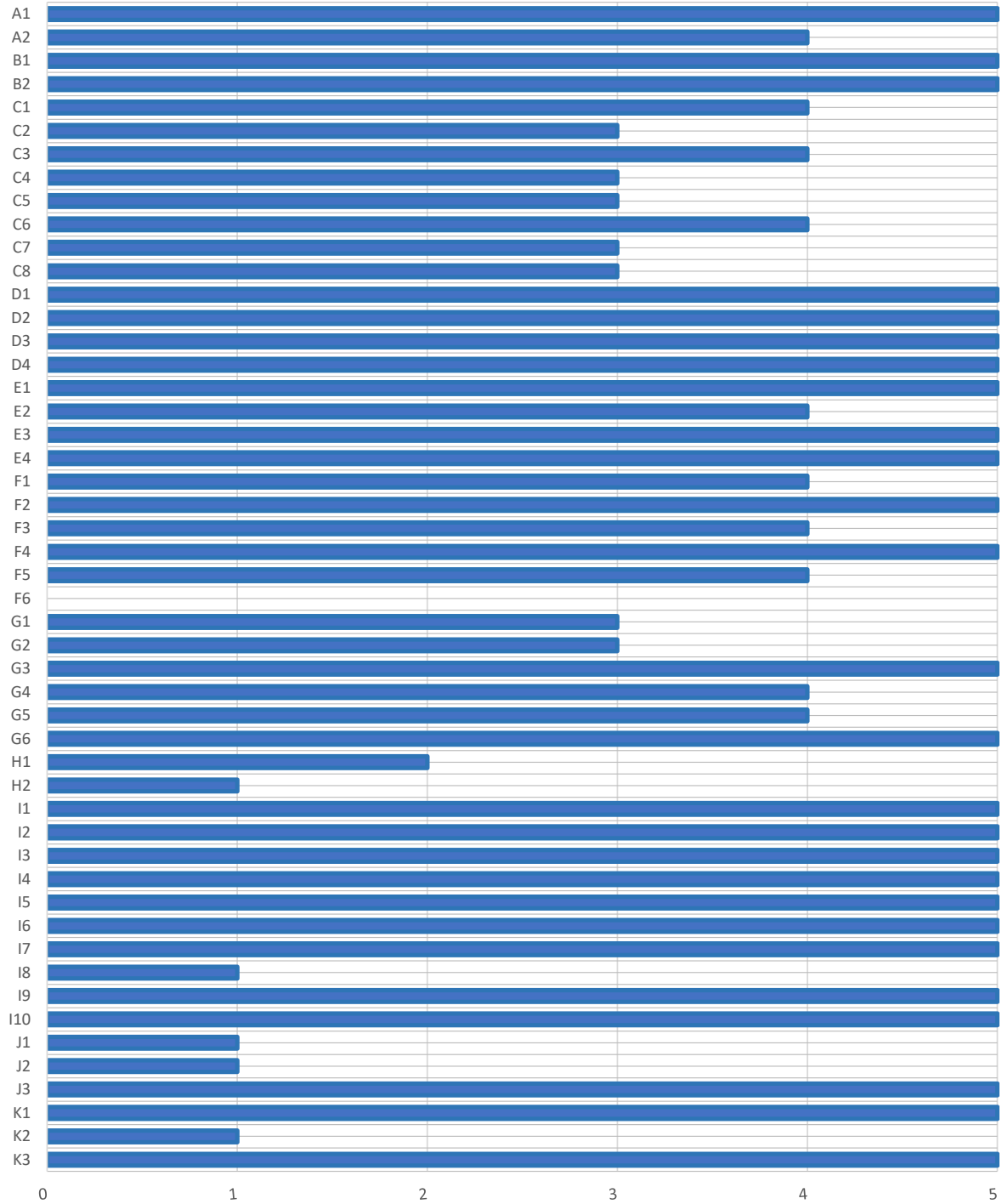
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\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2023-2024 School Wellness Survey Responses

## Olde Creek Elementary

Comparison of Survey Question and Self-Reported Wellness Score



Wellness Score

(1 = No Activity, 2 = Exploring, 3 = Transitioning, 4 = Emerging, 5 = Embedded)



# 2023-2024 School Wellness Survey Responses

## Olde Creek Elementary

### Survey Questions Grouped by Wellness Score

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
H2, I8, J1, J2, K2	H1	C2, C4, C5, C7, C8, G1, G2	A2, C1, C3, C6, E2, F1, F3, F5, G4, G5	A1, B1, B2, D1, D2, D3, D4, E1, E3, E4, F2, F4, G3, G6, I1, I2, I3, I4, I5, I6, I7, I9, I10, J3, K1, K3, K4

# 2023-2024 School Wellness Survey Responses

## Orange Hunt 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.

“Our students get 60 minutes a week of PE and 30 minutes a day of recess”

### Section C – Health Education

<u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u>	<u>Response</u>
C1: Promoting Healthy Lifestyles.	Emerging
C2: Stress Management.	Emerging
C3: Coping Skills.	Emerging
C4: Depression.	Transitioning
C5: Suicide Prevention and Awareness.	Emerging
C6: Mental Health Issues (general).	Embedded

# 2023-2024 School Wellness Survey Responses

## Orange Hunt Elementary

C7: Relationship of Healthy Sleep to Mental Health.	Emerging
C8: Substance Abuse Prevention.	Transitioning

### Section D – Health Services

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
D1: FCPS' protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others.	Embedded
D2: Students have regular access to public health nurses to address health, safety, and psychological issues.	Embedded
D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia.	Embedded
D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102.	Embedded

### Section E – Healthy and Safe School Environment

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
E1: Encourages children to safely walk or bike to and from school.	Transitioning
E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults.	Transitioning
E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560.	Embedded
E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152.	Embedded

Question: Please share any school or community specific barriers to promoting a healthy and safe school environment for students.

“none”

# 2023-2024 School Wellness Survey Responses

## Orange Hunt Elementary

### Section F – School Counseling, School Psychology, and School Social Work Services

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
F1: Monitors school climate and other factors that may contribute to student stress, symptoms of anxiety and depression, and peer and academic pressures and substance use.	Embedded
F2: Our staff has received required suicide prevention training, as well as training that includes recognition of, and response to, mental and behavioral health needs.	Embedded
F3: Implements programs that foster social and emotional health and wellness of students and staff.	Emerging
F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.	Embedded
F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.	Emerging
F6: MIDDLE AND HIGH SCHOOLS ONLY: Academic advising encourages flexibility in course scheduling to promote adequate sleep and healthy sleep patterns to affect student mental health, wellness, and attendance.	Not a Middle/High School

### Section G – Health Promotion for Staff Members

<u>Question: To what extent does the staff wellness liaison support opportunities for staff members to improve their health and well-being:</u>	<u>Response</u>
G1: Health screenings.	No Activity
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.	Emerging
G5: Awareness of the Employee Assistance Program Services.	Embedded

# 2023-2024 School Wellness Survey Responses

## Orange Hunt Elementary

G6: Staff celebrations that offer and encourage healthy choices for food and beverages. Emerging

### Section H – Family and Community Involvement

Question: To what extent does your school implement the following practices: Response

H1: Established a wellness committee to implement activities that support the wellness policy. Emerging

H2: Includes a non-staff, family, or community member in our school's wellness committee. Transitioning

Question: Please share how your wellness committee encourages involvement from families and community members in promoting wellness in your school.

“none”

### Section I – Food and Nutrition General

Question: To what extent does your school implement the following practices: Response

I1: All students have at least 20 minutes to eat after sitting down for lunch. Embedded

I2: Students who participate in school meal programs have equal access to the same high-quality food and nutrition as do non-participants who purchase FCPS-provided food. Embedded

I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities. Embedded

I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals. Embedded

I5: Encourages the use of non-food items for classroom celebrations. Embedded

I6: Withholding access to food is not used as a disciplinary action. Embedded

I7: Potable water is available to all our students at no cost. Embedded

I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS). Embedded

# 2023-2024 School Wellness Survey Responses

## Orange Hunt 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. Transitioning

Embedded

J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day. Embedded

J3: We follow FCPS’ policy on fundraisers as outlined in R2100.

### Section K – Nutritional Guidelines

Question: To what extent does your school implement the following practices: Response

K1: Sodas and sports drinks are not offered for sale to students at any time during the school day. Embedded

K2: Healthy food and beverage options are encouraged at school-related events outside the school day. Embedded

K3: Implements appropriate precautions against severe food allergies. Embedded  
Embedded

K4: We follow all nutrition guidelines for food and beverage standards, as outlined in FCPS P2100 and R2100.

### Section L – Ideas/Comments/Suggestions

Question: Please list any wellness events or activities your school has undertaken or will undertake this school year.

“No Response”

# 2023-2024 School Wellness Survey Responses

## Orange Hunt Elementary

Question: Please provide any suggestions, best practices, or tools that you believe would be helpful in evaluating and supporting student and staff health and wellness within FCPS.

“No Response”

Question: Please provide any questions or comments you have with regard to FCPS’ Student and Staff Health and Wellness policy, regulation, or these wellness survey items.

“No Response”

### Summary Tables:

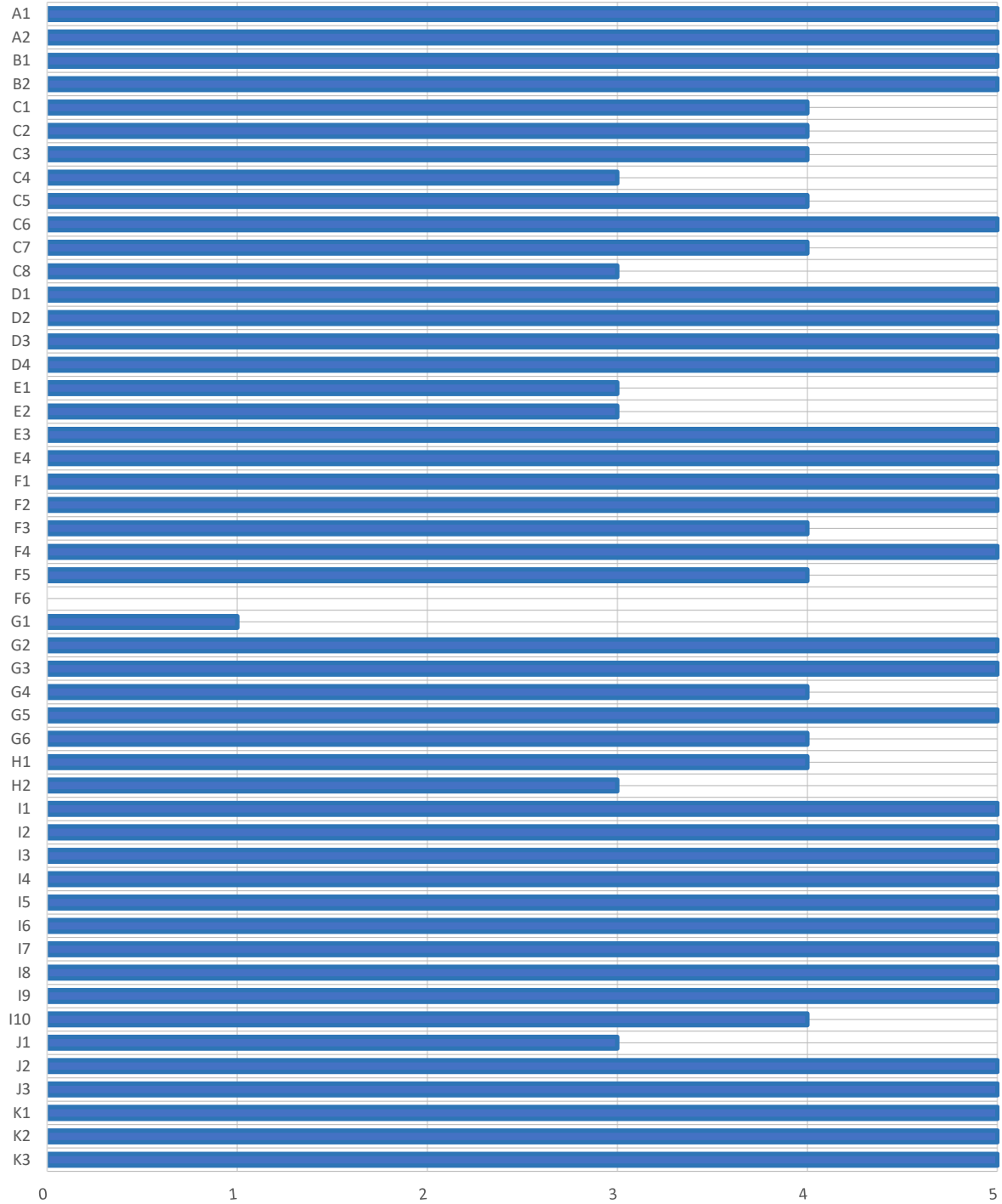
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\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2023-2024 School Wellness Survey Responses

## Orange Hunt Elementary

Comparison of Survey Question and Self-Reported Wellness Score



Wellness Score  
(1 = No Activity, 2 = Exploring, 3 = Transitioning, 4 = Emerging, 5 = Embedded)



# 2023-2024 School Wellness Survey Responses

## Orange Hunt Elementary

### Survey Questions Grouped by Wellness Score

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
G1		C4, C8, E1, E2, H2, J1	C1, C2, C3, C5, C7, F3, F5, G4, G6, H1, I10	A1, A2, B1, B2, C6, D1, D2, D3, D4, E3, E4, F1, F2, F4, G2, G3, G5, I1, I2, I3, I4, I5, I6, I7, I8, I9, J2, J3, K1, K2, K3, K4

# 2023-2024 School Wellness Survey Responses

## Parklawn Elementary

### Section A – Physical Education

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218.	Embedded
A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.	Embedded

### Section B – Physical Activity

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
B1: Withholding recess or physical education is not used as a disciplinary action.	Embedded
B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess.	Embedded

Question: Please highlight any activities or best practices used to promote student's physical activity.

“30 minutes recess daily, movement breaks in classrooms, annual Turkey Trot”

### Section C – Health Education

<u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u>	<u>Response</u>
C1: Promoting Healthy Lifestyles.	Embedded
C2: Stress Management.	Embedded
C3: Coping Skills.	Embedded
C4: Depression.	Embedded
C5: Suicide Prevention and Awareness.	Embedded
C6: Mental Health Issues (general).	Embedded

# 2023-2024 School Wellness Survey Responses

## Parklawn Elementary

C7: Relationship of Healthy Sleep to Mental Health.	Embedded
C8: Substance Abuse Prevention.	Embedded

### Section D – Health Services

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
D1: FCPS' protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others.	Embedded
D2: Students have regular access to public health nurses to address health, safety, and psychological issues.	Embedded
D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia.	Embedded
D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102.	Embedded

### Section E – Healthy and Safe School Environment

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
E1: Encourages children to safely walk or bike to and from school.	Embedded
E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults.	Embedded
E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560.	Embedded
E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152.	Embedded

Question: Please share any school or community specific barriers to promoting a healthy and safe school environment for students.

“schoolwide Second Step lessons build social-emotional skills, counselor lessons on coping skills”

# 2023-2024 School Wellness Survey Responses

## Parklawn Elementary

### Section F – School Counseling, School Psychology, and School Social Work Services

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
F1: Monitors school climate and other factors that may contribute to student stress, symptoms of anxiety and depression, and peer and academic pressures and substance use.	Embedded
F2: Our staff has received required suicide prevention training, as well as training that includes recognition of, and response to, mental and behavioral health needs.	Embedded
F3: Implements programs that foster social and emotional health and wellness of students and staff.	Embedded
F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.	Embedded
F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.	Embedded
F6: MIDDLE AND HIGH SCHOOLS ONLY: Academic advising encourages flexibility in course scheduling to promote adequate sleep and healthy sleep patterns to affect student mental health, wellness, and attendance.	Not a Middle/High School

### Section G – Health Promotion for Staff Members

<u>Question: To what extent does the staff wellness liaison support opportunities for staff members to improve their health and well-being:</u>	<u>Response</u>
G1: Health screenings.	Emerging
G2: Health care access.	Embedded
G3: Employee flu immunization clinics.	Emerging
G4: Wellness opportunities for staff, such as fitness challenges, fitness classes, mobile health screenings, wellness walks, workshops, or health fairs that emphasize work/life balance.	Emerging
G5: Awareness of the Employee Assistance Program Services.	Embedded

# 2023-2024 School Wellness Survey Responses

## Parklawn Elementary

G6: Staff celebrations that offer and encourage healthy choices for food and beverages. Embedded

### Section H – Family and Community Involvement

Question: To what extent does your school implement the following practices: Response

H1: Established a wellness committee to implement activities that support the wellness policy. Embedded

H2: Includes a non-staff, family, or community member in our school's wellness committee. Emerging

Question: Please share how your wellness committee encourages involvement from families and community members in promoting wellness in your school.

“none”

### Section I – Food and Nutrition General

Question: To what extent does your school implement the following practices: Response

I1: All students have at least 20 minutes to eat after sitting down for lunch. Embedded

I2: Students who participate in school meal programs have equal access to the same high-quality food and nutrition as do non-participants who purchase FCPS-provided food. Embedded

I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities. Embedded

I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals. Embedded

I5: Encourages the use of non-food items for classroom celebrations. Embedded

I6: Withholding access to food is not used as a disciplinary action. Embedded

I7: Potable water is available to all our students at no cost. Embedded

I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS). Emerging

# 2023-2024 School Wellness Survey Responses

## Parklawn Elementary

I9: Allows students to possess personal containers for drinking water. Embedded

I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible. Embedded

### Section J – Nutrition Education, Promotion, and Food Marketing

Question: To what extent does your school implement the following practices: Response

J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day. Embedded

Embedded

J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day. Embedded

J3: We follow FCPS’ policy on fundraisers as outlined in R2100.

### Section K – Nutritional Guidelines

Question: To what extent does your school implement the following practices: Response

K1: Sodas and sports drinks are not offered for sale to students at any time during the school day. Embedded

K2: Healthy food and beverage options are encouraged at school-related events outside the school day. Embedded

K3: Implements appropriate precautions against severe food allergies. Embedded  
Embedded

K4: We follow all nutrition guidelines for food and beverage standards, as outlined in FCPS P2100 and R2100.

### Section L – Ideas/Comments/Suggestions

Question: Please list any wellness events or activities your school has undertaken or will undertake this school year.

“No Response”

# 2023-2024 School Wellness Survey Responses

## Parklawn 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.

“Flu clinics were not offered to us this year. We reached out several times to our prior contact and did not hear back.”

Question: Please provide any questions or comments you have with regard to FCPS’ Student and Staff Health and Wellness policy, regulation, or these wellness survey items.

“No Response”

### Summary Tables:

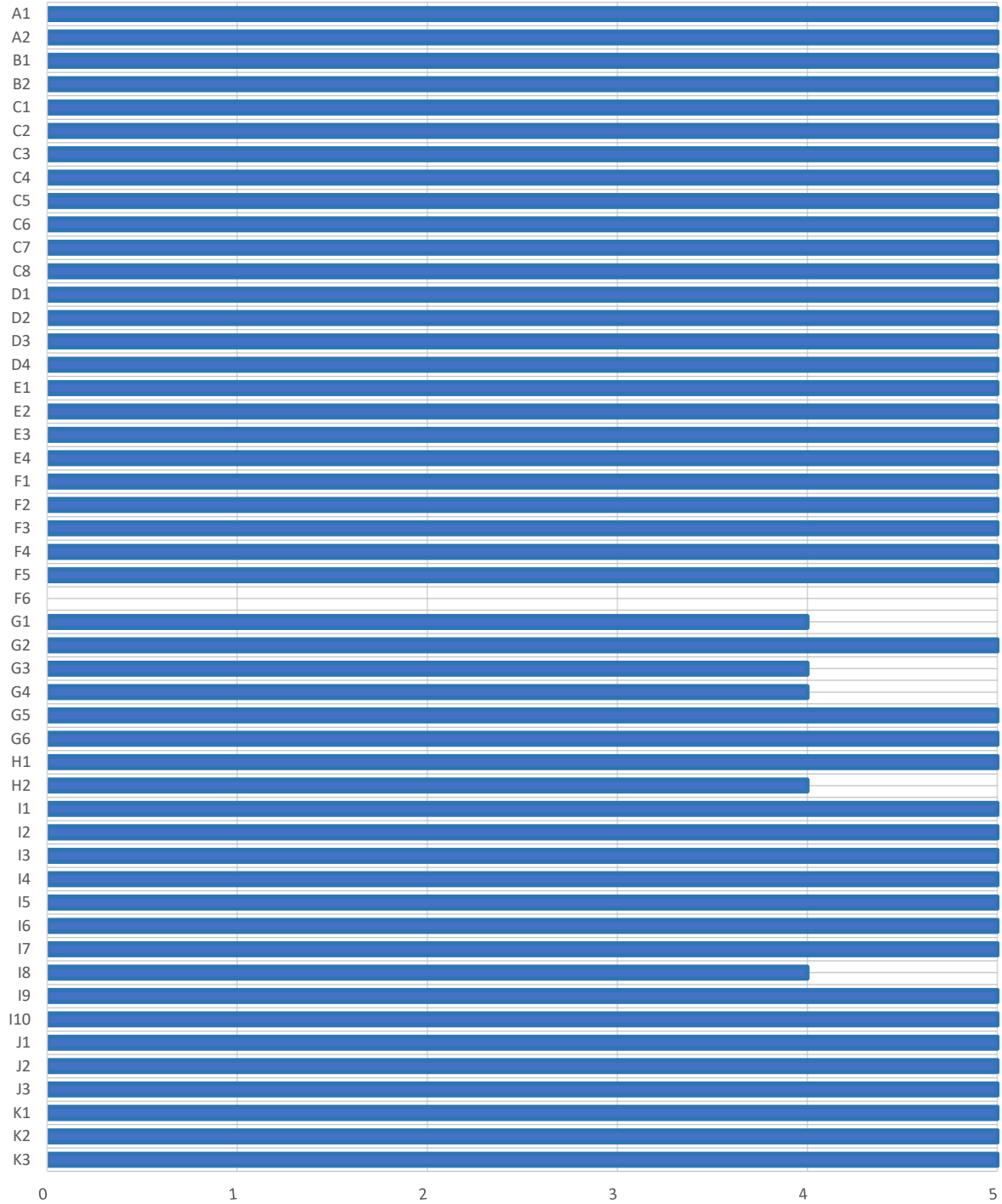
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\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2023-2024 School Wellness Survey Responses

## Parklawn Elementary

Comparison of Survey Question and Self-Reported Wellness Score



Wellness Score  
(1 = No Activity, 2 = Exploring, 3 = Transitioning, 4 = Emerging, 5 = Embedded)



# 2023-2024 School Wellness Survey Responses

## Parklawn Elementary

### Survey Questions Grouped by Wellness Score

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
			G1, G3, G4, H2, I8	A1, A2, B1, B2, C1, C2, C3, C4, C5, C6, C7, C8, D1, D2, D3, D4, E1, E2, E3, E4, F1, F2, F3, F4, F5, G2, G5, G6, H1, I1, I2, I3, I4, I5, I6, I7, I9, I10, J1, J2, J3, K1, K2, K3, K4

# 2023-2024 School Wellness Survey Responses

## Pine Spring Elementary

### Section A – Physical Education

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218.	Embedded
A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.	Embedded

### Section B – Physical Activity

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
B1: Withholding recess or physical education is not used as a disciplinary action.	Embedded
B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess.	Embedded

Question: Please highlight any activities or best practices used to promote student's physical activity.

“ ”

### Section C – Health Education

<u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u>	<u>Response</u>
C1: Promoting Healthy Lifestyles.	Emerging
C2: Stress Management.	Embedded
C3: Coping Skills.	Embedded
C4: Depression.	Transitioning
C5: Suicide Prevention and Awareness.	Transitioning
C6: Mental Health Issues (general).	Emerging
C7: Relationship of Healthy Sleep to Mental Health.	Emerging

# 2023-2024 School Wellness Survey Responses

## Pine Spring Elementary

C8: Substance Abuse Prevention.

Transitioning

### Section D – Health Services

Question: To what extent does your school implement the following practices:

Response

D1: FCPS' protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others.

Embedded

D2: Students have regular access to public health nurses to address health, safety, and psychological issues.

Embedded

D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia.

Embedded

D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102.

Embedded

### Section E – Healthy and Safe School Environment

Question: To what extent does your school implement the following practices:

Response

E1: Encourages children to safely walk or bike to and from school.

Emerging

E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults.

Emerging

E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560.

Embedded

E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152.

Embedded

Question: Please share any school or community specific barriers to promoting a healthy and safe school environment for students.

“none”

# 2023-2024 School Wellness Survey Responses

## Pine Spring Elementary

### Section F – School Counseling, School Psychology, and School Social Work Services

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
F1: Monitors school climate and other factors that may contribute to student stress, symptoms of anxiety and depression, and peer and academic pressures and substance use.	Emerging
F2: Our staff has received required suicide prevention training, as well as training that includes recognition of, and response to, mental and behavioral health needs.	Embedded
F3: Implements programs that foster social and emotional health and wellness of students and staff.	Embedded
F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.	Embedded
F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.	Emerging
F6: MIDDLE AND HIGH SCHOOLS ONLY: Academic advising encourages flexibility in course scheduling to promote adequate sleep and healthy sleep patterns to affect student mental health, wellness, and attendance.	Not a Middle/High School

### Section G – Health Promotion for Staff Members

<u>Question: To what extent does the staff wellness liaison support opportunities for staff members to improve their health and well-being:</u>	<u>Response</u>
G1: Health screenings.	Embedded
G2: Health care access.	Embedded
G3: Employee flu immunization clinics.	Embedded
G4: Wellness opportunities for staff, such as fitness challenges, fitness classes, mobile health screenings, wellness walks, workshops, or health fairs that emphasize work/life balance.	Embedded
G5: Awareness of the Employee Assistance Program Services.	Embedded

# 2023-2024 School Wellness Survey Responses

## Pine Spring Elementary

G6: Staff celebrations that offer and encourage healthy choices for food and beverages. Embedded

### Section H – Family and Community Involvement

Question: To what extent does your school implement the following practices: Response

H1: Established a wellness committee to implement activities that support the wellness policy. Transitioning

H2: Includes a non-staff, family, or community member in our school's wellness committee. Exploring

Question: Please share how your wellness committee encourages involvement from families and community members in promoting wellness in your school.

“none”

### Section I – Food and Nutrition General

Question: To what extent does your school implement the following practices: Response

I1: All students have at least 20 minutes to eat after sitting down for lunch. Embedded

I2: Students who participate in school meal programs have equal access to the same high-quality food and nutrition as do non-participants who purchase FCPS-provided food. Embedded

I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities. Embedded

I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals. No Activity

I5: Encourages the use of non-food items for classroom celebrations. Emerging

I6: Withholding access to food is not used as a disciplinary action. Embedded

I7: Potable water is available to all our students at no cost. Embedded

I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS). Embedded

# 2023-2024 School Wellness Survey Responses

## Pine Spring Elementary

I9: Allows students to possess personal containers for drinking water. Embedded

I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible. Embedded

### Section J – Nutrition Education, Promotion, and Food Marketing

Question: To what extent does your school implement the following practices: Response

J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day. Embedded

Embedded

J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day. Embedded

J3: We follow FCPS’ policy on fundraisers as outlined in R2100.

### Section K – Nutritional Guidelines

Question: To what extent does your school implement the following practices: Response

K1: Sodas and sports drinks are not offered for sale to students at any time during the school day. Embedded

K2: Healthy food and beverage options are encouraged at school-related events outside the school day. Embedded

K3: Implements appropriate precautions against severe food allergies. Embedded  
Embedded

K4: We follow all nutrition guidelines for food and beverage standards, as outlined in FCPS P2100 and R2100.

### Section L – Ideas/Comments/Suggestions

Question: Please list any wellness events or activities your school has undertaken or will undertake this school year.

“No Response”

# 2023-2024 School Wellness Survey Responses

## Pine Spring Elementary

Question: Please provide any suggestions, best practices, or tools that you believe would be helpful in evaluating and supporting student and staff health and wellness within FCPS.

“No Response”

Question: Please provide any questions or comments you have with regard to FCPS’ Student and Staff Health and Wellness policy, regulation, or these wellness survey items.

“No Response”

### Summary Tables:

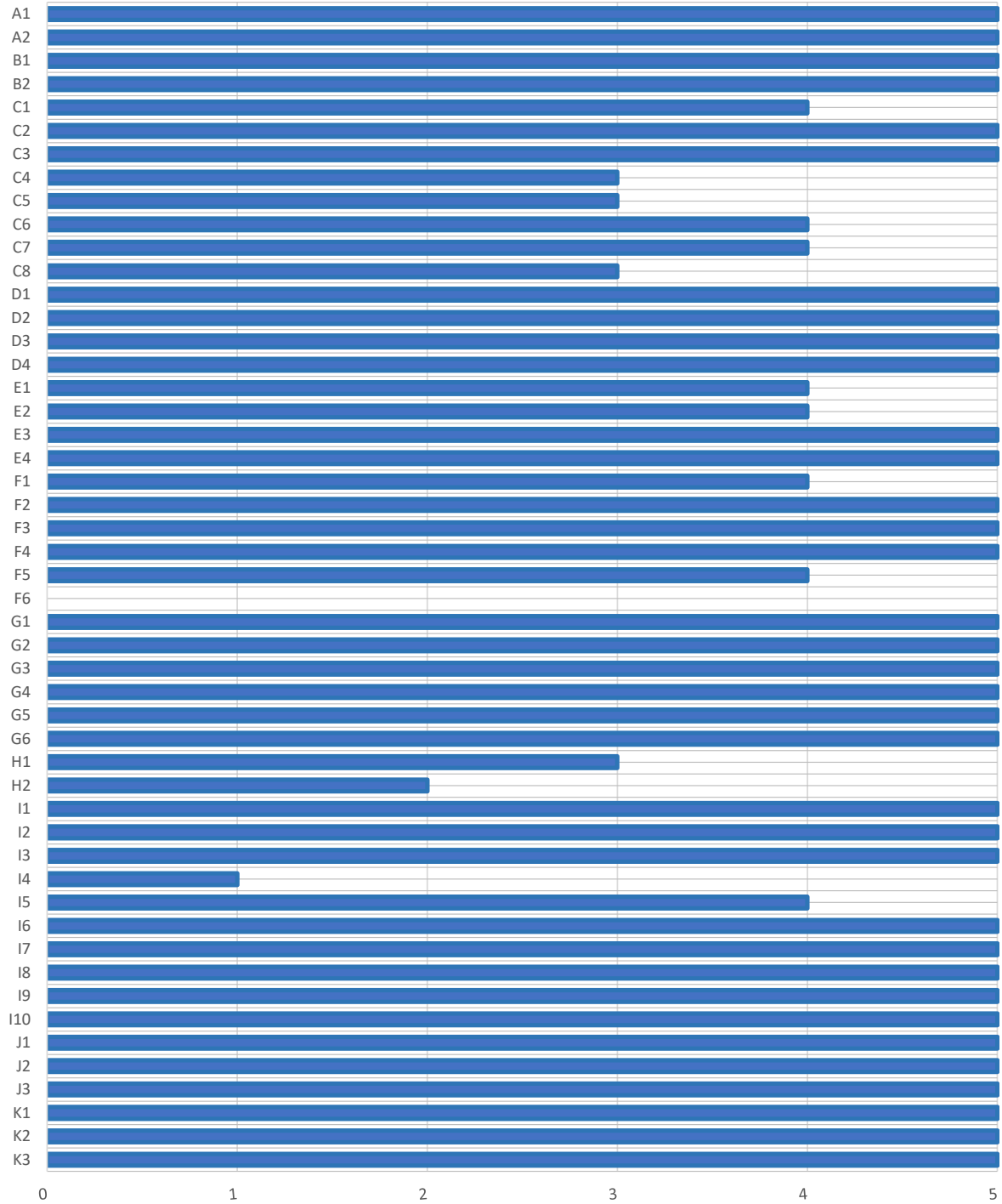
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# 2023-2024 School Wellness Survey Responses

## Pine Spring Elementary

Comparison of Survey Question and Self-Reported Wellness Score



Wellness Score  
(1 = No Activity, 2 = Exploring, 3 = Transitioning, 4 = Emerging, 5 = Embedded)



# 2023-2024 School Wellness Survey Responses

## Pine Spring Elementary

### Survey Questions Grouped by Wellness Score

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
I4	H2	C4, C5, C8, H1	C1, C6, C7, E1, E2, F1, F5, I5	A1, A2, B1, B2, C2, C3, D1, D2, D3, D4, E3, E4, F2, F3, F4, G1, G2, G3, G4, G5, G6, I1, I2, I3, I6, I7, I8, I9, I10, J1, J2, J3, K1, K2, K3, K4

# 2023-2024 School Wellness Survey Responses

## Poplar Tree Elementary

### Section A – Physical Education

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218.	Embedded
A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.	Embedded

### Section B – Physical Activity

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
B1: Withholding recess or physical education is not used as a disciplinary action.	Embedded
B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess.	Embedded

Question: Please highlight any activities or best practices used to promote student's physical activity.

“ ”

### Section C – Health Education

<u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u>	<u>Response</u>
C1: Promoting Healthy Lifestyles.	Emerging
C2: Stress Management.	Emerging
C3: Coping Skills.	Emerging
C4: Depression.	Emerging
C5: Suicide Prevention and Awareness.	Emerging
C6: Mental Health Issues (general).	Emerging
C7: Relationship of Healthy Sleep to Mental Health.	Emerging

# 2023-2024 School Wellness Survey Responses

## Poplar Tree Elementary

C8: Substance Abuse Prevention.

Emerging

### Section D – Health Services

Question: To what extent does your school implement the following practices:

Response

D1: FCPS' protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others.

Embedded

D2: Students have regular access to public health nurses to address health, safety, and psychological issues.

Embedded

D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia.

Embedded

D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102.

Embedded

### Section E – Healthy and Safe School Environment

Question: To what extent does your school implement the following practices:

Response

E1: Encourages children to safely walk or bike to and from school.

Embedded

E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults.

Embedded

E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560.

Embedded

E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152.

Embedded

Question: Please share any school or community specific barriers to promoting a healthy and safe school environment for students.

“none”

# 2023-2024 School Wellness Survey Responses

## Poplar Tree Elementary

### Section F – School Counseling, School Psychology, and School Social Work Services

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
F1: Monitors school climate and other factors that may contribute to student stress, symptoms of anxiety and depression, and peer and academic pressures and substance use.	Embedded
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F3: Implements programs that foster social and emotional health and wellness of students and staff.	Embedded
F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.	Embedded
F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.	Embedded
F6: MIDDLE AND HIGH SCHOOLS ONLY: Academic advising encourages flexibility in course scheduling to promote adequate sleep and healthy sleep patterns to affect student mental health, wellness, and attendance.	Not a Middle/High School

### Section G – Health Promotion for Staff Members

<u>Question: To what extent does the staff wellness liaison support opportunities for staff members to improve their health and well-being:</u>	<u>Response</u>
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G4: Wellness opportunities for staff, such as fitness challenges, fitness classes, mobile health screenings, wellness walks, workshops, or health fairs that emphasize work/life balance.	Embedded
G5: Awareness of the Employee Assistance Program Services.	Embedded

# 2023-2024 School Wellness Survey Responses

## Poplar Tree Elementary

G6: Staff celebrations that offer and encourage healthy choices for food and beverages. Embedded

### Section H – Family and Community Involvement

Question: To what extent does your school implement the following practices: Response

H1: Established a wellness committee to implement activities that support the wellness policy. Exploring

H2: Includes a non-staff, family, or community member in our school's wellness committee. Exploring

Question: Please share how your wellness committee encourages involvement from families and community members in promoting wellness in your school.

"none"

### Section I – Food and Nutrition General

Question: To what extent does your school implement the following practices: Response

I1: All students have at least 20 minutes to eat after sitting down for lunch. Embedded

I2: Students who participate in school meal programs have equal access to the same high-quality food and nutrition as do non-participants who purchase FCPS-provided food. Embedded

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I5: Encourages the use of non-food items for classroom celebrations. Embedded

I6: Withholding access to food is not used as a disciplinary action. Embedded

I7: Potable water is available to all our students at no cost. Embedded

I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS). Exploring

# 2023-2024 School Wellness Survey Responses

## Poplar Tree 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

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K4: We follow all nutrition guidelines for food and beverage standards, as outlined in FCPS P2100 and R2100.

### Section L – Ideas/Comments/Suggestions

Question: Please list any wellness events or activities your school has undertaken or will undertake this school year.

“No Response”

Question: Please provide any suggestions, best practices, or tools that you believe would be helpful in evaluating and supporting student and staff health and wellness within FCPS.

“No Response”

# 2023-2024 School Wellness Survey Responses

## Poplar Tree Elementary

Question: Please provide any questions or comments you have with regard to FCPS' Student and Staff Health and Wellness policy, regulation, or these wellness survey items.

"No Response"

### Summary Tables:

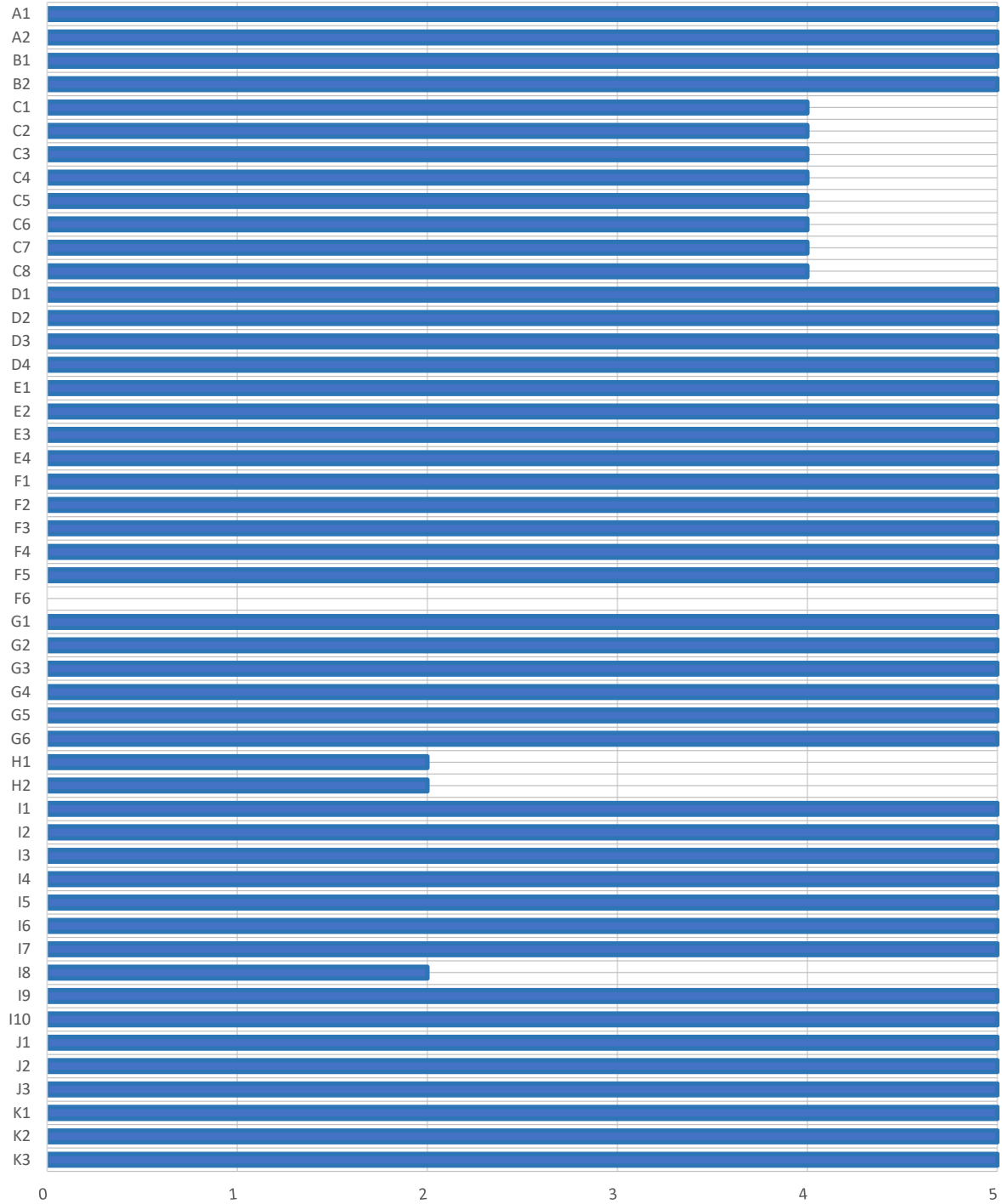
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\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2023-2024 School Wellness Survey Responses

## Poplar Tree Elementary

Comparison of Survey Question and Self-Reported Wellness Score



Wellness Score  
(1 = No Activity, 2 = Exploring, 3 = Transitioning, 4 = Emerging, 5 = Embedded)



# 2023-2024 School Wellness Survey Responses

## Poplar Tree Elementary

### Survey Questions Grouped by Wellness Score

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
	H1, H2, I8		C1, C2, C3, C4, C5, C6, C7, C8	A1, A2, B1, B2, D1, D2, D3, D4, E1, E2, E3, E4, F1, F2, F3, F4, F5, G1, G2, G3, G4, G5, G6, I1, I2, I3, I4, I5, I6, I7, I9, I10, J1, J2, J3, K1, K2, K3, K4

# 2023-2024 School Wellness Survey Responses

## Powell 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.

“Our school uses many "brain breaks" to promote physical activity throughout the day in the classroom. We don't take away recess as a disciplinary measure. As much as possible, we offer flexible seating to allow for different kinds of "sitting" positions. ”

### Section C – Health Education

<u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u>	<u>Response</u>
C1: Promoting Healthy Lifestyles.	Emerging
C2: Stress Management.	Emerging
C3: Coping Skills.	Emerging
C4: Depression.	Transitioning
C5: Suicide Prevention and Awareness.	Transitioning

# 2023-2024 School Wellness Survey Responses

## Powell Elementary

C6: Mental Health Issues (general).	Emerging
C7: Relationship of Healthy Sleep to Mental Health.	Transitioning
C8: Substance Abuse Prevention.	Exploring

### Section D – Health Services

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
D1: FCPS' protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others.	Embedded
D2: Students have regular access to public health nurses to address health, safety, and psychological issues.	Transitioning
D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia.	Embedded
D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102.	Embedded

### Section E – Healthy and Safe School Environment

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
E1: Encourages children to safely walk or bike to and from school.	Embedded
E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults.	Embedded
E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560.	Embedded
E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152.	Embedded

Question: Please share any school or community specific barriers to promoting a healthy and safe school environment for students.

“We do not have cameras along the exterior of our building. We have had vandalism occur to our building as well as school busses that are parked at the school overnight. Unfortunately, we do not have access to any footage. Cameras would provide a safer school environment.”

# 2023-2024 School Wellness Survey Responses

## Powell Elementary

### Section F – School Counseling, School Psychology, and School Social Work Services

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
F1: Monitors school climate and other factors that may contribute to student stress, symptoms of anxiety and depression, and peer and academic pressures and substance use.	Emerging
F2: Our staff has received required suicide prevention training, as well as training that includes recognition of, and response to, mental and behavioral health needs.	Emerging
F3: Implements programs that foster social and emotional health and wellness of students and staff.	Emerging
F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.	Embedded
F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.	Emerging
F6: MIDDLE AND HIGH SCHOOLS ONLY: Academic advising encourages flexibility in course scheduling to promote adequate sleep and healthy sleep patterns to affect student mental health, wellness, and attendance.	Not a Middle/High School

### Section G – Health Promotion for Staff Members

<u>Question: To what extent does the staff wellness liaison support opportunities for staff members to improve their health and well-being:</u>	<u>Response</u>
G1: Health screenings.	Exploring
G2: Health care access.	No Activity
G3: Employee flu immunization clinics.	Embedded

# 2023-2024 School Wellness Survey Responses

## Powell Elementary

G4: Wellness opportunities for staff, such as fitness challenges, fitness classes, mobile health screenings, wellness walks, workshops, or health fairs that emphasize work/life balance.	Transitioning
G5: Awareness of the Employee Assistance Program Services.	Emerging
G6: Staff celebrations that offer and encourage healthy choices for food and beverages.	Emerging

## Section H – Family and Community Involvement

Question: To what extent does your school implement the following practices: Response

H1: Established a wellness committee to implement activities that support the wellness policy.	Transitioning
H2: Includes a non-staff, family, or community member in our school's wellness committee.	Exploring

Question: Please share how your wellness committee encourages involvement from families and community members in promoting wellness in your school.

“none”

## Section I – Food and Nutrition General

Question: To what extent does your school implement the following practices: Response

I1: All students have at least 20 minutes to eat after sitting down for lunch.	Embedded
I2: Students who participate in school meal programs have equal access to the same high-quality food and nutrition as do non-participants who purchase FCPS-provided food.	Embedded
I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities.	Embedded
I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals.	Embedded
I5: Encourages the use of non-food items for classroom celebrations.	Emerging

# 2023-2024 School Wellness Survey Responses

## Powell Elementary

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.	Embedded

## Section J – Nutrition Education, Promotion, and Food Marketing

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day.	Embedded
J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day.	Embedded
J3: We follow FCPS’ policy on fundraisers as outlined in R2100.	Embedded

## Section K – Nutritional Guidelines

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
K1: Sodas and sports drinks are not offered for sale to students at any time during the school day.	Embedded
K2: Healthy food and beverage options are encouraged at school-related events outside the school day.	Emerging
K3: Implements appropriate precautions against severe food allergies.	Embedded Embedded
K4: We follow all nutrition guidelines for food and beverage standards, as outlined in FCPS P2100 and R2100.	

# 2023-2024 School Wellness Survey Responses

## Powell Elementary

### Section L – Ideas/Comments/Suggestions

Question: Please list any wellness events or activities your school has undertaken or will undertake this school year.

“Staff flu shots, running club for students, brain breaks are embedded in school culture, recess is never taken away, limiting food items during celebrations”

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.

“free access to fitness clubs at schools by approved vendors for students, free access to a fitness facility for staff”

Question: Please provide any questions or comments you have with regard to FCPS’ Student and Staff Health and Wellness policy, regulation, or these wellness survey items.

“No Response”

### Summary Tables:

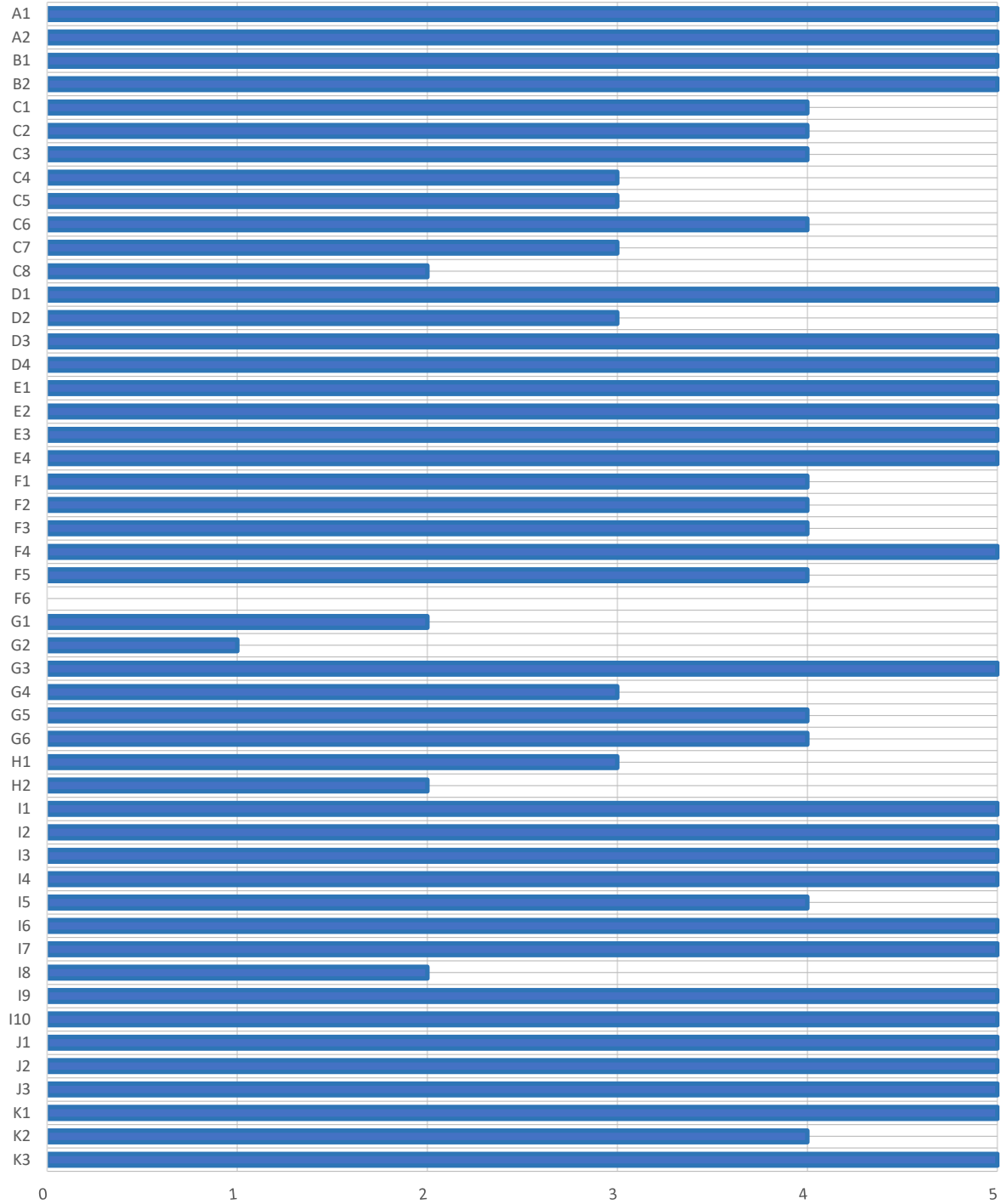
The following graph and table visually summarize your school’s responses provided above. Questions in the graph are represented by bars corresponding to the self-reported wellness score. Questions in the table are grouped together according to their self-reported wellness score (e.g., all questions recorded as “embedded” are grouped together, etc.).

\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2023-2024 School Wellness Survey Responses

## Powell Elementary

Comparison of Survey Question and Self-Reported Wellness Score



Wellness Score

(1 = No Activity, 2 = Exploring, 3 = Transitioning, 4 = Emerging, 5 = Embedded)



# 2023-2024 School Wellness Survey Responses

## Powell Elementary

### Survey Questions Grouped by Wellness Score

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
G2	C8, G1, H2, I8	C4, C5, C7, D2, G4, H1	C1, C2, C3, C6, F1, F2, F3, F5, G5, G6, I5, K2	A1, A2, B1, B2, D1, D3, D4, E1, E2, E3, E4, F4, G3, I1, I2, I3, I4, I6, I7, I9, I10, J1, J2, J3, K1, K3, K4

# 2023-2024 School Wellness Survey Responses

## Providence Elementary

### Section A – Physical Education

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218.	Embedded
A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.	Embedded

### Section B – Physical Activity

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
B1: Withholding recess or physical education is not used as a disciplinary action.	Embedded
B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess.	Embedded

Question: Please highlight any activities or best practices used to promote student's physical activity.

“30 minutes of recess time each day per grade level. Opportunities to play on the playground, fields, and blacktop.”

### Section C – Health Education

<u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u>	<u>Response</u>
C1: Promoting Healthy Lifestyles.	Embedded
C2: Stress Management.	Embedded
C3: Coping Skills.	Embedded
C4: Depression.	Emerging
C5: Suicide Prevention and Awareness.	Emerging
C6: Mental Health Issues (general).	Embedded

# 2023-2024 School Wellness Survey Responses

## Providence Elementary

C7: Relationship of Healthy Sleep to Mental Health.	Emerging
C8: Substance Abuse Prevention.	Embedded

### Section D – Health Services

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
D1: FCPS' protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others.	Embedded
D2: Students have regular access to public health nurses to address health, safety, and psychological issues.	Embedded
D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia.	Embedded
D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102.	Embedded

### Section E – Healthy and Safe School Environment

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
E1: Encourages children to safely walk or bike to and from school.	Embedded
E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults.	Embedded
E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560.	Embedded
E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152.	Embedded

Question: Please share any school or community specific barriers to promoting a healthy and safe school environment for students.

“none”

# 2023-2024 School Wellness Survey Responses

## Providence Elementary

### Section F – School Counseling, School Psychology, and School Social Work Services

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
F1: Monitors school climate and other factors that may contribute to student stress, symptoms of anxiety and depression, and peer and academic pressures and substance use.	Embedded
F2: Our staff has received required suicide prevention training, as well as training that includes recognition of, and response to, mental and behavioral health needs.	Embedded
F3: Implements programs that foster social and emotional health and wellness of students and staff.	Embedded
F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.	Embedded
F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.	Embedded
F6: MIDDLE AND HIGH SCHOOLS ONLY: Academic advising encourages flexibility in course scheduling to promote adequate sleep and healthy sleep patterns to affect student mental health, wellness, and attendance.	Not a Middle/High School

### Section G – Health Promotion for Staff Members

<u>Question: To what extent does the staff wellness liaison support opportunities for staff members to improve their health and well-being:</u>	<u>Response</u>
G1: Health screenings.	Embedded
G2: Health care access.	Embedded
G3: Employee flu immunization clinics.	Embedded
G4: Wellness opportunities for staff, such as fitness challenges, fitness classes, mobile health screenings, wellness walks, workshops, or health fairs that emphasize work/life balance.	Emerging
G5: Awareness of the Employee Assistance Program Services.	Embedded

# 2023-2024 School Wellness Survey Responses

## Providence Elementary

G6: Staff celebrations that offer and encourage healthy choices for food and beverages. Embedded

### Section H – Family and Community Involvement

Question: To what extent does your school implement the following practices: Response

H1: Established a wellness committee to implement activities that support the wellness policy. Emerging

H2: Includes a non-staff, family, or community member in our school's wellness committee. Transitioning

Question: Please share how your wellness committee encourages involvement from families and community members in promoting wellness in your school.

“none”

### Section I – Food and Nutrition General

Question: To what extent does your school implement the following practices: Response

I1: All students have at least 20 minutes to eat after sitting down for lunch. Embedded

I2: Students who participate in school meal programs have equal access to the same high-quality food and nutrition as do non-participants who purchase FCPS-provided food. Embedded

I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities. Embedded

I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals. Embedded

I5: Encourages the use of non-food items for classroom celebrations. Embedded

I6: Withholding access to food is not used as a disciplinary action. Embedded

I7: Potable water is available to all our students at no cost. Embedded

I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS). Embedded

# 2023-2024 School Wellness Survey Responses

## Providence Elementary

I9: Allows students to possess personal containers for drinking water. Embedded

I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible. Embedded

### Section J – Nutrition Education, Promotion, and Food Marketing

Question: To what extent does your school implement the following practices: Response

J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day. Embedded

Embedded

J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day. Embedded

J3: We follow FCPS’ policy on fundraisers as outlined in R2100.

### Section K – Nutritional Guidelines

Question: To what extent does your school implement the following practices: Response

K1: Sodas and sports drinks are not offered for sale to students at any time during the school day. Embedded

K2: Healthy food and beverage options are encouraged at school-related events outside the school day. Emerging

K3: Implements appropriate precautions against severe food allergies. Embedded  
Embedded

K4: We follow all nutrition guidelines for food and beverage standards, as outlined in FCPS P2100 and R2100.

### Section L – Ideas/Comments/Suggestions

Question: Please list any wellness events or activities your school has undertaken or will undertake this school year.

“Field Day, Community Resource Night, Turkey Trot”

# 2023-2024 School Wellness Survey Responses

## Providence Elementary

Question: Please provide any suggestions, best practices, or tools that you believe would be helpful in evaluating and supporting student and staff health and wellness within FCPS.

“No Response”

Question: Please provide any questions or comments you have with regard to FCPS’ Student and Staff Health and Wellness policy, regulation, or these wellness survey items.

“No Response”

### Summary Tables:

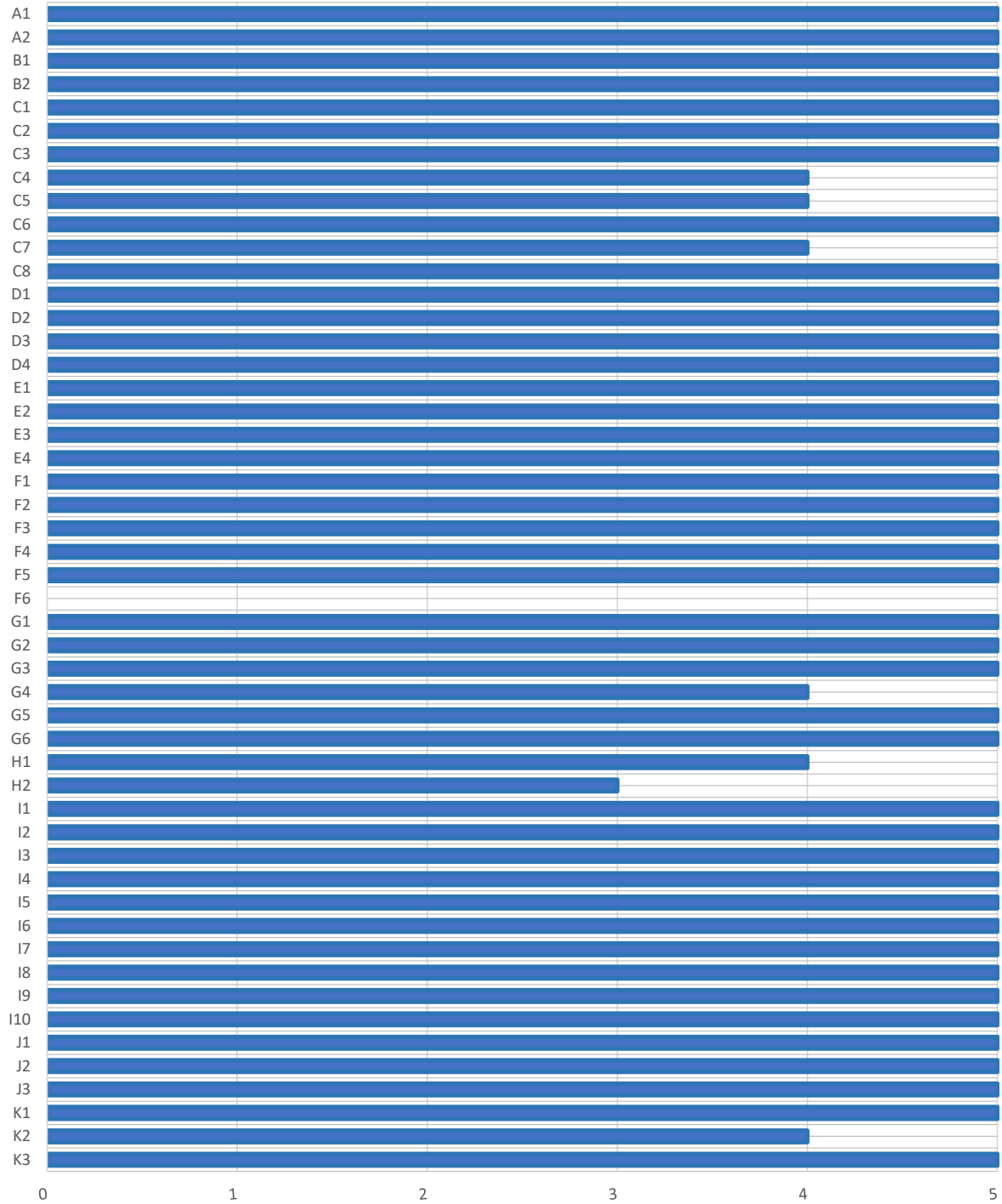
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\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2023-2024 School Wellness Survey Responses

## Providence Elementary

Comparison of Survey Question and Self-Reported Wellness Score



Wellness Score

(1 = No Activity, 2 = Exploring, 3 = Transitioning, 4 = Emerging, 5 = Embedded)



# 2023-2024 School Wellness Survey Responses

## Providence Elementary

### Survey Questions Grouped by Wellness Score

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
		H2	C4, C5, C7, G4, H1, K2	A1, A2, B1, B2, C1, C2, C3, C6, C8, D1, D2, D3, D4, E1, E2, E3, E4, F1, F2, F3, F4, F5, G1, G2, G3, G5, G6, I1, I2, I3, I4, I5, I6, I7, I8, I9, I10, J1, J2, J3, K1, K3, K4

# 2023-2024 School Wellness Survey Responses

## Ravensworth Elementary

### Section A – Physical Education

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218.	Embedded
A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.	Emerging

### Section B – Physical Activity

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
B1: Withholding recess or physical education is not used as a disciplinary action.	Embedded
B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess.	Embedded

Question: Please highlight any activities or best practices used to promote student's physical activity.

"We started Wellness Wednesdays in January of 2024. Staff are encouraged to get their students moving throughout the day. Each Wednesday students do a brief workout led by a class during the morning announcements. Classes can be found doing yoga, GoNoodle, and walking at recess."

### Section C – Health Education

<u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u>	<u>Response</u>
C1: Promoting Healthy Lifestyles.	Emerging
C2: Stress Management.	Exploring
C3: Coping Skills.	Transitioning
C4: Depression.	Exploring
C5: Suicide Prevention and Awareness.	No Activity

# 2023-2024 School Wellness Survey Responses

## Ravensworth Elementary

C6: Mental Health Issues (general).	Exploring
C7: Relationship of Healthy Sleep to Mental Health.	Exploring
C8: Substance Abuse Prevention.	Exploring

### Section D – Health Services

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
D1: FCPS' protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others.	Embedded
D2: Students have regular access to public health nurses to address health, safety, and psychological issues.	Exploring
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.	Exploring
E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560.	Embedded
E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152.	Embedded

Question: Please share any school or community specific barriers to promoting a healthy and safe school environment for students.

“none”

# 2023-2024 School Wellness Survey Responses

## Ravensworth Elementary

### Section F – School Counseling, School Psychology, and School Social Work Services

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
F1: Monitors school climate and other factors that may contribute to student stress, symptoms of anxiety and depression, and peer and academic pressures and substance use.	Emerging
F2: Our staff has received required suicide prevention training, as well as training that includes recognition of, and response to, mental and behavioral health needs.	Embedded
F3: Implements programs that foster social and emotional health and wellness of students and staff.	Embedded
F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.	Embedded
F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.	Embedded
F6: MIDDLE AND HIGH SCHOOLS ONLY: Academic advising encourages flexibility in course scheduling to promote adequate sleep and healthy sleep patterns to affect student mental health, wellness, and attendance.	Not a Middle/High School

### Section G – Health Promotion for Staff Members

<u>Question: To what extent does the staff wellness liaison support opportunities for staff members to improve their health and well-being:</u>	<u>Response</u>
G1: Health screenings.	Embedded
G2: Health care access.	Embedded
G3: Employee flu immunization clinics.	Embedded
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

# 2023-2024 School Wellness Survey Responses

## Ravensworth Elementary

G5: Awareness of the Employee Assistance Program Services.	Exploring
G6: Staff celebrations that offer and encourage healthy choices for food and beverages.	Embedded

### Section H – Family and Community Involvement

Question: To what extent does your school implement the following practices: Response

H1: Established a wellness committee to implement activities that support the wellness policy. Exploring

H2: Includes a non-staff, family, or community member in our school’s wellness committee. Exploring

Question: Please share how your wellness committee encourages involvement from families and community members in promoting wellness in your school.

“none”

### Section I – Food and Nutrition General

Question: To what extent does your school implement the following practices: Response

I1: All students have at least 20 minutes to eat after sitting down for lunch. Embedded

I2: Students who participate in school meal programs have equal access to the same high-quality food and nutrition as do non-participants who purchase FCPS-provided food. Embedded

I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities. Embedded

I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals. Embedded

I5: Encourages the use of non-food items for classroom celebrations. Embedded

I6: Withholding access to food is not used as a disciplinary action. Embedded

# 2023-2024 School Wellness Survey Responses

## Ravensworth 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).	Exploring
I9: Allows students to possess personal containers for drinking water.	Embedded
I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible.	Not an Elementary School

## Section J – Nutrition Education, Promotion, and Food Marketing

Question: To what extent does your school implement the following practices: Response

J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day.	Embedded
	Embedded
J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day.	Embedded
J3: We follow FCPS’ policy on fundraisers as outlined in R2100.	

## Section K – Nutritional Guidelines

Question: To what extent does your school implement the following practices: Response

K1: Sodas and sports drinks are not offered for sale to students at any time during the school day.	Embedded
K2: Healthy food and beverage options are encouraged at school-related events outside the school day.	Embedded
K3: Implements appropriate precautions against severe food allergies.	Embedded Embedded
K4: We follow all nutrition guidelines for food and beverage standards, as outlined in FCPS P2100 and R2100.	

## Section L – Ideas/Comments/Suggestions

Question: Please list any wellness events or activities your school has undertaken or will undertake this school year.

“No Response”

# 2023-2024 School Wellness Survey Responses

## Ravensworth Elementary

Question: Please provide any suggestions, best practices, or tools that you believe would be helpful in evaluating and supporting student and staff health and wellness within FCPS.

“No Response”

Question: Please provide any questions or comments you have with regard to FCPS’ Student and Staff Health and Wellness policy, regulation, or these wellness survey items.

“No Response”

### Summary Tables:

The following graph and table visually summarize your school’s responses provided above. Questions in the graph are represented by bars corresponding to the self-reported wellness score. Questions in the table are grouped together according to their self-reported wellness score (e.g., all questions recorded as “embedded” are grouped together, etc.).

\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2023-2024 School Wellness Survey Responses

## Ravensworth Elementary

Comparison of Survey Question and Self-Reported Wellness Score



Wellness Score

(1 = No Activity, 2 = Exploring, 3 = Transitioning, 4 = Emerging, 5 = Embedded)



# 2023-2024 School Wellness Survey Responses

## Ravensworth Elementary

### Survey Questions Grouped by Wellness Score

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
C5	C2, C4, C6, C7, C8, D2, E2, G4, G5, H1, H2, I8	C3	A2, C1, F1	A1, B1, B2, D1, D3, D4, E1, E3, E4, F2, F3, F4, F5, G1, G2, G3, G6, I1, I2, I3, I4, I5, I6, I7, I9, J1, J2, J3, K1, K2, K3, K4

# 2023-2024 School Wellness Survey Responses

## Riverside Elementary

### Section A – Physical Education

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218.	Embedded
A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.	Embedded

### Section B – Physical Activity

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
B1: Withholding recess or physical education is not used as a disciplinary action.	Emerging
B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess.	Embedded

Question: Please highlight any activities or best practices used to promote student's physical activity.

“Recess, physical education, brain break movements, working in the outdoor learning spaces”

### Section C – Health Education

<u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u>	<u>Response</u>
C1: Promoting Healthy Lifestyles.	Emerging
C2: Stress Management.	Emerging
C3: Coping Skills.	Embedded
C4: Depression.	Exploring
C5: Suicide Prevention and Awareness.	Exploring
C6: Mental Health Issues (general).	Exploring

# 2023-2024 School Wellness Survey Responses

## Riverside Elementary

C7: Relationship of Healthy Sleep to Mental Health.	No Activity
C8: Substance Abuse Prevention.	Transitioning

### Section D – Health Services

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
D1: FCPS' protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others.	Embedded
D2: Students have regular access to public health nurses to address health, safety, and psychological issues.	Embedded
D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia.	Embedded
D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102.	Embedded

### Section E – Healthy and Safe School Environment

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
E1: Encourages children to safely walk or bike to and from school.	Embedded
E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults.	Embedded
E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560.	Embedded
E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152.	Embedded

Question: Please share any school or community specific barriers to promoting a healthy and safe school environment for students.

“The high school is directly across the street. High school students walk through our campus and sometimes skip school on our school grounds. There is also a path to the neighborhood behind our school and students from the high school congregate there at times. They may be engaged in some unhealthy behaviors.”

# 2023-2024 School Wellness Survey Responses

## Riverside Elementary

### Section F – School Counseling, School Psychology, and School Social Work Services

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
F1: Monitors school climate and other factors that may contribute to student stress, symptoms of anxiety and depression, and peer and academic pressures and substance use.	Embedded
F2: Our staff has received required suicide prevention training, as well as training that includes recognition of, and response to, mental and behavioral health needs.	Embedded
F3: Implements programs that foster social and emotional health and wellness of students and staff.	Embedded
F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.	Embedded
F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.	Embedded
F6: MIDDLE AND HIGH SCHOOLS ONLY: Academic advising encourages flexibility in course scheduling to promote adequate sleep and healthy sleep patterns to affect student mental health, wellness, and attendance.	Not a Middle/High School

### Section G – Health Promotion for Staff Members

<u>Question: To what extent does the staff wellness liaison support opportunities for staff members to improve their health and well-being:</u>	<u>Response</u>
G1: Health screenings.	Embedded
G2: Health care access.	Embedded
G3: Employee flu immunization clinics.	Embedded

# 2023-2024 School Wellness Survey Responses

## Riverside Elementary

G4: Wellness opportunities for staff, such as fitness challenges, fitness classes, mobile health screenings, wellness walks, workshops, or health fairs that emphasize work/life balance.	Embedded
G5: Awareness of the Employee Assistance Program Services.	Embedded
G6: Staff celebrations that offer and encourage healthy choices for food and beverages.	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.

“Monthly wellness calendar of resources and activities for physical and mental health”

## Section I – Food and Nutrition General

Question: To what extent does your school implement the following practices: Response

I1: All students have at least 20 minutes to eat after sitting down for lunch.	Embedded
I2: Students who participate in school meal programs have equal access to the same high-quality food and nutrition as do non-participants who purchase FCPS-provided food.	Embedded
I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities.	Embedded
I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals.	Embedded
I5: Encourages the use of non-food items for classroom celebrations.	Transitioning

# 2023-2024 School Wellness Survey Responses

## Riverside Elementary

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
I9: Allows students to possess personal containers for drinking water.	Embedded
I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible.	Emerging

## Section J – Nutrition Education, Promotion, and Food Marketing

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day.	Embedded
	Embedded
J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day.	Embedded
J3: We follow FCPS’ policy on fundraisers as outlined in R2100.	

## Section K – Nutritional Guidelines

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
K1: Sodas and sports drinks are not offered for sale to students at any time during the school day.	Embedded
K2: Healthy food and beverage options are encouraged at school-related events outside the school day.	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.	

# 2023-2024 School Wellness Survey Responses

## Riverside Elementary

### Section L – Ideas/Comments/Suggestions

Question: Please list any wellness events or activities your school has undertaken or will undertake this school year.

“Monthly wellness calendar, Track steps challenge, Gunston Soccer club, staff meet and walk”

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.

“Student support team meets weekly; Admin staff check-ins”

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.

“NA”

### Summary Tables:

The following graph and table visually summarize your school’s responses provided above. Questions in the graph are represented by bars corresponding to the self-reported wellness score. Questions in the table are grouped together according to their self-reported wellness score (e.g., all questions recorded as “embedded” are grouped together, etc.).

\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2023-2024 School Wellness Survey Responses

## Riverside Elementary

Comparison of Survey Question and Self-Reported Wellness Score



Wellness Score

(1 = No Activity, 2 = Exploring, 3 = Transitioning, 4 = Emerging, 5 = Embedded)



# 2023-2024 School Wellness Survey Responses

## Riverside Elementary

### Survey Questions Grouped by Wellness Score

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
C7, I8	C4, C5, C6, H2	C8, I5, K2	B1, C1, C2, I10	A1, A2, B2, C3, D1, D2, D3, D4, E1, E2, E3, E4, F1, F2, F3, F4, F5, G1, G2, G3, G4, G5, G6, H1, I1, I2, I3, I4, I6, I7, I9, J1, J2, J3, K1, K3, K4

# 2023-2024 School Wellness Survey Responses

## Rolling Valley Elementary

### Section A – Physical Education

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218.	Embedded
A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.	Embedded

### Section B – Physical Activity

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
B1: Withholding recess or physical education is not used as a disciplinary action.	Embedded
B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess.	Embedded

Question: Please highlight any activities or best practices used to promote student's physical activity.

“ ”

### Section C – Health Education

<u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u>	<u>Response</u>
C1: Promoting Healthy Lifestyles.	Embedded
C2: Stress Management.	Emerging
C3: Coping Skills.	Emerging
C4: Depression.	Transitioning
C5: Suicide Prevention and Awareness.	Exploring
C6: Mental Health Issues (general).	Transitioning
C7: Relationship of Healthy Sleep to Mental Health.	Exploring

# 2023-2024 School Wellness Survey Responses

## Rolling Valley Elementary

C8: Substance Abuse Prevention.

No Activity

### Section D – Health Services

Question: To what extent does your school implement the following practices:

Response

D1: FCPS' protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others.

Embedded

D2: Students have regular access to public health nurses to address health, safety, and psychological issues.

Embedded

D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia.

Embedded

D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102.

Embedded

### Section E – Healthy and Safe School Environment

Question: To what extent does your school implement the following practices:

Response

E1: Encourages children to safely walk or bike to and from school.

Emerging

E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults.

Embedded

E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560.

Embedded

E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152.

Embedded

Question: Please share any school or community specific barriers to promoting a healthy and safe school environment for students.

"none"

# 2023-2024 School Wellness Survey Responses

## Rolling Valley Elementary

### Section F – School Counseling, School Psychology, and School Social Work Services

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
F1: Monitors school climate and other factors that may contribute to student stress, symptoms of anxiety and depression, and peer and academic pressures and substance use.	Embedded
F2: Our staff has received required suicide prevention training, as well as training that includes recognition of, and response to, mental and behavioral health needs.	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.	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.	No Activity

### Section G – Health Promotion for Staff Members

<u>Question: To what extent does the staff wellness liaison support opportunities for staff members to improve their health and well-being:</u>	<u>Response</u>
G1: Health screenings.	Exploring
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.	Transitioning
G5: Awareness of the Employee Assistance Program Services.	Embedded

# 2023-2024 School Wellness Survey Responses

## Rolling Valley 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.

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.

"We are exploring this to have more opportunities in this area. Currently, Rolling Valley is the liaison for the Pyramid Challenge which involves communities. We also have Girls on the Run and work to support community and school engagement around fitness in this area."

### Section I – Food and Nutrition General

Question: To what extent does your school implement the following practices:

Response

I1: All students have at least 20 minutes to eat after sitting down for lunch.

Embedded

I2: Students who participate in school meal programs have equal access to the same high-quality food and nutrition as do non-participants who purchase FCPS-provided food.

Embedded

I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities.

Embedded

I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals.

Embedded

I5: Encourages the use of non-food items for classroom celebrations.

Embedded

I6: Withholding access to food is not used as a disciplinary action.

Embedded

I7: Potable water is available to all our students at no cost.

Embedded

# 2023-2024 School Wellness Survey Responses

## Rolling Valley Elementary

I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS).	Emerging
I9: Allows students to possess personal containers for drinking water.	Embedded
I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible.	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.	Transitioning
	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.	Transitioning Embedded
K4: We follow all nutrition guidelines for food and beverage standards, as outlined in FCPS P2100 and R2100.	

### Section L – Ideas/Comments/Suggestions

Question: Please list any wellness events or activities your school has undertaken or will undertake this school year.

“No Response”

# 2023-2024 School Wellness Survey Responses

## Rolling Valley Elementary

Question: Please provide any suggestions, best practices, or tools that you believe would be helpful in evaluating and supporting student and staff health and wellness within FCPS.

“No Response”

Question: Please provide any questions or comments you have with regard to FCPS’ Student and Staff Health and Wellness policy, regulation, or these wellness survey items.

“No Response”

### Summary Tables:

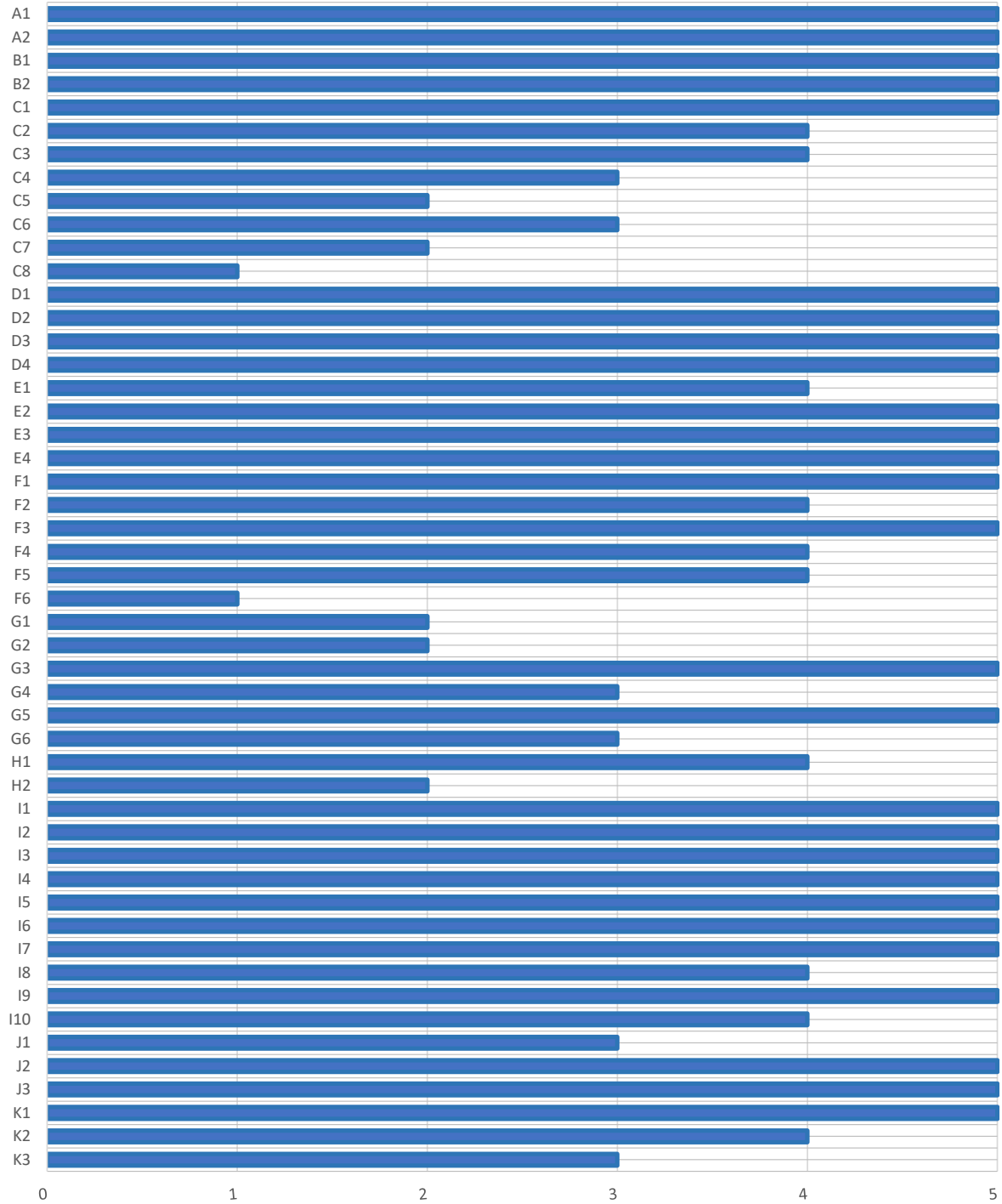
The following graph and table visually summarize your school’s responses provided above. Questions in the graph are represented by bars corresponding to the self-reported wellness score. Questions in the table are grouped together according to their self-reported wellness score (e.g., all questions recorded as “embedded” are grouped together, etc.).

\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2023-2024 School Wellness Survey Responses

## Rolling Valley Elementary

Comparison of Survey Question and Self-Reported Wellness Score



Wellness Score  
(1 = No Activity, 2 = Exploring, 3 = Transitioning, 4 = Emerging, 5 = Embedded)



# 2023-2024 School Wellness Survey Responses

## Rolling Valley Elementary

### Survey Questions Grouped by Wellness Score

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
C8, F6	C5, C7, G1, G2, H2	C4, C6, G4, G6, J1, K3	C2, C3, E1, F2, F4, F5, H1, I8, I10, K2	A1, A2, B1, B2, C1, D1, D2, D3, D4, E2, E3, E4, F1, F3, G3, G5, I1, I2, I3, I4, I5, I6, I7, I9, J2, J3, K1, K4

# 2023-2024 School Wellness Survey Responses

## Rose Hill Elementary

### Section A – Physical Education

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218.	Embedded
A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.	Embedded

### Section B – Physical Activity

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
B1: Withholding recess or physical education is not used as a disciplinary action.	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.

“ ”

### Section C – Health Education

<u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u>	<u>Response</u>
C1: Promoting Healthy Lifestyles.	Transitioning
C2: Stress Management.	Emerging
C3: Coping Skills.	Embedded
C4: Depression.	Exploring
C5: Suicide Prevention and Awareness.	Emerging
C6: Mental Health Issues (general).	Emerging
C7: Relationship of Healthy Sleep to Mental Health.	Exploring

# 2023-2024 School Wellness Survey Responses

## Rose Hill Elementary

C8: Substance Abuse Prevention.

Emerging

### Section D – Health Services

Question: To what extent does your school implement the following practices:

Response

D1: FCPS' protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others.

Embedded

D2: Students have regular access to public health nurses to address health, safety, and psychological issues.

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:

Response

E1: Encourages children to safely walk or bike to and from school.

Exploring

E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults.

Embedded

E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560.

Embedded

E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152.

Embedded

Question: Please share any school or community specific barriers to promoting a healthy and safe school environment for students.

"none"

# 2023-2024 School Wellness Survey Responses

## Rose Hill Elementary

### Section F – School Counseling, School Psychology, and School Social Work Services

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
F1: Monitors school climate and other factors that may contribute to student stress, symptoms of anxiety and depression, and peer and academic pressures and substance use.	Embedded
F2: Our staff has received required suicide prevention training, as well as training that includes recognition of, and response to, mental and behavioral health needs.	Embedded
F3: Implements programs that foster social and emotional health and wellness of students and staff.	Emerging
F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.	Embedded
F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.	Emerging
F6: MIDDLE AND HIGH SCHOOLS ONLY: Academic advising encourages flexibility in course scheduling to promote adequate sleep and healthy sleep patterns to affect student mental health, wellness, and attendance.	Not a Middle/High School

### Section G – Health Promotion for Staff Members

<u>Question: To what extent does the staff wellness liaison support opportunities for staff members to improve their health and well-being:</u>	<u>Response</u>
G1: Health screenings.	Transitioning
G2: Health care access.	No Activity
G3: Employee flu immunization clinics.	Embedded
G4: Wellness opportunities for staff, such as fitness challenges, fitness classes, mobile health screenings, wellness walks, workshops, or health fairs that emphasize work/life balance.	Transitioning
G5: Awareness of the Employee Assistance Program Services.	Embedded

# 2023-2024 School Wellness Survey Responses

## Rose Hill Elementary

G6: Staff celebrations that offer and encourage healthy choices for food and beverages.

Transitioning

### Section H – Family and Community Involvement

Question: To what extent does your school implement the following practices:

Response

H1: Established a wellness committee to implement activities that support the wellness policy.

Exploring

H2: Includes a non-staff, family, or community member in our school's wellness committee.

No Activity

Question: Please share how your wellness committee encourages involvement from families and community members in promoting wellness in your school.

"none"

### Section I – Food and Nutrition General

Question: To what extent does your school implement the following practices:

Response

I1: All students have at least 20 minutes to eat after sitting down for lunch.

Embedded

I2: Students who participate in school meal programs have equal access to the same high-quality food and nutrition as do non-participants who purchase FCPS-provided food.

Emerging

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.

Transitioning

I6: Withholding access to food is not used as a disciplinary action.

Embedded

I7: Potable water is available to all our students at no cost.

Embedded

I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS).

No Activity

# 2023-2024 School Wellness Survey Responses

## Rose 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. Embedded

### Section J – Nutrition Education, Promotion, and Food Marketing

Question: To what extent does your school implement the following practices: Response

J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day. No Activity

J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day. 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. No Activity

K2: Healthy food and beverage options are encouraged at school-related events outside the school day. No Activity

K3: Implements appropriate precautions against severe food allergies. Embedded  
No Activity

K4: We follow all nutrition guidelines for food and beverage standards, as outlined in FCPS P2100 and R2100.

### Section L – Ideas/Comments/Suggestions

Question: Please list any wellness events or activities your school has undertaken or will undertake this school year.

“Fun Run, Ride/Walk to School Day”

Question: Please provide any suggestions, best practices, or tools that you believe would be helpful in evaluating and supporting student and staff health and wellness within FCPS.

“No Response”

# 2023-2024 School Wellness Survey Responses

## Rose Hill Elementary

Question: Please provide any questions or comments you have with regard to FCPS' Student and Staff Health and Wellness policy, regulation, or these wellness survey items.

"No Response"

### Summary Tables:

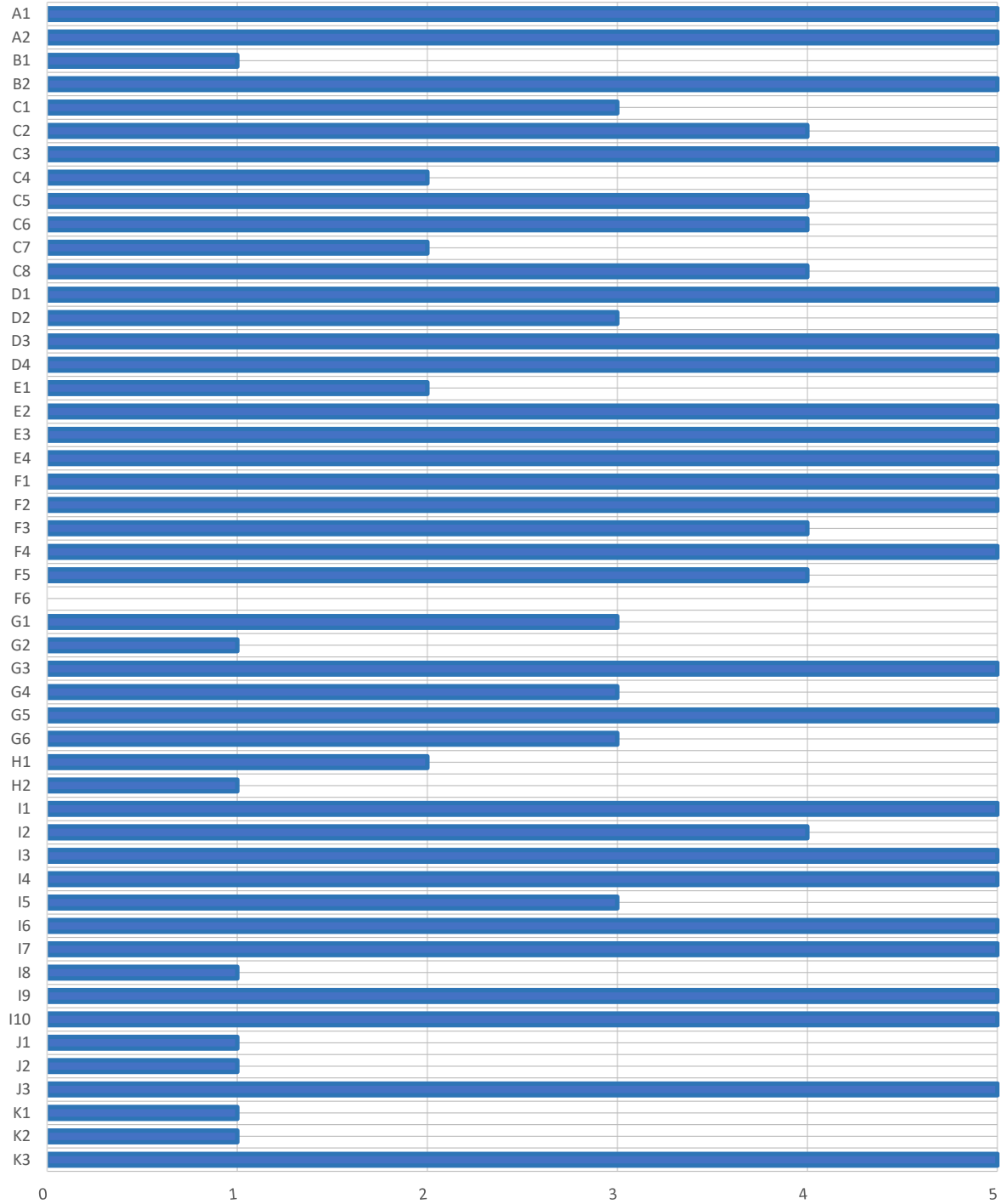
The following graph and table visually summarize your school's responses provided above. Questions in the graph are represented by bars corresponding to the self-reported wellness score. Questions in the table are grouped together according to their self-reported wellness score (e.g., all questions recorded as "embedded" are grouped together, etc.).

\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2023-2024 School Wellness Survey Responses

## Rose Hill Elementary

Comparison of Survey Question and Self-Reported Wellness Score



Wellness Score

(1 = No Activity, 2 = Exploring, 3 = Transitioning, 4 = Emerging, 5 = Embedded)



# 2023-2024 School Wellness Survey Responses

## Rose Hill Elementary

### Survey Questions Grouped by Wellness Score

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
B1, G2, H2, I8, J1, J2, K1, K2, K4	C4, C7, E1, H1	C1, D2, G1, G4, G6, I5	C2, C5, C6, C8, F3, F5, I2	A1, A2, B2, C3, D1, D3, D4, E2, E3, E4, F1, F2, F4, G3, G5, I1, I3, I4, I6, I7, I9, I10, J3, K3