

## 2023-2024 School Wellness Survey Responses by **High School**

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# 2023-2024 School Wellness Survey Responses

## Annandale High

### Section A – Physical Education

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

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

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

### Section B – Physical Activity

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

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

B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess. Not an Elementary School

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

"W4 Activities days - Students can select to participate in physical activities such as volleyball, basketball, walking the track and more.

"

### Section C – Health Education

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

C1: Promoting Healthy Lifestyles. Embedded

C2: Stress Management. Embedded

C3: Coping Skills. Embedded

C4: Depression. Embedded

C5: Suicide Prevention and Awareness. Embedded

# 2023-2024 School Wellness Survey Responses

## Annandale High

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

### Section D – Health Services

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

### Section E – Healthy and Safe School Environment

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

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

“none”

# 2023-2024 School Wellness Survey Responses

## Annandale High

### 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. | Embedded        |

### 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        |

# 2023-2024 School Wellness Survey Responses

## Annandale High

G5: Awareness of the Employee Assistance Program Services. Embedded

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

### Section H – Family and Community Involvement

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

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

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

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

"We sent out reminders and communicated a challenge for the Walktober Challenge. We provided tickets to the staff and their families for a community event at a George Mason Basketball Game. Lately we have informed staff of the 5k taking place on May 4 that the county promoted. "

### Section I – Food and Nutrition General

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

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

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

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

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

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

# 2023-2024 School Wellness Survey Responses

## Annandale High

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

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

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

|   |          |
|---|----------|
| J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day.  | Emerging |
|   | 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.          | Emerging             |
| K2: Healthy food and beverage options are encouraged at school-related events outside the school day.        | Embedded             |
| K3: Implements appropriate precautions against severe food allergies.  | Embedded<br>Embedded |
| K4: We follow all nutrition guidelines for food and beverage standards, as outlined in FCPS P2100 and R2100. |                      |

# 2023-2024 School Wellness Survey Responses

## Annandale High

### Section L – Ideas/Comments/Suggestions

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

“We sent out reminders and communicated a challenge for the Walktober Challenge. We provided tickets to the staff and their families for a community event at a George Mason Basketball Game. Lately we have informed staff of the 5k taking place on May 4 that the county promoted.”

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:

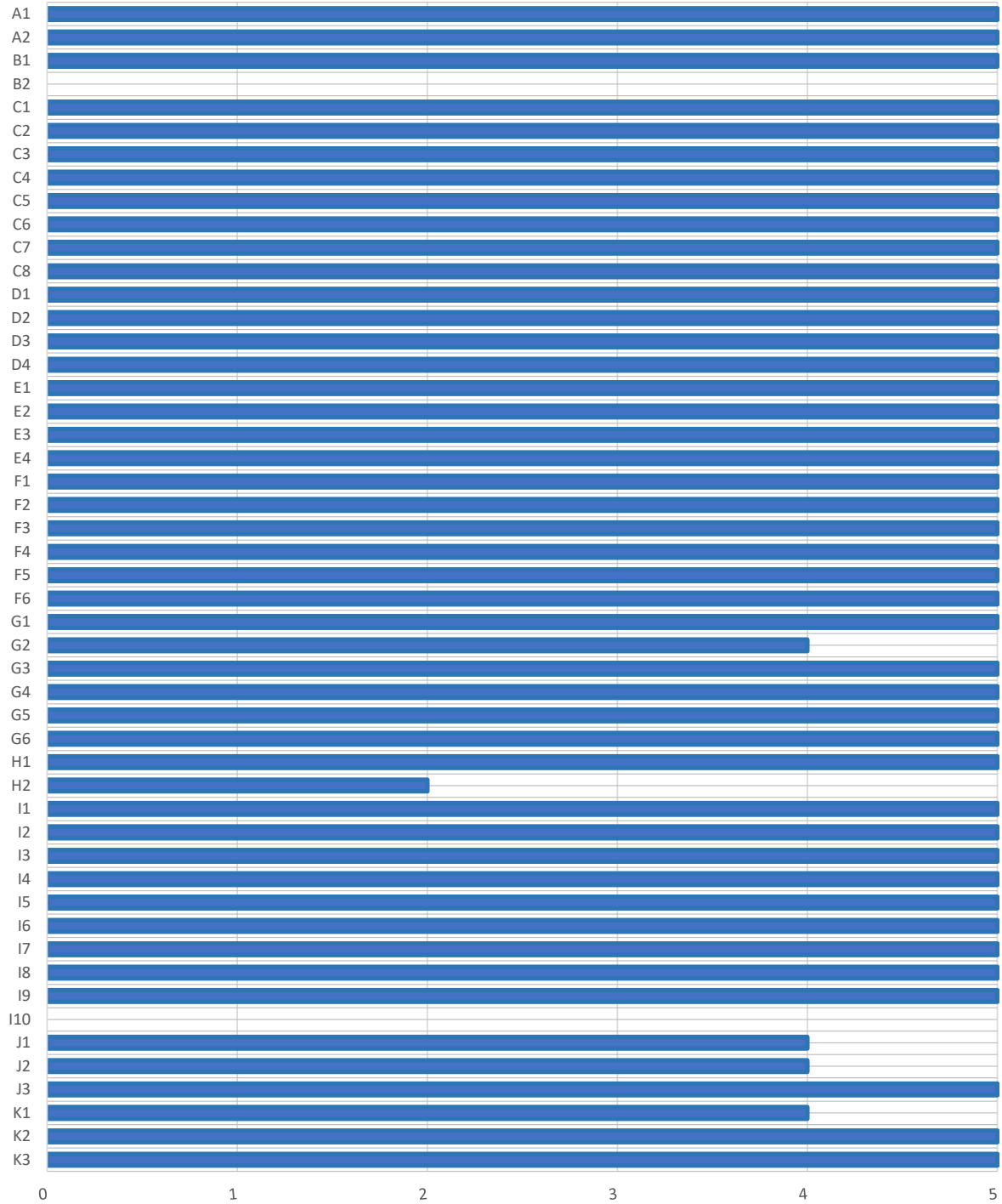
The following graph and table visually summarize your school’s responses provided above. Questions in the graph are represented by bars corresponding to the self-reported wellness score. Questions in the table are grouped together according to their self-reported wellness score (e.g., all questions recorded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

## Annandale High

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

## Annandale High

### Survey Questions Grouped by Wellness Score

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

# 2023-2024 School Wellness Survey Responses

## Centreville High

### 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. | Not an Elementary School |

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

# 2023-2024 School Wellness Survey Responses

## Centreville High

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.

Emerging

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

Emerging

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

Emerging

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

Emerging

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

“Vaping is an on-going issue within the school day in areas where cameras are not permitted and students can not be seen. With a large school population, it is very difficult for school security to oversee this big issue.”

# 2023-2024 School Wellness Survey Responses

## Centreville High

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

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

### Section G – Health Promotion for Staff Members

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

# 2023-2024 School Wellness Survey Responses

## Centreville High

G5: Awareness of the Employee Assistance Program Services. Emerging

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

### Section H – Family and Community Involvement

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

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

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

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

"News You Choose announcements, Wellness Week, Immunization Clinics, Wellbeats Centreville 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. Emerging

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

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

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

# 2023-2024 School Wellness Survey Responses

## Centreville High

|   |                          |
|---|--------------------------|
| I7: Potable water is available to all our students at no cost.  | Embedded                 |
| I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS). | Emerging                 |
| I9: Allows students to possess personal containers for drinking water.  | Embedded                 |
| I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible.                     | Not an Elementary School |

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

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

|   |          |
|---|----------|
| J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day.  | Emerging |
| J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day. | Embedded |
| J3: We follow FCPS’ policy on fundraisers as outlined in R2100.   | Embedded |

## Section K – Nutritional Guidelines

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

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

# 2023-2024 School Wellness Survey Responses

## Centreville High

### Section L – Ideas/Comments/Suggestions

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

“Wellness Week, SEL lessons, Immunization clinics, Yoga elective class ”

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.

“Larger budget would allow for more activities and opportunities for students to prioritize 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.

“PE uniforms should be required for student safety and hygiene. ”

### Summary Tables:

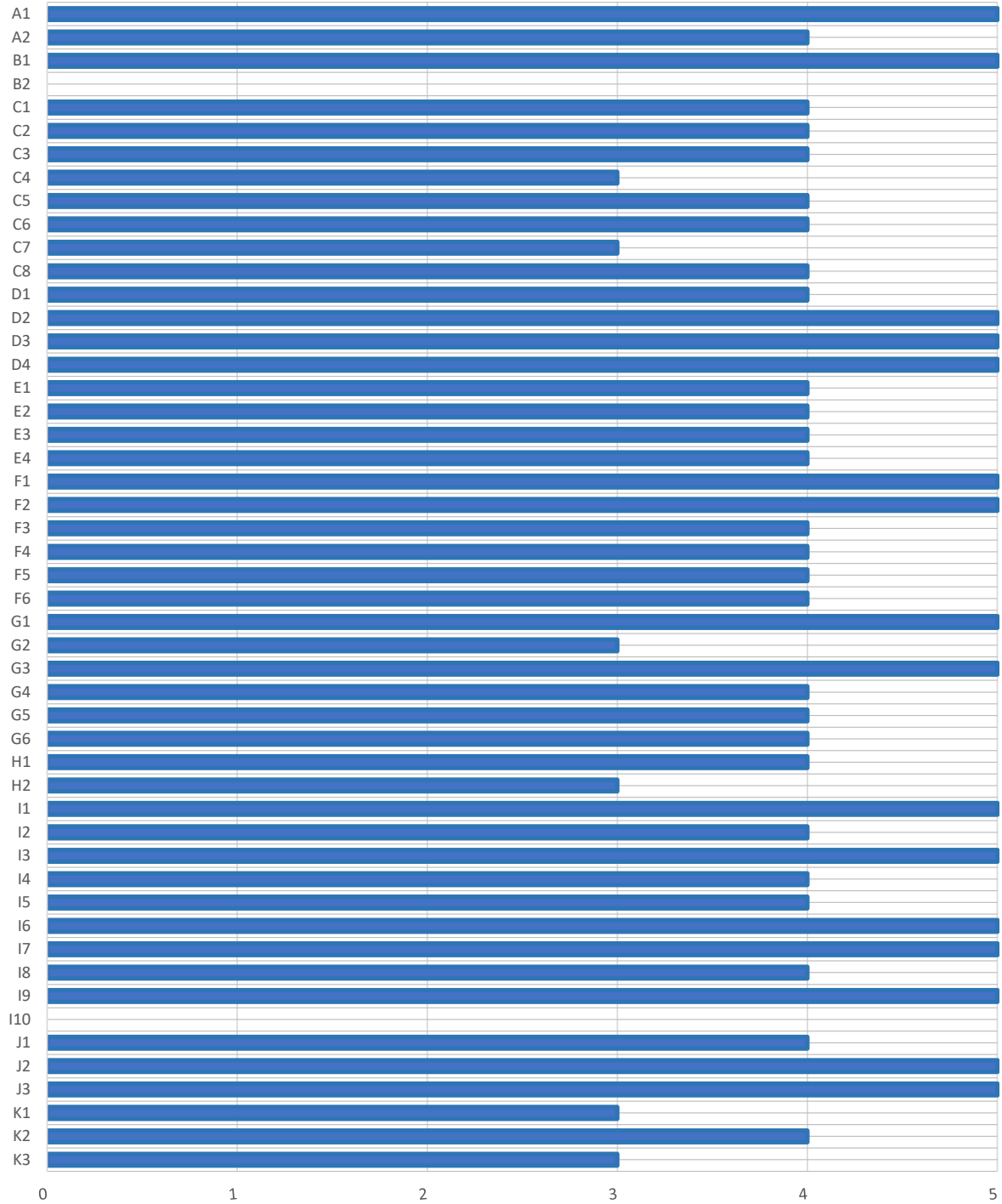
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\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2023-2024 School Wellness Survey Responses

## Centreville High

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

## Centreville High

### Survey Questions Grouped by Wellness Score

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

# 2023-2024 School Wellness Survey Responses

## Chantilly High

### 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. | Not an Elementary School |

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

"HPE expectations and curriculum, highly enrolled PFIT electives, Quarterly Wellness Fairs that include physical activity opportunities"

### Section C – Health Education

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

# 2023-2024 School Wellness Survey Responses

## Chantilly High

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

### Section D – Health Services

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

### Section E – Healthy and Safe School Environment

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

“Lack of doors to close bathrooms in order to limit lingering/vaping/smoking, need more Security personnel, SRR related to substance use, limited access to SAPS, ”

# 2023-2024 School Wellness Survey Responses

## Chantilly High

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

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

### Section G – Health Promotion for Staff Members

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

# 2023-2024 School Wellness Survey Responses

## Chantilly High

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. Emerging

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

“Partnership with PTSA, Community engagement in Wellness Fairs”

### 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

## Chantilly High

|   |                          |
|---|--------------------------|
| I7: Potable water is available to all our students at no cost.  | Embedded                 |
| I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS). | Emerging                 |
| I9: Allows students to possess personal containers for drinking water.  | Embedded                 |
| I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible.                     | Not an Elementary School |

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

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

|   |          |
|---|----------|
| J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day.  | Embedded |
|   | Embedded |
| J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day. | Embedded |
| J3: We follow FCPS’ policy on fundraisers as outlined in R2100.   |          |

## Section K – Nutritional Guidelines

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

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

## Section L – Ideas/Comments/Suggestions

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

# 2023-2024 School Wellness Survey Responses

## Chantilly High

“Schoolwide Student Choice Driven Wellness Fairs Quarterly for all student and staff, yoga, zumba and weight room access for fitness, health snacks and meals for staff events, EAP presentations”

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.

“Bathroom doors installed for all student restrooms for safety and allow for securing them as needed. Additional supports such as more SAPS to assist students challenged with ATOD challenges, Additional SOSA support”

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:

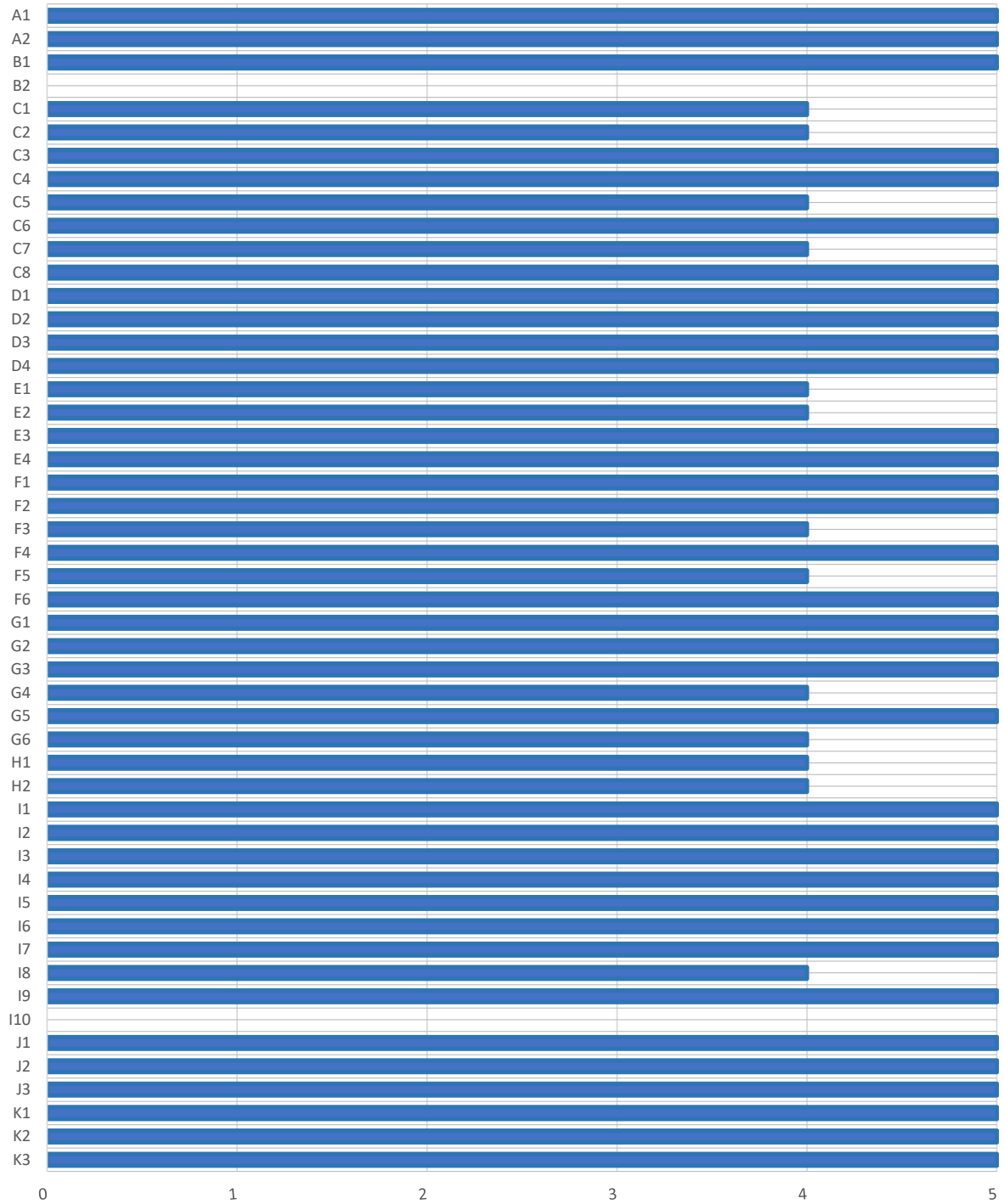
The following graph and table visually summarize your school’s responses provided above. Questions in the graph are represented by bars corresponding to the self-reported wellness score. Questions in the table are grouped together according to their self-reported wellness score (e.g., all questions recorded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

## Chantilly High

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

## Chantilly High

### Survey Questions Grouped by Wellness Score

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

# 2023-2024 School Wellness Survey Responses

## Edison High

### 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. | Not an Elementary School |

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

“Health fair, Health trackers and sleep and nutrition journals.”

### 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

## Edison High

C8: Substance Abuse Prevention.

Embedded

### Section D – Health Services

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

Response

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

Embedded

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

Embedded

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

Embedded

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

Embedded

### Section E – Healthy and Safe School Environment

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

Response

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

Emerging

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

Emerging

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

Embedded

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

Embedded

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

"none"

# 2023-2024 School Wellness Survey Responses

## Edison High

### 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. | Embedded        |

### 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

## Edison High

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

## Edison High

|   |                          |
|---|--------------------------|
| I9: Allows students to possess personal containers for drinking water.                    | Embedded                 |
| I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible. | Not an Elementary School |

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

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

### Section K – Nutritional Guidelines

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

### Section L – Ideas/Comments/Suggestions

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

“No Response”

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.

“Financial resources to support wellness activities for staff and students.”

# 2023-2024 School Wellness Survey Responses

## Edison High

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:

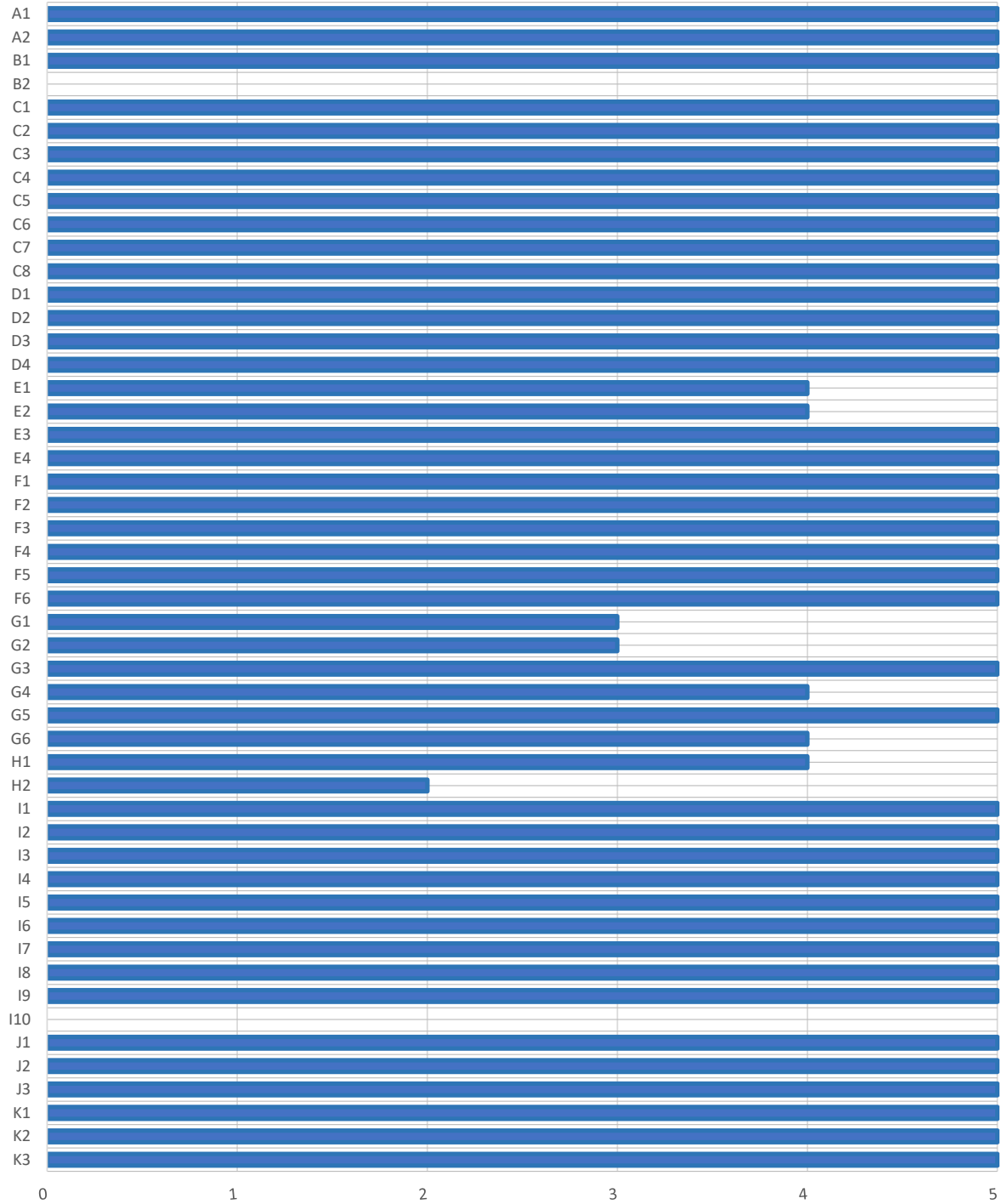
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\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2023-2024 School Wellness Survey Responses

## Edison High

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

## Edison High

### Survey Questions Grouped by Wellness Score

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

# 2023-2024 School Wellness Survey Responses

## Fairfax High

### 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. | Not an Elementary School |

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

“ ”

### Section C – Health Education

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

# 2023-2024 School Wellness Survey Responses

## Fairfax High

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

## Fairfax High

### 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. | Embedded        |

### 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

## Fairfax High

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

## Fairfax High

|   |                          |
|---|--------------------------|
| I9: Allows students to possess personal containers for drinking water.                    | Embedded                 |
| I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible. | Not an Elementary School |

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

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

### Section K – Nutritional Guidelines

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

### Section L – Ideas/Comments/Suggestions

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

“Funday Mondays, Fun Fridays, Student Appreciation Week, Advisory Lessons targeted to SEL Screen”

# 2023-2024 School Wellness Survey Responses

## Fairfax High

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.

“NA”

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

“NA”

### Summary Tables:

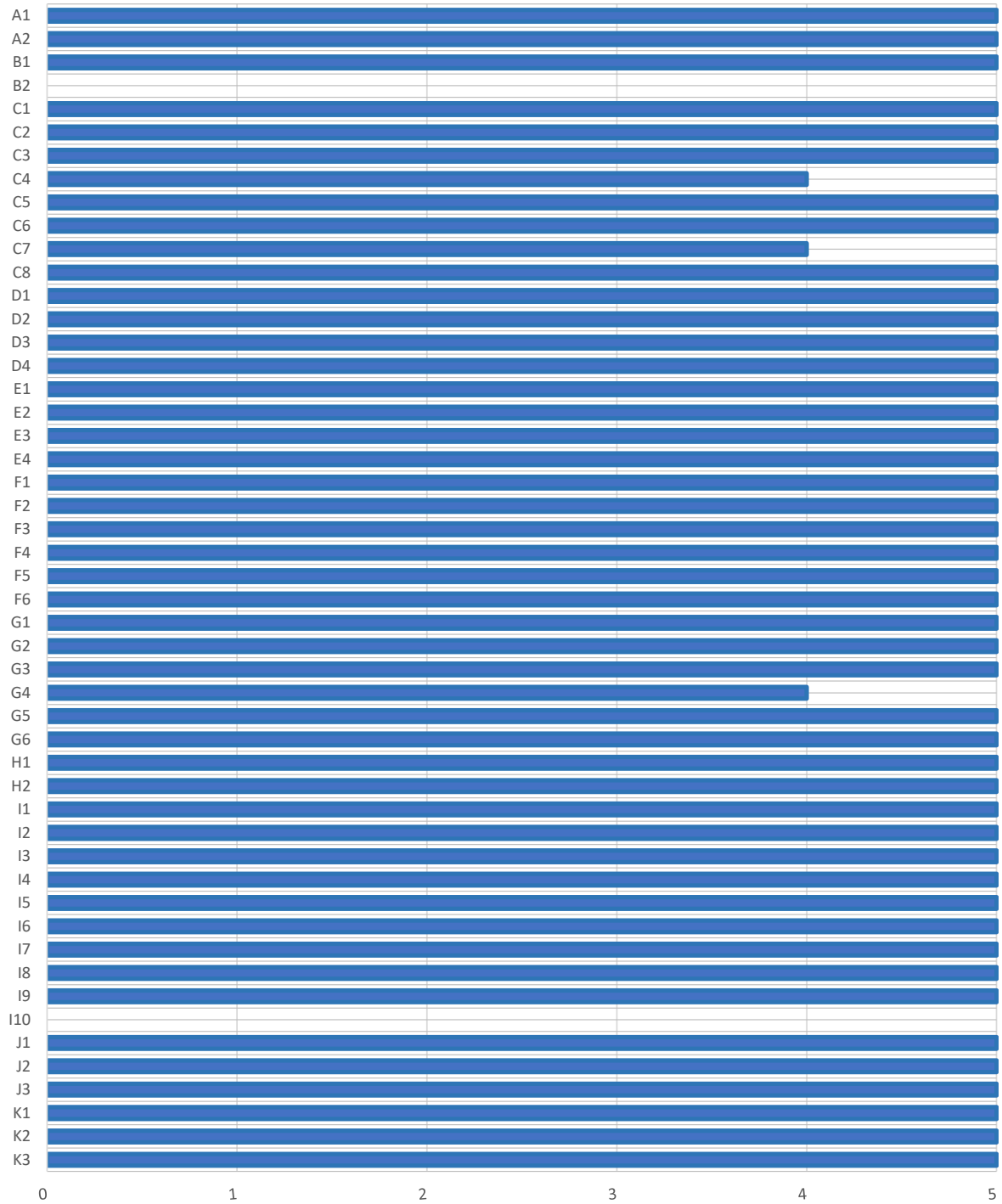
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\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2023-2024 School Wellness Survey Responses

## Fairfax High

Comparison of Survey Question and Self-Reported Wellness Score



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



# 2023-2024 School Wellness Survey Responses

## Fairfax High

### Survey Questions Grouped by Wellness Score

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

# 2023-2024 School Wellness Survey Responses

## Falls Church High

### 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. | Not an Elementary School |

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

“Jaguar 5K, Wellness Days (5 per year)”

### Section C – Health Education

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

# 2023-2024 School Wellness Survey Responses

## Falls Church High

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.

Exploring

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

## Falls Church High

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

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

### 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

## Falls Church High

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

### Section H – Family and Community Involvement

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

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

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

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

"none"

### Section I – Food and Nutrition General

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

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

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

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

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

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

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

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

## Falls Church High

|   |                          |
|---|--------------------------|
| I9: Allows students to possess personal containers for drinking water.                    | Embedded                 |
| I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible. | Not an Elementary School |

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

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

### Section K – Nutritional Guidelines

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

### Section L – Ideas/Comments/Suggestions

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

“Wellness days (5 times/year), Jaguar 5k”

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

## Falls Church High

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:

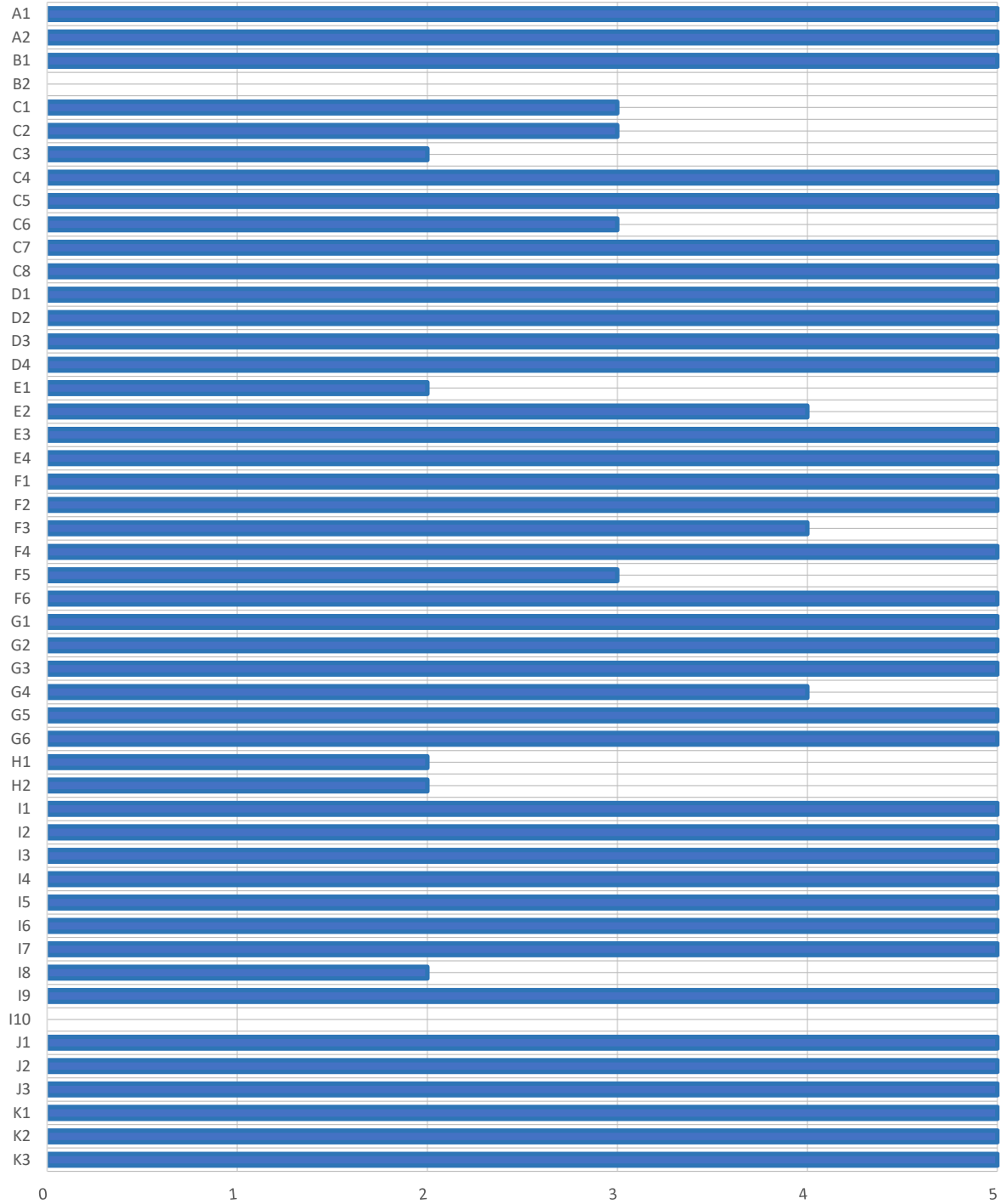
The following graph and table visually summarize your school's responses provided above. Questions in the graph are represented by bars corresponding to the self-reported wellness score. Questions in the table are grouped together according to their self-reported wellness score (e.g., all questions recorded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

## Falls Church High

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

## Falls Church High

### Survey Questions Grouped by Wellness Score

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

# 2023-2024 School Wellness Survey Responses

## Herndon High

### 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.      | Transitioning   |

### 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. | Not an Elementary School |

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

“ ”

### Section C – Health Education

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

# 2023-2024 School Wellness Survey Responses

## Herndon High

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.

Emerging

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

Emerging

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

Emerging

### Section E – Healthy and Safe School Environment

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

Response

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

Transitioning

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

Emerging

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

Emerging

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

Emerging

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

"none"

# 2023-2024 School Wellness Survey Responses

## Herndon High

### 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. | Emerging        |

### 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.  | Emerging        |

# 2023-2024 School Wellness Survey Responses

## Herndon High

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. Transitioning

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

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

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

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

# 2023-2024 School Wellness Survey Responses

## Herndon High

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

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

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

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

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

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

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

### Section K – Nutritional Guidelines

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

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

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

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

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

### Section L – Ideas/Comments/Suggestions

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

“No Response”

# 2023-2024 School Wellness Survey Responses

## Herndon High

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:

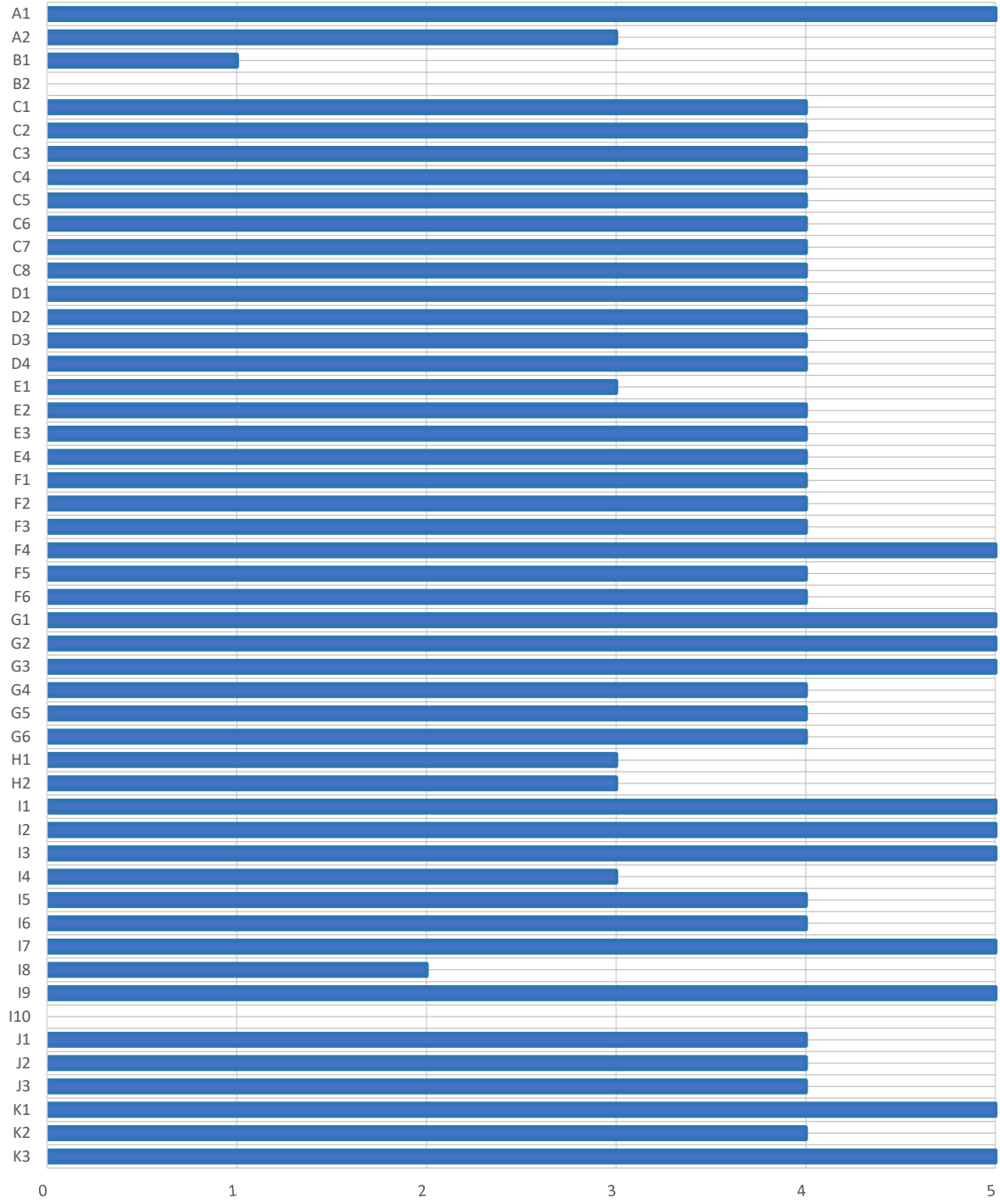
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\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2023-2024 School Wellness Survey Responses

## Herndon High

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

## Herndon High

### Survey Questions Grouped by Wellness Score

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

# 2023-2024 School Wellness Survey Responses

## Justice High

### 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. | Not an Elementary School |

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

“ ”

### Section C – Health Education

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

# 2023-2024 School Wellness Survey Responses

## Justice High

C8: Substance Abuse Prevention.

Emerging

### Section D – Health Services

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

Response

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

Embedded

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

Transitioning

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

Embedded

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

Embedded

### Section E – Healthy and Safe School Environment

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

Response

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

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.

“There are no stop signs or sidewalks on VISTA DRIVE, which is one of the most populated walk to school routes in Fairfax County...”

# 2023-2024 School Wellness Survey Responses

## Justice High

### 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. | Embedded        |

### 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

## Justice High

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

## Justice High

|   |                          |
|---|--------------------------|
| I9: Allows students to possess personal containers for drinking water.                    | Embedded                 |
| I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible. | Not an Elementary School |

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

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

### Section K – Nutritional Guidelines

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

### Section L – Ideas/Comments/Suggestions

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

“No Response”

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.

# 2023-2024 School Wellness Survey Responses

## Justice High

“Providing examples of events from other high schools specifically to Principals to advocate to their schools”

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

## Justice High

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

## Justice High

### Survey Questions Grouped by Wellness Score

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

# 2023-2024 School Wellness Survey Responses

## Langley High

### Section A – Physical Education

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

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

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

### Section B – Physical Activity

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

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

B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess. Not an Elementary School

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

“ ”

### Section C – Health Education

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

C1: Promoting Healthy Lifestyles. Embedded

C2: Stress Management. Embedded

C3: Coping Skills. Embedded

C4: Depression. 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

## Langley High

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.

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

## Langley High

### 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. | Embedded        |

### 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

## Langley High

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

### Section H – Family and Community Involvement

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

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

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

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

"none"

### Section I – Food and Nutrition General

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

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

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

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

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

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

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

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

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

# 2023-2024 School Wellness Survey Responses

## Langley High

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

Embedded

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

Not an Elementary School

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

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

Response

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

Embedded

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

Embedded

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

## Langley High

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:

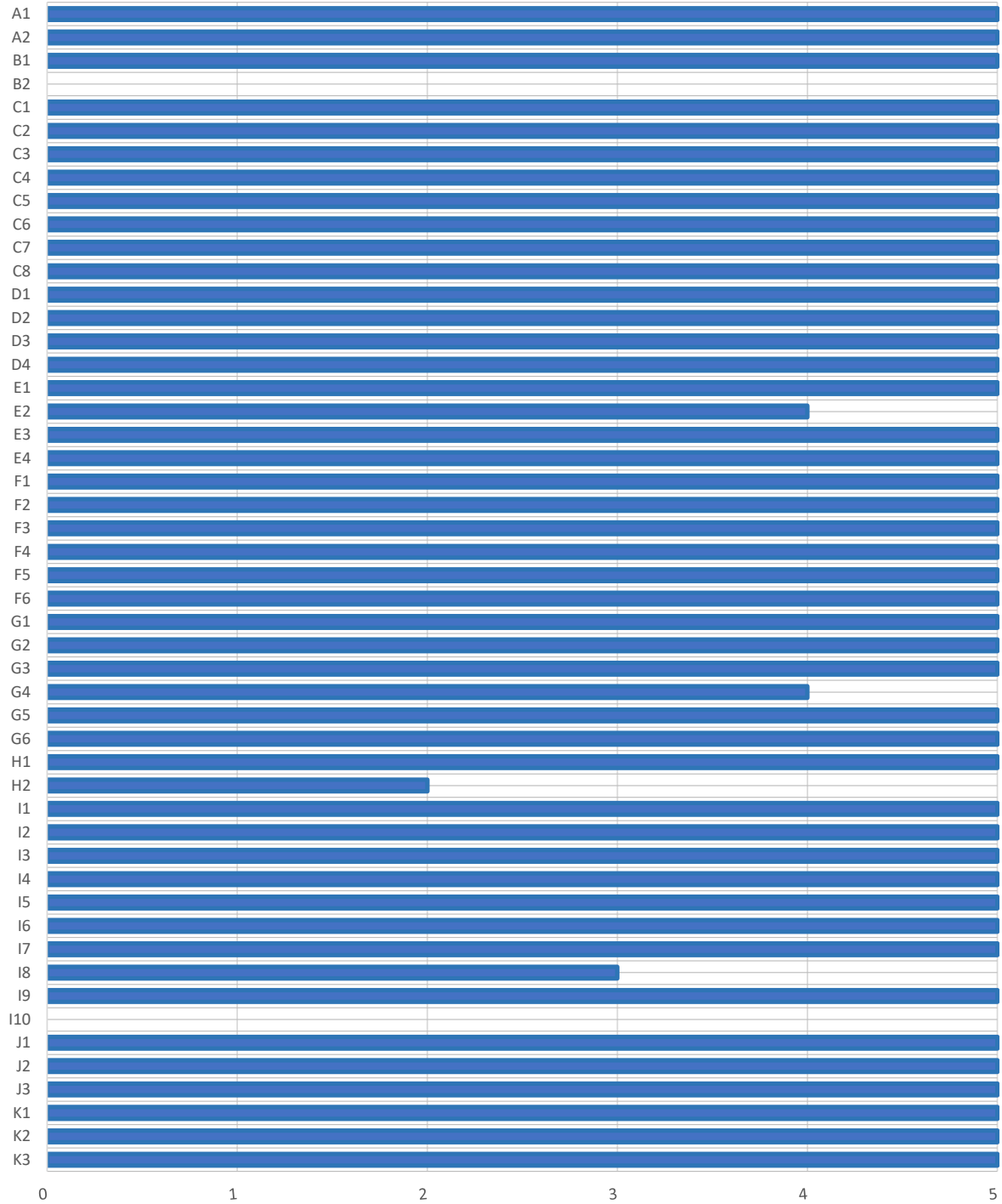
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\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2023-2024 School Wellness Survey Responses

## Langley High

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

## Langley High

### Survey Questions Grouped by Wellness Score

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

# 2023-2024 School Wellness Survey Responses

## Lewis High

### Section A – Physical Education

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

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

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

### Section B – Physical Activity

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

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

B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess. Not an Elementary School

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

“Students are engaged in physical fitness as well as lifelong activities each and every class. Students set goals for improvement in their fitness and work towards those goals. A variety of activities are used to engage students.”

### Section C – Health Education

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

C1: Promoting Healthy Lifestyles. Embedded

C2: Stress Management. Embedded

C3: Coping Skills. Emerging

C4: Depression. Embedded

C5: Suicide Prevention and Awareness. Embedded

# 2023-2024 School Wellness Survey Responses

## Lewis High

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

### Section D – Health Services

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

### Section E – Healthy and Safe School Environment

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

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

“none”

# 2023-2024 School Wellness Survey Responses

## Lewis High

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

| <u>Question: To what extent does your school implement the following practices:</u>   | <u>Response</u> |
|---|-----------------|
| F1: Monitors school climate and other factors that may contribute to student stress, symptoms of anxiety and depression, and peer and academic pressures and substance use.                                     | Transitioning   |
| F2: Our staff has received required suicide prevention training, as well as training that includes recognition of, and response to, mental and behavioral health needs.   | Embedded        |
| F3: Implements programs that foster social and emotional health and wellness of students and staff.   | Transitioning   |
| F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.   | Embedded        |
| F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.  | 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. | Embedded        |

### Section G – Health Promotion for Staff Members

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

# 2023-2024 School Wellness Survey Responses

## Lewis High

|   |               |
|---|---------------|
| G5: Awareness of the Employee Assistance Program Services.                              | Emerging      |
| G6: Staff celebrations that offer and encourage healthy choices for food and beverages. | Transitioning |

### Section H – Family and Community Involvement

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

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

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

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

“Community/parent night about services available to students through the county.”

### 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

# 2023-2024 School Wellness Survey Responses

## Lewis High

|   |                          |
|---|--------------------------|
| I7: Potable water is available to all our students at no cost.  | Embedded                 |
| I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS). | Exploring                |
| I9: Allows students to possess personal containers for drinking water.  | Embedded                 |
| I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible.                     | Not an Elementary School |

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

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

|   |          |
|---|----------|
| J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day.  | Emerging |
| J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day. | Emerging |
| J3: We follow FCPS’ policy on fundraisers as outlined in R2100.   | 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.        | Exploring                 |
| K3: Implements appropriate precautions against severe food allergies.  | Transitioning<br>Emerging |
| K4: We follow all nutrition guidelines for food and beverage standards, as outlined in FCPS P2100 and R2100. |                           |

# 2023-2024 School Wellness Survey Responses

## Lewis High

### Section L – Ideas/Comments/Suggestions

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

- “- Substance Abuse Prevention Presentations (11th and 12th graders)
- Wellness Day
- Advisory Soccer Program”

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:

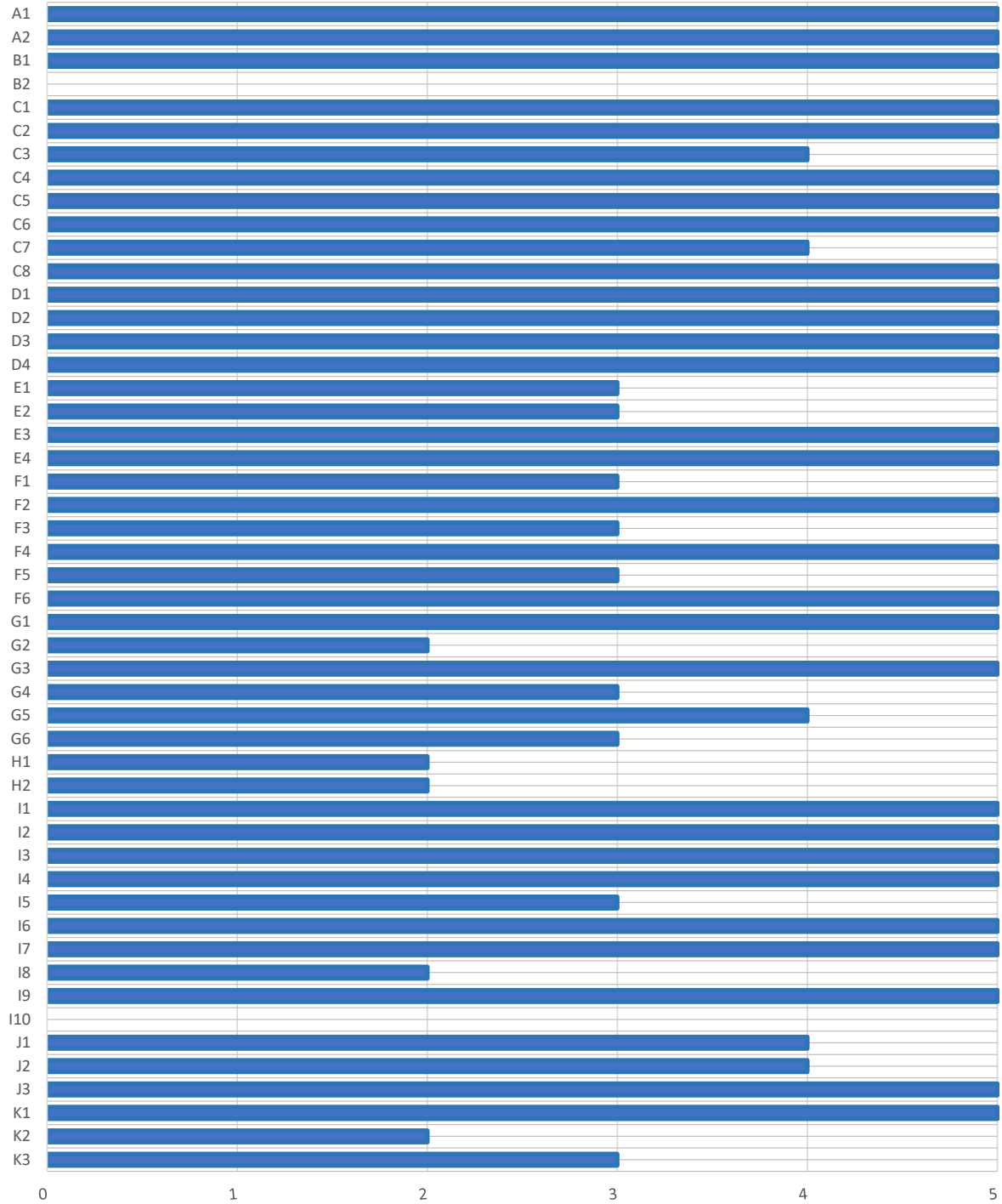
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\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2023-2024 School Wellness Survey Responses

## Lewis High

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

## Lewis High

### Survey Questions Grouped by Wellness Score

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

# 2023-2024 School Wellness Survey Responses

## Madison High

### 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. | Not an Elementary School |

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

“PE requirement in 9th and 10th grade, electives offered that include physical activity (ie-yoga, personal fitness, etc), clubs and sports as extracurriculars that promote 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        |

# 2023-2024 School Wellness Survey Responses

## Madison High

C7: Relationship of Healthy Sleep to Mental Health. Embedded

C8: Substance Abuse Prevention. Embedded

### Section D – Health Services

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

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

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

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

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

### Section E – Healthy and Safe School Environment

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

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

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

## Madison High

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

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

### 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

## Madison High

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. Embedded

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

“has included reps from parents, PTA, student wellness groups, etc”

### 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). Emerging

# 2023-2024 School Wellness Survey Responses

## Madison High

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

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

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

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

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

Embedded

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

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

### Section K – Nutritional Guidelines

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

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

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

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

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

### Section L – Ideas/Comments/Suggestions

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

“Wellness Weeks (yoga, coping, therapy dogs, bubble soccer, etc)”

# 2023-2024 School Wellness Survey Responses

## Madison High

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:

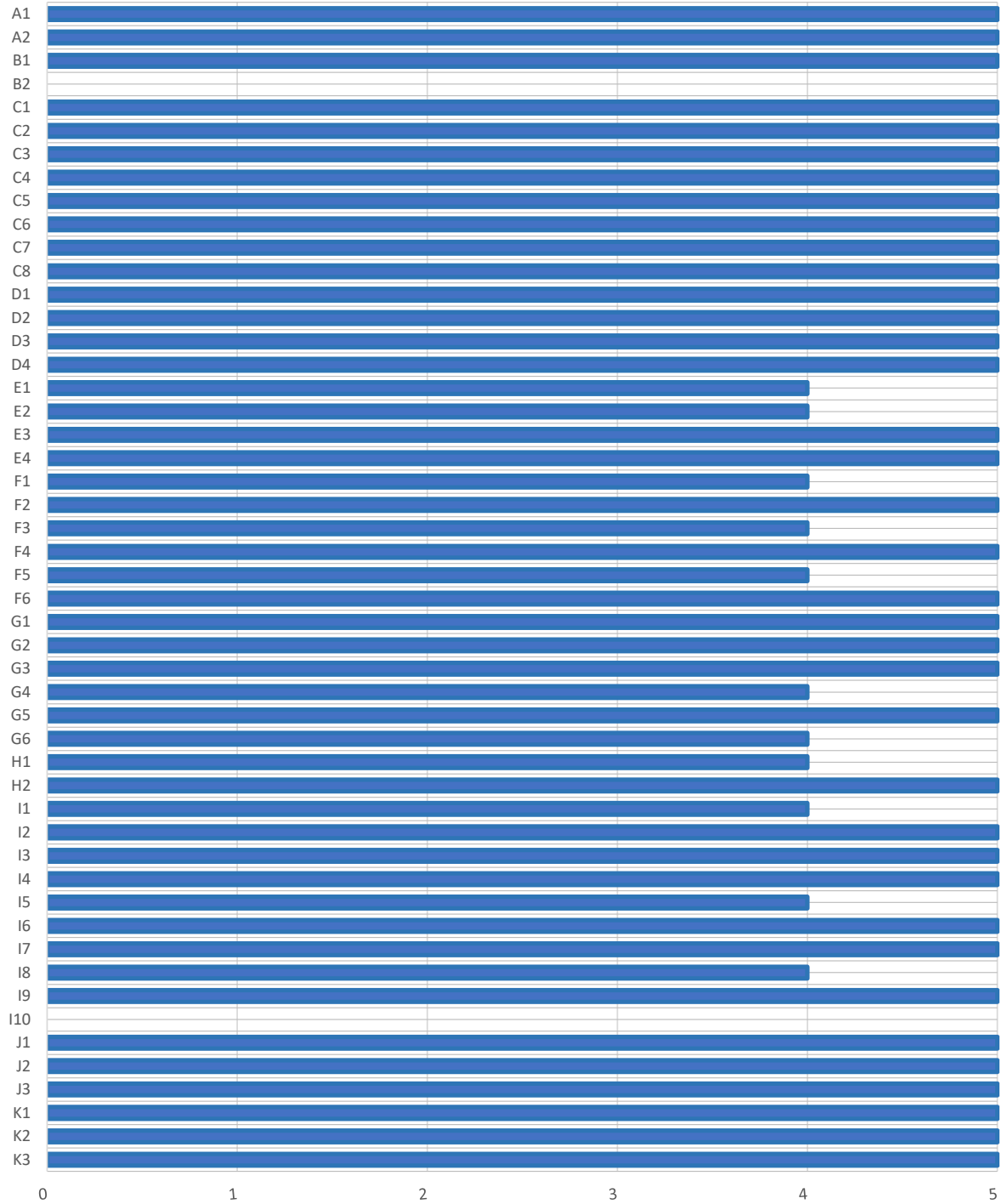
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\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2023-2024 School Wellness Survey Responses

## Madison High

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

## Madison High

### Survey Questions Grouped by Wellness Score

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

# 2023-2024 School Wellness Survey Responses

## Marshall High

### Section A – Physical Education

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

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

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

### Section B – Physical Activity

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

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

B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess. Not an Elementary School

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

“Our SGA holds multiple wellness weeks where students do yoga. We encourage physical activity in all PE classes. We also have 8 sections of Personal Fitness taken by 200+ students. In the fall and spring, students can participate in physical activity during our intervention period.”

### Section C – Health Education

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

C1: Promoting Healthy Lifestyles. Embedded

C2: Stress Management. Embedded

C3: Coping Skills. Embedded

C4: Depression. Embedded

C5: Suicide Prevention and Awareness. Embedded

# 2023-2024 School Wellness Survey Responses

## Marshall High

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

### Section D – Health Services

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

### Section E – Healthy and Safe School Environment

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

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

“None”

# 2023-2024 School Wellness Survey Responses

## Marshall High

### 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. | Embedded        |

### Section G – Health Promotion for Staff Members

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

# 2023-2024 School Wellness Survey Responses

## Marshall High

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. Emerging

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

“This year we formed a committee that met quarterly. ”

### 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

## Marshall High

|   |                          |
|---|--------------------------|
| I7: Potable water is available to all our students at no cost.  | Embedded                 |
| I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS). | Emerging                 |
| I9: Allows students to possess personal containers for drinking water.  | Embedded                 |
| I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible.                     | Not an Elementary School |

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

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

|   |          |
|---|----------|
| J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day.  | Embedded |
|   | Embedded |
| J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day. | Embedded |
| J3: We follow FCPS’ policy on fundraisers as outlined in R2100.   |          |

## Section K – Nutritional Guidelines

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

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

## Section L – Ideas/Comments/Suggestions

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

“No Response”

# 2023-2024 School Wellness Survey Responses

## Marshall High

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.

“Continue to offer programs to schools that help students learn resiliency and coping strategies. In addition, FCPS needs to continue to work with our community to improve our chronic absenteeism.”

### Summary Tables:

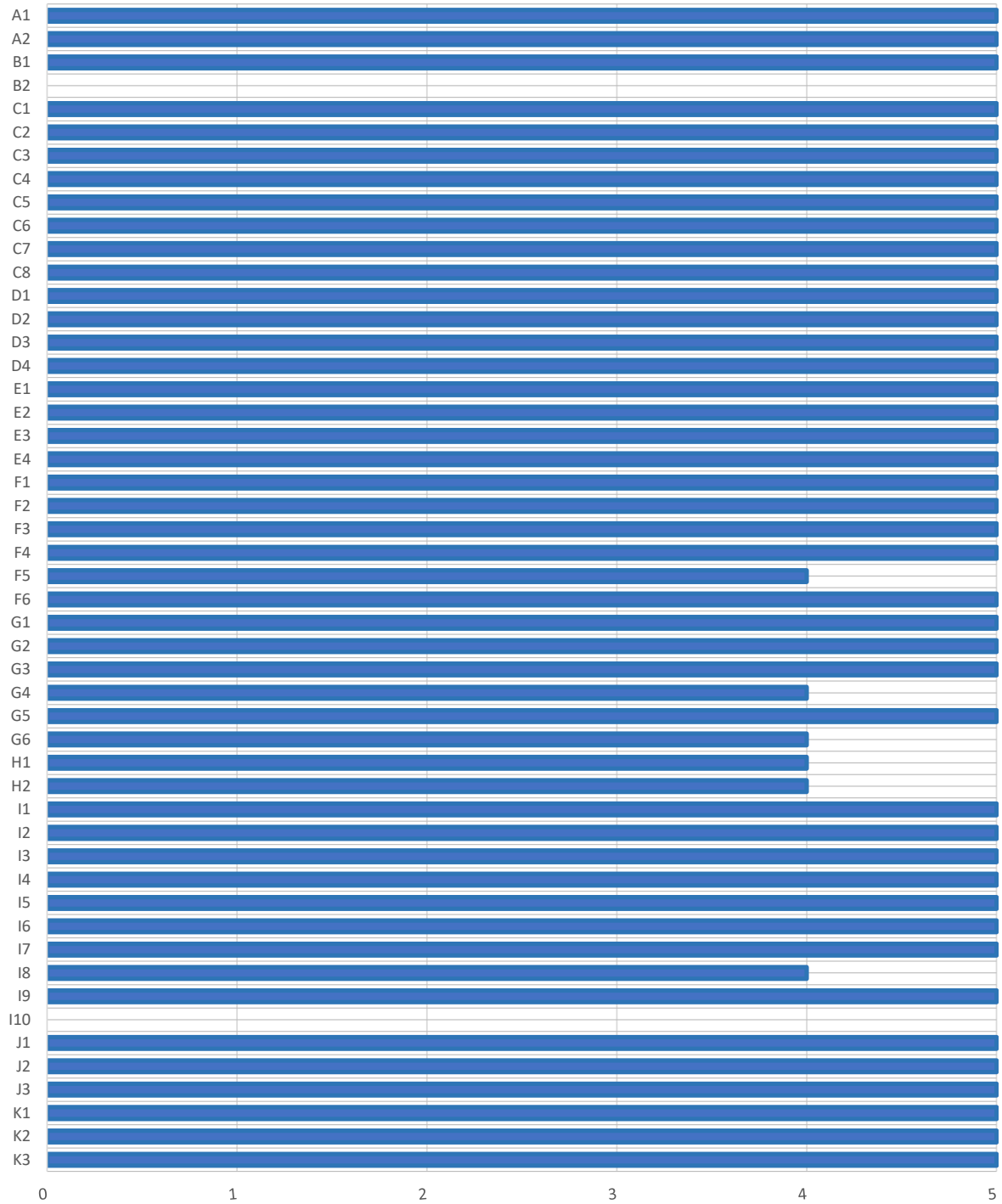
The following graph and table visually summarize your school’s responses provided above. Questions in the graph are represented by bars corresponding to the self-reported wellness score. Questions in the table are grouped together according to their self-reported wellness score (e.g., all questions recorded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

## Marshall High

Comparison of Survey Question and Self-Reported Wellness Score



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



# 2023-2024 School Wellness Survey Responses

## Marshall High

### Survey Questions Grouped by Wellness Score

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

# 2023-2024 School Wellness Survey Responses

## McClean High

### 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. | Not an Elementary School |

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

## McClean High

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.

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

## McLean High

### 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. | Embedded        |

### 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

## McLean High

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

### Section H – Family and Community Involvement

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

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

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

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

“none”

### Section I – Food and Nutrition General

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

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

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

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

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

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

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

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

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

# 2023-2024 School Wellness Survey Responses

## McClean High

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

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

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

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

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

Embedded

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

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

### Section K – Nutritional Guidelines

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

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

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

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

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

### Section L – Ideas/Comments/Suggestions

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

“We provide a Flex period embedded into our advisory schedule that provides students with the opportunity to choose activities that can provide stress relief and the opportunity to be more active once every 2 weeks. ”

# 2023-2024 School Wellness Survey Responses

## McClean High

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:

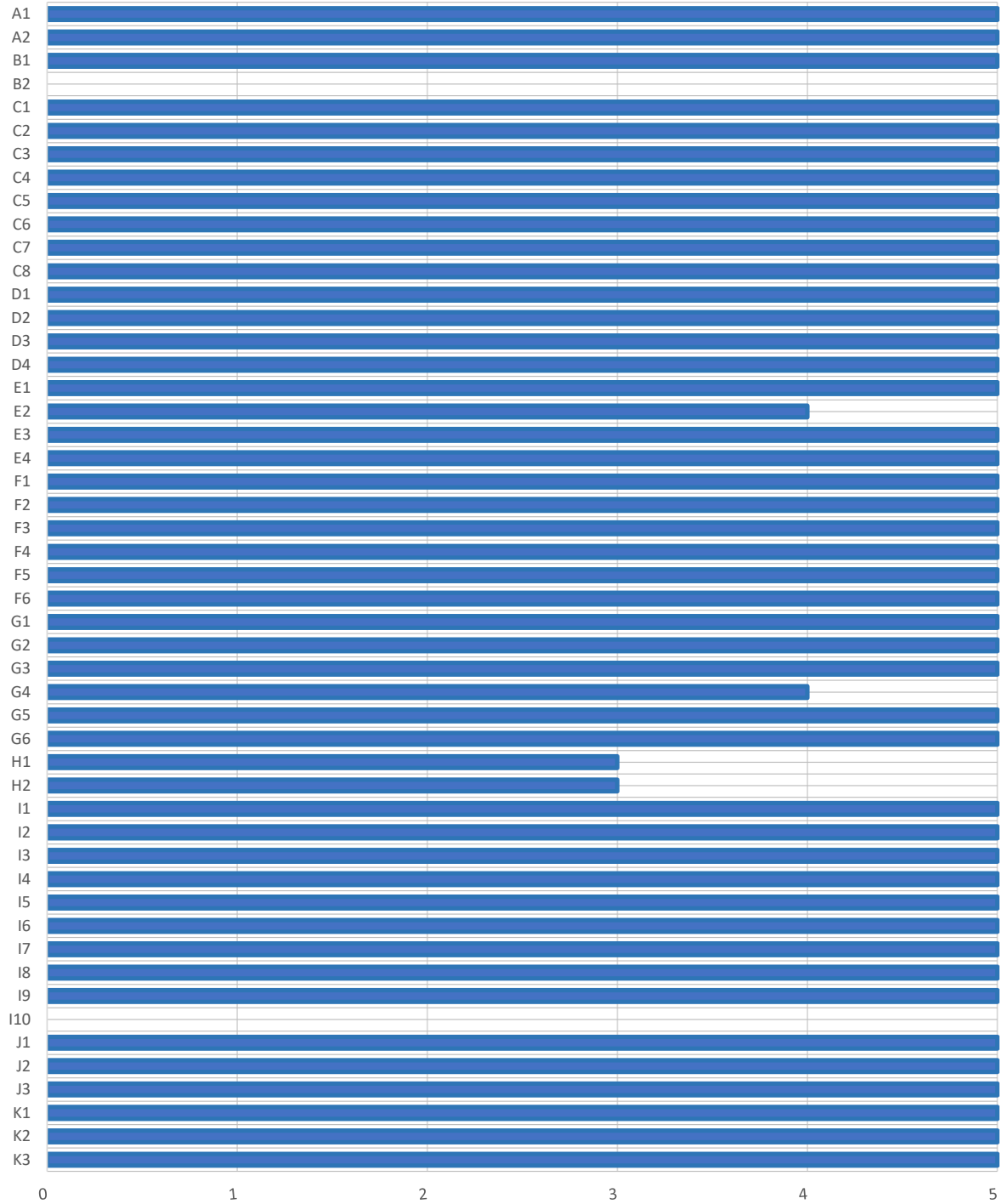
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\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2023-2024 School Wellness Survey Responses

## McLean High

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

## McLean High

### Survey Questions Grouped by Wellness Score

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

# 2023-2024 School Wellness Survey Responses

## Mount Vernon High

### 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. | Not an Elementary School |

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

# 2023-2024 School Wellness Survey Responses

## Mount Vernon High

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.

Transitioning

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

Embedded

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

Embedded

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

“none”

# 2023-2024 School Wellness Survey Responses

## Mount Vernon High

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

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

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

# 2023-2024 School Wellness Survey Responses

## Mount Vernon High

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

### Section H – Family and Community Involvement

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

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

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

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

“none”

### Section I – Food and Nutrition General

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

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

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

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

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

I5: Encourages the use of non-food items for classroom celebrations. 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). No Activity

# 2023-2024 School Wellness Survey Responses

## Mount Vernon High

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

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

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

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

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

Embedded

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

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

### Section K – Nutritional Guidelines

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

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

K2: Healthy food and beverage options are encouraged at school-related events outside the school day. No Activity

K3: Implements appropriate precautions against severe food allergies. Embedded  
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

## Mount Vernon High

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

## Mount Vernon High

Comparison of Survey Question and Self-Reported Wellness Score



Wellness Score

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



# 2023-2024 School Wellness Survey Responses

## Mount Vernon High

### Survey Questions Grouped by Wellness Score

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

# 2023-2024 School Wellness Survey Responses

## Oakton High

### Section A – Physical Education

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

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

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

### Section B – Physical Activity

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

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

B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess. Not an Elementary School

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

“Outside of our PE requirement classes we also offer yoga, advanced PE. and personal fitness to encourage students to take additional health and PE electives. Our best buddies program regularly collaborates with our sports teams to do afterschool combined physical activities. ”

### Section C – Health Education

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

C1: Promoting Healthy Lifestyles. Embedded

C2: Stress Management. Embedded

C3: Coping Skills. Embedded

C4: Depression. Embedded

C5: Suicide Prevention and Awareness. Embedded

# 2023-2024 School Wellness Survey Responses

## Oakton High

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

### Section D – Health Services

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

### Section E – Healthy and Safe School Environment

| <u>Question: To what extent does your school implement the following practices:</u>   | <u>Response</u> |
|---|-----------------|
| E1: Encourages children to safely walk or bike to and from school.  | 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 campus is located at one end of a long narrow school boundary. While some students are within walking/bike distance of the school, there are very busy roads and a lot of traffic on one side of our campus. This is a concern for student safety and wellbeing. ”

# 2023-2024 School Wellness Survey Responses

## Oakton High

### 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. | Embedded        |

### Section G – Health Promotion for Staff Members

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

# 2023-2024 School Wellness Survey Responses

## Oakton High

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

## Section H – Family and Community Involvement

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

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

"We work with our PTSA to provide grants to initiatives within 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 |

# 2023-2024 School Wellness Survey Responses

## Oakton High

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

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

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

|   |          |
|---|----------|
| J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day.  | Embedded |
|   | Embedded |
| J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day. | Embedded |
| J3: We follow FCPS’ policy on fundraisers as outlined in R2100.   |          |

## Section K – Nutritional Guidelines

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

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

# 2023-2024 School Wellness Survey Responses

## Oakton High

### Section L – Ideas/Comments/Suggestions

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

“On multiple occasions throughout the year we offer brain breaks to our students. This includes field day activities, bringing in animals for students to pet to manage stress, time to color, etc. We also have an active Oakton Minds Matter club. ”

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

“A list of resources that we could pull from that provides information on what we can do to help promote safety and wellness in our buildings. ”

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

“No Response”

### Summary Tables:

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

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

# 2023-2024 School Wellness Survey Responses

## Oakton High

Comparison of Survey Question and Self-Reported Wellness Score



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



# 2023-2024 School Wellness Survey Responses

## Oakton High

### Survey Questions Grouped by Wellness Score

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

# 2023-2024 School Wellness Survey Responses

## South County High

### 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. | Not an Elementary School |

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

## South County High

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.

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.

"none"

# 2023-2024 School Wellness Survey Responses

## South County High

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

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

### Section G – Health Promotion for Staff Members

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

# 2023-2024 School Wellness Survey Responses

## South County High

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

### Section H – Family and Community Involvement

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

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

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

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

“none”

### Section I – Food and Nutrition General

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

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

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

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

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

# 2023-2024 School Wellness Survey Responses

## South County High

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

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

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

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

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

“Wellness Fair, Anti-Drug seminars, Trauma Llamas, Stress-Less Week, Be Nice and I am Stronger campaigns.”

# 2023-2024 School Wellness Survey Responses

## South County High

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

“Increased admin/counseling/clinical staffing to support increased wellness needs.”

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:

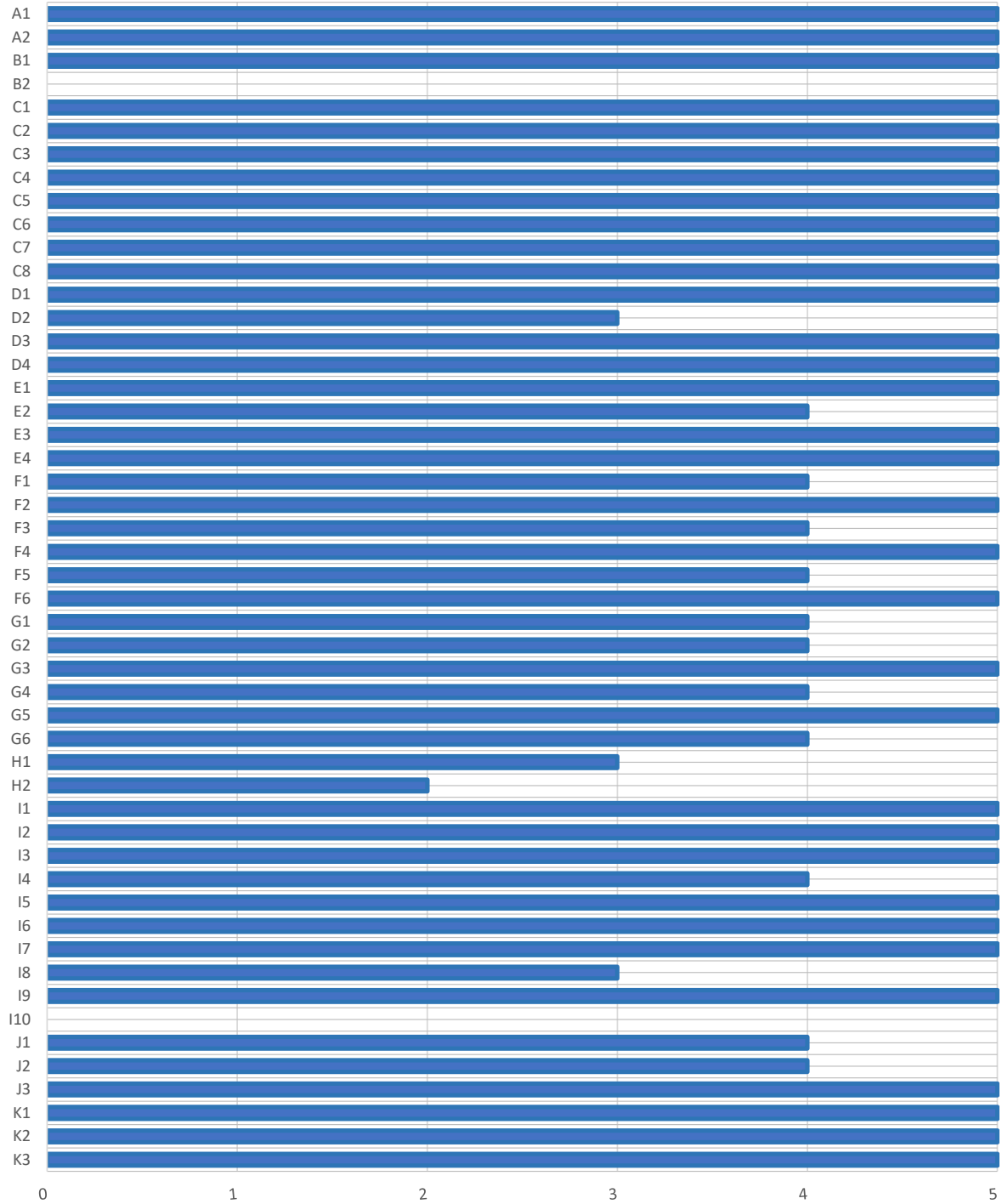
The following graph and table visually summarize your school’s responses provided above. Questions in the graph are represented by bars corresponding to the self-reported wellness score. Questions in the table are grouped together according to their self-reported wellness score (e.g., all questions recorded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

## South County High

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

## South County High

### Survey Questions Grouped by Wellness Score

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

# 2023-2024 School Wellness Survey Responses

## South Lakes High

### Section A – Physical Education

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

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

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

### Section B – Physical Activity

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

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

B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess. Not an Elementary School

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

“Have partnered with community resource for yoga afterschool; incorporate physical activities into Advisory e.g. student/staff volleyball; ESOL / Leadership soccer games...”

### Section C – Health Education

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

C1: Promoting Healthy Lifestyles. Emerging

C2: Stress Management. Embedded

C3: Coping Skills. Emerging

C4: Depression. Embedded

C5: Suicide Prevention and Awareness. Embedded

C6: Mental Health Issues (general). Embedded

# 2023-2024 School Wellness Survey Responses

## South Lakes High

C7: Relationship of Healthy Sleep to Mental Health. Transitioning

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. Transitioning

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

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

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

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

“Vaping is a constant problem. I can't say we maintain a tobacco free zone when our SR&R does not allow for significant consequences for repeated offenders.”

# 2023-2024 School Wellness Survey Responses

## South Lakes High

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

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

### Section G – Health Promotion for Staff Members

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

# 2023-2024 School Wellness Survey Responses

## South Lakes High

G5: Awareness of the Employee Assistance Program Services. Embedded

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

### Section H – Family and Community Involvement

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

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

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

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

"none"

### Section I – Food and Nutrition General

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

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

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

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

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

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

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

# 2023-2024 School Wellness Survey Responses

## South Lakes High

|   |                          |
|---|--------------------------|
| 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.                     | Not an Elementary School |

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

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

|   |          |
|---|----------|
| J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day.  | Embedded |
|   | Embedded |
| J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day. | Embedded |
| J3: We follow FCPS’ policy on fundraisers as outlined in R2100.   |          |

## Section K – Nutritional Guidelines

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

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

## Section L – Ideas/Comments/Suggestions

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

# 2023-2024 School Wellness Survey Responses

## South Lakes High

“Staff buddies walking at lunch; community partnership around mindfulness; infusion of active games in pep rallies and Advisory lessons.”

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.

“For a few of the expectations around the Wellness, we do not have adequate time with staff to do extra things. We don't have enough time to do basic PD on topics that are necessary, not to mention more nice to have. ”

### Summary Tables:

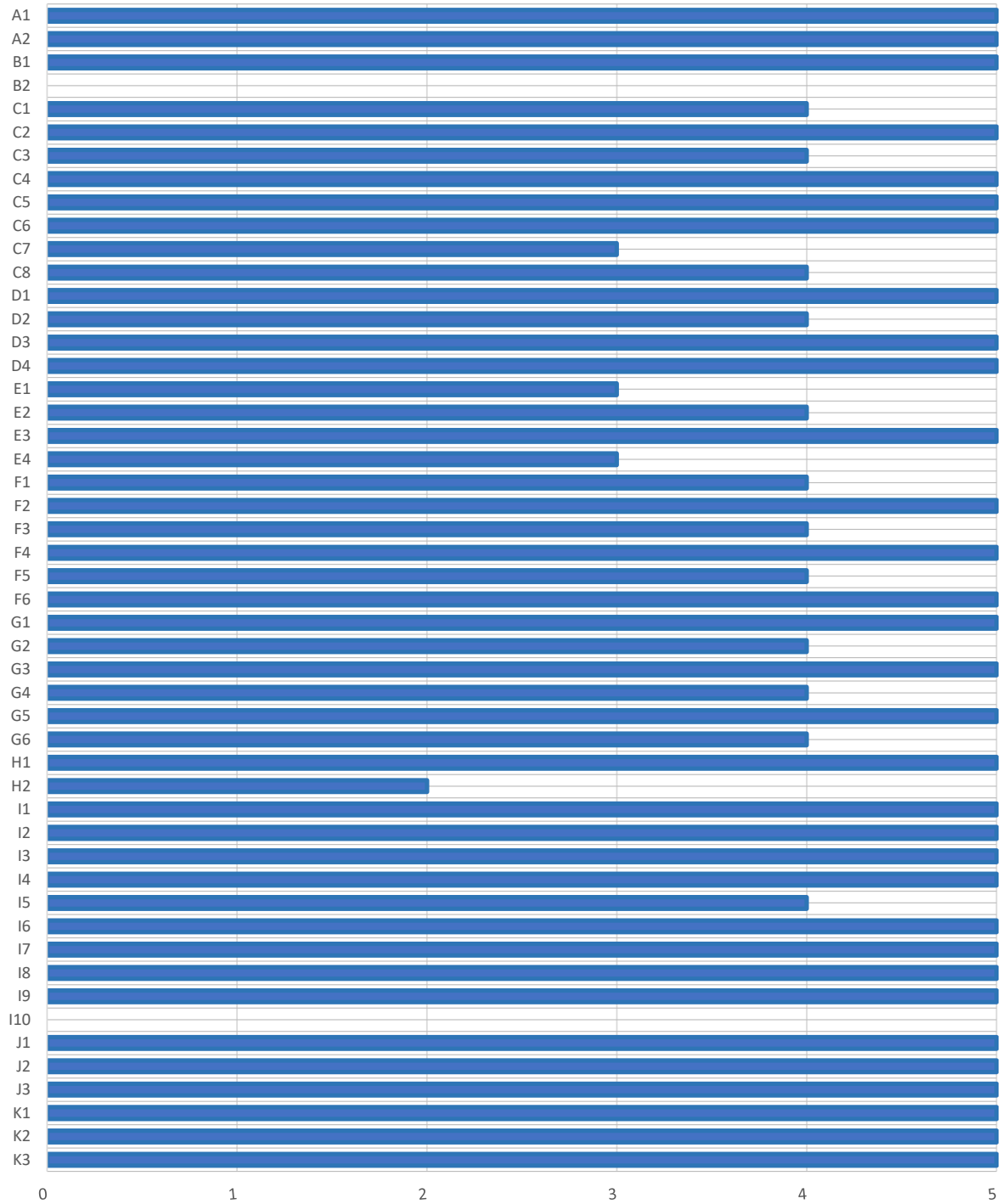
The following graph and table visually summarize your school’s responses provided above. Questions in the graph are represented by bars corresponding to the self-reported wellness score. Questions in the table are grouped together according to their self-reported wellness score (e.g., all questions recorded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

## South Lakes High

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

## South Lakes High

### Survey Questions Grouped by Wellness Score

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

# 2023-2024 School Wellness Survey Responses

## Thomas Jefferson Tech High

### Section A – Physical Education

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

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

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

### Section B – Physical Activity

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

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

B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess. Not an Elementary School

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

“Many of our students participate in physical activities such as sports & dance through our 8th period program which is embedded into the school day.”

### Section C – Health Education

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

C1: Promoting Healthy Lifestyles. Embedded

C2: Stress Management. Embedded

C3: Coping Skills. Embedded

C4: Depression. Emerging

C5: Suicide Prevention and Awareness. Embedded

C6: Mental Health Issues (general). Emerging

# 2023-2024 School Wellness Survey Responses

## Thomas Jefferson Tech High

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

### Section D – Health Services

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

### Section E – Healthy and Safe School Environment

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

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

“none”

# 2023-2024 School Wellness Survey Responses

## Thomas Jefferson Tech High

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

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

### 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.  | 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. | Embedded        |
| G5: Awareness of the Employee Assistance Program Services.  | Embedded        |

# 2023-2024 School Wellness Survey Responses

## Thomas Jefferson Tech High

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.

"We currently have a mental health coalition and human relations committee that are made up of staff, parents, and students."

### 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

## Thomas Jefferson Tech High

|   |                          |
|---|--------------------------|
| 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.                     | Not an Elementary School |

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

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

|   |          |
|---|----------|
| J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day.  | Emerging |
|   | Embedded |
| J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day. | Embedded |
| J3: We follow FCPS’ policy on fundraisers as outlined in R2100.   |          |

### Section K – Nutritional Guidelines

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

|  |          |
|--|----------|
| K1: Sodas and sports drinks are not offered for sale to students at any time during the school day.          | Embedded |
| K2: Healthy food and beverage options are encouraged at school-related events outside the school day.        | Embedded |
| K3: Implements appropriate precautions against severe food allergies.  | Embedded |
|  | Embedded |
| K4: We follow all nutrition guidelines for food and beverage standards, as outlined in FCPS P2100 and R2100. |          |

### Section L – Ideas/Comments/Suggestions

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

“Stress-Less week in preparation for exams, "Heel Yeah" Staff walking group, Kindness Cubbies (fidget toys & stress reduction items)”

# 2023-2024 School Wellness Survey Responses

## Thomas Jefferson Tech High

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:

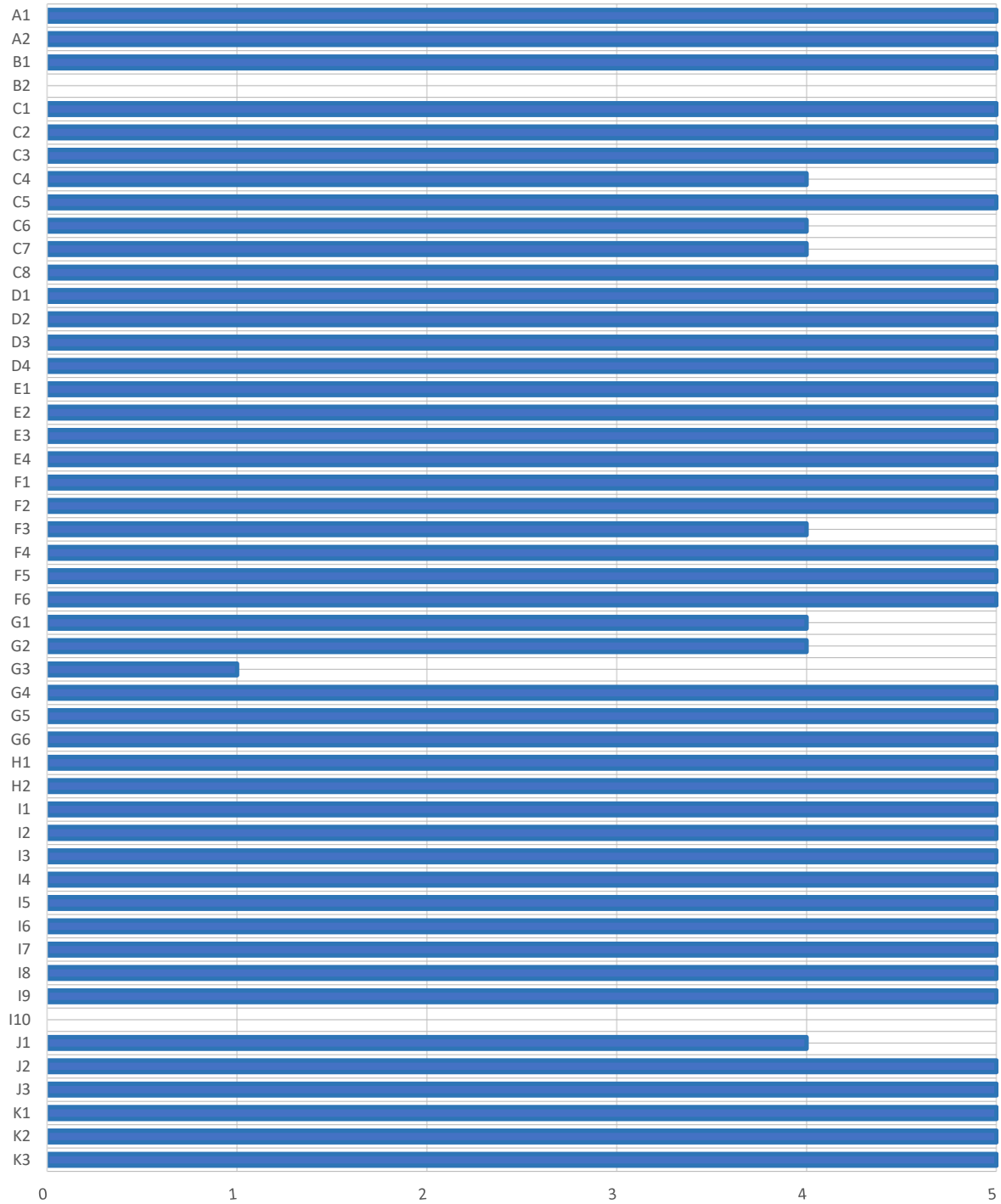
The following graph and table visually summarize your school’s responses provided above. Questions in the graph are represented by bars corresponding to the self-reported wellness score. Questions in the table are grouped together according to their self-reported wellness score (e.g., all questions recorded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

## Thomas Jefferson Tech High

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

## Thomas Jefferson Tech High

### Survey Questions Grouped by Wellness Score

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

# 2023-2024 School Wellness Survey Responses

## West Potomac High

### 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. | Not an Elementary School |

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

"We host a wellness day in which we open the gym and host other physical activities. PE classes host dance, pickleball, yoga. They hosted volleyball tournaments between classes and a basketball tournament between classes. "

### 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   |

# 2023-2024 School Wellness Survey Responses

## West Potomac High

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

### Section D – Health Services

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

### Section E – Healthy and Safe School Environment

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

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

“none”

# 2023-2024 School Wellness Survey Responses

## West Potomac High

### 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. | Embedded        |

### Section G – Health Promotion for Staff Members

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

# 2023-2024 School Wellness Survey Responses

## West Potomac High

G5: Awareness of the Employee Assistance Program Services. Embedded

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

### Section H – Family and Community Involvement

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

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

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

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

“In addition to including wellness content in our weekly community newsletter, our Student Services department works collaboratively with our PTSA to discuss wellness topics. Our substance abuse prevention specialist has presented at PTSA”

### Section I – Food and Nutrition General

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

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

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

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

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

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

# 2023-2024 School Wellness Survey Responses

## West Potomac High

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

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

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

|   |          |
|---|----------|
| J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day.  | Emerging |
|   | Embedded |
| J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day. | Embedded |
| J3: We follow FCPS’ policy on fundraisers as outlined in R2100.   |          |

## Section K – Nutritional Guidelines

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

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

# 2023-2024 School Wellness Survey Responses

## West Potomac High

### Section L – Ideas/Comments/Suggestions

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

“Multiple Wellness Days, Signs of Suicide Screening for 2 grade levels, ATOD Grade Level presentations, multiple events to promote a positive school culture.”

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.

“Building time in the school day across the district for wellness. (example: building into the school calendar orientation days for new students - Prince William county does this). ”

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:

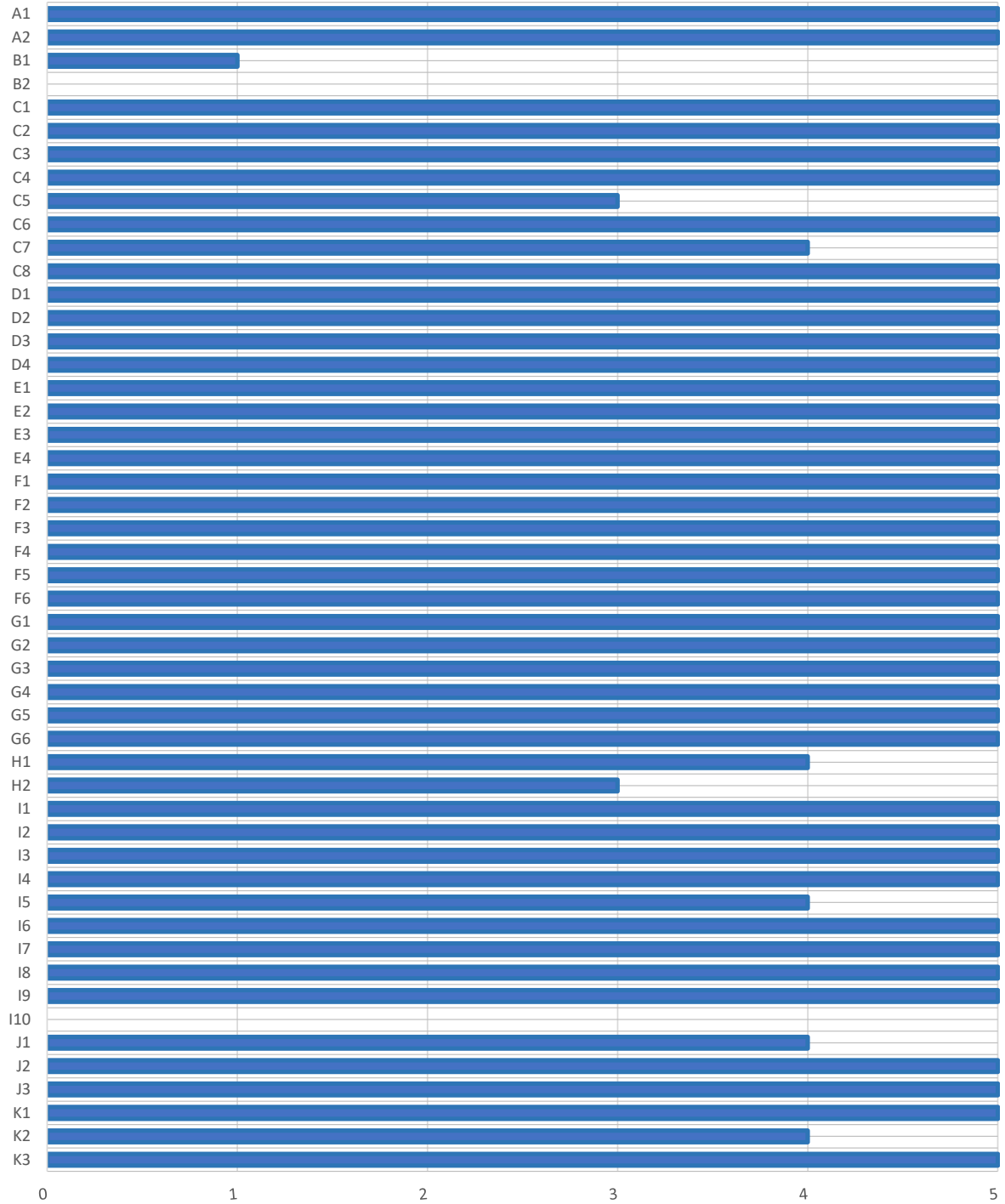
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\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2023-2024 School Wellness Survey Responses

## West Potomac High

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 Potomac High

### Survey Questions Grouped by Wellness Score

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

# 2023-2024 School Wellness Survey Responses

## West Springfield High

### Section A – Physical Education

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

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

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

### Section B – Physical Activity

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

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

B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess. Not an Elementary School

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

"As part of our wellness days, which happen quarterly we have physical education component included."

### Section C – Health Education

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

C1: Promoting Healthy Lifestyles. Embedded

C2: Stress Management. Embedded

C3: Coping Skills. Embedded

C4: Depression. Embedded

C5: Suicide Prevention and Awareness. Embedded

C6: Mental Health Issues (general). Embedded

# 2023-2024 School Wellness Survey Responses

## West Springfield High

|   |          |
|---|----------|
| 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.

“none”

# 2023-2024 School Wellness Survey Responses

## West Springfield High

### 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. | Embedded        |

### 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

## West Springfield High

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

## West Springfield High

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

Embedded

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

Not an Elementary School

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

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

Response

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

Embedded

Embedded

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

Embedded

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

### Section K – Nutritional Guidelines

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

Response

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

Embedded

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

Embedded

K3: Implements appropriate precautions against severe food allergies.

Embedded

Embedded

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

### Section L – Ideas/Comments/Suggestions

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

“No Response”

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

## West Springfield High

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

## West Springfield High

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 High

### Survey Questions Grouped by Wellness Score

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

# 2023-2024 School Wellness Survey Responses

## Westfield High

### 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. | Not an Elementary School |

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

## Westfield High

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

## Westfield High

### 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. | Embedded        |

### Section G – Health Promotion for Staff Members

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

# 2023-2024 School Wellness Survey Responses

## Westfield High

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

### Section H – Family and Community Involvement

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

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

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

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

“none”

### Section I – Food and Nutrition General

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

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

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

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

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

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

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

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

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

# 2023-2024 School Wellness Survey Responses

## Westfield High

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

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

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

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

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

Embedded

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

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

### Section K – Nutritional Guidelines

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

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

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

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

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

### Section L – Ideas/Comments/Suggestions

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

“No Response”

# 2023-2024 School Wellness Survey Responses

## Westfield High

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

## Westfield High

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

## Westfield High

### Survey Questions Grouped by Wellness Score

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

# 2023-2024 School Wellness Survey Responses

## Woodson High

### 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. | Not an Elementary School |

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

"Pickleball and volleyball are preferred activities. Student choice of activities 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.   | 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

## Woodson High

|   |          |
|---|----------|
| 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.  | Transitioning   |
| E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults. | Emerging        |
| E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560.    | Embedded        |
| E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152.                               | Embedded        |

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

“Time is always a challenge when planning targeted lessons about healthy lifestyles. Smaller than average gym, limits ability to do whole school activities.”

# 2023-2024 School Wellness Survey Responses

## Woodson High

### 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. | Embedded        |

### Section G – Health Promotion for Staff Members

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

# 2023-2024 School Wellness Survey Responses

## Woodson High

G5: Awareness of the Employee Assistance Program Services. Emerging

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

### Section H – Family and Community Involvement

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

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

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

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

“We don't 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. Emerging

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

# 2023-2024 School Wellness Survey Responses

## Woodson High

|   |                          |
|---|--------------------------|
| 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.                     | Not an Elementary School |

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

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

## Section K – Nutritional Guidelines

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

## Section L – Ideas/Comments/Suggestions

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

# 2023-2024 School Wellness Survey Responses

## Woodson High

“Wellness Wednesdays, Woodson 5k, Relay for life, Environmental Club Gardening, Student activities, including sports, an array of club activities”

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.

“SAP presentations at the school”

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

“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

## Woodson High

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

## Woodson High

### Survey Questions Grouped by Wellness Score

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