



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

[Hayfield Secondary](#)

[Lake Braddock Secondary](#)

[Robinson Secondary](#)

# 2023-2024 School Wellness Survey Responses

## Hayfield Secondary High

### Section A – Physical Education

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

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

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

### Section B – Physical Activity

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

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

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

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

“ ”

### Section C – Health Education

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

C1: Promoting Healthy Lifestyles. Embedded

C2: Stress Management. Embedded

C3: Coping Skills. Embedded

C4: Depression. Embedded

C5: Suicide Prevention and Awareness. Embedded

C6: Mental Health Issues (general). Embedded

C7: Relationship of Healthy Sleep to Mental Health. Embedded

# 2023-2024 School Wellness Survey Responses

## Hayfield Secondary High

C8: Substance Abuse Prevention.

Embedded

### Section D – Health Services

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

Response

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

Embedded

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

Embedded

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

Embedded

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

Embedded

### Section E – Healthy and Safe School Environment

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

Response

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

Emerging

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

Emerging

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

Embedded

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

Embedded

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

“none”

# 2023-2024 School Wellness Survey Responses

## Hayfield Secondary High

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

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

### Section G – Health Promotion for Staff Members

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

# 2023-2024 School Wellness Survey Responses

## Hayfield Secondary High

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

### Section H – Family and Community Involvement

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

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

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

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

"none"

### Section I – Food and Nutrition General

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

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

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

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

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

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

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

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

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

# 2023-2024 School Wellness Survey Responses

## Hayfield Secondary High

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

Embedded

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

Not an Elementary School

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

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

Response

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

Embedded

Embedded

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

Embedded

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

### Section K – Nutritional Guidelines

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

Response

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

Embedded

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

Embedded

K3: Implements appropriate precautions against severe food allergies.

Embedded

Embedded

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

### Section L – Ideas/Comments/Suggestions

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

“Teen Mental Health First Aid Training ”

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

## Hayfield Secondary 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:

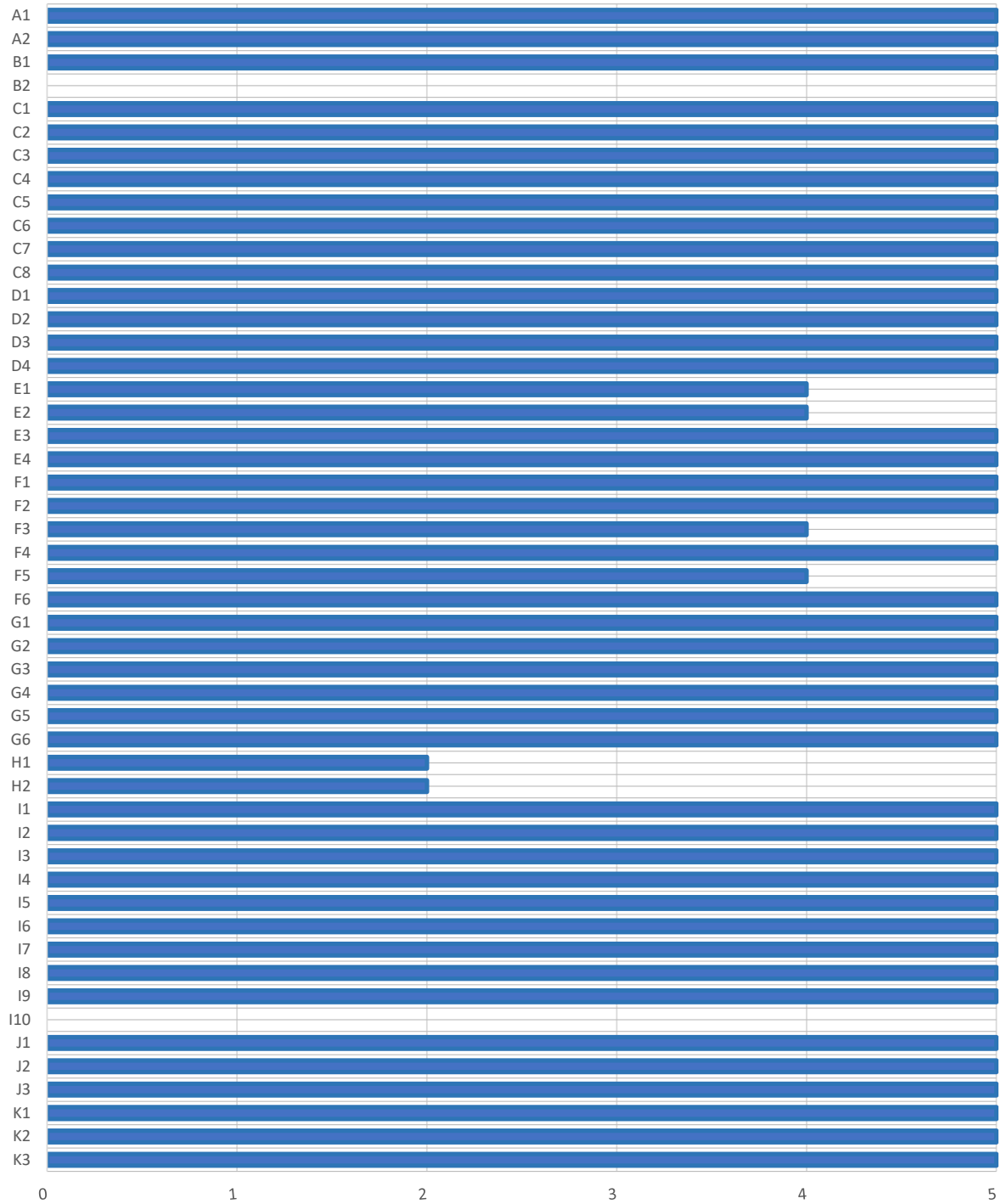
The following graph and table visually summarize your school's responses provided above. Questions in the graph are represented by bars corresponding to the self-reported wellness score. Questions in the table are grouped together according to their self-reported wellness score (e.g., all questions recorded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

## Hayfield Secondary 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

## Hayfield Secondary High

### Survey Questions Grouped by Wellness Score

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

# 2023-2024 School Wellness Survey Responses

## Lake Braddock Secondary HS

### 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.

“Consistent use of interactive physical technology in classes.”

### Section C – Health Education

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

# 2023-2024 School Wellness Survey Responses

## Lake Braddock Secondary HS

C8: Substance Abuse Prevention.

Emerging

### Section D – Health Services

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

Response

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

Emerging

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

Emerging

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

Emerging

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

Emerging

### Section E – Healthy and Safe School Environment

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

Response

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

Emerging

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

Emerging

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

Emerging

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

Emerging

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

“Not enough available space for further discussion and implementation on these topics.”

# 2023-2024 School Wellness Survey Responses

## Lake Braddock Secondary HS

### 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.	Emerging
F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.	Emerging
F6: MIDDLE AND HIGH SCHOOLS ONLY: Academic advising encourages flexibility in course scheduling to promote adequate sleep and healthy sleep patterns to affect student mental health, wellness, and attendance.	Emerging

### Section G – Health Promotion for Staff Members

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

# 2023-2024 School Wellness Survey Responses

## Lake Braddock Secondary HS

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

### Section H – Family and Community Involvement

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

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

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

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

"This is an area where we can improve."

### 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

## Lake Braddock Secondary HS

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

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

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

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

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

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

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

### Section K – Nutritional Guidelines

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

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

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

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

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

### Section L – Ideas/Comments/Suggestions

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

“MS Recess and access to physical activity intervention spaces during the school day.”

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

“No Response”

# 2023-2024 School Wellness Survey Responses

## Lake Braddock Secondary HS

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

## Lake Braddock Secondary HS

Comparison of Survey Question and Self-Reported Wellness Score



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



# 2023-2024 School Wellness Survey Responses

## Lake Braddock Secondary HS

### Survey Questions Grouped by Wellness Score

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

# 2023-2024 School Wellness Survey Responses

## Lake Braddock Secondary MS

### 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.

"MS Track after-school, recreational after-school sports, MS recess, HPE classes for all MS students"

### Section C – Health Education

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

# 2023-2024 School Wellness Survey Responses

## Lake Braddock Secondary MS

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

### Section D – Health Services

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

### Section E – Healthy and Safe School Environment

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

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

“Continue to work with the Safe Routes to School Committee to improve safety for students who walk/bike to school.”

# 2023-2024 School Wellness Survey Responses

## Lake Braddock Secondary MS

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

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

### Section G – Health Promotion for Staff Members

<u>Question: To what extent does the staff wellness liaison support opportunities for staff members to improve their health and well-being:</u>	<u>Response</u>
G1: Health screenings.	Embedded
G2: Health care access.	Embedded
G3: Employee flu immunization clinics.	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.	Emerging
G5: Awareness of the Employee Assistance Program Services.	Emerging

# 2023-2024 School Wellness Survey Responses

## Lake Braddock Secondary MS

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

### Section H – Family and Community Involvement

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

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

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

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

“none”

### Section I – Food and Nutrition General

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

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

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

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

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

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

## Lake Braddock Secondary MS

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.

“SGA plans a Stress Less Week with activities each day and has videos on the morning announcements which include tips for reducing stress, MS SCA creates positive post-its to put on lockers and inspirational posters for the hallways, monthly staff appreciation events (coffee carts, chip n dip day, etc.)”

# 2023-2024 School Wellness Survey Responses

## Lake Braddock Secondary MS

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.

“Wellness survey for Faculty & 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.

“No questions at this time.”

### Summary Tables:

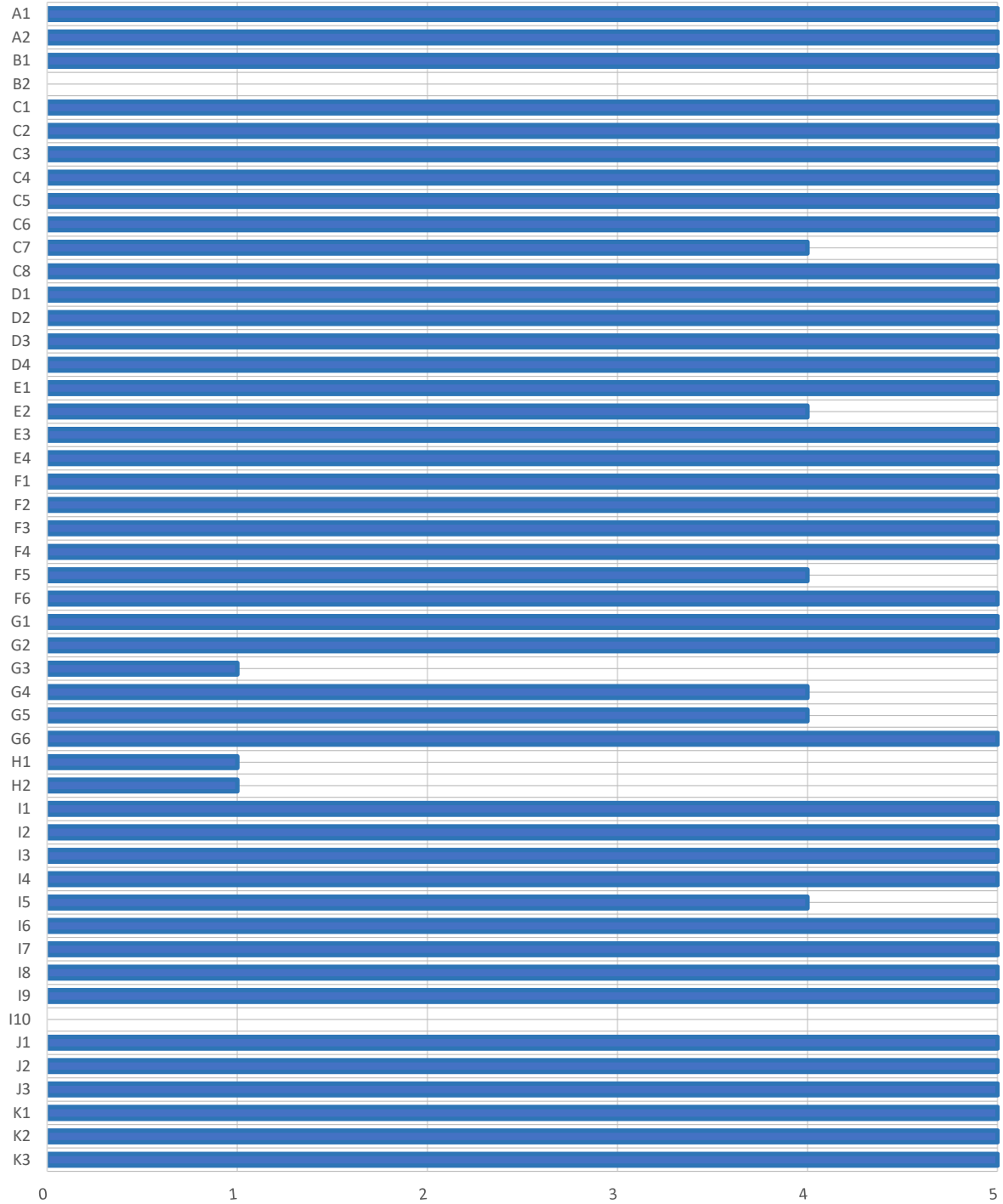
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\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2023-2024 School Wellness Survey Responses

## Lake Braddock Secondary MS

Comparison of Survey Question and Self-Reported Wellness Score



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



# 2023-2024 School Wellness Survey Responses

## Lake Braddock Secondary MS

### Survey Questions Grouped by Wellness Score

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

# 2023-2024 School Wellness Survey Responses

## Robinson Secondary Middle

### Section A – Physical Education

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

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

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

### Section B – Physical Activity

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

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

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

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

“Our Health and Physical Education program is dedicated to fostering optimal health among students by emphasizing best practices. We achieve this by encouraging goal setting, identifying enjoyable activities, offering students a choice in their activities, and creating safe and enjoyable opportunities for success.”

### 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

## Robinson Secondary Middle

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

### Section D – Health Services

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

### Section E – Healthy and Safe School Environment

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

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

“none”

# 2023-2024 School Wellness Survey Responses

## Robinson Secondary Middle

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

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

### Section G – Health Promotion for Staff Members

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

# 2023-2024 School Wellness Survey Responses

## Robinson Secondary Middle

G5: Awareness of the Employee Assistance Program Services. Embedded

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

### Section H – Family and Community Involvement

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

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

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

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

“Our team works with staff to be fit, well and bolster physical activities”

### Section I – Food and Nutrition General

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

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

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

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

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

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

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

# 2023-2024 School Wellness Survey Responses

## Robinson Secondary Middle

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.	Embedded
K2: Healthy food and beverage options are encouraged at school-related events outside the school day.	Embedded
K3: Implements appropriate precautions against severe food allergies.	Embedded Embedded
K4: We follow all nutrition guidelines for food and beverage standards, as outlined in FCPS P2100 and R2100.	

## Section L – Ideas/Comments/Suggestions

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

# 2023-2024 School Wellness Survey Responses

## Robinson Secondary Middle

“We encourage staff to join county wellness challenges like Walktober, Blood drives for the community, Wellbeats for staff, EAP for mental health, Stress less week with students and the community, MS fitness after school clubs, running clubs and middle school/high school athletics. ”

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:

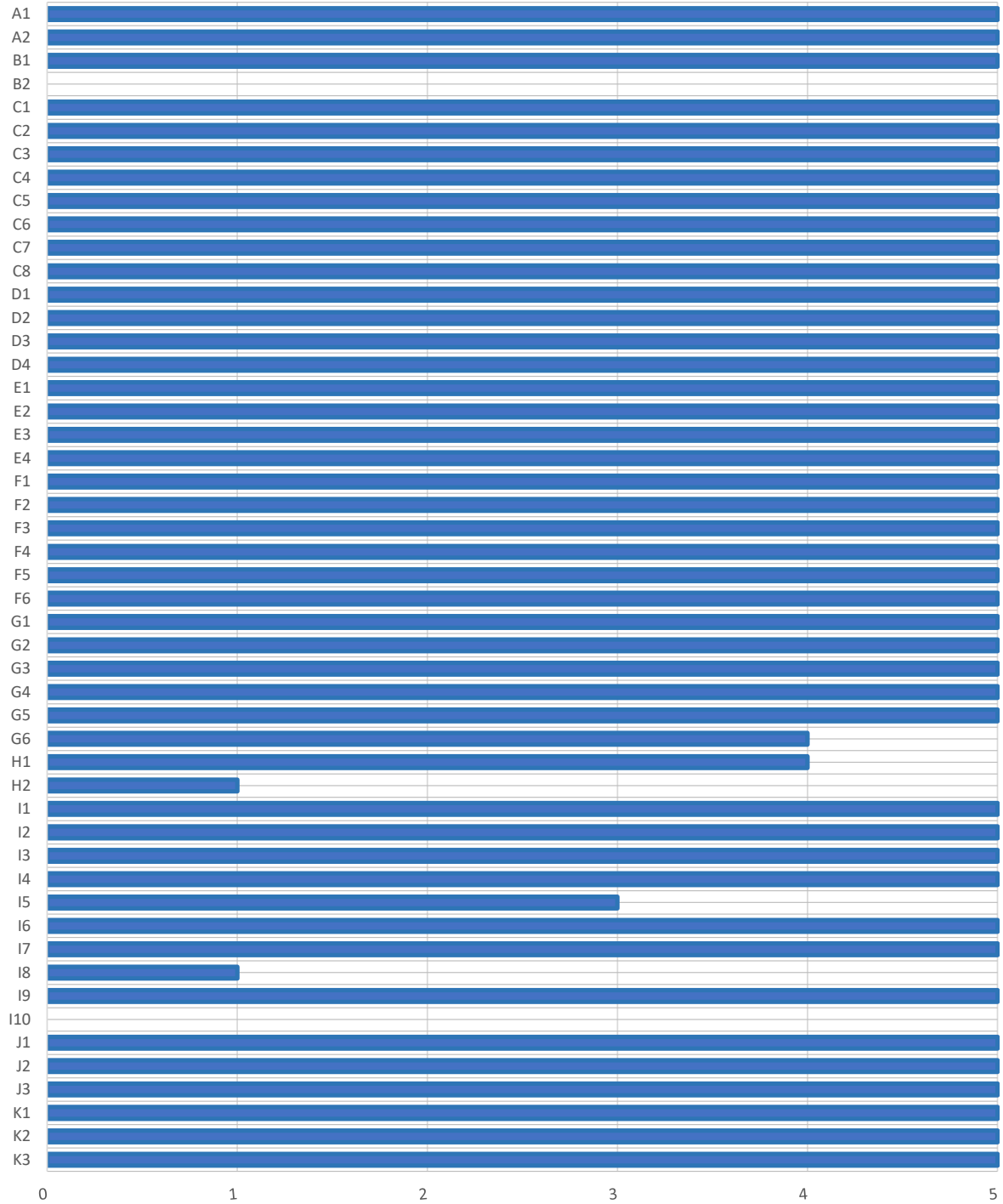
The following graph and table visually summarize your school’s responses provided above. Questions in the graph are represented by bars corresponding to the self-reported wellness score. Questions in the table are grouped together according to their self-reported wellness score (e.g., all questions recorded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

## Robinson Secondary Middle

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

## Robinson Secondary Middle

### Survey Questions Grouped by Wellness Score

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