

2023-2024 School Wellness Survey Responses by **Other Centers**

[Bryant Alternative Learning Center](#)

[Bryant Alternative High School](#)

[Burke Alternative Learning Center](#)

[Burke School](#)

[Cedar Lane School](#)

[Davis Career Center](#)

[Fairfax County Adult High School](#)

[Key Center](#)

[Kilmer Center](#)

[Montrose Alternative Learning Center](#)

[Mountain View Alternative Learning Center](#)

[Mountain View Alternative High School](#)

[Pulley Career Center](#)

[Quander Road School](#)

2023-2024 School Wellness Survey Responses

ALC at Bryant

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.	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.

“Currently promoting student nutrition, regular physical activity, relaxation/mindfulness, good sleep, routine preventive care.”

Section C – Health Education

<u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u>	<u>Response</u>
C1: Promoting Healthy Lifestyles.	Emerging
C2: Stress Management.	Transitioning
C3: Coping Skills.	Transitioning
C4: Depression.	Exploring
C5: Suicide Prevention and Awareness.	Exploring
C6: Mental Health Issues (general).	Exploring
C7: Relationship of Healthy Sleep to Mental Health.	Exploring
C8: Substance Abuse Prevention.	Transitioning

2023-2024 School Wellness Survey Responses

ALC at Bryant

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

“none”

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

2023-2024 School Wellness Survey Responses

ALC at Bryant

F2: Our staff has received required suicide prevention training, as well as training that includes recognition of, and response to, mental and behavioral health needs.	Embedded
F3: Implements programs that foster social and emotional health and wellness of students and staff.	Embedded
F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.	Emerging
F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.	Embedded
F6: MIDDLE AND HIGH SCHOOLS ONLY: Academic advising encourages flexibility in course scheduling to promote adequate sleep and healthy sleep patterns to affect student mental health, wellness, and attendance.	Not a Middle/High School

Section G – Health Promotion for Staff Members

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

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
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
--	----------

2023-2024 School Wellness Survey Responses

ALC at Bryant

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.

"The Bryant AIM / ALC wellness team works collaboratively with the Bryant High School team, as well as community partners to promote wellness in our school community through professional learning, community presentations, wellness updates in our weekly agendas, community wellness fair, promotion of family support services/resources, community garden, student/family food and clothing closet, child development classes/supports for students, student advisory, community wellness clinics (county services, vaccines, flu shots, substance abuse prevention, nutrition, etc.) and individual student/family counseling and support resources."

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

ALC at Bryant

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.	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

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

Section L – Ideas/Comments/Suggestions

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

“Behavior Intervention Services training; student Safe Space collaboration with the the Workforce Innovation Skills Hub, Introductory Staff Wellness Training (FCPS Wellness Staff), Staff/Student/Family Substance Abuse Prevention training, Staff Wellness Challenges (FCPS), Staff/Student celebrations, relaxation/mindfulness sessions, school garden, Community Wellness Fair, county health and Substance Abuse Prevention clinics, family mental health support services/resources, food/clothing/diaper closet, Student Advisory, Staff Huddles, newsletters/weekly agendas, etc. ”

2023-2024 School Wellness Survey Responses

ALC at Bryant

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.

“It would be helpful have a tool to view/explore the diversified ideas/resources/activities implemented to expand our schools' wellness program.”

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.

“FCPS' Student and Staff Health and Wellness policy/regulation is an asset to every student and family. While each school works diligently to support the wellness of the school community, it certainly takes a village. We are grateful for the resources and support provided, as well as the community collaborations that ensure we are able to provide diversified supports and resources to all stakeholders.”

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

ALC at Bryant



2023-2024 School Wellness Survey Responses

ALC at Bryant

Survey Questions Grouped by Wellness Score

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

2023-2024 School Wellness Survey Responses

ALC at Burke

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.	No Activity
A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.	No Activity

Section B – Physical Activity

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

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

“ ”

Section C – Health Education

<u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u>	<u>Response</u>
C1: Promoting Healthy Lifestyles.	Transitioning
C2: Stress Management.	Transitioning
C3: Coping Skills.	Emerging
C4: Depression.	Transitioning
C5: Suicide Prevention and Awareness.	Emerging
C6: Mental Health Issues (general).	Emerging
C7: Relationship of Healthy Sleep to Mental Health.	Transitioning
C8: Substance Abuse Prevention.	Emerging

2023-2024 School Wellness Survey Responses

ALC at Burke

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
D1: FCPS' protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others.	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.	Exploring
E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560.	Embedded
E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152.	Embedded

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

"none"

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

2023-2024 School Wellness Survey Responses

ALC at Burke

F2: Our staff has received required suicide prevention training, as well as training that includes recognition of, and response to, mental and behavioral health needs.	Embedded
F3: Implements programs that foster social and emotional health and wellness of students and staff.	Embedded
F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.	Embedded
F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.	Transitioning
F6: MIDDLE AND HIGH SCHOOLS ONLY: Academic advising encourages flexibility in course scheduling to promote adequate sleep and healthy sleep patterns to affect student mental health, wellness, and attendance.	Not a Middle/High School

Section G – Health Promotion for Staff Members

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

G1: Health screenings.	No Activity
G2: Health care access.	No Activity
G3: Employee flu immunization clinics.	Embedded
G4: Wellness opportunities for staff, such as fitness challenges, fitness classes, mobile health screenings, wellness walks, workshops, or health fairs that emphasize work/life balance.	No Activity
G5: Awareness of the Employee Assistance Program Services.	Embedded
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
--	----------

2023-2024 School Wellness Survey Responses

ALC at Burke

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.

Exploring

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

Embedded

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

Embedded

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

Exploring

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

Embedded

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

Embedded

2023-2024 School Wellness Survey Responses

ALC at Burke

Section J – Nutrition Education, Promotion, and Food Marketing

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day.	Emerging
J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day.	Emerging
J3: We follow FCPS’ policy on fundraisers as outlined in R2100.	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.	Transitioning
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
K4: We follow all nutrition guidelines for food and beverage standards, as outlined in FCPS P2100 and R2100.	Embedded

Section L – Ideas/Comments/Suggestions

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

“No Response”

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

“No Response”

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”

2023-2024 School Wellness Survey Responses

ALC at Burke

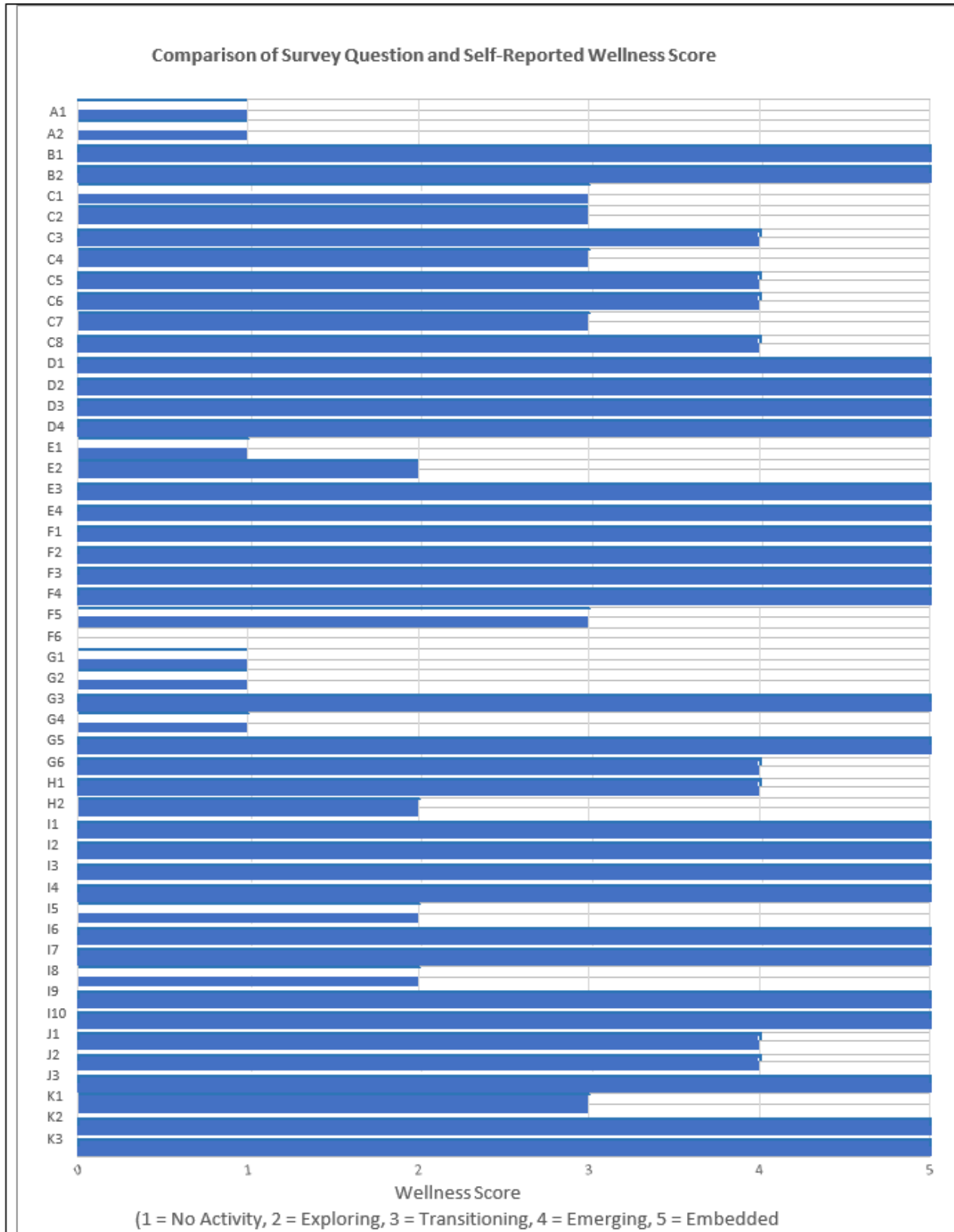
Summary Tables:

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

ALC at Burke



2023-2024 School Wellness Survey Responses

ALC at Burke

Survey Questions Grouped by Wellness Score

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

2023-2024 School Wellness Survey Responses

ALC at Montrose

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.

“There is a student lounge that incorporates equipment allowing for physical activity”

Section C – Health Education

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

2023-2024 School Wellness Survey Responses

ALC at Montrose

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

Section D – Health Services

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

Section E – Healthy and Safe School Environment

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

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

“Montrose serves students across the county, so there are no walkers or bikers to encourage”

2023-2024 School Wellness Survey Responses

ALC at Montrose

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

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

Section G – Health Promotion for Staff Members

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

2023-2024 School Wellness Survey Responses

ALC at Montrose

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

Section H – Family and Community Involvement

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

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

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

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

“We are working on gaining community involvement. ”

Section I – Food and Nutrition General

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

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

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

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

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

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

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

ALC at Montrose

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

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

Section J – Nutrition Education, Promotion, and Food Marketing

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

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

Embedded

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

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

Section K – Nutritional Guidelines

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

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

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

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

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

Section L – Ideas/Comments/Suggestions

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

“No Response”

2023-2024 School Wellness Survey Responses

ALC at Montrose

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.

“There are limitation with choice for our students regarding lunch. If possible, a salad option may be helpful for students. It could also be purchased by staff. ”

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

“No Response”

Summary Tables:

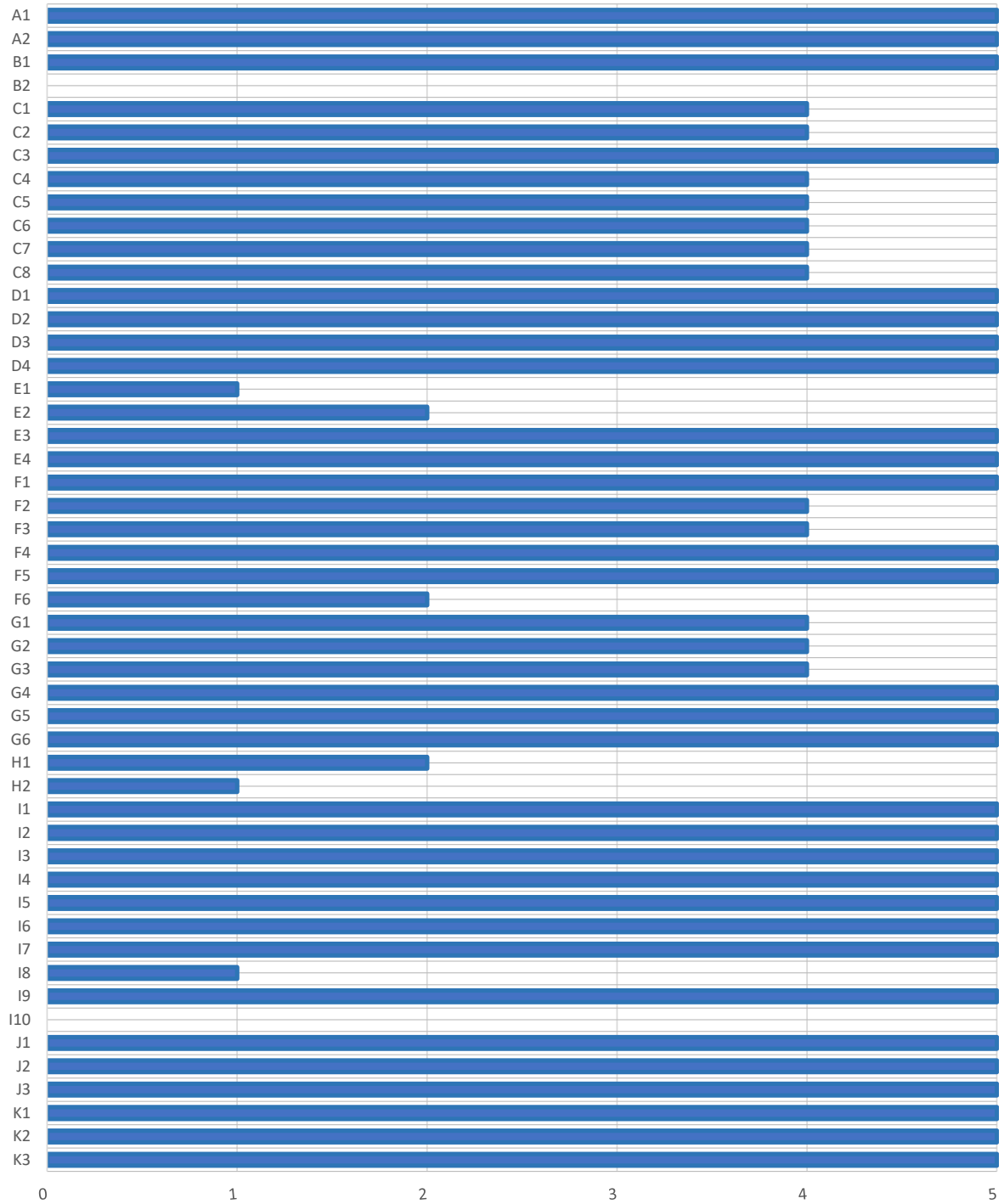
The following graph and table visually summarize your school’s responses provided above. Questions in the graph are represented by bars corresponding to the self-reported wellness score. Questions in the table are grouped together according to their self-reported wellness score (e.g., all questions recorded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

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

2023-2024 School Wellness Survey Responses

ALC at Montrose

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

ALC at Montrose

Survey Questions Grouped by Wellness Score

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

2023-2024 School Wellness Survey Responses

ALC at Mountain View

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.

“ With weather permitting, we allow students to play soccer/football outside during lunch time.”

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. Emerging

C3: Coping Skills. Emerging

C4: Depression. Emerging

C5: Suicide Prevention and Awareness. Embedded

C6: Mental Health Issues (general). Emerging

2023-2024 School Wellness Survey Responses

ALC at Mountain View

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

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

“none”

2023-2024 School Wellness Survey Responses

ALC at Mountain View

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

2023-2024 School Wellness Survey Responses

ALC at Mountain View

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. Exploring

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

“As a Tier III intervention program, we address holistic support for all students upon registration as well as periodically depending on student need.”

Section I – Food and Nutrition General

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

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

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

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

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

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

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

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

2023-2024 School Wellness Survey Responses

ALC at Mountain View

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

Section K – Nutritional Guidelines

<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.	No Activity
K3: Implements appropriate precautions against severe food allergies.	Exploring 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 periodically will extend lunch when weather permits so that students can run off energy for an additional 20 minutes.”

2023-2024 School Wellness Survey Responses

ALC at Mountain View

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

“n/a”

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

“n/a”

Summary Tables:

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

ALC at Mountain View

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

ALC at Mountain View

Survey Questions Grouped by Wellness Score

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

2023-2024 School Wellness Survey Responses

Bryant Alternative 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.	No Activity

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

“Wellness days and activity days”

Section C – Health Education

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

2023-2024 School Wellness Survey Responses

Bryant Alternative 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.

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.

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.

“Students have competing life factors that are barriers to wellness”

2023-2024 School Wellness Survey Responses

Bryant Alternative 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.	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.	Embedded
G5: Awareness of the Employee Assistance Program Services.	Embedded

2023-2024 School Wellness Survey Responses

Bryant Alternative 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.

"Parent coffees, entry conferences, student goal setting during conferences, all goals connect to wellness and life planning"

Section I – Food and Nutrition General

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

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

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

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

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

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

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

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

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

2023-2024 School Wellness Survey Responses

Bryant Alternative 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 No Activity
J3: We follow FCPS’ policy on fundraisers as outlined in R2100.	

Section K – Nutritional Guidelines

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

“Wellness day for staff and student May 10, 2024; Staff FCPS Wellness challenges”

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

“No Response”

2023-2024 School Wellness Survey Responses

Bryant Alternative 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:

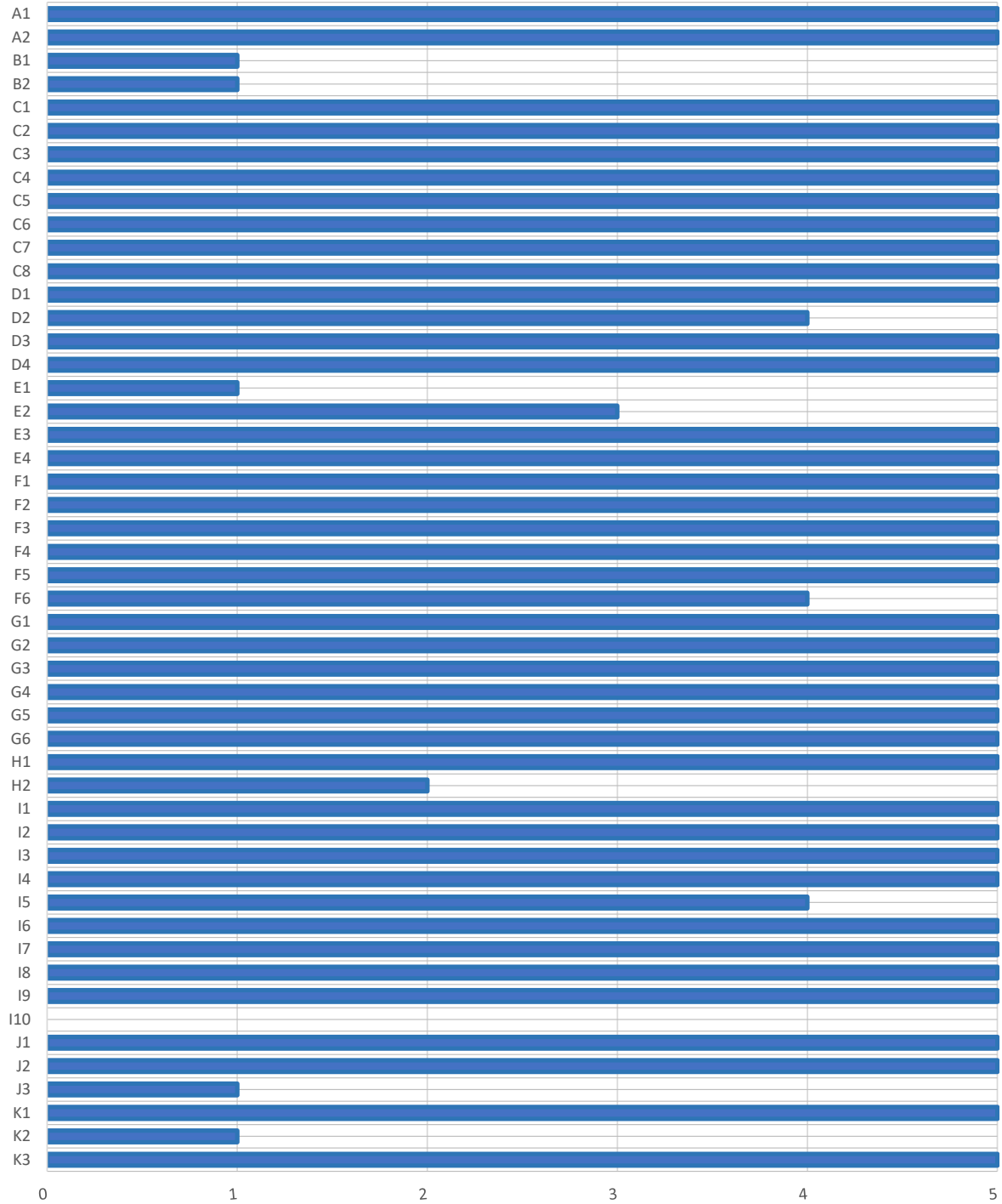
The following graph and table visually summarize your school's responses provided above. Questions in the graph are represented by bars corresponding to the self-reported wellness score. Questions in the table are grouped together according to their self-reported wellness score (e.g., all questions recorded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

Bryant Alternative 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

Bryant Alternative High

Survey Questions Grouped by Wellness Score

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

2023-2024 School Wellness Survey Responses

Burke School

Section A – Physical Education

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

Section B – Physical Activity

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

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

“ ”

Section C – Health Education

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

Burke School

C8: Substance Abuse Prevention.

Emerging

Section D – Health Services

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

Response

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

Embedded

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

Embedded

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

Embedded

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

Embedded

Section E – Healthy and Safe School Environment

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

Response

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

Embedded

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

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

Burke School

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

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

Section G – Health Promotion for Staff Members

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

2023-2024 School Wellness Survey Responses

Burke School

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

Section H – Family and Community Involvement

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

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

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

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

"none"

Section I – Food and Nutrition General

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

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

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

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

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

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

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

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

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

2023-2024 School Wellness Survey Responses

Burke School

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

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

Section J – Nutrition Education, Promotion, and Food Marketing

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

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

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

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

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

Section K – Nutritional Guidelines

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

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

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

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

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

Section L – Ideas/Comments/Suggestions

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

“No Response”

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

“No Response”

2023-2024 School Wellness Survey Responses

Burke School

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

"No Response"

Summary Tables:

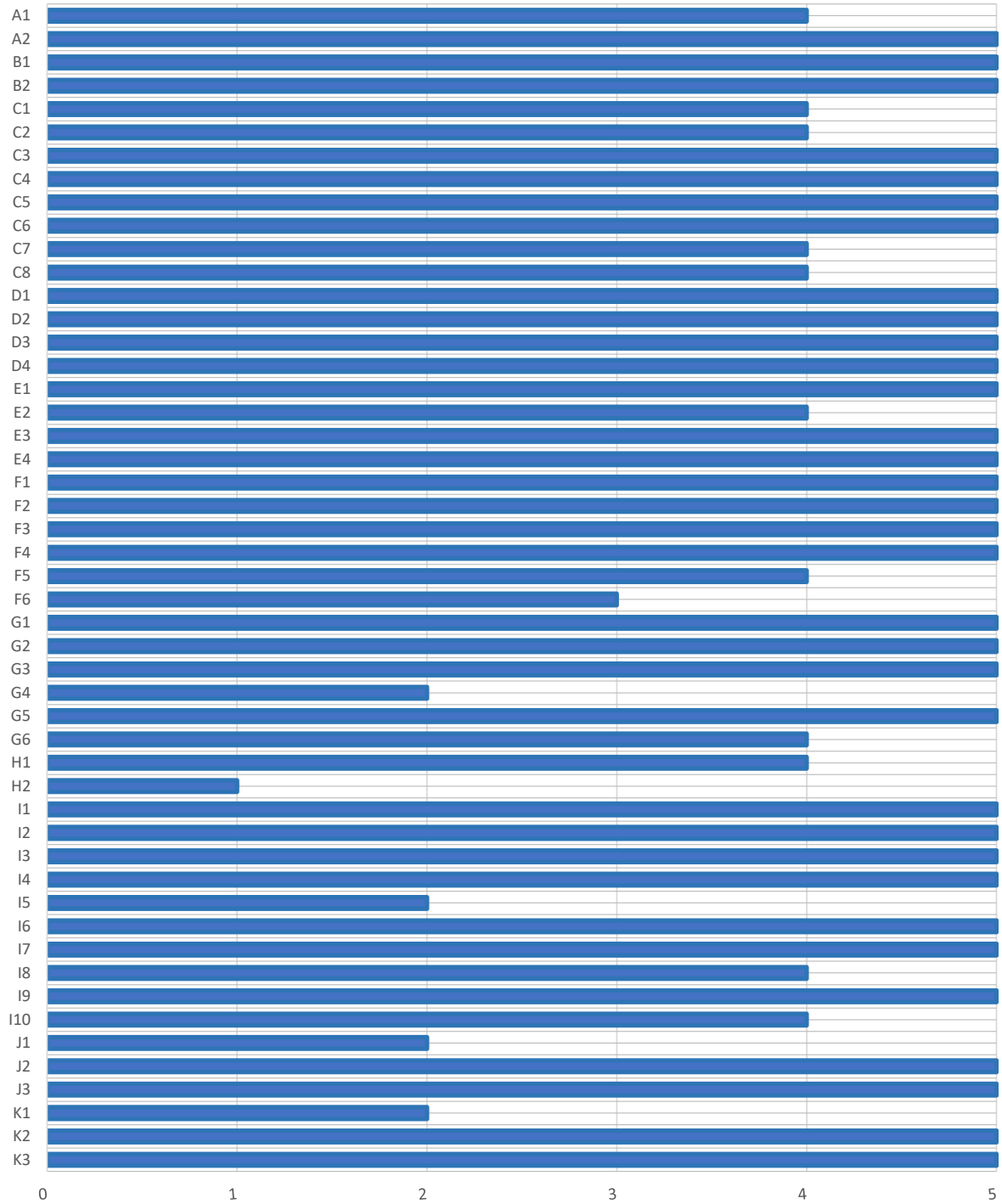
The following graph and table visually summarize your school's responses provided above. Questions in the graph are represented by bars corresponding to the self-reported wellness score. Questions in the table are grouped together according to their self-reported wellness score (e.g., all questions recorded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

Burke School

Comparison of Survey Question and Self-Reported Wellness Score



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

2023-2024 School Wellness Survey Responses

Burke School

Survey Questions Grouped by Wellness Score

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

2023-2024 School Wellness Survey Responses

Cedar Lane School

Section A – Physical Education

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

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

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

Section B – Physical Activity

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.

“We encourage classes to do Brain Breaks that include walks around the campus and outside. We have after school activities to include basketball and title one boxing. We have teachers that are master yoga instructors, who implement stretching and breathing in the classroom.”

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

Cedar Lane School

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

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

“Cedar Lane is an extremely old building and I was told that we are not eligible to be on the renovation list. This is a huge barrier with promoting a safe and healthy building. Many times things need to be

2023-2024 School Wellness Survey Responses

Cedar Lane School

replaced, and because we don't have money, we are unable to upgrade or improve things such as doors. ”

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

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

Section G – Health Promotion for Staff Members

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

2023-2024 School Wellness Survey Responses

Cedar Lane School

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

Section H – Family and Community Involvement

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

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

"We offer opportunities throughout the school year for families to attend events at cedar lane, attend activities and athletics and the clinical team partners with families closely to ensure that they have the recourses and support at home. "

Section I – Food and Nutrition General

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

2023-2024 School Wellness Survey Responses

Cedar Lane School

I5: Encourages the use of non-food items for classroom celebrations.	Transitioning
I6: Withholding access to food is not used as a disciplinary action.	Embedded
I7: Potable water is available to all our students at no cost.	Embedded
I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS).	No Activity
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
	Embedded
J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day.	Embedded
J3: We follow FCPS’ policy on fundraisers as outlined in R2100.	

Section K – Nutritional Guidelines

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

2023-2024 School Wellness Survey Responses

Cedar Lane School

Section L – Ideas/Comments/Suggestions

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

“Kickball, basketball, yoga, boxing, afterschool activities, Cosplay. ”

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.

“Schools need a budget to cover wellness activities, especially Public Day Schools with all students with disabilities. ”

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

Cedar Lane School

Comparison of Survey Question and Self-Reported Wellness Score



Wellness Score

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

2023-2024 School Wellness Survey Responses

Cedar Lane School

Survey Questions Grouped by Wellness Score

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

2023-2024 School Wellness Survey Responses

Davis Center

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.	No Activity
A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.	No Activity

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

2023-2024 School Wellness Survey Responses

Davis Center

C8: Substance Abuse Prevention.

Transitioning

Section D – Health Services

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

Response

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

Embedded

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

Embedded

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

Embedded

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

Embedded

Section E – Healthy and Safe School Environment

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

Response

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

No Activity

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

Exploring

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

Embedded

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

Embedded

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

"none"

2023-2024 School Wellness Survey Responses

Davis Center

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

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

Section G – Health Promotion for Staff Members

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

Davis Center

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

Section H – Family and Community Involvement

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

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

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

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

“We provide information to our worksites in the form of disability awareness and acceptance, we also encourage teams of students to align with any health and wellness initiatives offered by the worksites.”

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

Davis Center

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

Section K – Nutritional Guidelines

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

Section L – Ideas/Comments/Suggestions

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

“We provide the opportunity for students and families to access school dances throughout the school year and we collaborate regularly with our Davis Family Partnership to provide other social opportunities for students and families to connect outside of school (e.g. Dave &

2023-2024 School Wellness Survey Responses

Davis Center

Buster's, burger night, etc.). These opportunities, which are limited for adults with disabilities, are critical to the mental health and wellbeing of our students, families, and community at large. The dances are also open to all Davis Center alumni. ”

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:

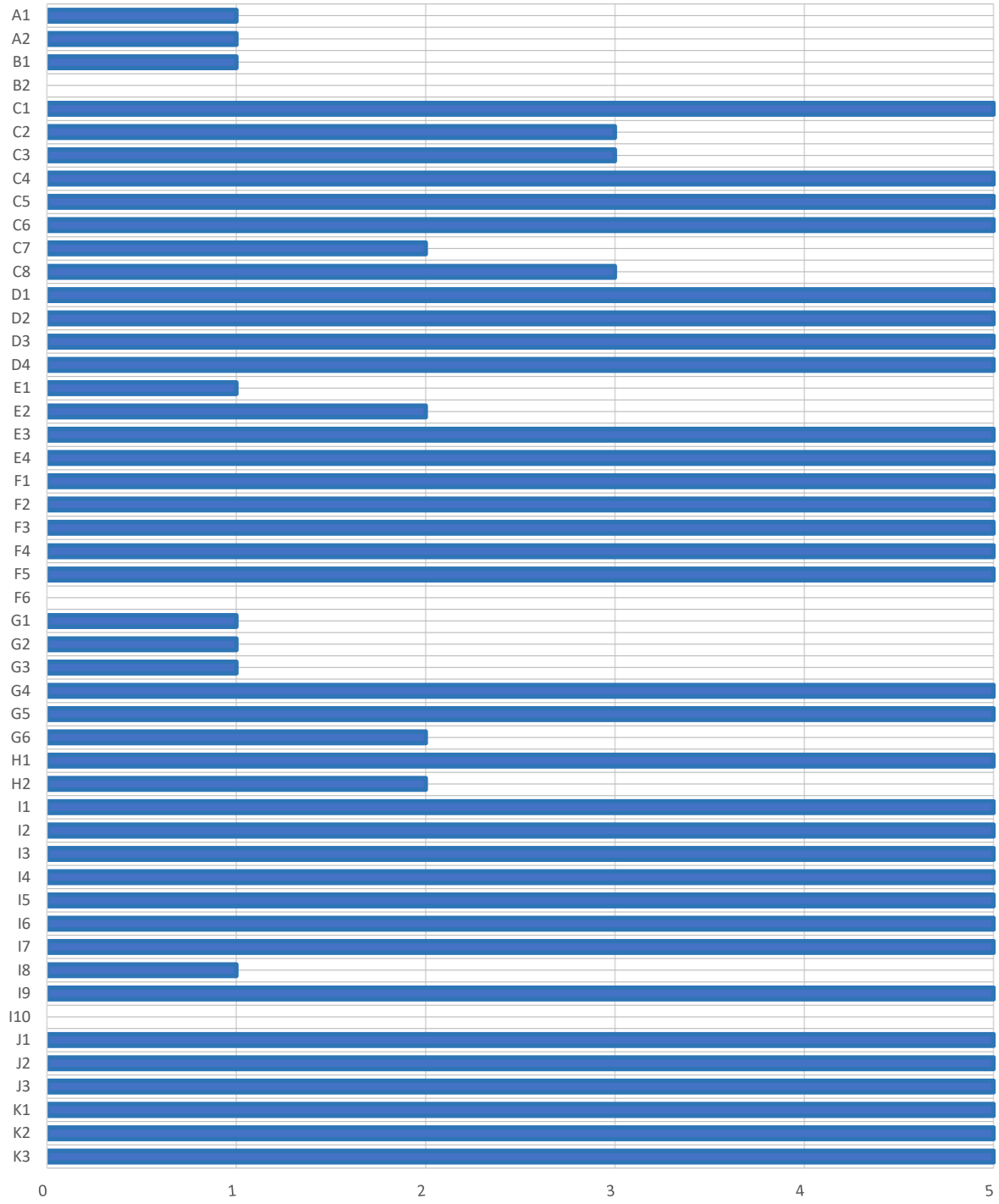
The following graph and table visually summarize your school’s responses provided above. Questions in the graph are represented by bars corresponding to the self-reported wellness score. Questions in the table are grouped together according to their self-reported wellness score (e.g., all questions recorded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

Davis Center

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

Davis Center

Survey Questions Grouped by Wellness Score

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

2023-2024 School Wellness Survey Responses

Fairfax County Adult 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.	No Activity
A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.	No Activity

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 & PE is not offered at Fairfax County Adult High School as PE is not a graduation requirement for our learners”

Section C – Health Education

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

2023-2024 School Wellness Survey Responses

Fairfax County Adult 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.	Exploring
D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia.	Embedded
D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102.	Exploring

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.

“Fairfax County Adult High School does not have a clinic or Public Health Nurse on site. We are not approved to use the FCPS SEL screener as our learners are all adults and the screener is based on adolescents.”

2023-2024 School Wellness Survey Responses

Fairfax County Adult 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.	No Activity
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.	No Activity

2023-2024 School Wellness Survey Responses

Fairfax County Adult High

G5: Awareness of the Employee Assistance Program Services. Embedded

G6: Staff celebrations that offer and encourage healthy choices for food and beverages. No Activity

Section H – Family and Community Involvement

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

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

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

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

“FCAHS students are all self-enrolled and are limited in the amount of time to dedicate to school activities outside of instructional time”

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

Fairfax County Adult 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

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.

“Wellness is regularly addressed during weekly Learning Seminar activities”

2023-2024 School Wellness Survey Responses

Fairfax County Adult 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

Fairfax County Adult 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 County Adult High

Survey Questions Grouped by Wellness Score

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

2023-2024 School Wellness Survey Responses

Key Center

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.

“Zam Dance- high energy dance instructor comes out quarterly, monthly spirit week activities with activity related competition, as well as wellness related components ”

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).	Emerging

2023-2024 School Wellness Survey Responses

Key Center

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

Section D – Health Services

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
D1: FCPS' protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others.	Embedded
D2: Students have regular access to public health nurses to address health, safety, and psychological issues.	Embedded
D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia.	Transitioning
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.	No Activity
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.

“Wellness activities shared with all staff, students cannot safely walk/bike to school, weather permitting, students walk the building outside as part of a routine PE class and class activity to increase endurance/stamina”

2023-2024 School Wellness Survey Responses

Key Center

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

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

Section G – Health Promotion for Staff Members

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

2023-2024 School Wellness Survey Responses

Key Center

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

Section H – Family and Community Involvement

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

H1: Established a wellness committee to implement activities that support the wellness policy.	Embedded
H2: Includes a non-staff, family, or community member in our school's wellness committee.	No Activity

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

"No family community member has volunteered to assist with this endeavor "

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.	No Activity
I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals.	Embedded
I5: Encourages the use of non-food items for classroom celebrations.	Emerging
I6: Withholding access to food is not used as a disciplinary action.	Embedded
I7: Potable water is available to all our students at no cost.	Embedded

2023-2024 School Wellness Survey Responses

Key Center

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 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.

“Monthly health related events- dances, spirit week athletic competitions, AAI- animal assisted instruction, ZAM Dance, wellness for students and staff”

2023-2024 School Wellness Survey Responses

Key Center

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.

“Offer more swag or prizes that we can give to staff/students”

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.

“Reminder that our program serves students with significant learning, physical, medical complexities and behavioral challenges. Our staff go to great lengths to assist with getting our students as active as possible every day and multiple times per day, it sure helps staff to remain active as a result! ”

Summary Tables:

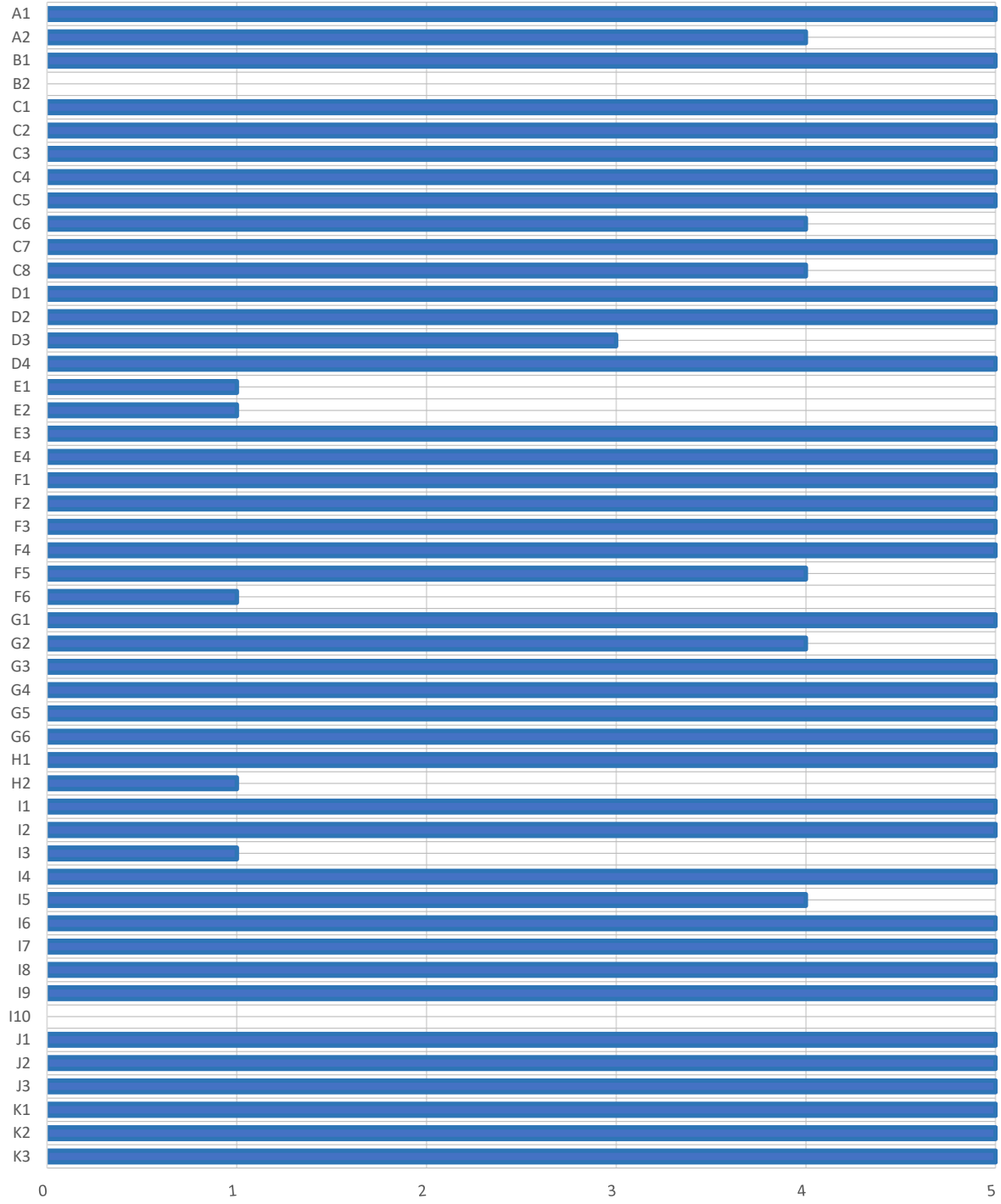
The following graph and table visually summarize your school’s responses provided above. Questions in the graph are represented by bars corresponding to the self-reported wellness score. Questions in the table are grouped together according to their self-reported wellness score (e.g., all questions recorded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

Key Center

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

Key Center

Survey Questions Grouped by Wellness Score

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

2023-2024 School Wellness Survey Responses

Kilmer Center

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.

“Modified activities to meet needs of students.”

Section C – Health Education

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

2023-2024 School Wellness Survey Responses

Kilmer Center

C8: Substance Abuse Prevention.

No Activity

Section D – Health Services

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

Response

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

Embedded

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

Embedded

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

Embedded

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

Embedded

Section E – Healthy and Safe School Environment

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

Response

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

No Activity

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

Exploring

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

Embedded

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

Embedded

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

"none"

2023-2024 School Wellness Survey Responses

Kilmer Center

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.	Transitioning
F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.	Emerging
F6: MIDDLE AND HIGH SCHOOLS ONLY: Academic advising encourages flexibility in course scheduling to promote adequate sleep and healthy sleep patterns to affect student mental health, wellness, and attendance.	No Activity

Section G – Health Promotion for Staff Members

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

2023-2024 School Wellness Survey Responses

Kilmer Center

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

Section H – Family and Community Involvement

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

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

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

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

“Newsletters, support trainings”

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. No Activity

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

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

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

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

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

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

2023-2024 School Wellness Survey Responses

Kilmer Center

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

No Activity

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

Emerging

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

Section K – Nutritional Guidelines

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

Response

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

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.

“Various physical challenges and healthy eating promotions.”

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.

“Thoughtful communication with families and support to school staff.”

2023-2024 School Wellness Survey Responses

Kilmer Center

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

"NA"

Summary Tables:

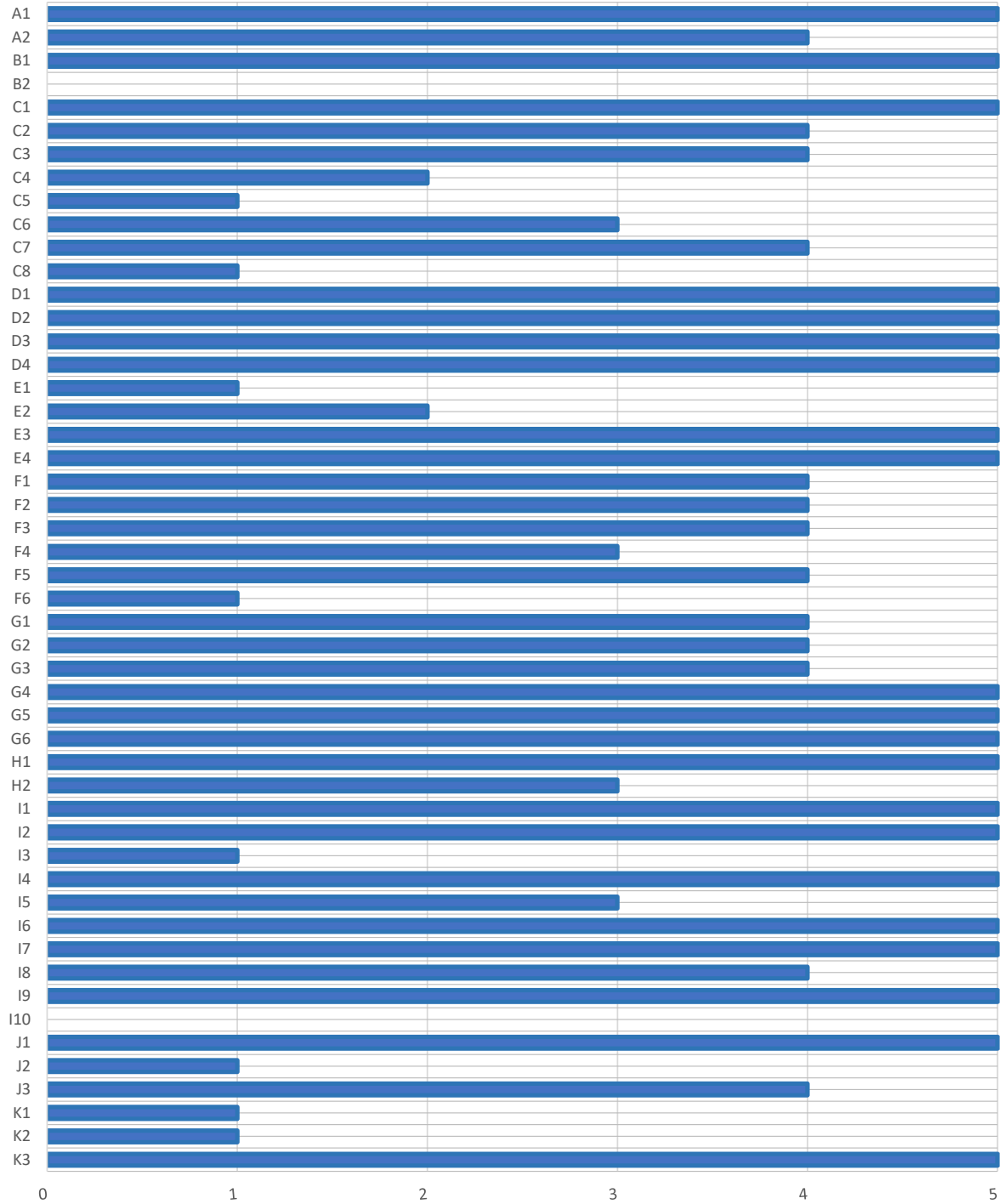
The following graph and table visually summarize your school's responses provided above. Questions in the graph are represented by bars corresponding to the self-reported wellness score. Questions in the table are grouped together according to their self-reported wellness score (e.g., all questions recorded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

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

2023-2024 School Wellness Survey Responses

Kilmer Center

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

Kilmer Center

Survey Questions Grouped by Wellness Score

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

2023-2024 School Wellness Survey Responses

Mountain View Alternative 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.	Embedded
C3: Coping Skills.	Embedded
C4: Depression.	Emerging
C5: Suicide Prevention and Awareness.	Emerging
C6: Mental Health Issues (general).	Emerging
C7: Relationship of Healthy Sleep to Mental Health.	Exploring

2023-2024 School Wellness Survey Responses

Mountain View Alternative 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.

Emerging

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

Embedded

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

Embedded

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

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

Mountain View Alternative 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.	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.	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.	Emerging

2023-2024 School Wellness Survey Responses

Mountain View Alternative 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. Emerging

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

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

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

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

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

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

2023-2024 School Wellness Survey Responses

Mountain View Alternative 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. 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.

“Monthly mentor socials; Monthly Student Engagement/Club Meetings; Thursday Panera Breakfasts”

2023-2024 School Wellness Survey Responses

Mountain View Alternative 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:

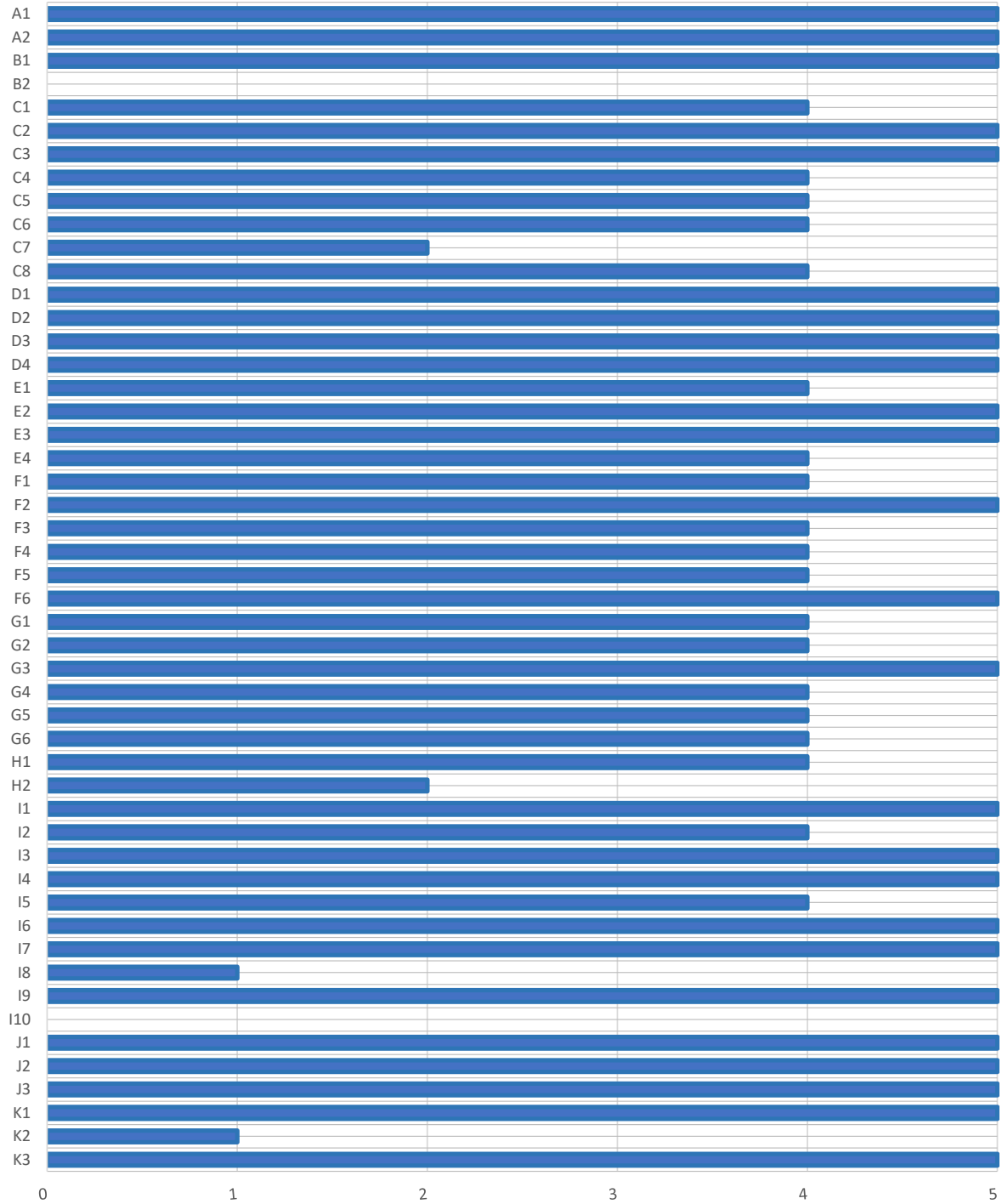
The following graph and table visually summarize your school’s responses provided above. Questions in the graph are represented by bars corresponding to the self-reported wellness score. Questions in the table are grouped together according to their self-reported wellness score (e.g., all questions recorded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

Mountain View Alternative 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

Mountain View Alternative High

Survey Questions Grouped by Wellness Score

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

2023-2024 School Wellness Survey Responses

Pulley Center

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. No Activity

A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity. No Activity

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. 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.

"Pulley does not have PE classes, but we participate in Special Olympics during the winter and spring seasons."

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. Emerging

C3: Coping Skills. Emerging

C4: Depression. Emerging

C5: Suicide Prevention and Awareness. Emerging

C6: Mental Health Issues (general). Emerging

2023-2024 School Wellness Survey Responses

Pulley Center

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

Section D – Health Services

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

Section E – Healthy and Safe School Environment

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

“Pulley is attached to West Potomac HS, they support grounds equipment.”

2023-2024 School Wellness Survey Responses

Pulley Center

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

2023-2024 School Wellness Survey Responses

Pulley Center

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

Section H – Family and Community Involvement

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

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

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

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

“Currently our wellness committee works with school staff only, this is emerging”

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. No Activity

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

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

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

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

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

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

2023-2024 School Wellness Survey Responses

Pulley Center

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.

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.

“Special Olympics, Best Buddies, 3 Community Dance Events, school-wide activity days at the end of each quarter (3 in total)”

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 suggestions at this time”

2023-2024 School Wellness Survey Responses

Pulley Center

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

"No questions or comments"

Summary Tables:

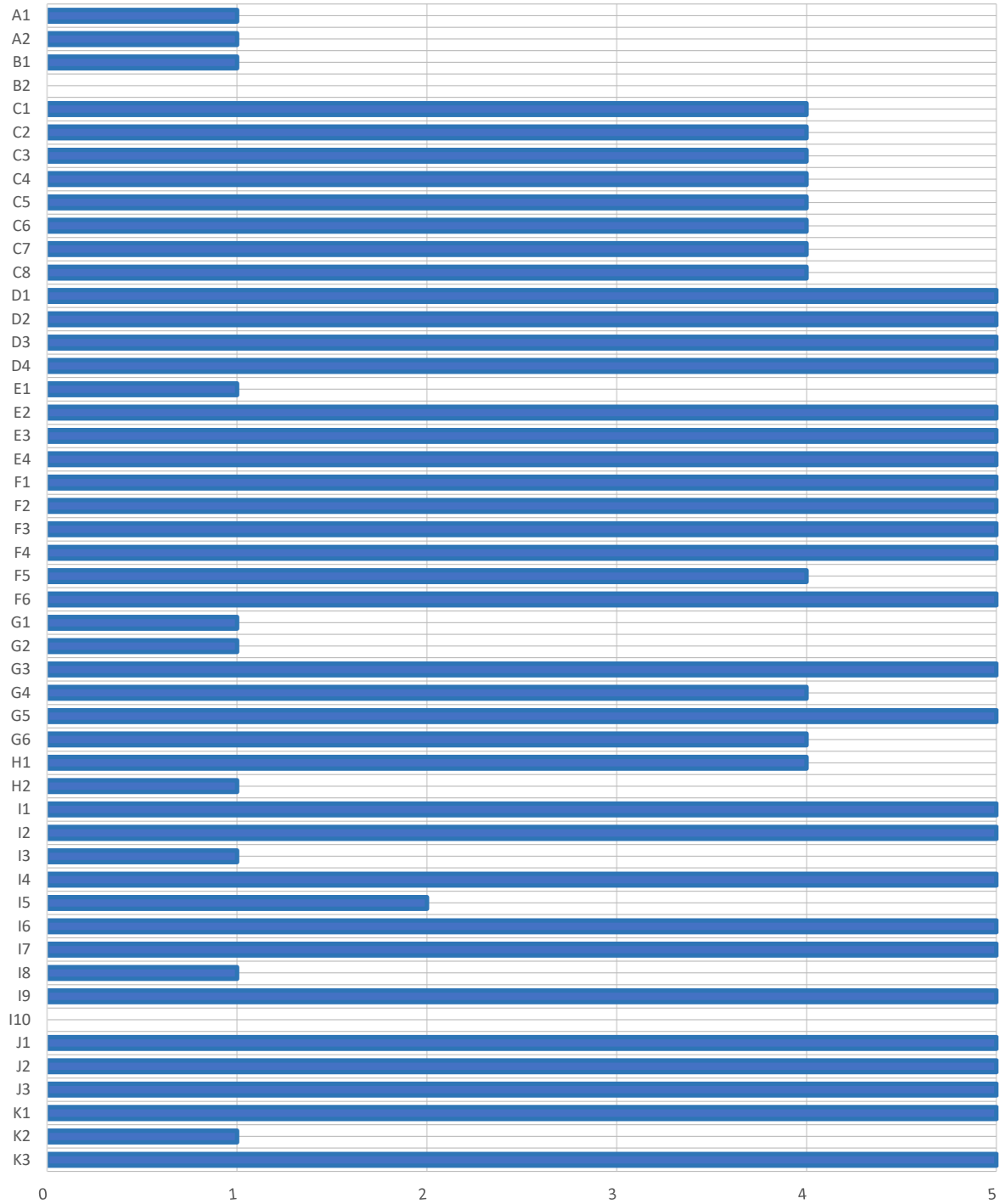
The following graph and table visually summarize your school's responses provided above. Questions in the graph are represented by bars corresponding to the self-reported wellness score. Questions in the table are grouped together according to their self-reported wellness score (e.g., all questions recorded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

Pulley Center

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

Pulley Center

Survey Questions Grouped by Wellness Score

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

2023-2024 School Wellness Survey Responses

Quander Road School

Section A – Physical Education

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

Section B – Physical Activity

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

Quander Road School

C8: Substance Abuse Prevention.

Embedded

Section D – Health Services

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

Response

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

Embedded

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

Embedded

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

Embedded

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

Embedded

Section E – Healthy and Safe School Environment

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

Response

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

No Activity

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

Embedded

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

Embedded

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

Embedded

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

“none”

2023-2024 School Wellness Survey Responses

Quander Road School

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

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

Section G – Health Promotion for Staff Members

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

2023-2024 School Wellness Survey Responses

Quander Road School

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

Section H – Family and Community Involvement

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

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

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

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

“none”

Section I – Food and Nutrition General

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

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

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

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

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

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

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

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

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

2023-2024 School Wellness Survey Responses

Quander Road School

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. Emerging

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

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

Section L – Ideas/Comments/Suggestions

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

“No Response”

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

“No Response”

2023-2024 School Wellness Survey Responses

Quander Road School

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

"No Response"

Summary Tables:

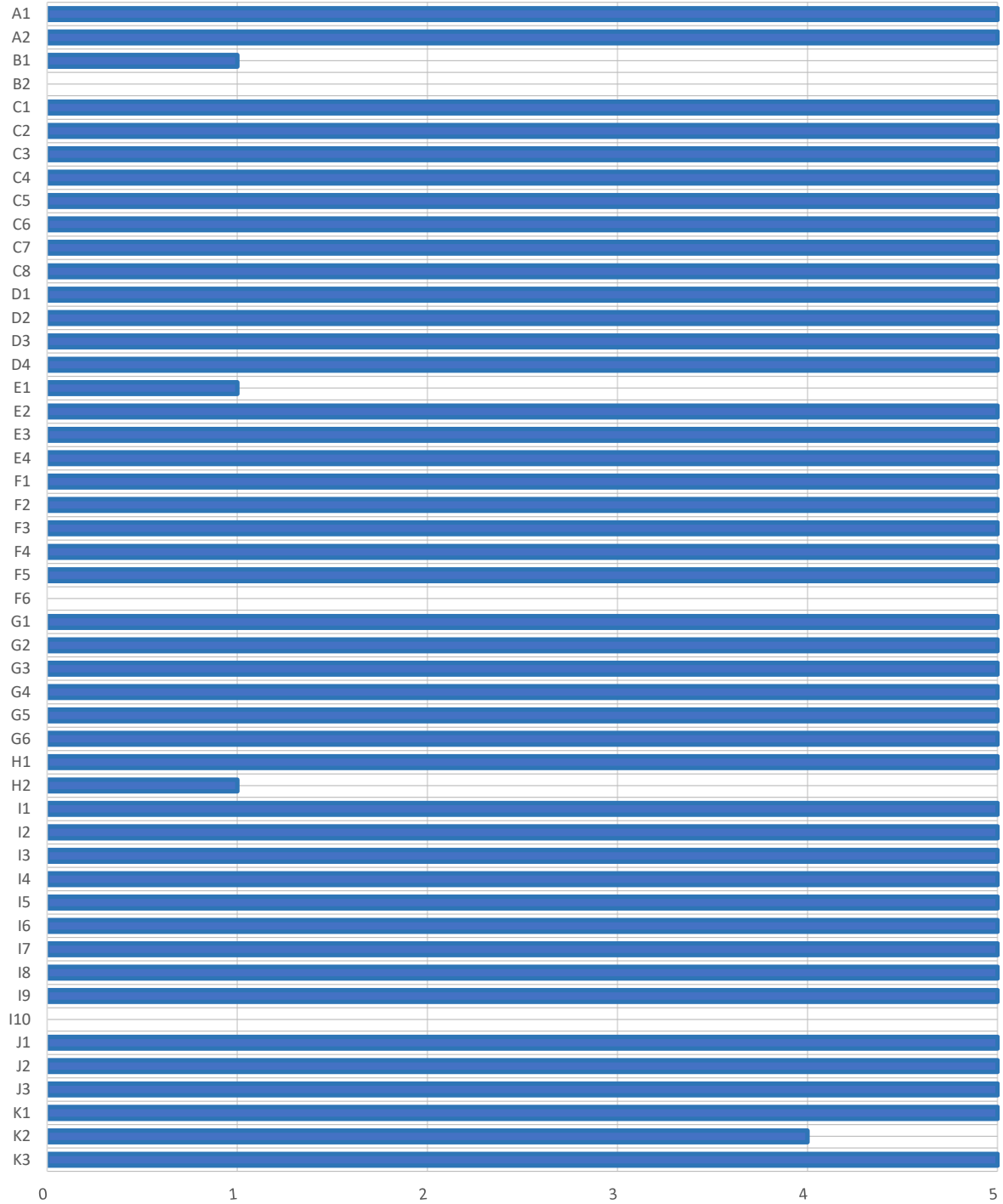
The following graph and table visually summarize your school's responses provided above. Questions in the graph are represented by bars corresponding to the self-reported wellness score. Questions in the table are grouped together according to their self-reported wellness score (e.g., all questions recorded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

Quander Road School

Comparison of Survey Question and Self-Reported Wellness Score



Wellness Score

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

2023-2024 School Wellness Survey Responses

Quander Road School

Survey Questions Grouped by Wellness Score

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