

2023-2024 School Wellness Survey Responses by **Elementary School (S-Z)**

<u>Sangster Elementary</u>	<u>Virginia Run Elementary</u>
<u>Saratoga Elementary</u>	<u>Wakefield Forest Elementary</u>
<u>Sherman Elementary</u>	<u>Waples Mill Elementary</u>
<u>Shrevewood Elementary</u>	<u>Washington Mill Elementary</u>
<u>Silverbrook Elementary</u>	<u>Waynewood Elementary</u>
<u>Sleepy Hollow Elementary</u>	<u>West Springfield Elementary</u>
<u>Spring Hill Elementary</u>	<u>Westbriar Elementary</u>
<u>Springfield Estates Elementary</u>	<u>Westgate Elementary</u>
<u>Stenwood Elementary</u>	<u>Westlawn Elementary</u>
<u>Stratford Landing Elementary</u>	<u>Weyanoke Elementary</u>
<u>Sunrise Valley Elementary</u>	<u>White Oaks Elementary</u>
<u>Terra-Centre Elementary</u>	<u>Willow Springs Elementary</u>
<u>Terraset Elementary</u>	<u>Wolftrap Elementary</u>
<u>Timber Lane Elementary</u>	<u>Woodburn Elementary</u>
<u>Union Mill Elementary</u>	<u>Woodlawn Elementary</u>
<u>Vienna Elementary</u>	<u>Woodley Hills Elementary</u>

2023-2024 School Wellness Survey Responses

Sangster 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 (for students and staff) - Many teachers find opportunities for students to do exercises during transitions and additional opportunities to go outside for exercise.”

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).	Emerging

2023-2024 School Wellness Survey Responses

Sangster Elementary

C7: Relationship of Healthy Sleep to Mental Health. Emerging

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. No Activity

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

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

Section E – Healthy and Safe School Environment

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

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

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

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

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

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

“none”

2023-2024 School Wellness Survey Responses

Sangster 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.	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

Sangster Elementary

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

Section H – Family and Community Involvement

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

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

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

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

"The Clinical Team collaborates with the school staff on promoting wellness in the 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

2023-2024 School Wellness Survey Responses

Sangster Elementary

I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS).	No Activity
I9: Allows students to possess personal containers for drinking water.	Embedded
I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible.	Embedded

Section J – Nutrition Education, Promotion, and Food Marketing

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day.	No Activity
J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day.	Embedded
J3: We follow FCPS’ policy on fundraisers as outlined in R2100.	Embedded

Section K – Nutritional Guidelines

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

Section L – Ideas/Comments/Suggestions

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

“Wellness Wednesday, Garden/Eco Club”

2023-2024 School Wellness Survey Responses

Sangster 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.

“surveys”

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 comments or questions 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

Sangster Elementary

Survey Questions Grouped by Wellness Score

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

2023-2024 School Wellness Survey Responses

Saratoga 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.

“Our school community engages in Workout Wednesdays.”

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

Saratoga 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.

“not in close proximity to community rec spaces”

2023-2024 School Wellness Survey Responses

Saratoga 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.	Exploring
G2: Health care access.	No Activity
G3: Employee flu immunization clinics.	Embedded
G4: Wellness opportunities for staff, such as fitness challenges, fitness classes, mobile health screenings, wellness walks, workshops, or health fairs that emphasize work/life balance.	Exploring
G5: Awareness of the Employee Assistance Program Services.	Embedded

2023-2024 School Wellness Survey Responses

Saratoga 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. 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. No Activity

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

Saratoga 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. Embedded

Section L – Ideas/Comments/Suggestions

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

“Fruitful Fridays to support healthy minds and bodies by providing positive affirmations, fresh fruit and dehydrated fruit for water ”

2023-2024 School Wellness Survey Responses

Saratoga 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:

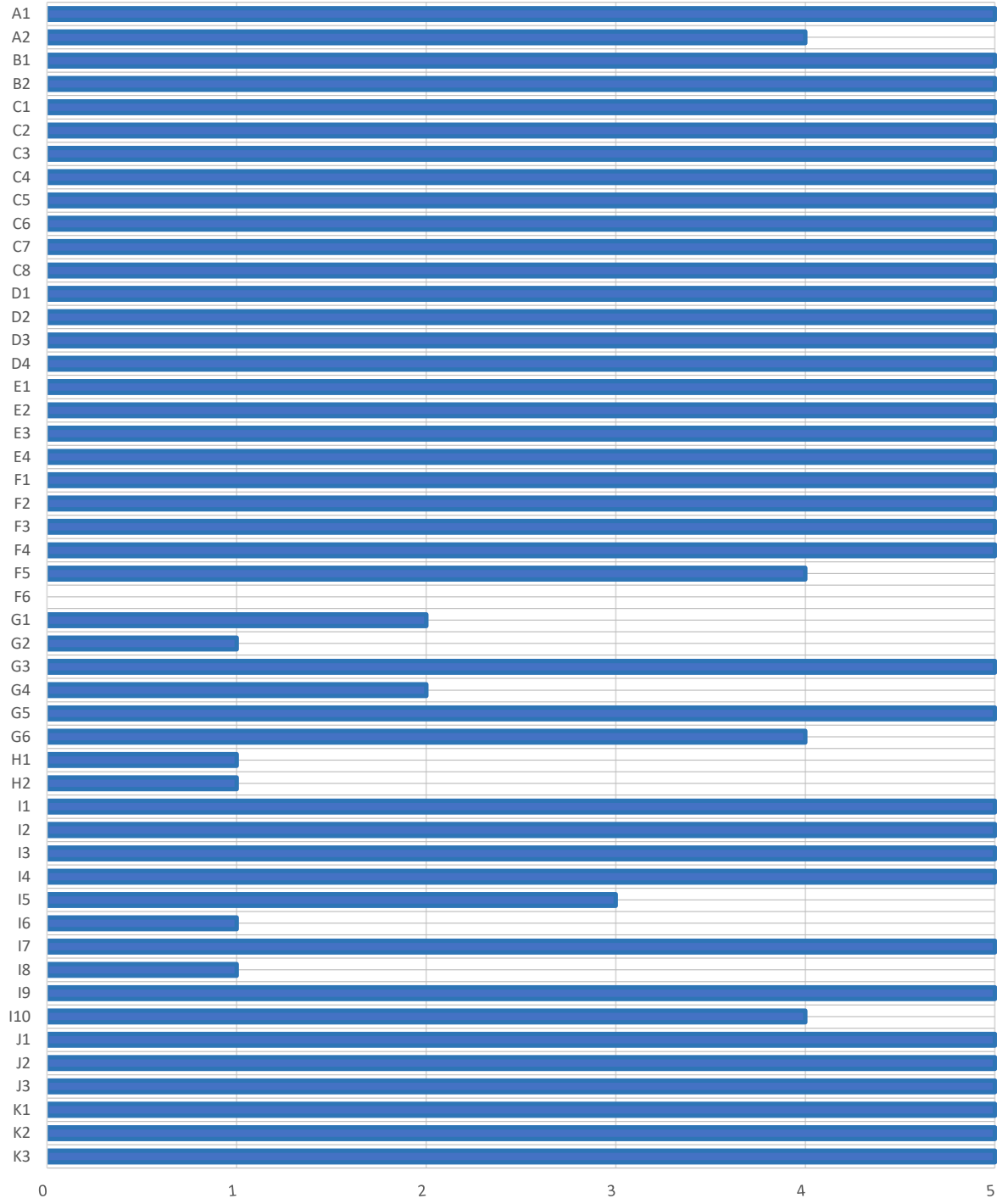
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*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

2023-2024 School Wellness Survey Responses

Saratoga Elementary

Comparison of Survey Question and Self-Reported Wellness Score



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

2023-2024 School Wellness Survey Responses

Saratoga Elementary

Survey Questions Grouped by Wellness Score

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

2023-2024 School Wellness Survey Responses

Sherman 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.	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

Sherman 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

Sherman 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.	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

Sherman Elementary

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

Section H – Family and Community Involvement

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

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

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

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

“none”

Section I – Food and Nutrition General

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

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

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

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

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

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

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

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

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

2023-2024 School Wellness Survey Responses

Sherman 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”

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

Sherman 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:

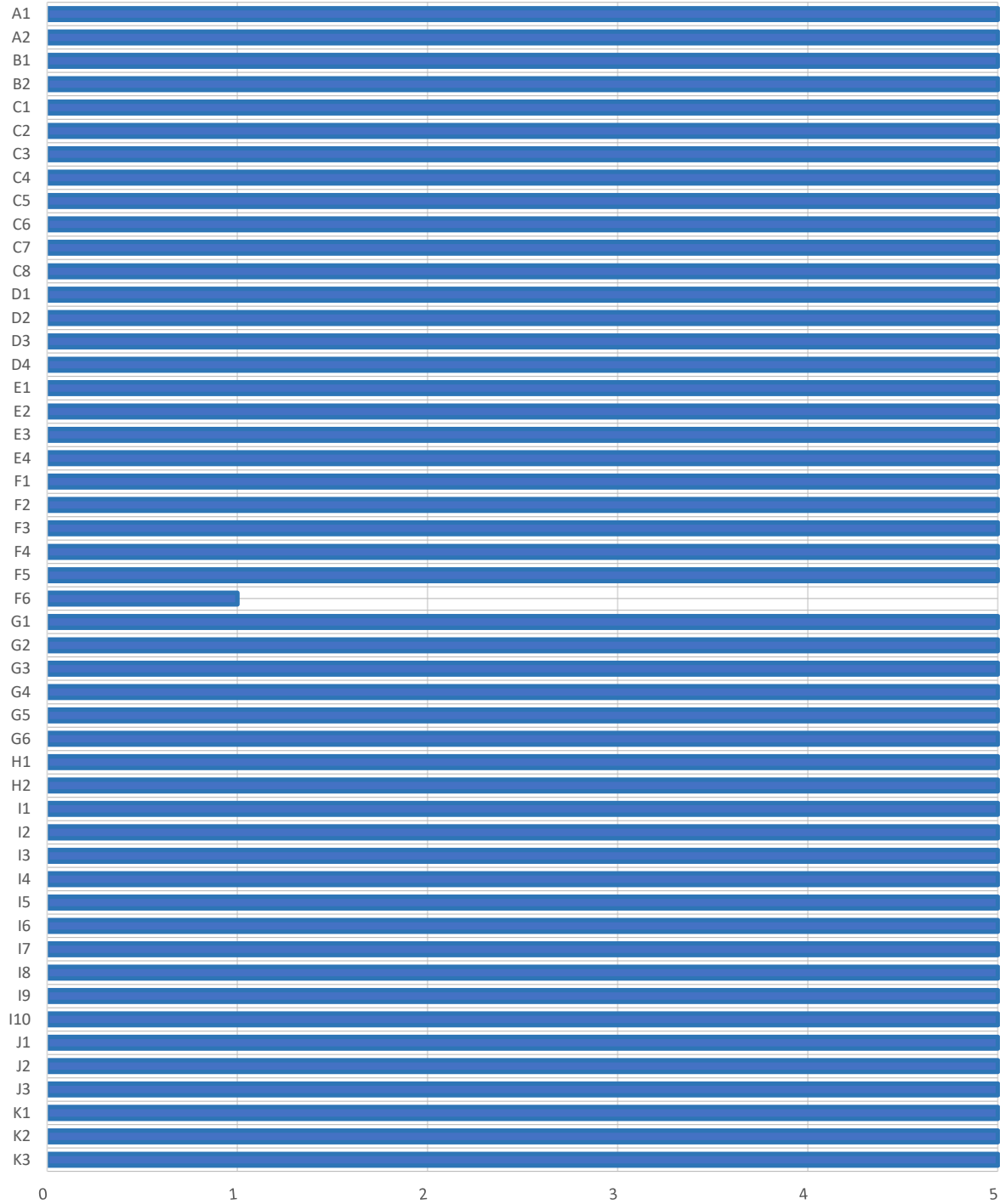
The following graph and table visually summarize your school's responses provided above. Questions in the graph are represented by bars corresponding to the self-reported wellness score. Questions in the table are grouped together according to their self-reported wellness score (e.g., all questions recorded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

Sherman 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

Sherman Elementary

Survey Questions Grouped by Wellness Score

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
F6				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, G3, G4, G5, G6, H1, H2, I1, I2, I3, I4, I5, I6, I7, I8, I9, I10, J1, J2, J3, K1, K2, K3, K4

2023-2024 School Wellness Survey Responses

Shrevewood 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 two 15-minute recess sessions for each class and the PTA helped us buy some additional blacktop games 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.	Emerging
C3: Coping Skills.	Emerging
C4: Depression.	Transitioning
C5: Suicide Prevention and Awareness.	Emerging
C6: Mental Health Issues (general).	Emerging

2023-2024 School Wellness Survey Responses

Shrevewood 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.	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.

“Our school is working with Safe routes to school to have additional crosswalks added, so that more students can safely walk and bike to school.”

2023-2024 School Wellness Survey Responses

Shrevewood Elementary

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

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

Section G – Health Promotion for Staff Members

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

2023-2024 School Wellness Survey Responses

Shrevewood Elementary

G5: Awareness of the Employee Assistance Program Services.	Embedded
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 send home information in newsletters and our Thursday folders for families.”

Section I – Food and Nutrition General

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

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

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

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

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

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

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

2023-2024 School Wellness Survey Responses

Shrevewood 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.	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
	Emerging
J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day.	Embedded
J3: We follow FCPS’ policy on fundraisers as outlined in R2100.	

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

Shrevewood 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:

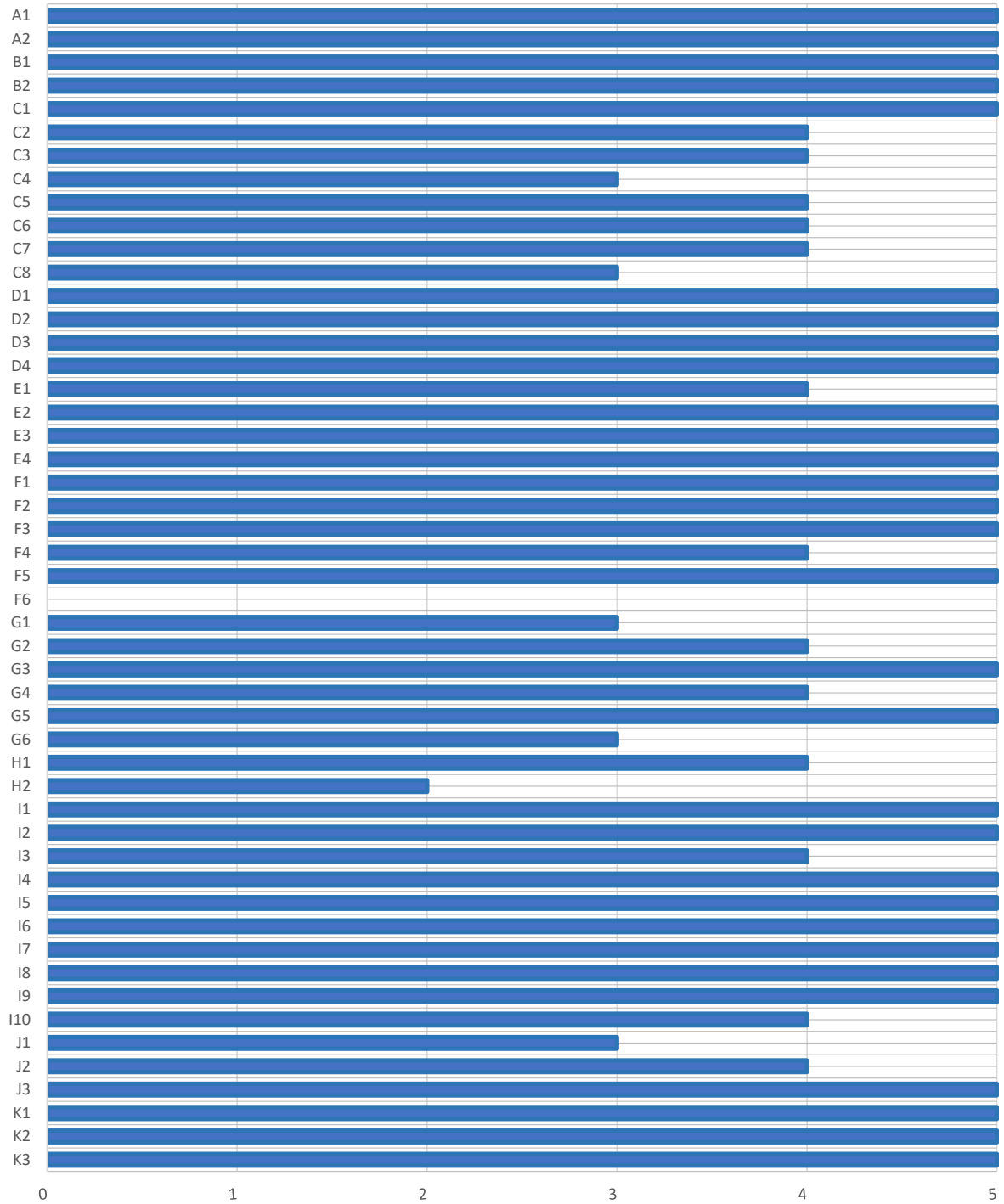
The following graph and table visually summarize your school’s responses provided above. Questions in the graph are represented by bars corresponding to the self-reported wellness score. Questions in the table are grouped together according to their self-reported wellness score (e.g., all questions recorded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

Shrevewood 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

Shrevewood 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, C8, G1, G6, J1	C2, C3, C5, C6, C7, E1, F4, G2, G4, H1, I3, I10, J2	A1, A2, B1, B2, C1, D1, D2, D3, D4, E2, E3, E4, F1, F2, F3, F5, G3, G5, I1, I2, I4, I5, I6, I7, I8, I9, J3, K1, K2, K3, K4

2023-2024 School Wellness Survey Responses

Silverbrook 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, recess, P.E.,”

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

Silverbrook Elementary

C8: Substance Abuse Prevention.

Emerging

Section D – Health Services

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

Response

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

Embedded

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

Emerging

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

Embedded

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

Embedded

Section E – Healthy and Safe School Environment

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

Response

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

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

Silverbrook Elementary

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

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
F1: Monitors school climate and other factors that may contribute to student stress, symptoms of anxiety and depression, and peer and academic pressures and substance use.	Embedded
F2: Our staff has received required suicide prevention training, as well as training that includes recognition of, and response to, mental and behavioral health needs.	Embedded
F3: Implements programs that foster social and emotional health and wellness of students and staff.	Embedded
F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.	Emerging
F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.	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.	Exploring
G3: Employee flu immunization clinics.	Embedded
G4: Wellness opportunities for staff, such as fitness challenges, fitness classes, mobile health screenings, wellness walks, workshops, or health fairs that emphasize work/life balance.	Emerging
G5: Awareness of the Employee Assistance Program Services.	Embedded

2023-2024 School Wellness Survey Responses

Silverbrook 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. 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.

"We currently do not have a wellness 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

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

Silverbrook Elementary

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

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.

“We received a wellness grant which will includes Mind, Body and Spirit sections. Mind- will secure yoga instructor, body- apples for everyone , spirit- journals for everyone. ”

2023-2024 School Wellness Survey Responses

Silverbrook 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

Silverbrook 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

Silverbrook 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, I10	G1, G2		C1, C2, C3, C4, C5, C6, C7, C8, D2, E1, F4, F5, G4, G6	A1, A2, B1, B2, D1, D3, D4, E2, E3, E4, F1, F2, F3, G3, G5, I1, I2, I3, I4, I5, I6, I7, I9, J1, J2, J3, K1, K2, K3, K4

2023-2024 School Wellness Survey Responses

Sleepy Hollow 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.

"Implemented"

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.	Transitioning
C6: Mental Health Issues (general).	Embedded
C7: Relationship of Healthy Sleep to Mental Health.	Embedded

2023-2024 School Wellness Survey Responses

Sleepy Hollow 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.

No Activity

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

Embedded

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

Embedded

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

Embedded

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

"We do not encourage bike riding to/from school due to the location of our school and limited sidewalks."

2023-2024 School Wellness Survey Responses

Sleepy Hollow Elementary

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

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

Section G – Health Promotion for Staff Members

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

2023-2024 School Wellness Survey Responses

Sleepy Hollow 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.

“share information about sports and fitness activities available in the community in our weekly principal newsletter”

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

Sleepy Hollow 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

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. 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. Embedded

Section L – Ideas/Comments/Suggestions

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

“Bike Riding Program for K-5 students ”

2023-2024 School Wellness Survey Responses

Sleepy Hollow 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.

“Help organize softball, volleyball, kickball or bowling leagues”

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:

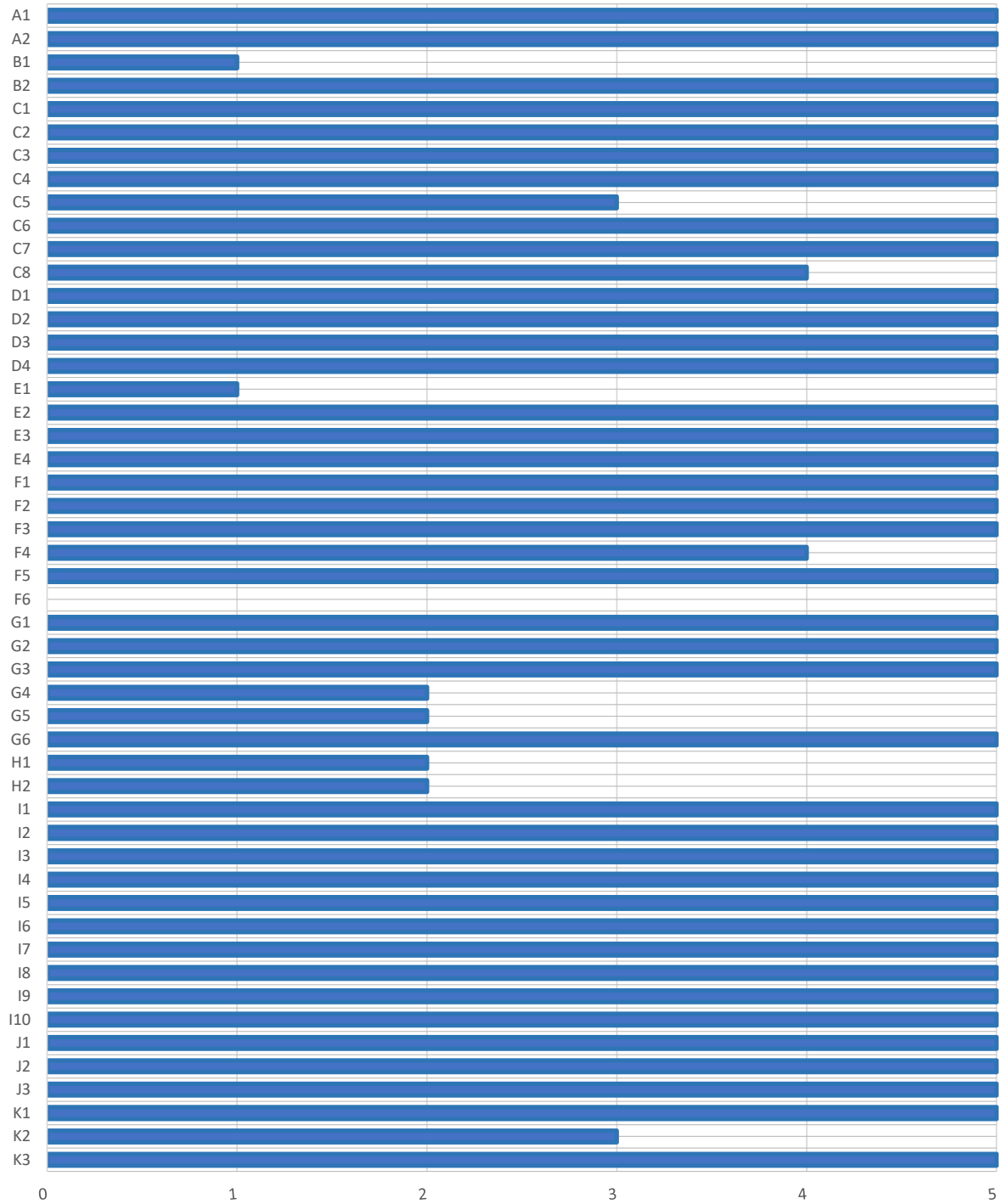
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*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

2023-2024 School Wellness Survey Responses

Sleepy Hollow 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

Sleepy Hollow Elementary

Survey Questions Grouped by Wellness Score

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

2023-2024 School Wellness Survey Responses

Spring 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.

“Running club, basketball club, extra 30 min of PE for upper grades”

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.	Emerging
C4: Depression.	Emerging
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

Spring 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.

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

Spring 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.	Emerging
F3: Implements programs that foster social and emotional health and wellness of students and staff.	Embedded
F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.	Embedded
F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.	Embedded
F6: MIDDLE AND HIGH SCHOOLS ONLY: Academic advising encourages flexibility in course scheduling to promote adequate sleep and healthy sleep patterns to affect student mental health, wellness, and attendance.	Not a Middle/High School

Section G – Health Promotion for Staff Members

<u>Question: To what extent does the staff wellness liaison support opportunities for staff members to improve their health and well-being:</u>	<u>Response</u>
G1: Health screenings.	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.	Embedded
G5: Awareness of the Employee Assistance Program Services.	Embedded

2023-2024 School Wellness Survey Responses

Spring 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.

"We have workout Wednesdays, which promote fitness and wellness every Wednesday of every week. Our students on the morning news show also share fitness activities for the entire school to do together."

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

Spring Hill Elementary

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

Section J – Nutrition Education, Promotion, and Food Marketing

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

Section K – Nutritional Guidelines

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
K1: Sodas and sports drinks are not offered for sale to students at any time during the school day.	Transitioning
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.	Transitioning Transitioning
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.

“Stafford student basketball game, workout Wednesdays, morning, running club, basketball and other sports related morning activities”

2023-2024 School Wellness Survey Responses

Spring 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.

“No Response”

Summary Tables:

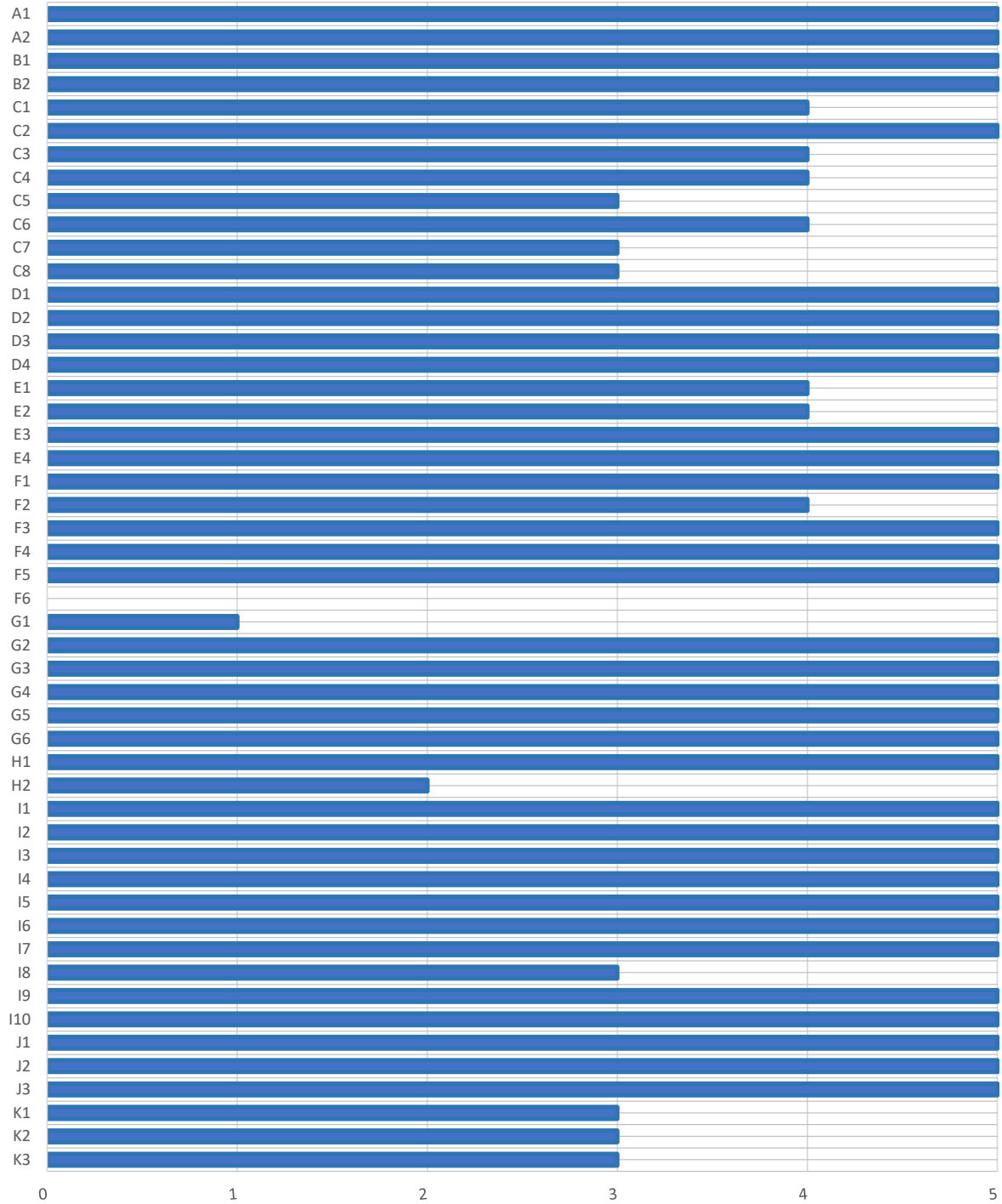
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*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

2023-2024 School Wellness Survey Responses

Spring 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

Spring Hill Elementary

Survey Questions Grouped by Wellness Score

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

2023-2024 School Wellness Survey Responses

Springfield Estates 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.

“30 minute recess for each grade level, strong PE program with experienced teachers”

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

2023-2024 School Wellness Survey Responses

Springfield Estates 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.	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.

“Some students live very far because of programs and it would be very hard to have them bike or walk to school across highways. ”

2023-2024 School Wellness Survey Responses

Springfield Estates 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.	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
G4: Wellness opportunities for staff, such as fitness challenges, fitness classes, mobile health screenings, wellness walks, workshops, or health fairs that emphasize work/life balance.	Transitioning
G5: Awareness of the Employee Assistance Program Services.	Emerging

2023-2024 School Wellness Survey Responses

Springfield Estates Elementary

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

Section H – Family and Community Involvement

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

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

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

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

“none”

Section I – Food and Nutrition General

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

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

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). Transitioning

2023-2024 School Wellness Survey Responses

Springfield Estates Elementary

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

Section J – Nutrition Education, Promotion, and Food Marketing

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day.	No Activity
J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day.	Embedded
J3: We follow FCPS’ policy on fundraisers as outlined in R2100.	Embedded

Section K – Nutritional Guidelines

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

Springfield Estates 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:

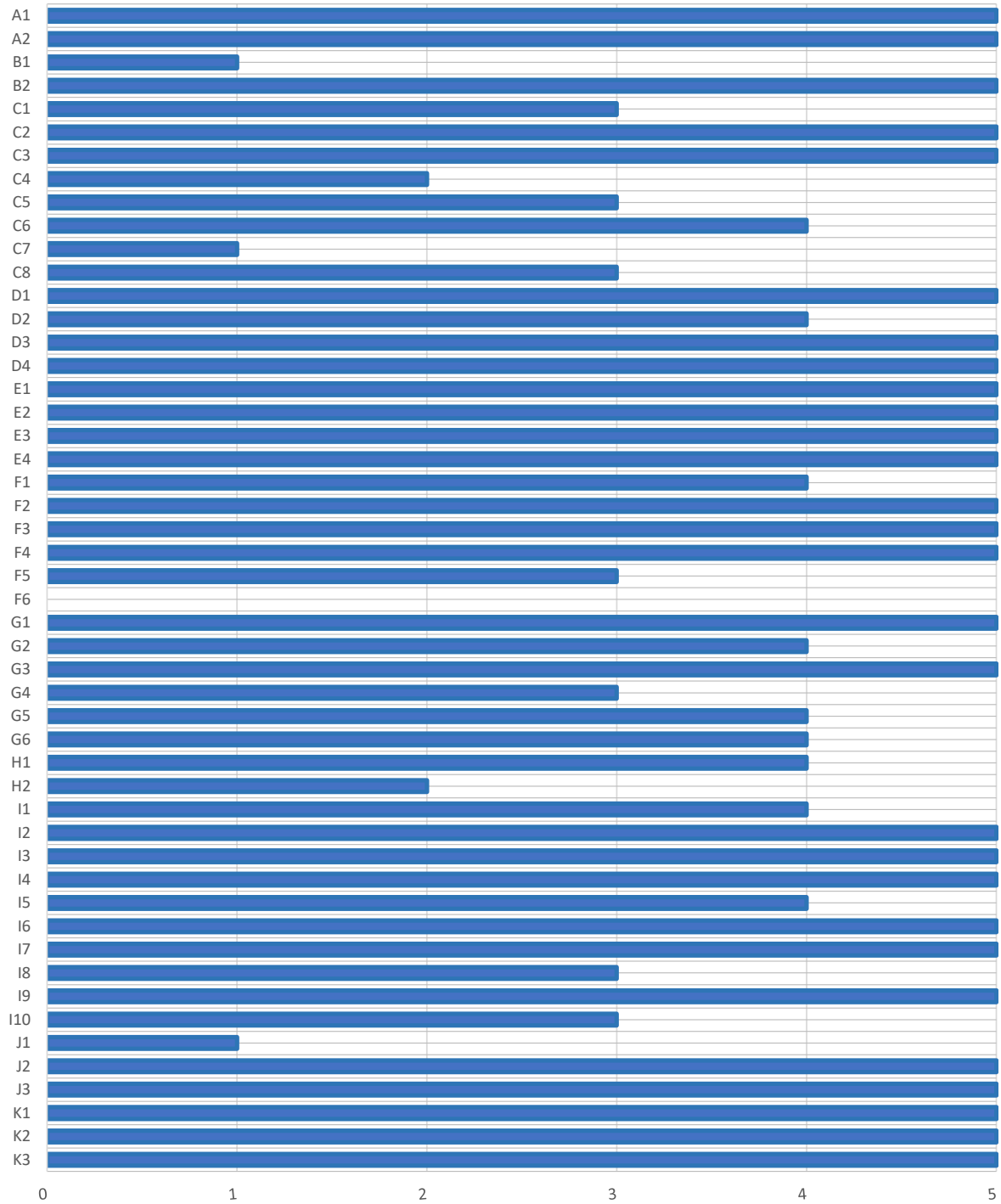
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*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

2023-2024 School Wellness Survey Responses

Springfield Estates 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

Springfield Estates 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, J1	C4, H2	C1, C5, C8, F5, G4, I8, I10	C6, D2, F1, G2, G5, G6, H1, I1, I5	A1, A2, B2, C2, C3, D1, D3, D4, E1, E2, E3, E4, F2, F3, F4, G1, G3, I2, I3, I4, I6, I7, I9, J2, J3, K1, K2, K3, K4

2023-2024 School Wellness Survey Responses

Stenwood 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 activity programs, 5k Run, activity breaks in the classrooms, recess equipment provided for active games. ”

Section C – Health Education

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

2023-2024 School Wellness Survey Responses

Stenwood 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.

“We promote the bike and walk to school days, bike unit taught through the PE department, mentor programs provided to students.”

2023-2024 School Wellness Survey Responses

Stenwood 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.	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

Stenwood 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.

“Community 5k Run, PTA Sweet Green Lunch”

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. Exploring

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

Stenwood 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.

“Flu Clinic, Wellness Connections Table, Smoothie Bar, Sweet Greens Lunch, Wellness Challenges”

2023-2024 School Wellness Survey Responses

Stenwood 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:

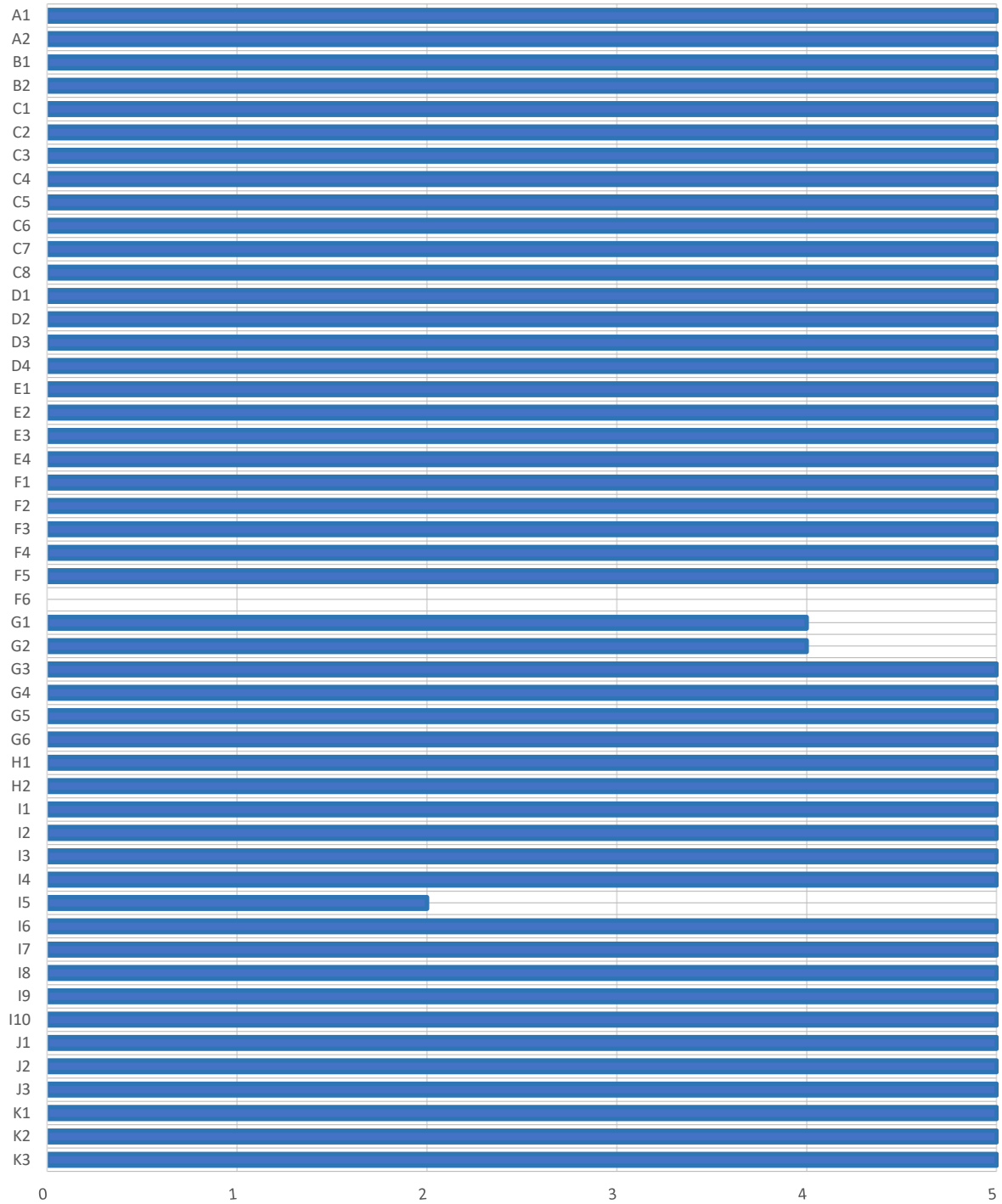
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*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

2023-2024 School Wellness Survey Responses

Stenwood 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

Stenwood Elementary

Survey Questions Grouped by Wellness Score

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
	15		G1, G2	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, G3, G4, G5, G6, H1, H2, I1, I2, I3, I4, I6, I7, I8, I9, I10, J1, J2, J3, K1, K2, K3, K4

2023-2024 School Wellness Survey Responses

Stratford Landing 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.	Transitioning
C5: Suicide Prevention and Awareness.	Transitioning
C6: Mental Health Issues (general).	Embedded
C7: Relationship of Healthy Sleep to Mental Health.	Embedded

2023-2024 School Wellness Survey Responses

Stratford Landing 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

Stratford Landing 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.	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>
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G2: Health care access.	Transitioning
G3: Employee flu immunization clinics.	No Activity
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

Stratford Landing 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

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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). Embedded

2023-2024 School Wellness Survey Responses

Stratford Landing Elementary

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

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

Section J – Nutrition Education, Promotion, and Food Marketing

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

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

Embedded

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

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

Section K – Nutritional Guidelines

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

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

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

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

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

Section L – Ideas/Comments/Suggestions

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

“No Response”

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

“No Response”

2023-2024 School Wellness Survey Responses

Stratford Landing 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:

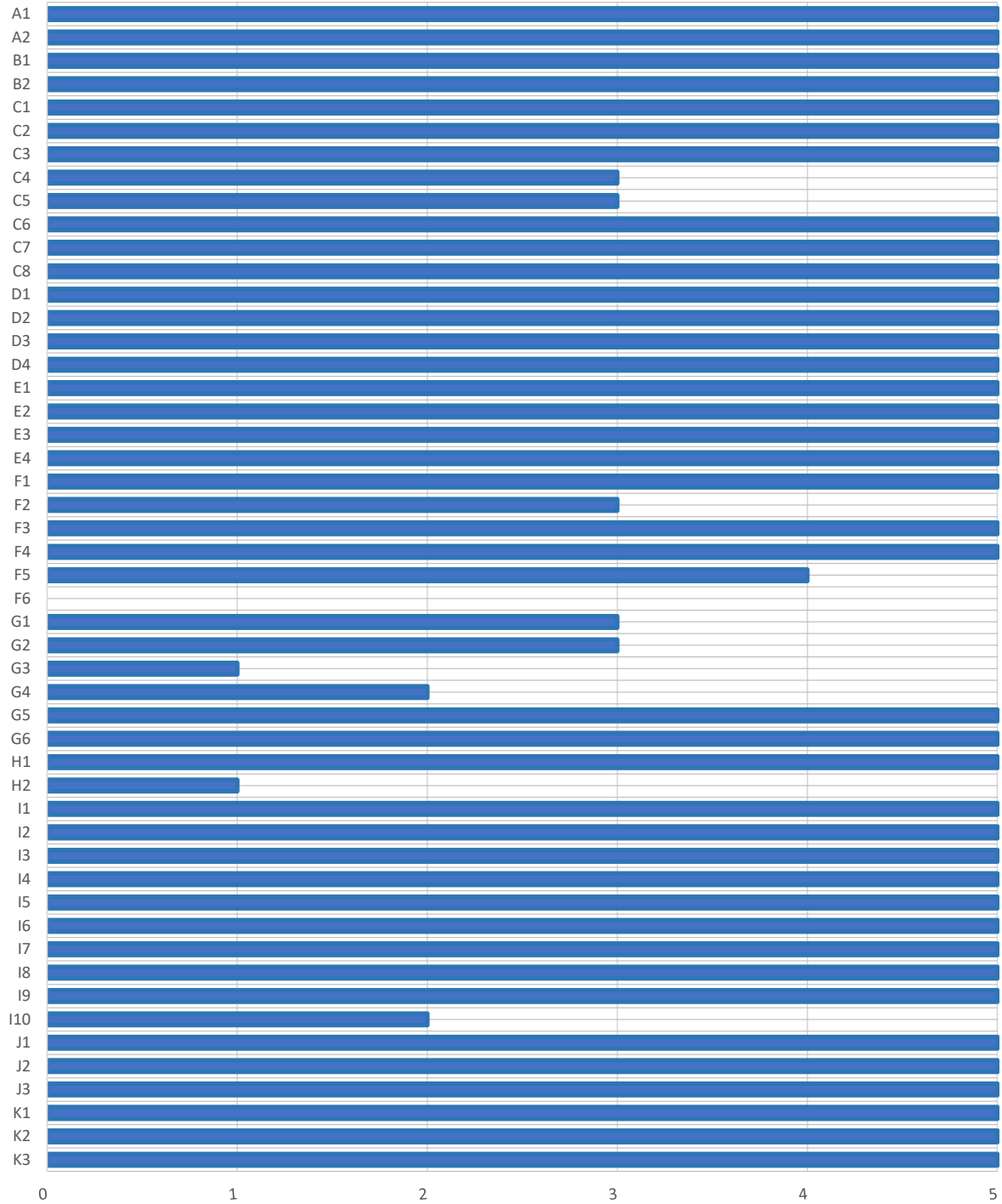
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*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

2023-2024 School Wellness Survey Responses

Stratford Landing 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

Stratford Landing Elementary

Survey Questions Grouped by Wellness Score

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

2023-2024 School Wellness Survey Responses

Sunrise 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.	Emerging
C2: Stress Management.	Emerging
C3: Coping Skills.	Emerging
C4: Depression.	Emerging
C5: Suicide Prevention and Awareness.	Transitioning
C6: Mental Health Issues (general).	Emerging
C7: Relationship of Healthy Sleep to Mental Health.	Transitioning

2023-2024 School Wellness Survey Responses

Sunrise Valley 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.

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

Sunrise Valley Elementary

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

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
F1: Monitors school climate and other factors that may contribute to student stress, symptoms of anxiety and depression, and peer and academic pressures and substance use.	Embedded
F2: Our staff has received required suicide prevention training, as well as training that includes recognition of, and response to, mental and behavioral health needs.	Embedded
F3: Implements programs that foster social and emotional health and wellness of students and staff.	Embedded
F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.	Embedded
F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.	Emerging
F6: MIDDLE AND HIGH SCHOOLS ONLY: Academic advising encourages flexibility in course scheduling to promote adequate sleep and healthy sleep patterns to affect student mental health, wellness, and attendance.	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.	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.	Transitioning
G5: Awareness of the Employee Assistance Program Services.	Transitioning

2023-2024 School Wellness Survey Responses

Sunrise Valley Elementary

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

Section H – Family and Community Involvement

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

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

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

Sunrise Valley Elementary

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

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

Section J – Nutrition Education, Promotion, and Food Marketing

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

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

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

Sunrise 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:

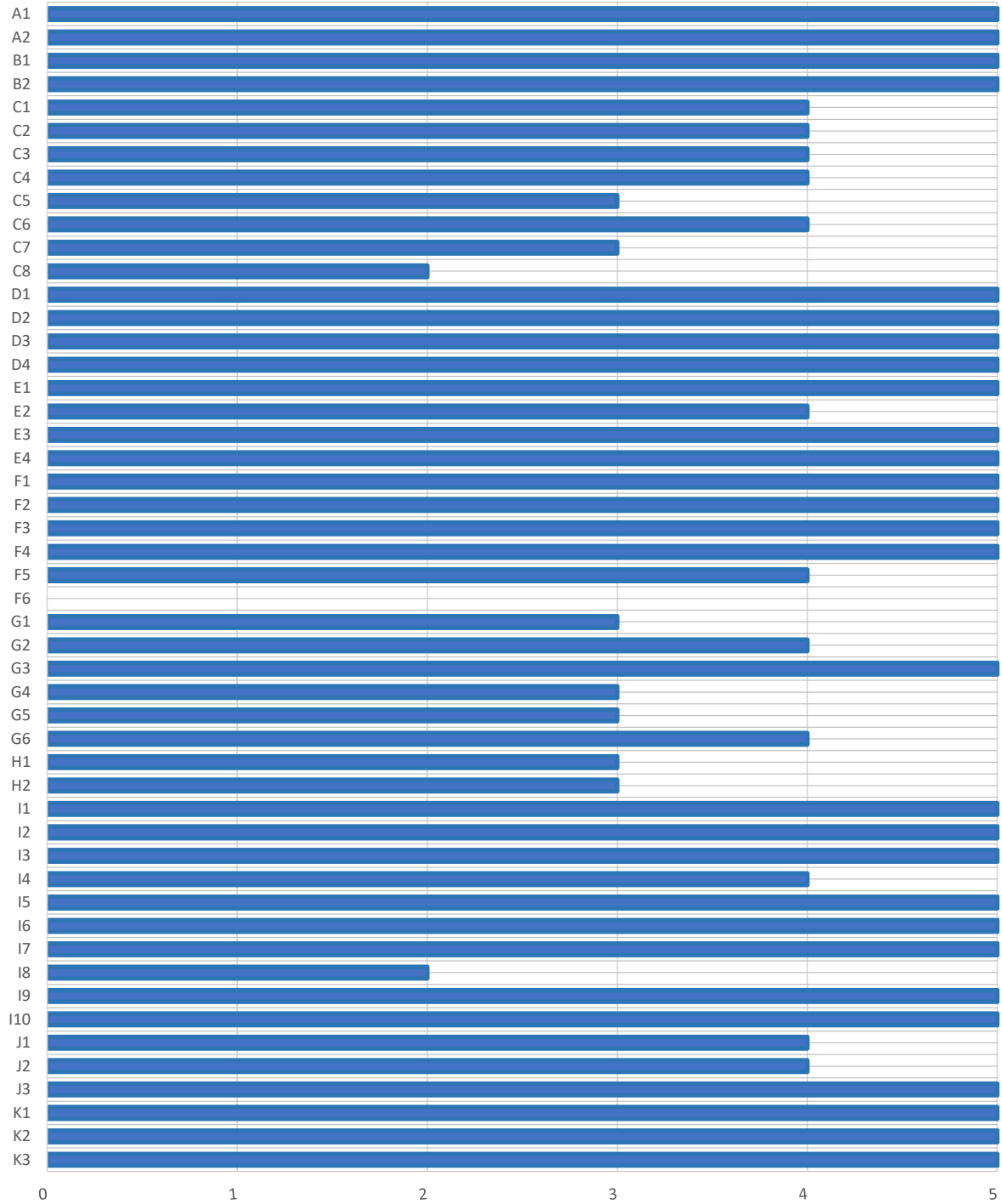
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2023-2024 School Wellness Survey Responses

Sunrise 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

Sunrise 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, I8	C5, C7, G1, G4, G5, H1, H2	C1, C2, C3, C4, C6, E2, F5, G2, G6, I4, J1, J2	A1, A2, B1, B2, D1, D2, D3, D4, E1, E3, E4, F1, F2, F3, F4, G3, I1, I2, I3, I5, I6, I7, I9, I10, J3, K1, K2, K3, K4

2023-2024 School Wellness Survey Responses

Terra-Centre 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.

"2 or 3 PE classes per week, 30 minutes recess daily, extracurricular fitness activities"

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

Terra-Centre Elementary

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

Section D – Health Services

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

Section E – Healthy and Safe School Environment

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

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

“no barriers”

2023-2024 School Wellness Survey Responses

Terra-Centre 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.	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

Terra-Centre Elementary

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

Section H – Family and Community Involvement

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

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

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

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

“Walk to School Day, Field Day, Fitness Clubs”

Section I – Food and Nutrition General

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

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

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

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

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

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

Terra-Centre 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. Exploring

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.

“Running Club, Burke 5K, Walk/Bike to School event, active after school activities, encouraging staff fitness challenges.”

2023-2024 School Wellness Survey Responses

Terra-Centre 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:

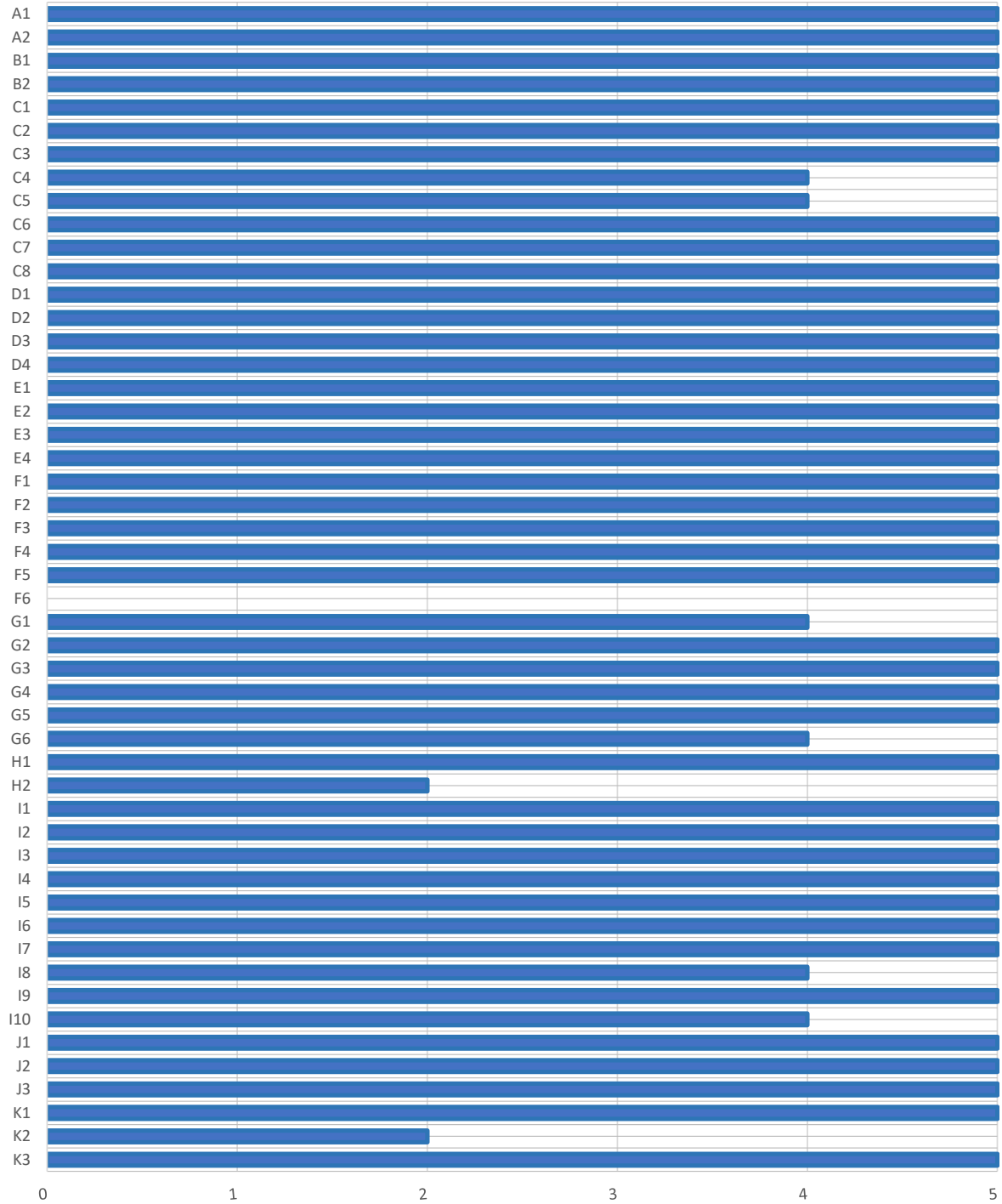
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2023-2024 School Wellness Survey Responses

Terra-Centre 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

Terra-Centre Elementary

Survey Questions Grouped by Wellness Score

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
	H2, K2		C4, C5, G1, G6, I8, I10	A1, A2, B1, B2, C1, C2, C3, C6, C7, C8, D1, D2, D3, D4, E1, E2, E3, E4, F1, F2, F3, 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

Terraset Elementary

Section A – Physical Education

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

Section B – Physical Activity

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

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

“Brain breaks with physical activity for primary students, all students have at least 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.	Emerging
C3: Coping Skills.	Emerging
C4: Depression.	No Activity
C5: Suicide Prevention and Awareness.	Exploring
C6: Mental Health Issues (general).	Exploring

2023-2024 School Wellness Survey Responses

Terraset Elementary

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

Section D – Health Services

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

Section E – Healthy and Safe School Environment

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

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

“Inequities across neighborhoods for the ability to safely walk or bike to the school”

2023-2024 School Wellness Survey Responses

Terraset 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.	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.	Exploring
G2: Health care access.	Embedded
G3: Employee flu immunization clinics.	Embedded
G4: Wellness opportunities for staff, such as fitness challenges, fitness classes, mobile health screenings, wellness walks, workshops, or health fairs that emphasize work/life balance.	Embedded
G5: Awareness of the Employee Assistance Program Services.	Embedded

2023-2024 School Wellness Survey Responses

Terraset 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.

“Encourage family participation in themed nights and events such as yoga night, basketball challenge, and bike to school 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

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

Terraset Elementary

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

Section J – Nutrition Education, Promotion, and Food Marketing

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

Section K – Nutritional Guidelines

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

Section L – Ideas/Comments/Suggestions

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

“See previous response”

2023-2024 School Wellness Survey Responses

Terraset 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:

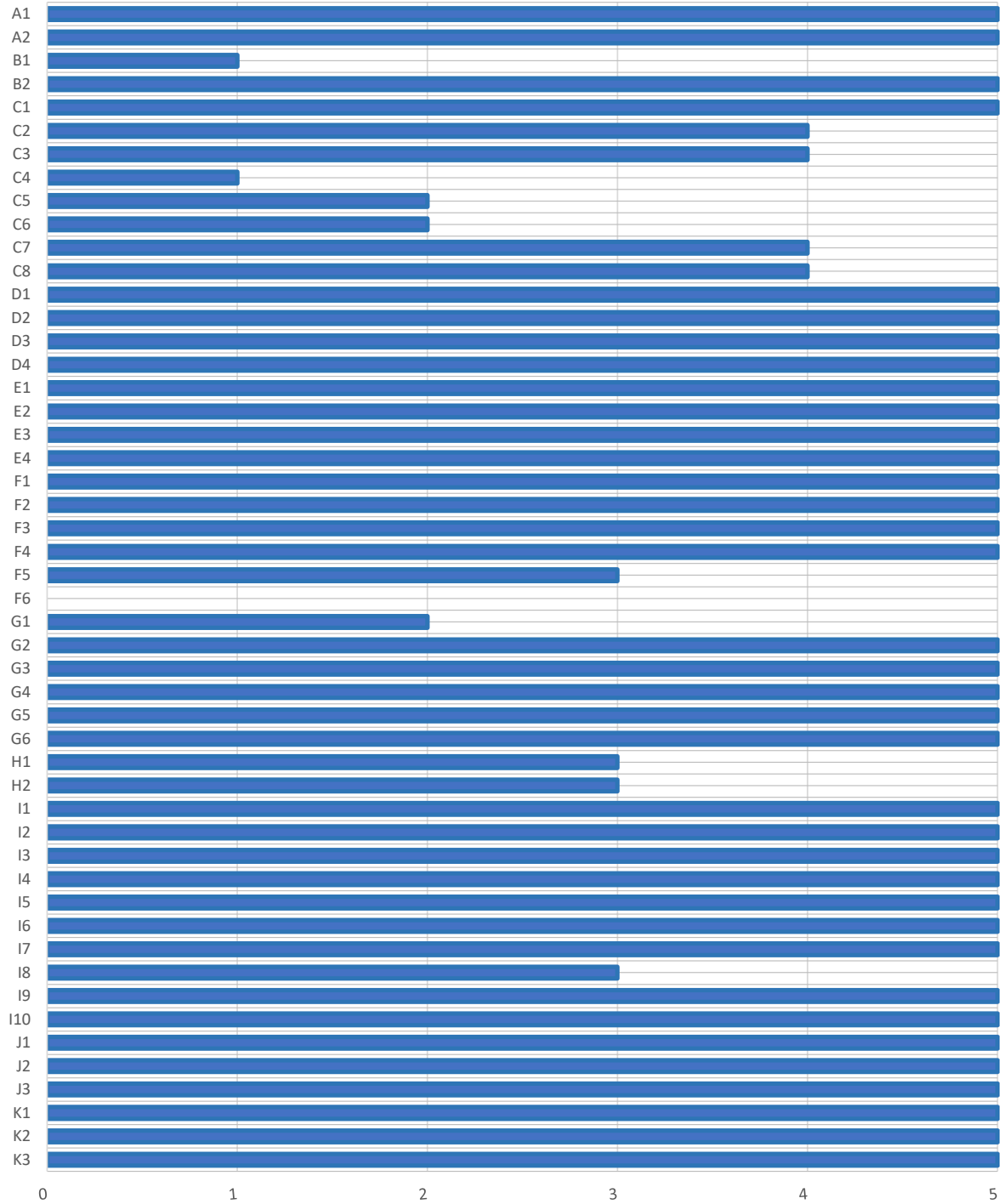
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2023-2024 School Wellness Survey Responses

Terraset 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

Terraset 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, C6, G1	F5, H1, H2, I8	C2, C3, C7, C8	A1, A2, B2, C1, D1, D2, D3, D4, E1, E2, E3, E4, F1, F2, F3, F4, 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

Timber 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.	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.

“Daily supervised recess for students PreK-6 for 30 min.”

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.	Exploring
C2: Stress Management.	Transitioning
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

Timber Lane Elementary

C8: Substance Abuse Prevention.

Emerging

Section D – Health Services

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

Response

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

Embedded

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

Embedded

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

Embedded

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

Embedded

Section E – Healthy and Safe School Environment

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

Response

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

Emerging

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

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

Timber 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.	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.	Embedded
G4: Wellness opportunities for staff, such as fitness challenges, fitness classes, mobile health screenings, wellness walks, workshops, or health fairs that emphasize work/life balance.	Exploring
G5: Awareness of the Employee Assistance Program Services.	Transitioning

2023-2024 School Wellness Survey Responses

Timber 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.

Exploring

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

Embedded

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

Embedded

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

Transitioning

2023-2024 School Wellness Survey Responses

Timber 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. 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. 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. No Activity

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

Timber 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:

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

Timber 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

Timber Lane 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, J1, J2, J3	C1, G4, I5, I10	C2, G5, G6, I8	C4, C5, C7, C8, E1, G1	A1, A2, B1, B2, C3, C6, D1, D2, D3, D4, E2, E3, E4, F1, F2, F3, F4, F5, G2, G3, I1, I2, I3, I4, I6, I7, I9, K1, K2, K3, K4

2023-2024 School Wellness Survey Responses

Union Mill Elementary

Section A – Physical Education

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

Section B – Physical Activity

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

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

“ ”

Section C – Health Education

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

2023-2024 School Wellness Survey Responses

Union Mill 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.

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

Union Mill Elementary

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

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
F1: Monitors school climate and other factors that may contribute to student stress, symptoms of anxiety and depression, and peer and academic pressures and substance use.	Emerging
F2: Our staff has received required suicide prevention training, as well as training that includes recognition of, and response to, mental and behavioral health needs.	Emerging
F3: Implements programs that foster social and emotional health and wellness of students and staff.	Emerging
F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.	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.	Emerging
G3: Employee flu immunization clinics.	Embedded
G4: Wellness opportunities for staff, such as fitness challenges, fitness classes, mobile health screenings, wellness walks, workshops, or health fairs that emphasize work/life balance.	Emerging
G5: Awareness of the Employee Assistance Program Services.	Emerging

2023-2024 School Wellness Survey Responses

Union Mill Elementary

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

Section H – Family and Community Involvement

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

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

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

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

"none"

Section I – Food and Nutrition General

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

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

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

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

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

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

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

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

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

2023-2024 School Wellness Survey Responses

Union Mill Elementary

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

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

Section J – Nutrition Education, Promotion, and Food Marketing

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

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

J2: We follow federal school meal nutrition standards for all foods Embedded

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

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

Section K – Nutritional Guidelines

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

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

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

“EAP overview for staff, Wellness Wednesday for Stag and 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

Union Mill Elementary

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

"No Response"

Summary Tables:

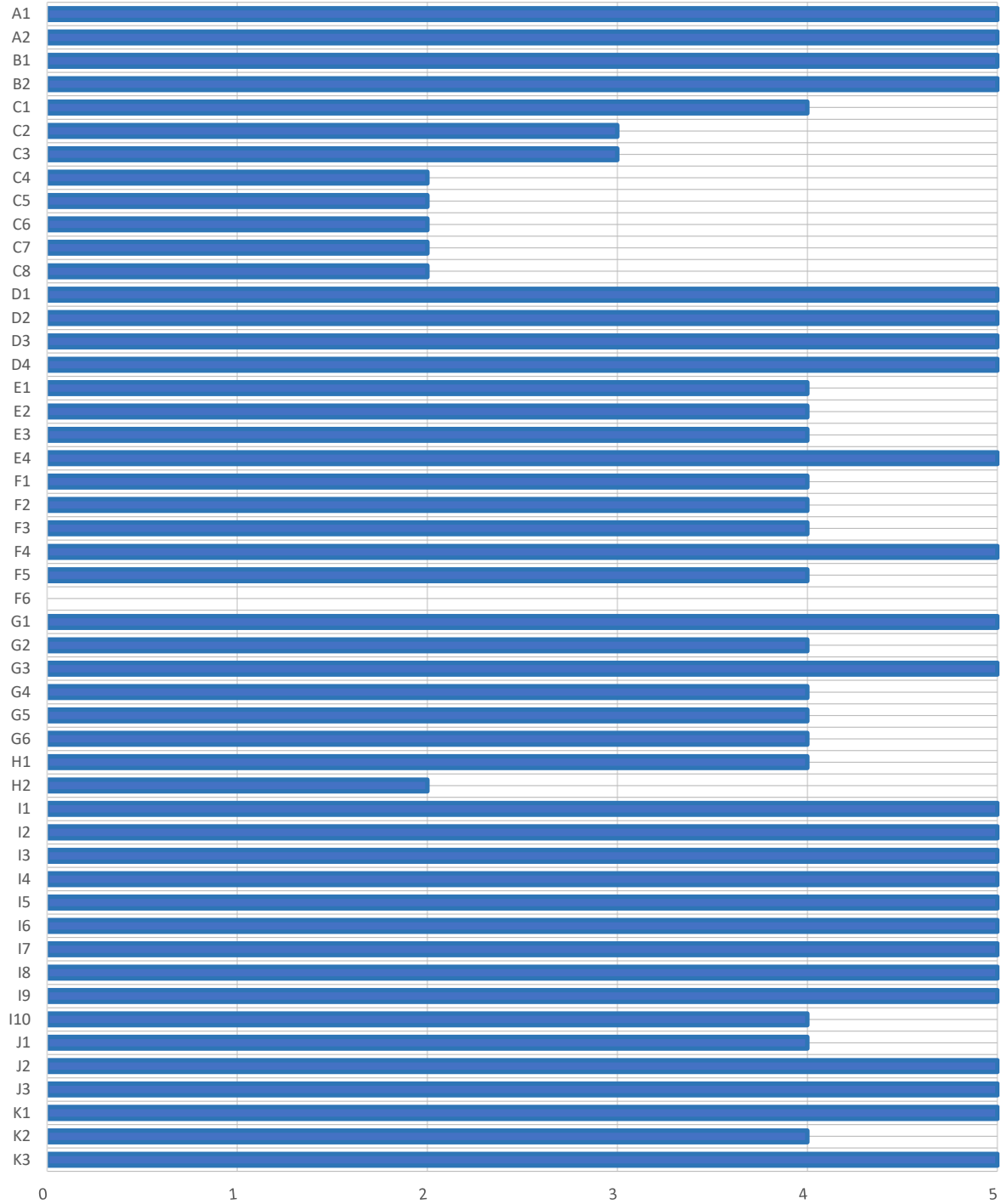
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*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

2023-2024 School Wellness Survey Responses

Union Mill Elementary

Comparison of Survey Question and Self-Reported Wellness Score



Wellness Score

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

2023-2024 School Wellness Survey Responses

Union Mill 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, C6, C7, C8, H2	C2, C3	C1, E1, E2, E3, F1, F2, F3, F5, G2, G4, G5, G6, H1, I10, J1, K2	A1, A2, B1, B2, D1, D2, D3, D4, E4, F4, G1, G3, I1, I2, I3, I4, I5, I6, I7, I8, I9, J2, J3, K1, K3, K4

2023-2024 School Wellness Survey Responses

Vienna 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.

“Classroom equipment for recess, gaga ball pit, elementary potable soccer nets, Jump Rope for Heart”

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.	Exploring
C6: Mental Health Issues (general).	Embedded

2023-2024 School Wellness Survey Responses

Vienna 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.	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.

“Outside cameras would help support student safety with the WO&D trail”

2023-2024 School Wellness Survey Responses

Vienna Elementary

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

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

Section G – Health Promotion for Staff Members

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

2023-2024 School Wellness Survey Responses

Vienna 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.

“Fun Run/5K, Family Dance”

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

Vienna 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

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day.	No Activity
J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day.	Embedded
J3: We follow FCPS’ policy on fundraisers as outlined in R2100.	Embedded

Section K – Nutritional Guidelines

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

“After school programs (yoga & mindfulness), fun run/5K, bike to school, walking Wednesday, Jump Rope for Heart”

2023-2024 School Wellness Survey Responses

Vienna 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.

“Employee incentives to engage in self-care & health practices”

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:

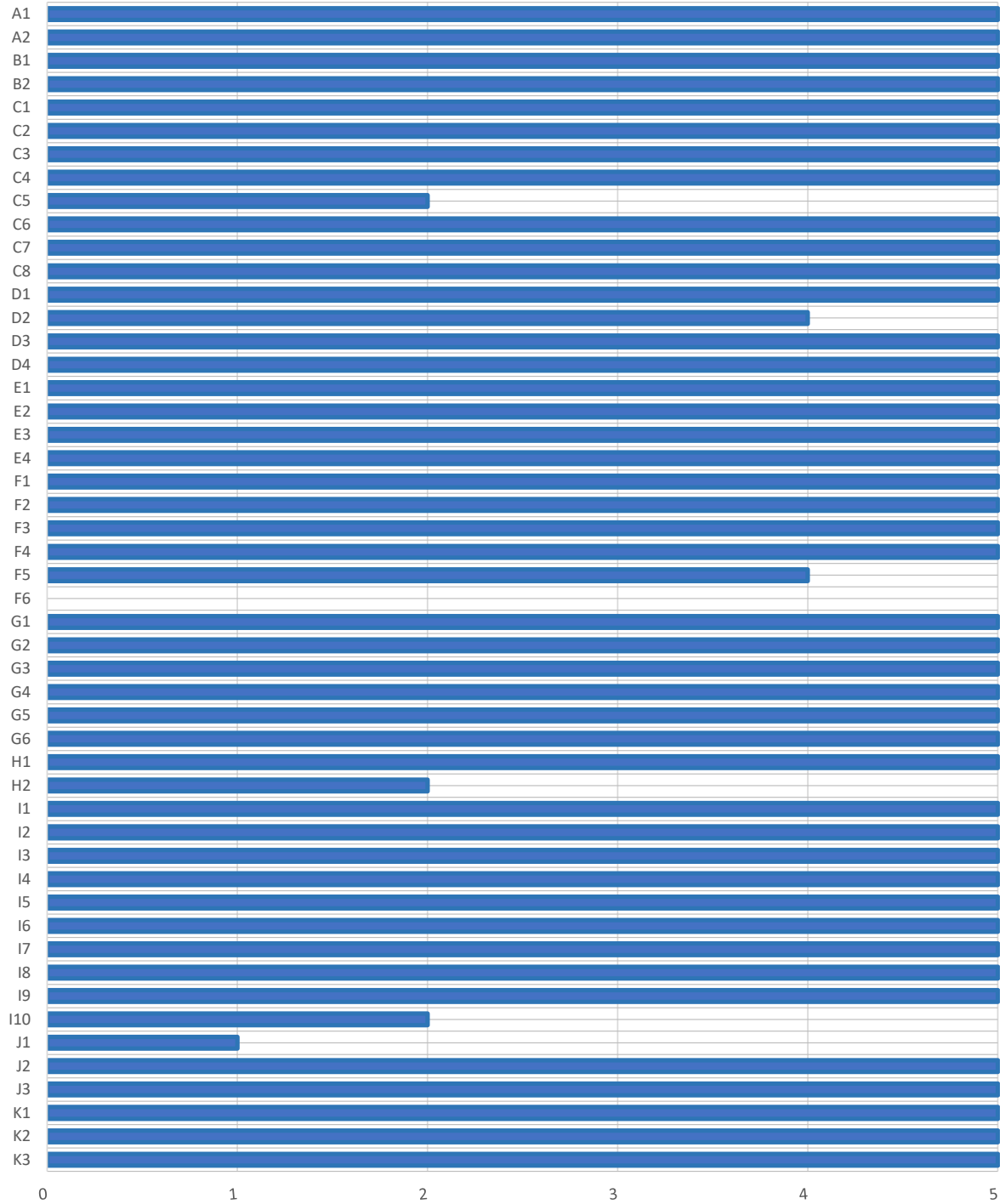
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*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

2023-2024 School Wellness Survey Responses

Vienna 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

Vienna Elementary

Survey Questions Grouped by Wellness Score

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

2023-2024 School Wellness Survey Responses

Virginia 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.

"Each class is embedded with Responsive Classroom practices as well as a focus lesson with key vocabulary and the "why" behind each standard."

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.	Embedded
C6: Mental Health Issues (general).	Embedded

2023-2024 School Wellness Survey Responses

Virginia Run 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

Virginia 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.	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

Virginia Run 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.

“Each school year, we highlight the roll to school day, create a volleyball event against the Cub Run students and staff, and create the Viking Dash which is community run event.”

Section I – Food and Nutrition General

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

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

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

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

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

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

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

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

2023-2024 School Wellness Survey Responses

Virginia Run Elementary

I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS).	No Activity
I9: Allows students to possess personal containers for drinking water.	Embedded
I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible.	Emerging

Section J – Nutrition Education, Promotion, and Food Marketing

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

Section K – Nutritional Guidelines

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

“Roll to school day, Viking Dash, Volleyball event vs. Cub Run, 3 on 3 basketball tournament, after school PTA sport programs. We also participate in the staff wellness challenges.”

2023-2024 School Wellness Survey Responses

Virginia 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.

“Continue with the wellness challenges and student salad bar.”

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:

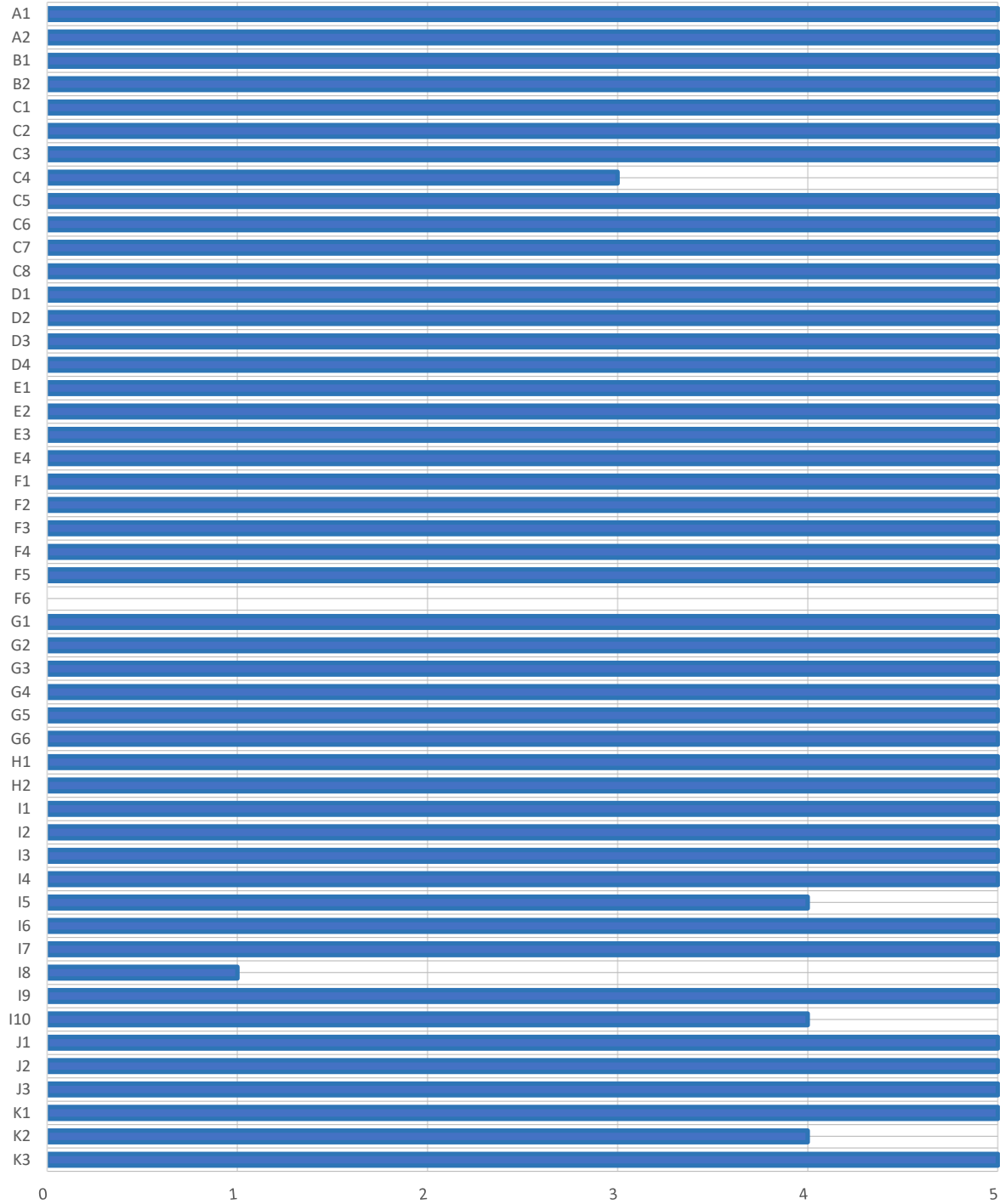
The following graph and table visually summarize your school’s responses provided above. Questions in the graph are represented by bars corresponding to the self-reported wellness score. Questions in the table are grouped together according to their self-reported wellness score (e.g., all questions recorded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

Virginia 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

Virginia Run Elementary

Survey Questions Grouped by Wellness Score

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

2023-2024 School Wellness Survey Responses

Wakefield 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.

“Outdoor recess whenever weather permits. Kickball tournament, whole school Fun Run. ”

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.	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

Wakefield Forest Elementary

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

Section D – Health Services

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
D1: FCPS' protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others.	Embedded
D2: Students have regular access to public health nurses to address health, safety, and psychological issues.	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.	Transitioning
E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152.	Embedded

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

“Our school is under renovation.”

2023-2024 School Wellness Survey Responses

Wakefield 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.	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.	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.	Emerging

2023-2024 School Wellness Survey Responses

Wakefield 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.

"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

Wakefield Forest Elementary

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

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

Section J – Nutrition Education, Promotion, and Food Marketing

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

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

“We have a mindfulness opportunity during staff lunch periods monthly. We implement WeThinkers curriculum and explicit mindfulness instruction as tier 1 in grade 1. We implement the SuperFlex curriculum in Kindergarten. Positivity Project is our schoolwide character education program.”

2023-2024 School Wellness Survey Responses

Wakefield Forest 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:

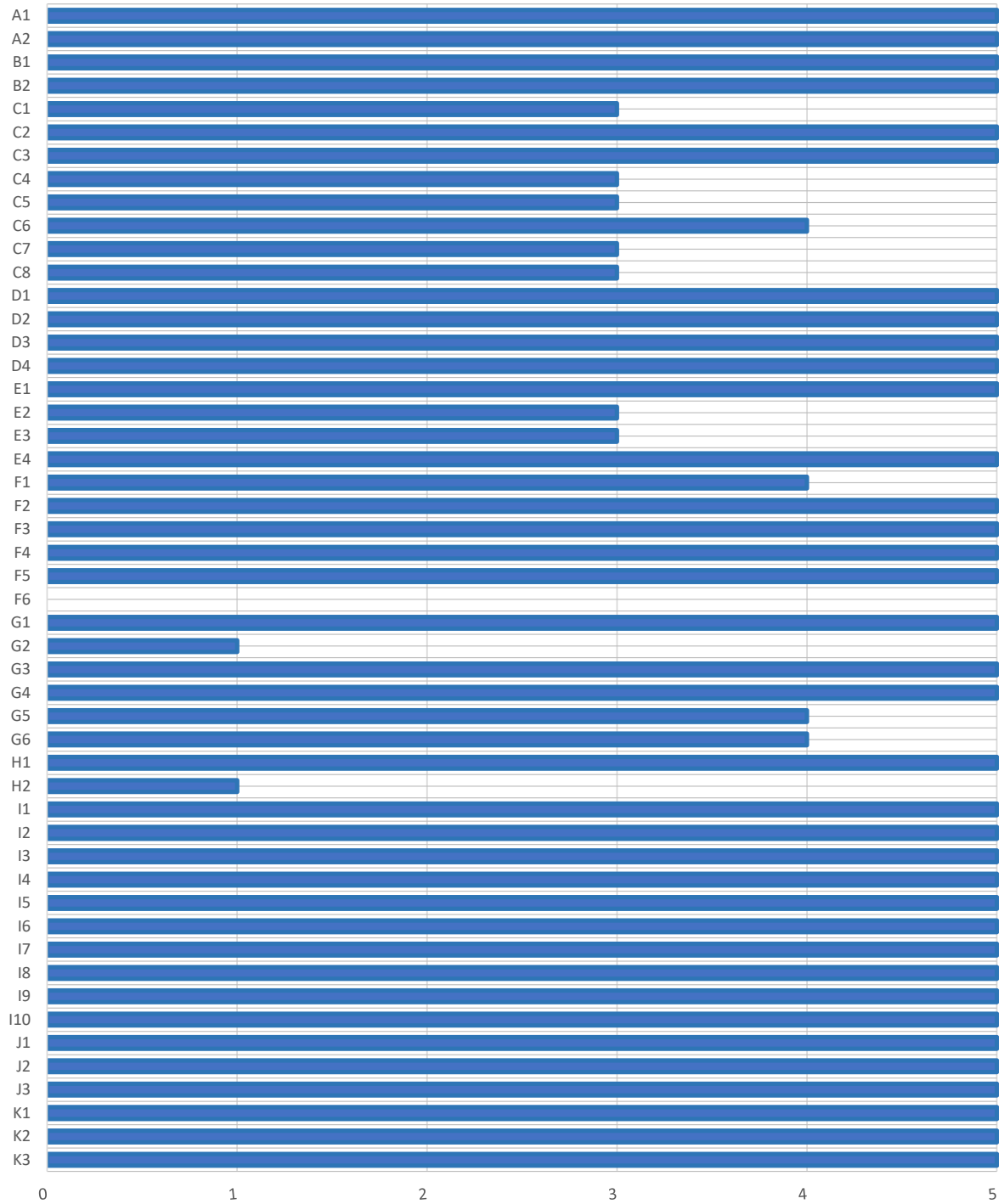
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*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

2023-2024 School Wellness Survey Responses

Wakefield 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

Wakefield Forest 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		C1, C4, C5, C7, C8, E2, E3	C6, F1, G5, G6	A1, A2, B1, B2, C2, C3, D1, D2, D3, D4, E1, E4, F2, F3, F4, F5, G1, G3, G4, H1, I1, I2, I3, I4, I5, I6, I7, I8, I9, I10, J1, J2, J3, K1, K2, K3, K4

2023-2024 School Wellness Survey Responses

Waples Mill Elementary

Section A – Physical Education

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

Section B – Physical Activity

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

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

“Supervised games and individual activities during recess 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.	Emerging
C2: Stress Management.	Emerging
C3: Coping Skills.	Embedded
C4: Depression.	Embedded
C5: Suicide Prevention and Awareness.	Transitioning
C6: Mental Health Issues (general).	Emerging
C7: Relationship of Healthy Sleep to Mental Health.	Embedded

2023-2024 School Wellness Survey Responses

Waples Mill Elementary

C8: Substance Abuse Prevention.

Embedded

Section D – Health Services

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

Response

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

Embedded

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

Embedded

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

Embedded

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

Embedded

Section E – Healthy and Safe School Environment

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

Response

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

Emerging

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

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

Waples Mill Elementary

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

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
F1: Monitors school climate and other factors that may contribute to student stress, symptoms of anxiety and depression, and peer and academic pressures and substance use.	Embedded
F2: Our staff has received required suicide prevention training, as well as training that includes recognition of, and response to, mental and behavioral health needs.	Embedded
F3: Implements programs that foster social and emotional health and wellness of students and staff.	Embedded
F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.	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

Waples Mill Elementary

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

Section H – Family and Community Involvement

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

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

“Quarterly physical activities that invite involvement of the PTA, families, students and teachers.”

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

Waples Mill Elementary

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

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

Section J – Nutrition Education, Promotion, and Food Marketing

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

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

“Boosterthon marathon, Girls on the Run, 6th grade basketball game, Reflection time, Calming Corners”

2023-2024 School Wellness Survey Responses

Waples Mill Elementary

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

“No Response”

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

“No Response”

Summary Tables:

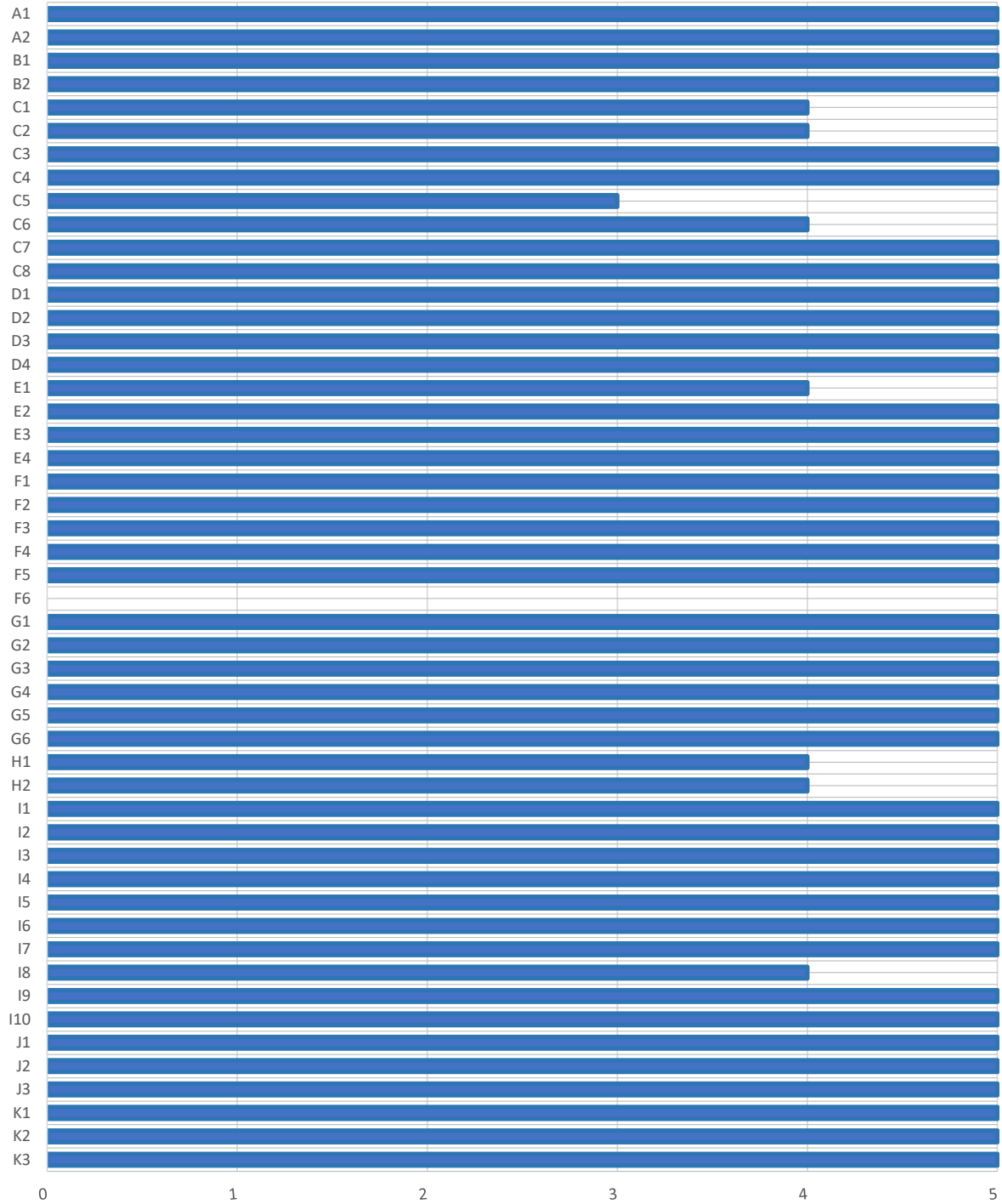
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*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

2023-2024 School Wellness Survey Responses

Waples Mill Elementary

Comparison of Survey Question and Self-Reported Wellness Score



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

2023-2024 School Wellness Survey Responses

Waples Mill Elementary

Survey Questions Grouped by Wellness Score

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
		C5	C1, C2, C6, E1, H1, H2, I8	A1, A2, B1, B2, C3, C4, C7, C8, D1, D2, D3, D4, 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

Washington Mill Elementary

Section A – Physical Education

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

Section B – Physical Activity

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

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

“

Student have access to a newly renovated playground, field and basketball court. These activities allow students to play together and run around safely. Last year, Dr. Recess came to our school and demonstrated cooperative games students can play with each other. PE continues to incorporate Dr. Recess practices with students and other activities for a safe 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.	Exploring

2023-2024 School Wellness Survey Responses

Washington Mill Elementary

C5: Suicide Prevention and Awareness.	Exploring
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.	No Activity
D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia.	Embedded
D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102.	Embedded

Section E – Healthy and Safe School Environment

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

Washington Mill Elementary

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

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

Section G – Health Promotion for Staff Members

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

2023-2024 School Wellness Survey Responses

Washington Mill 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.	Exploring
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.	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

2023-2024 School Wellness Survey Responses

Washington Mill 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.	No Activity
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.	No Activity
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

Washington Mill Elementary

Section L – Ideas/Comments/Suggestions

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

“No Response”

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

“No Response”

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

“No Response”

Summary Tables:

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

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

2023-2024 School Wellness Survey Responses

Washington Mill Elementary

Comparison of Survey Question and Self-Reported Wellness Score



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

2023-2024 School Wellness Survey Responses

Washington Mill Elementary

Survey Questions Grouped by Wellness Score

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

2023-2024 School Wellness Survey Responses

Waynewood 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 daily, movement breaks throughout the day in classrooms, movement in music class”

Section C – Health Education

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

2023-2024 School Wellness Survey Responses

WayneWood 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.	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.

“None”

2023-2024 School Wellness Survey Responses

Waynewood 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.	Exploring
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.	Emerging

2023-2024 School Wellness Survey Responses

Waynewood Elementary

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

Section H – Family and Community Involvement

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

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

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

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

"We are exploring ways to include the 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. 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

Waynewood 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.

“Jog-A-Thon, Gobbler Gallop Running, Running is Elementary, School Garden Planting-food donated to local food bank,”

2023-2024 School Wellness Survey Responses

Waynewood 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:

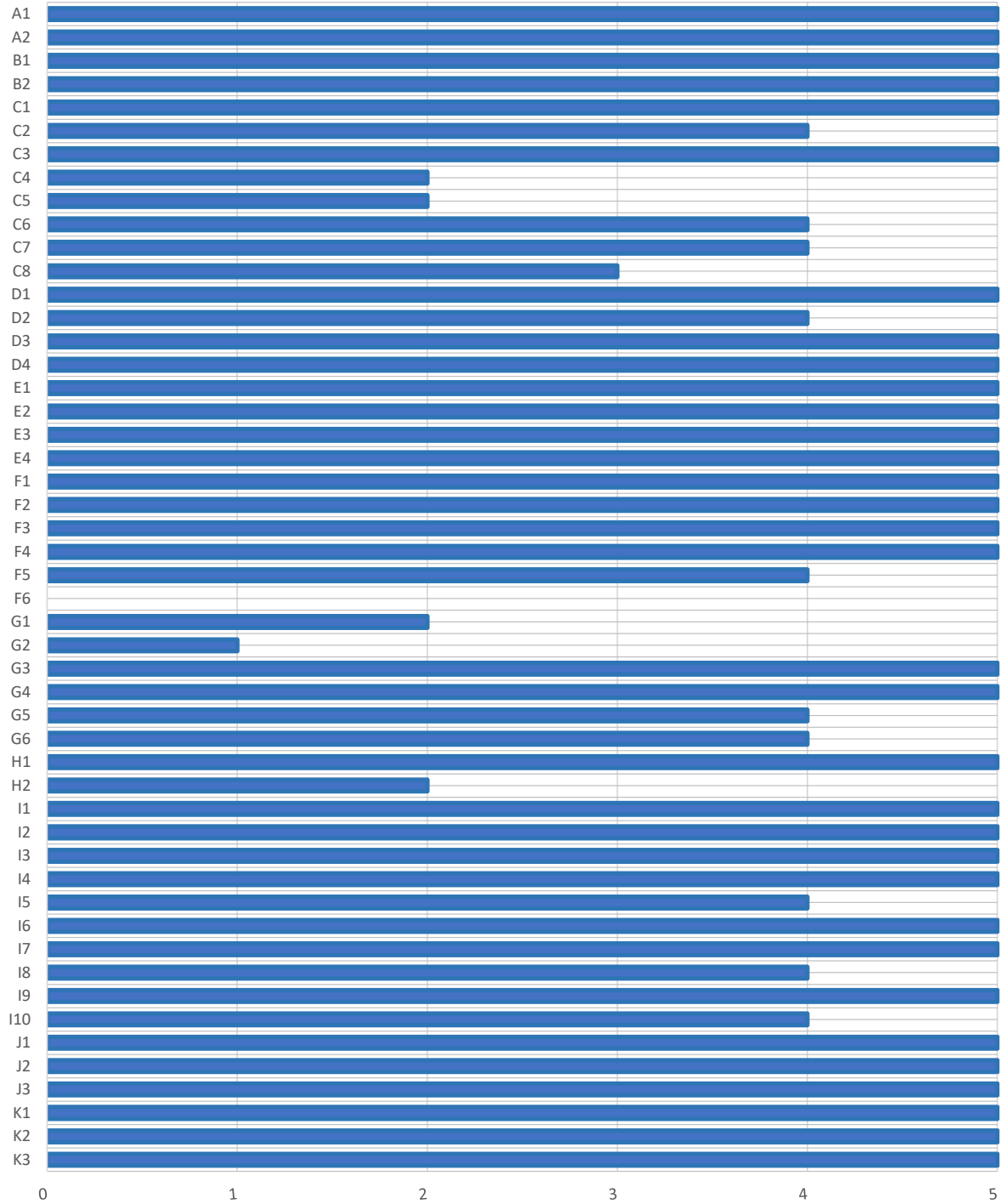
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*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

2023-2024 School Wellness Survey Responses

WayneWood 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

Waynewood Elementary

Survey Questions Grouped by Wellness Score

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

2023-2024 School Wellness Survey Responses

West 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.

“ ”

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.	Exploring
C6: Mental Health Issues (general).	Exploring
C7: Relationship of Healthy Sleep to Mental Health.	Emerging

2023-2024 School Wellness Survey Responses

West Springfield 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.

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.

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.

“Students have regular access to public health nurses to address health, safety and psychological issues. Our PHN is here once a week, so this is difficult to meet.”

2023-2024 School Wellness Survey Responses

West 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.	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.	Not a Middle/High School

Section G – Health Promotion for Staff Members

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

2023-2024 School Wellness Survey Responses

West Springfield Elementary

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

Section H – Family and Community Involvement

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

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

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

West Springfield Elementary

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
	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.	Emerging 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

West Springfield 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:

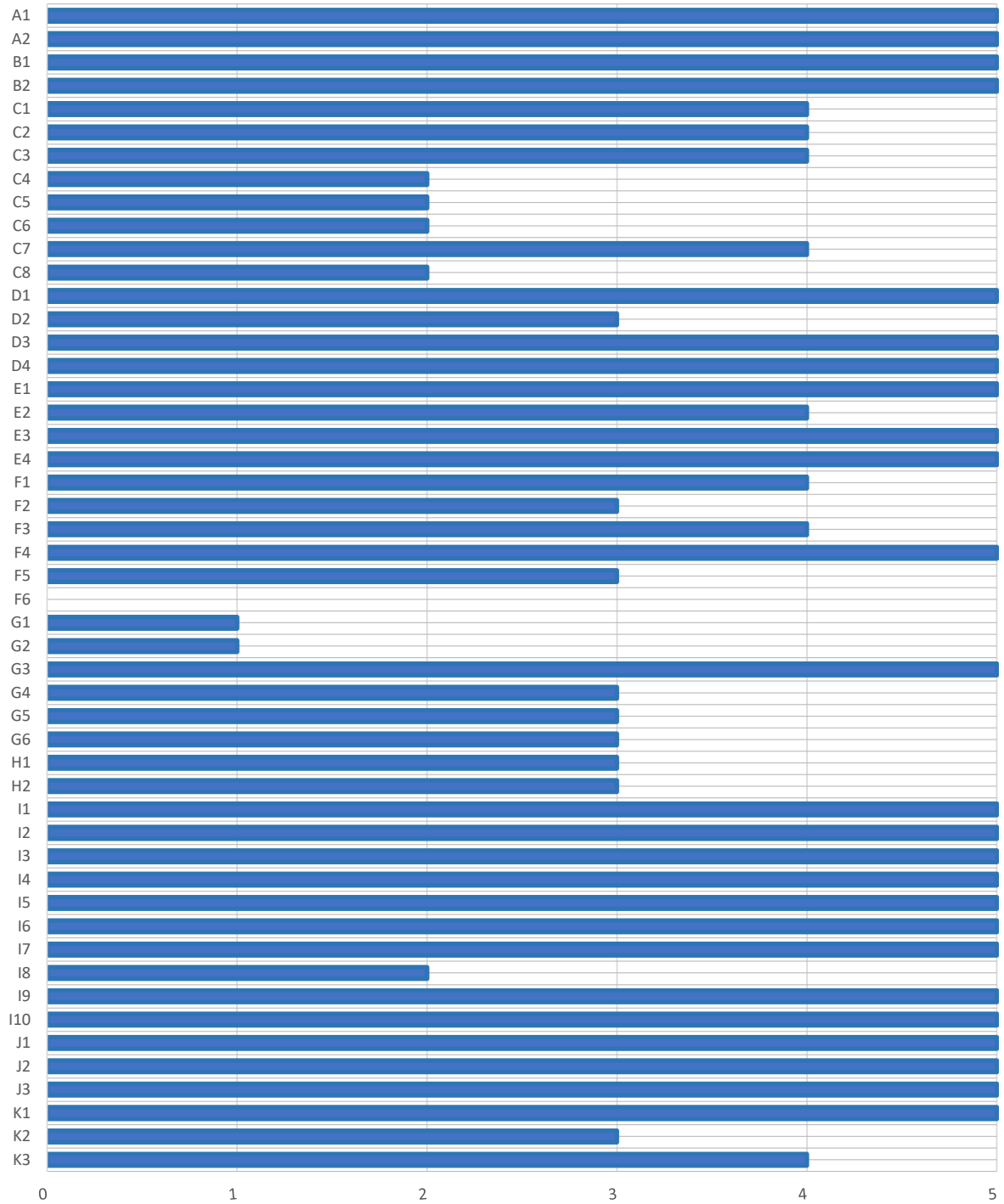
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*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

2023-2024 School Wellness Survey Responses

West 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

West Springfield Elementary

Survey Questions Grouped by Wellness Score

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

2023-2024 School Wellness Survey Responses

Westbriar 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.

"Bike to School, Walker Club"

Section C – Health Education

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

Westbriar 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.

Emerging

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.

“Bike to school, Walkers Club”

2023-2024 School Wellness Survey Responses

Westbriar 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.	Embedded
G5: Awareness of the Employee Assistance Program Services.	Embedded

2023-2024 School Wellness Survey Responses

Westbriar 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.

“
Working with PTA for the Walkers Club each year”

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

Westbriar 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”

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

Westbriar 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:

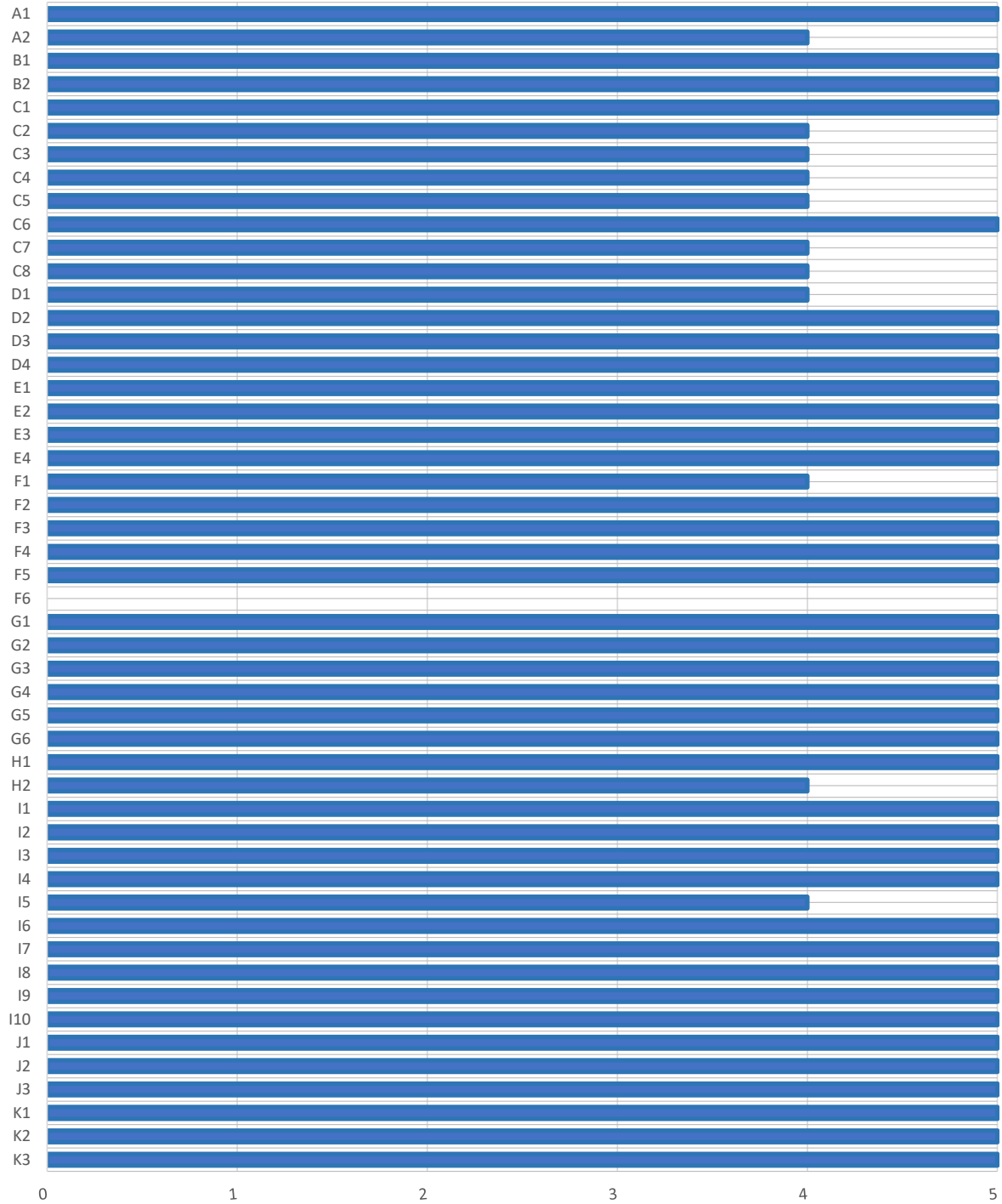
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*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

2023-2024 School Wellness Survey Responses

Westbriar 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

Westbriar Elementary

Survey Questions Grouped by Wellness Score

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

2023-2024 School Wellness Survey Responses

Westgate Elementary

Section A – Physical Education

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

Section B – Physical Activity

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

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

“ ”

Section C – Health Education

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

2023-2024 School Wellness Survey Responses

Westgate Elementary

C8: Substance Abuse Prevention.

Transitioning

Section D – Health Services

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

Response

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

Embedded

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

Embedded

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

Embedded

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

Embedded

Section E – Healthy and Safe School Environment

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

Response

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

Emerging

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

Embedded

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

Embedded

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

Embedded

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

“none”

2023-2024 School Wellness Survey Responses

Westgate Elementary

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

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

Section G – Health Promotion for Staff Members

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

2023-2024 School Wellness Survey Responses

Westgate Elementary

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

Section H – Family and Community Involvement

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

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

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

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

“none”

Section I – Food and Nutrition General

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

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

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

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

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

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

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

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

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

2023-2024 School Wellness Survey Responses

Westgate 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

Westgate 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:

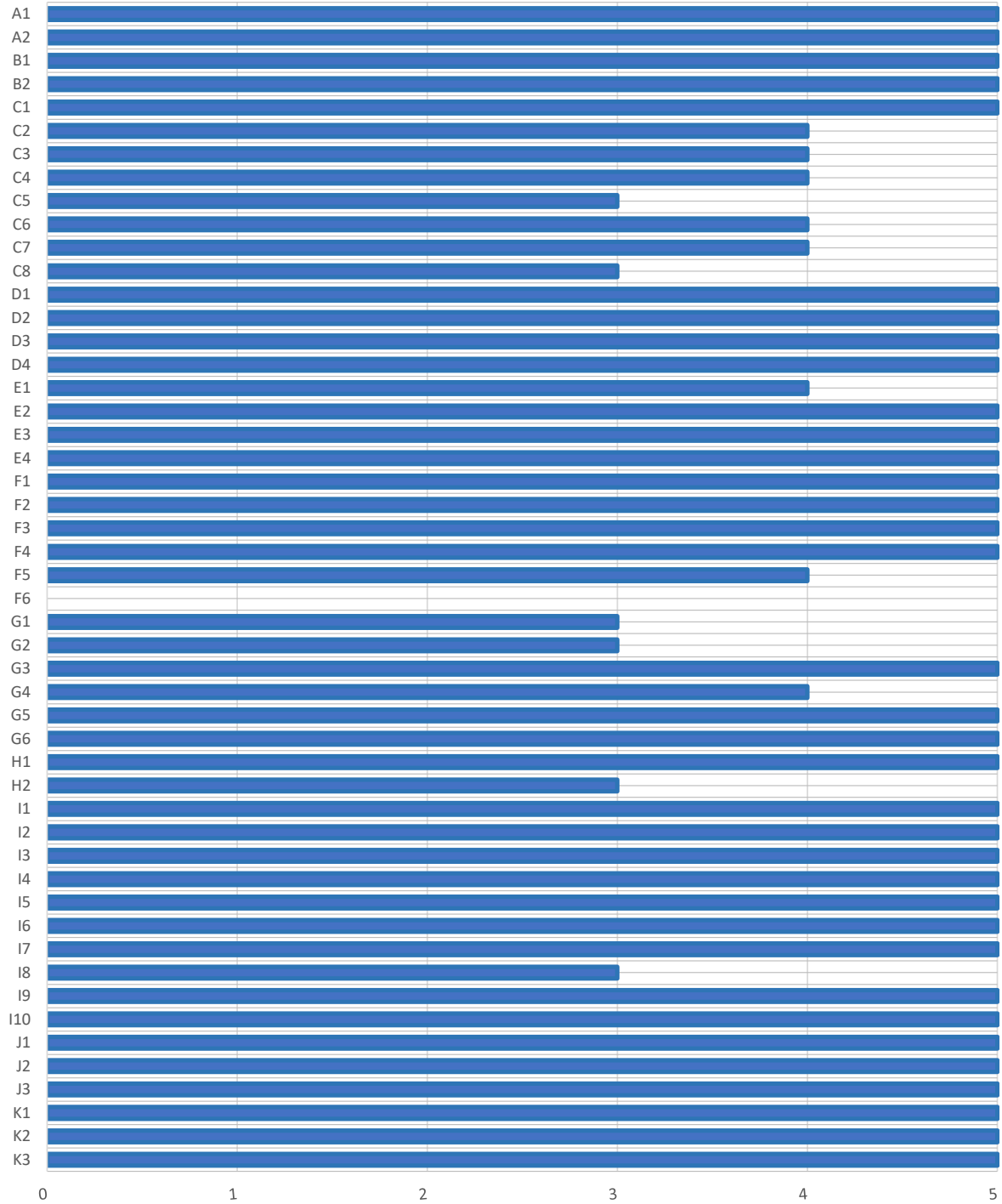
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*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

2023-2024 School Wellness Survey Responses

Westgate 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

Westgate Elementary

Survey Questions Grouped by Wellness Score

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
		C5, C8, G1, G2, H2, I8	C2, C3, C4, C6, C7, E1, F5, G4	A1, A2, B1, B2, C1, D1, D2, D3, D4, E2, E3, E4, F1, F2, F3, F4, G3, 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

Westlawn 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, PE, embedded Energizers ”

Section C – Health Education

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

2023-2024 School Wellness Survey Responses

Westlawn 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

Westlawn 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

Westlawn 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.

“Laps for Learning, Coffee Connections, Community Conversations”

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. No Activity

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

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

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

2023-2024 School Wellness Survey Responses

Westlawn 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

Westlawn 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:

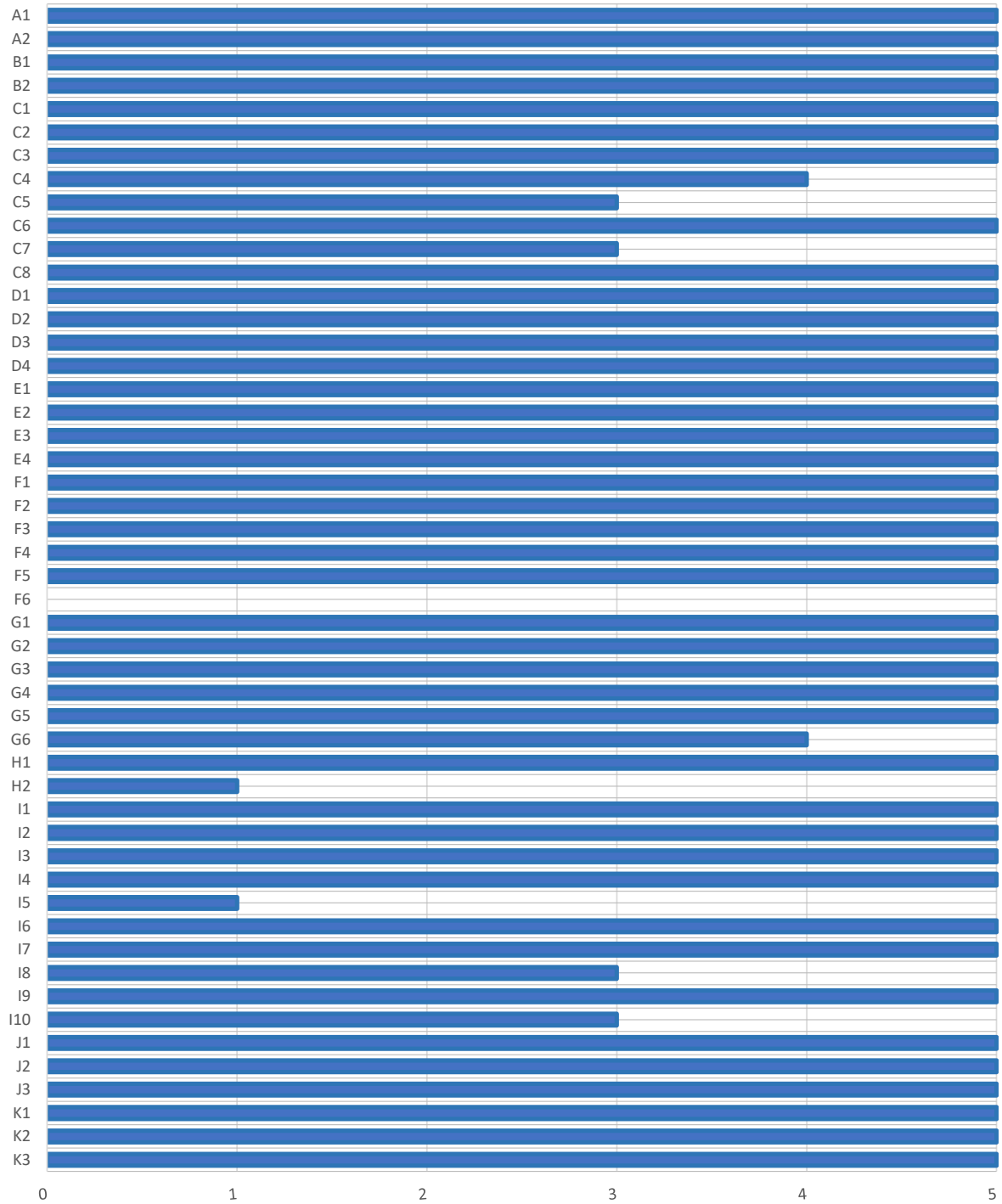
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2023-2024 School Wellness Survey Responses

Westlawn Elementary

Comparison of Survey Question and Self-Reported Wellness Score



Wellness Score
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2023-2024 School Wellness Survey Responses

Westlawn Elementary

Survey Questions Grouped by Wellness Score

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
H2, I5		C5, C7, I8, I10	C4, G6	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, G4, G5, H1, I1, I2, I3, I4, I6, I7, I9, J1, J2, J3, K1, K2, K3, K4

2023-2024 School Wellness Survey Responses

Weyanoke Elementary

Section A – Physical Education

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

Section B – Physical Activity

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

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

“ ”

Section C – Health Education

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

2023-2024 School Wellness Survey Responses

Weyanoke 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

Weyanoke 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.	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

Weyanoke Elementary

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

Section H – Family and Community Involvement

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

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

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

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

"none"

Section I – Food and Nutrition General

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

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

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

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

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

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

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

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

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

2023-2024 School Wellness Survey Responses

Weyanoke Elementary

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

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

Section J – Nutrition Education, Promotion, and Food Marketing

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

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

Embedded

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

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

Section K – Nutritional Guidelines

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

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

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

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

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

Section L – Ideas/Comments/Suggestions

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

“Care Cart for teacher appreciation week. The Wellness Committee will use grant funding to purchase healthy snack, beverages, and self care items for staff to select from.”

2023-2024 School Wellness Survey Responses

Weyanoke 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:

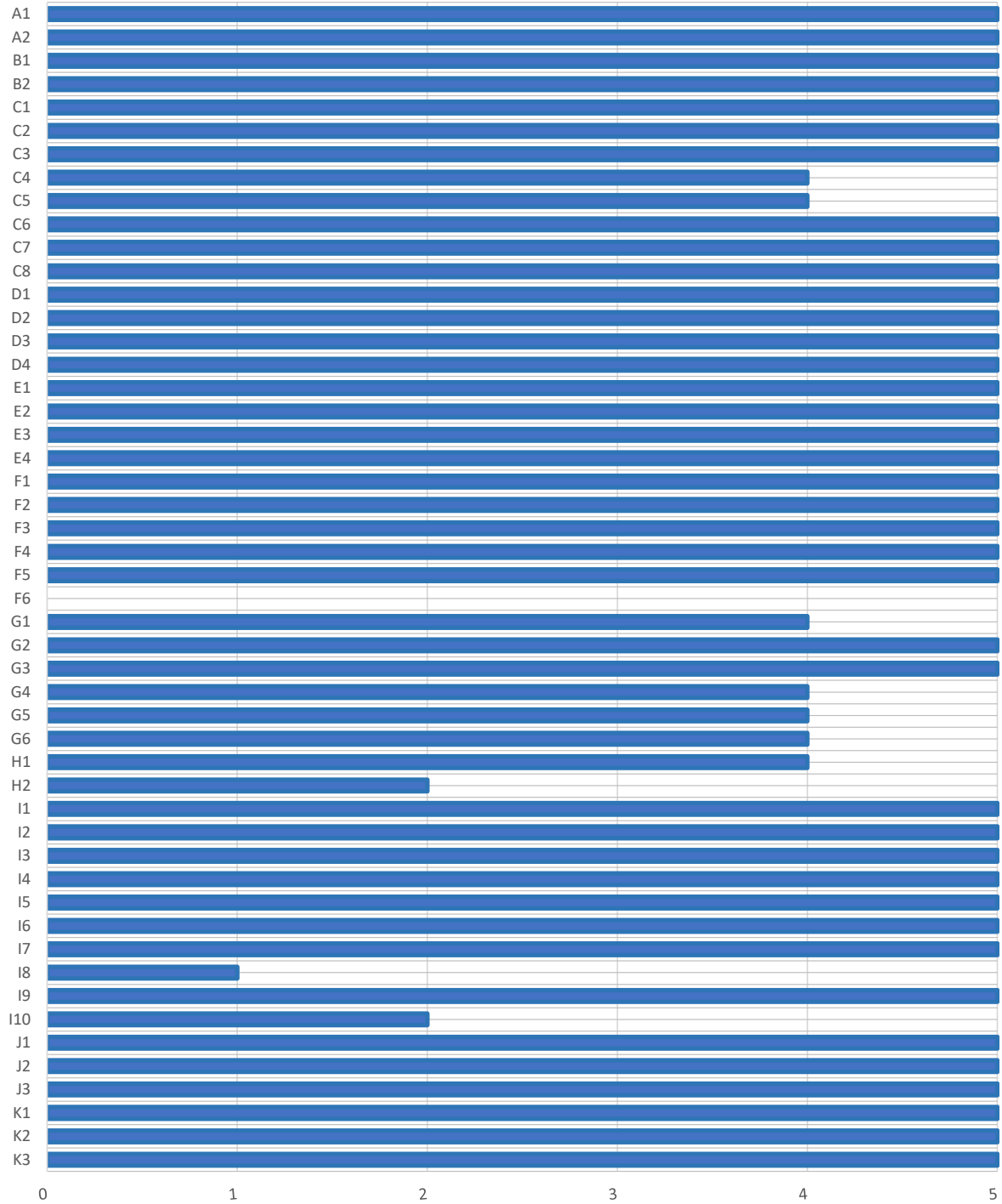
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*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

2023-2024 School Wellness Survey Responses

Weyanoke 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

Weyanoke Elementary

Survey Questions Grouped by Wellness Score

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

2023-2024 School Wellness Survey Responses

White Oaks 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.	Embedded
C5: Suicide Prevention and Awareness.	Emerging
C6: Mental Health Issues (general).	Embedded
C7: Relationship of Healthy Sleep to Mental Health.	Emerging

2023-2024 School Wellness Survey Responses

White Oaks 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

White Oaks 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

White Oaks 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. Embedded

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

"We work closely with our PTA to support wellness activities throughout the school year."

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

White Oaks 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 Wednesday for the entire school, Several PTA events for parents and students such as eagle trot and healthy habits workshops.”

2023-2024 School Wellness Survey Responses

White Oaks 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.

“Providing Parent engagement opportunities and awareness.”

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:

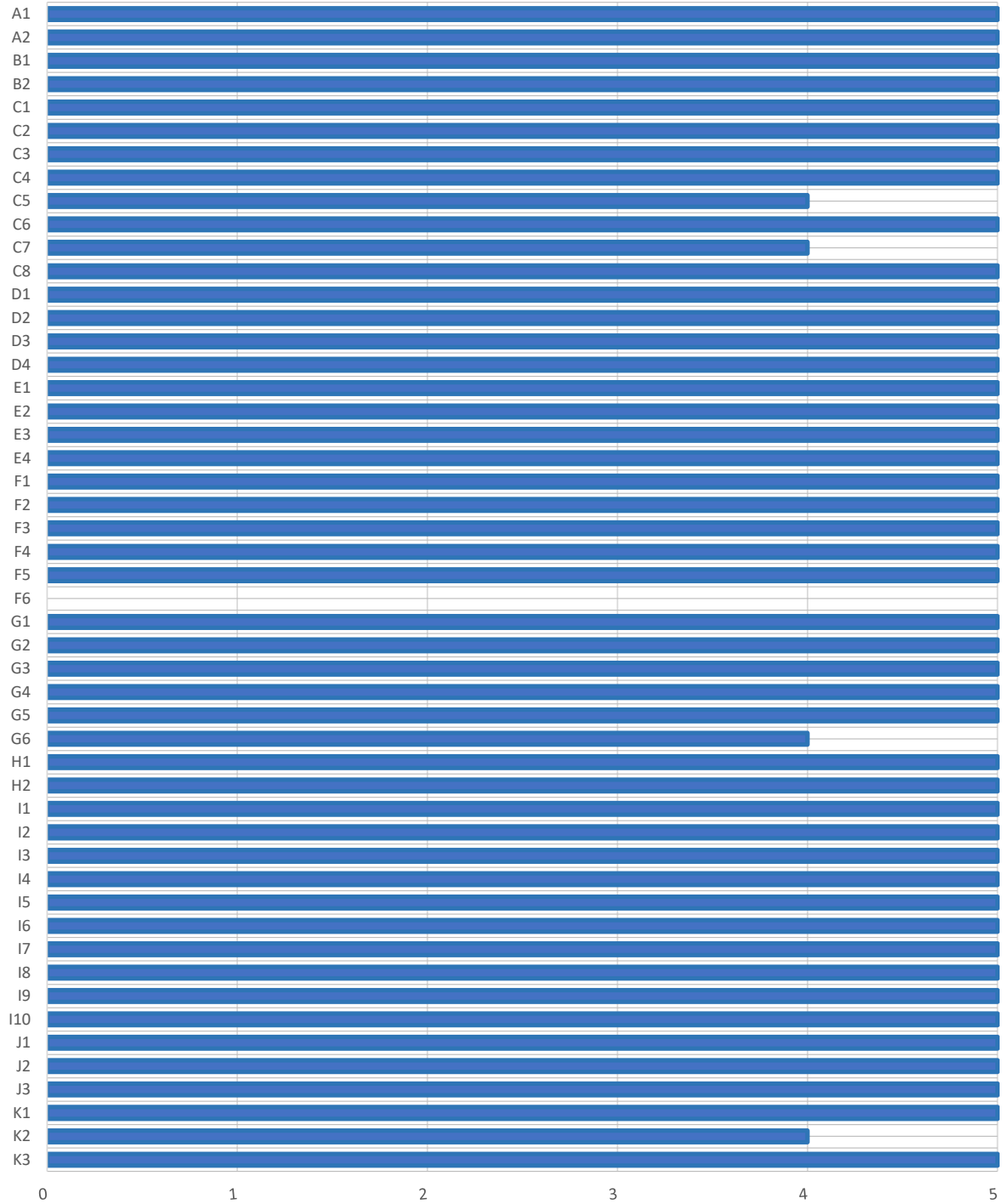
The following graph and table visually summarize your school’s responses provided above. Questions in the graph are represented by bars corresponding to the self-reported wellness score. Questions in the table are grouped together according to their self-reported wellness score (e.g., all questions recorded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

White Oaks 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

White Oaks 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, G6, K2	A1, A2, B1, B2, C1, C2, C3, C4, C6, C8, D1, D2, D3, D4, E1, E2, E3, E4, F1, F2, F3, F4, F5, G1, G2, G3, G4, G5, H1, H2, I1, I2, I3, I4, I5, I6, I7, I8, I9, I10, J1, J2, J3, K1, K3, K4

2023-2024 School Wellness Survey Responses

Willow Springs 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 Weeks, Various Clubs such as running, jump rope, etc.
Walk to school Day, 30 minutes of recess per week, ”

Section C – Health Education

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

2023-2024 School Wellness Survey Responses

Willow Springs Elementary

C7: Relationship of Healthy Sleep to Mental Health.	Transitioning
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.	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.

“late dismissal time, many walkers have to do kiss and ride to make it to sports and activities on time. ”

2023-2024 School Wellness Survey Responses

Willow Springs 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.	Embedded
G2: Health care access.	Emerging
G3: Employee flu immunization clinics.	Embedded
G4: Wellness opportunities for staff, such as fitness challenges, fitness classes, mobile health screenings, wellness walks, workshops, or health fairs that emphasize work/life balance.	Embedded
G5: Awareness of the Employee Assistance Program Services.	Embedded

2023-2024 School Wellness Survey Responses

Willow Springs Elementary

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

Section H – Family and Community Involvement

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

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

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

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

“Wellness weeks and challenges, highlighting in community outreach, creating more after school club opportunities.”

Section I – Food and Nutrition General

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

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

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

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

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

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

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

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

2023-2024 School Wellness Survey Responses

Willow Springs 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

<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.

“Fun Run - running club, jump rope club - wellness spirit weeks, fitness challenges, ”

2023-2024 School Wellness Survey Responses

Willow Springs 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.

“challenges are great”

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:

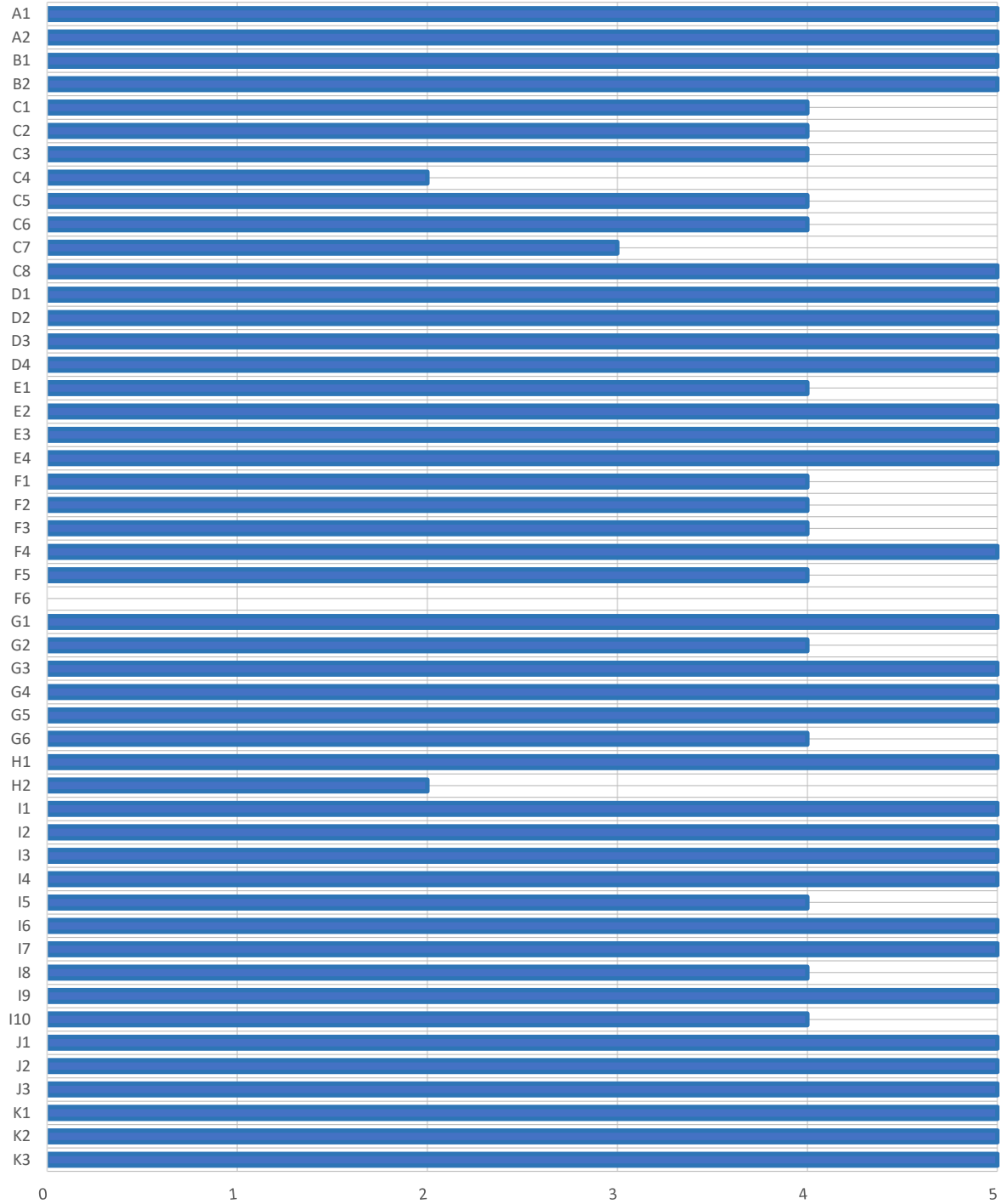
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*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

2023-2024 School Wellness Survey Responses

Willow Springs 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

Willow Springs Elementary

Survey Questions Grouped by Wellness Score

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

2023-2024 School Wellness Survey Responses

Wolftrap Elementary

Section A – Physical Education

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

Section B – Physical Activity

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

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

“ ”

Section C – Health Education

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

2023-2024 School Wellness Survey Responses

Wolftrap Elementary

C8: Substance Abuse Prevention.

Emerging

Section D – Health Services

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

Response

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

Embedded

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

Emerging

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

Embedded

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

Embedded

Section E – Healthy and Safe School Environment

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

Response

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

Embedded

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

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.

“We do not have a full time Public Health Nurse, which limits time that she can be accessed.”

2023-2024 School Wellness Survey Responses

Wolftrap 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

Wolftrap 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. Embedded

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

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

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

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

2023-2024 School Wellness Survey Responses

Wolftrap 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

Wolftrap 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:

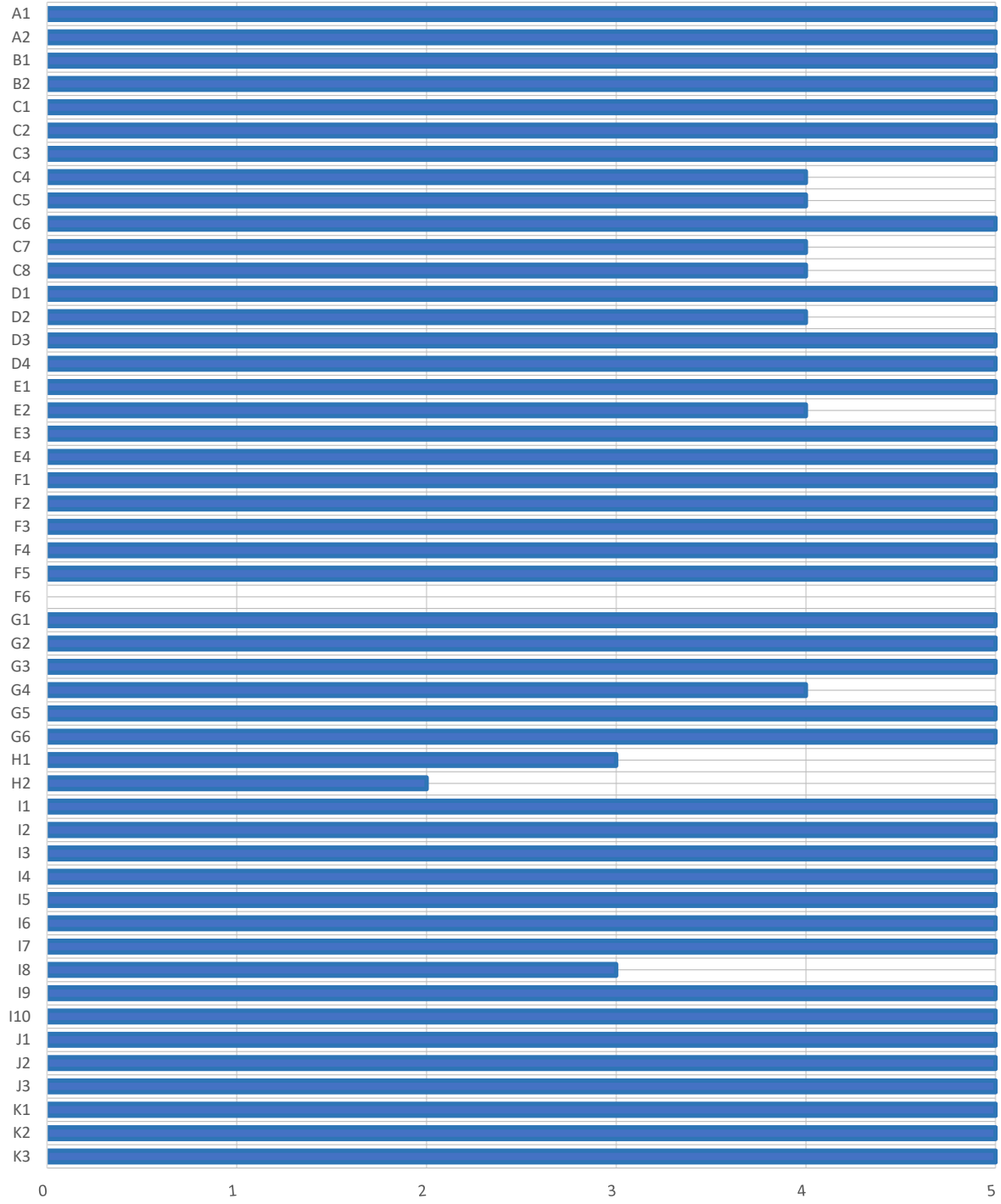
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*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

2023-2024 School Wellness Survey Responses

Wolftrap 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

Wolftrap Elementary

Survey Questions Grouped by Wellness Score

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

2023-2024 School Wellness Survey Responses

Woodburn 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 have a 30 minute recess block each day. Kindergarten has built in time for "exploration and play" each 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.	Emerging
C2: Stress Management.	Emerging
C3: Coping Skills.	Embedded
C4: Depression.	Transitioning
C5: Suicide Prevention and Awareness.	Emerging
C6: Mental Health Issues (general).	Emerging

2023-2024 School Wellness Survey Responses

Woodburn 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.	No Activity
E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults.	Emerging
E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560.	Embedded
E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152.	Embedded

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

“Our school is located on a main road which makes it difficult to encourage biking and walking to school. The surrounding neighborhood does not have sidewalks. ”

2023-2024 School Wellness Survey Responses

Woodburn 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.	No Activity
G2: Health care access.	No Activity
G3: Employee flu immunization clinics.	Embedded
G4: Wellness opportunities for staff, such as fitness challenges, fitness classes, mobile health screenings, wellness walks, workshops, or health fairs that emphasize work/life balance.	Transitioning

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Woodburn 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. 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 contribute to promoting wellness during our teacher appreciation weeks and holiday celebrations.”

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

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Woodburn Elementary

I7: Potable water is available to all our students at no cost.	Embedded
I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS).	No Activity
I9: Allows students to possess personal containers for drinking water.	Embedded
I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible.	Embedded

Section J – Nutrition Education, Promotion, and Food Marketing

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day.	No Activity
J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day.	Embedded
J3: We follow FCPS’ policy on fundraisers as outlined in R2100.	Embedded

Section K – Nutritional Guidelines

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
K1: Sodas and sports drinks are not offered for sale to students at any time during the school day.	No Activity
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

Woodburn 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.

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Woodburn Elementary

Comparison of Survey Question and Self-Reported Wellness Score



Wellness Score

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

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Woodburn Elementary

Survey Questions Grouped by Wellness Score

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

2023-2024 School Wellness Survey Responses

Woodlawn 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.

“Teachers Ref Soccer and Basketball games during recess.”

Section C – Health Education

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

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Woodlawn 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.

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.

“none”

2023-2024 School Wellness Survey Responses

Woodlawn 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.	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

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Woodlawn Elementary

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

Section H – Family and Community Involvement

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

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

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

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

"none"

Section I – Food and Nutrition General

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

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

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

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Woodlawn Elementary

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

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. Embedded

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

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

Section L – Ideas/Comments/Suggestions

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

“Field day”

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

Woodlawn 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

Woodlawn 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

Woodlawn 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, I10, J1, J2			C1, C5, F5, G1, H1	A1, A2, B1, B2, C2, C3, C4, C6, C7, C8, D1, D2, D3, D4, E2, E3, E4, F1, F2, F3, F4, G2, G3, G4, G5, G6, I1, I2, I3, I4, I5, I6, I7, I9, J3, K1, K2, K3, K4

2023-2024 School Wellness Survey Responses

Woodley Hills 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.

“We have 30 minutes of supervised recess every day embedded. ”

Section C – Health Education

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

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Woodley Hills 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.

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

Woodley Hills Elementary

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

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

Section G – Health Promotion for Staff Members

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

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Woodley Hills 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.

"PTA often provides social and teacher appreciation breakfast and lunch on occasions."

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

Woodley Hills Elementary

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

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

Section J – Nutrition Education, Promotion, and Food Marketing

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

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

Embedded

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

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

Section K – Nutritional Guidelines

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

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

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

“School Carnival, Student of the Month, Literacy and Math Nights, Field Day, Grade level picnics, Character Assemblies, spring and winter concerts”

2023-2024 School Wellness Survey Responses

Woodley Hills 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.

“Continued support for beginning of the year wellness activities and artifacts; Funding for materials and opportunities to promote wellness”

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

“n/a”

Summary Tables:

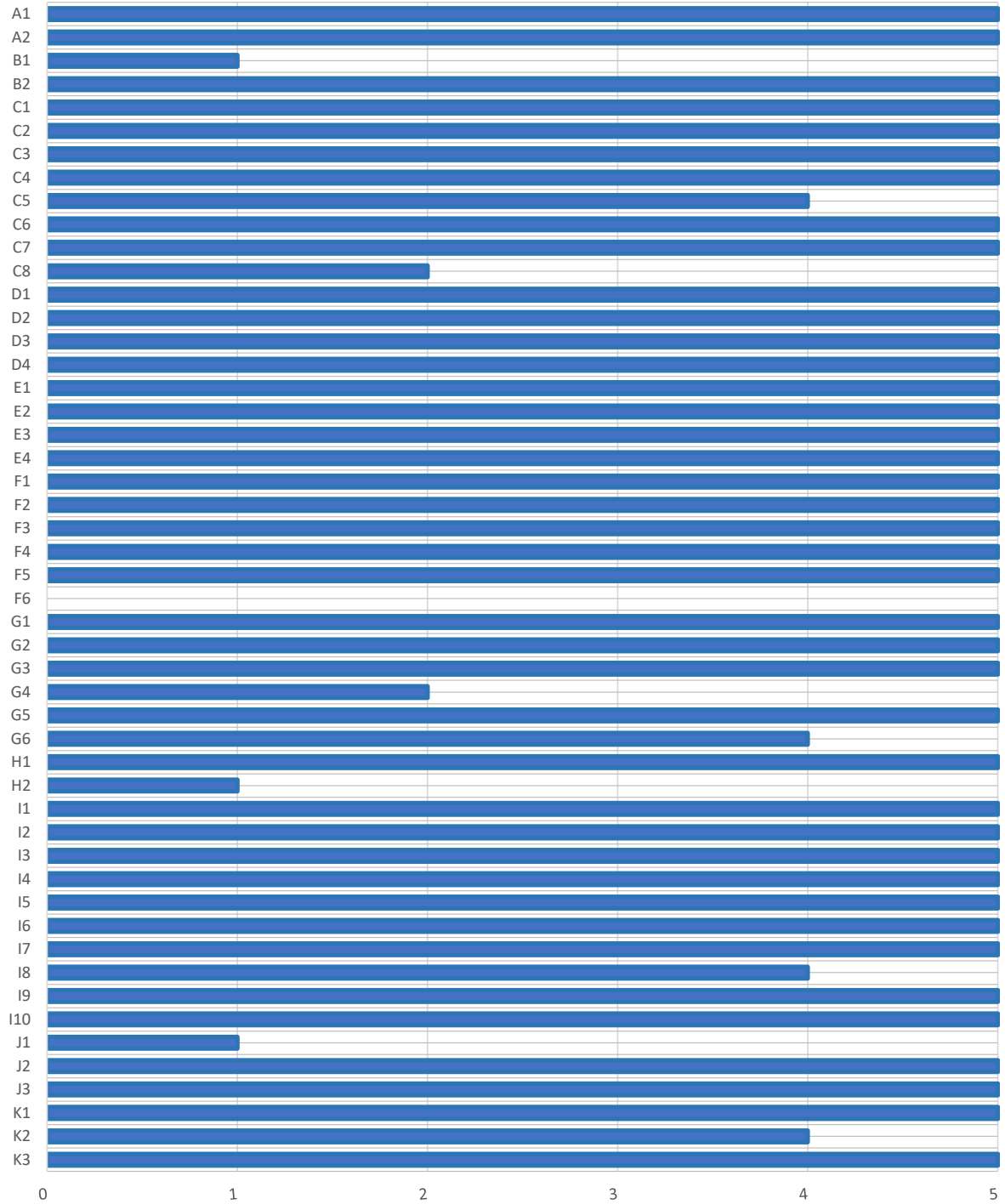
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2023-2024 School Wellness Survey Responses

Woodley Hills 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

Woodley Hills Elementary

Survey Questions Grouped by Wellness Score

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