FCPS SCHOOL WELLNESS SURVEY REPORT

2023-2024

FAIRFAX COUNTY PUBLIC SCHOOLS

8115 GATEHOUSE ROAD, FALLS CHURCH, VA 22042

2023-24 School Wellness Survey Report (Summary)

The following is an overall summary of the primary areas for wellness improvement in Fairfax County Public Schools (FCPS) as identified by the 2023-2024 School Wellness Survey. Areas for improvement were isolated by identifying the specific questions receiving the lowest average scores that fell into either the "exploring" or "transitioning" categories. Both the questions and their categories (bolded) are listed in the table below.

Calculated scores throughout this report were based on the following Likert scale conversion:

1 = No activity, 2 = Exploring, 3 = Transitioning, 4 = Emerging, 5 = Embedded

Average scores were categorized using the following ranges:

0.00 – 1.49 = No activity, 1.50 – 2.49 = Exploring, 2.50 – 3.49 = Transitioning, 3.50 – 4.49 = Emerging, 4.50 – 5.00 = Embedded

Areas for Wellness Improvement

Common to All School Types   **Unique to Each School Type**

FCPS as a Whole	Elementary	Middle/High/Secondary	Other Centers
Family and Community Involvement - Include a non-staff, family, or community member in the wellness committee. **Food and Nutrition General** - Ask for student feedback on food choices.	**Family and Community Involvement** - Include a non-staff, family, or community member in the wellness committee. **Food and Nutrition General** - Ask for student feedback on food choices.	**Family and Community Involvement** - Include a non-staff, family, or community member in the wellness committee.	**Family and Community Involvement** - Include a non-staff, family, or community member in the wellness committee. **Food and Nutrition General** - Ask for student feedback on food choices.

2023-24 School Wellness Survey Report (Summary)
Executive Summary cont.

Comparison of Survey Section Wellness Averages by School Type
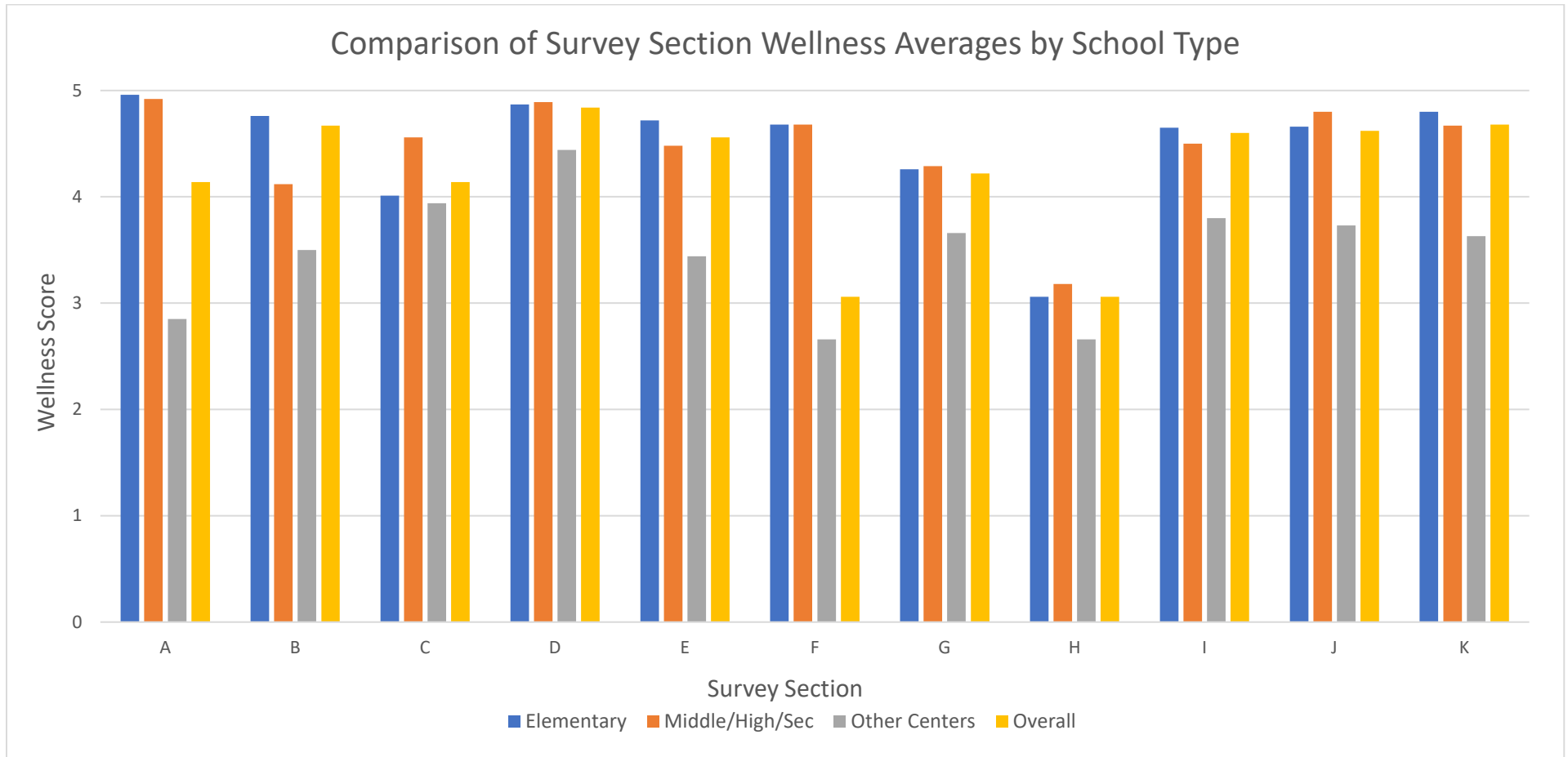
Survey Section Key

A = Physical Education

B = Physical Activity

C = Health Education

D = Health Services

E = Healthy and Safe School Environment

F = School Counseling, Psychology, and Social Work Services

G = Health Promotion for Staff Members

H = Family and Community Involvement

I = Food and Nutrition General

J = Nutrition Education, Promotion, and Food Marketing

K = Nutritional Guidelines

2023-24 School Wellness Survey Report (Summary)

Executive Summary cont.

Survey Questions Ranked by Averages Score (in parentheses)

No Activity (0 – 1.49)	Exploring (1.50 – 2.49)	Transitioning (2.50 – 3.49)	Emerging (3.50 – 4.49)	Embedded (4.50 – 5.00)
	H2 - DIVERSE WELLNESS COMMITTEES (2.35)	I8 - STUDENT FEEDBACK ON FOOD CHOICES (3.04)	C5 - HEALTH EDUCATION SUICIDE PREVENTION AND AWARENESS (3.77) C4 - HEALTH EDUCATION DEPRESSION (3.83) C8 - HEALTH EDUCATION SUBSTANCE ABUSE PREVENTION (3.89) C7 - HEALTH EDUCATION SLEEP AND MENTAL HEALTH (3.93) G2 - STAFF HEALTH CARE ACCESS SUPPORT (3.80) H1 - WELLNESS COMMITTEES (3.77) E1 - WALKER AND BIKER SAFETY (3.98) G1 - STAFF HEALTH SCREENINGS SUPPORT (3.99) G4 - STAFF WELLNESS OPPORTUNITIES (3.97) C6 - HEALTH EDUCATION MENTAL HEALTH ISSUES (4.24) K2 - ENCOURAGE HEALTHY FOODS AT SCHOOL RELATED EVENTS (4.27) F5 - IDENTIFY MANAGE STRESS TRAINING (4.32) C2 - HEALTH ED STRESS MANAGEMENT (4.39) G6 - HEALTHY STAFF CELEBRATIONS (4.30) I5 - FOODLESS CLASS CELEBRATIONS (4.49) B1 - PE WITHOLD NOT A PUNISHMENT (4.34) J1 - SMART SNACK AVAILABILITY (4.35) E2 - ADULT MENTORSHIP RELATIONSHIPS (4.44)	D2 - PUBLIC HEALTH NURSE ACCESS (4.52) J2 - FEDERAL SCHOOL MEAL NUTRITION (4.57) F1 - SCHOOL CLIMATE AND STUDENT HEALTH (4.59) G5 - EMPLOYEE ASSISTANCE PROGRAM SERVICES (4.62) F3 - SOCIAL AND EMOTIONAL WELLNESS PROGRAMS (4.63) G3 - STAFF FLU CLINICS (4.64) F2 - MENTAL HEALTH AND SUICIDE TRAINING (4.7) A2 - PE VIGOROUS ACTIVITY (4.75) J3 - NUTRITION EDUCATION, PROMOTION AND FOOD MARKETING (4.79) K1 - NO SUGARY DRINKS OFFERED DURING SCHOOL DAY (4.8) A1 - PE MIN TIME (4.84) I3 - ACTIVITY FREE LUNCHTIME (4.84) I4 - INCONSPICUOUS FREE AND REDUCED LUNCH (4.84) I7 - FREE POTABLE WATER AVAILABILITY (4.84) F4 - SUICIDE PREVENTION TRAINING (4.85) K3 - SEVERE FOOD ALLERGY PRECAUTIONS (4.88) K4 - NUTRITIONAL GUIDELINES (4.89) D4 - MEDICATION ADMINISTRATION (4.9) E3 - FACILITIES MAINTENANCE (4.9) D1 - CONCERNING BEHAVIOR DISCLOSURE (4.91) I2 - HIGH QUALITY SCHOOL MEAL PROGRAMS (4.91) D3 - EMERGENCY FIRST AID TRAINING (4.92) I1 - AT LEAST 20 MINS FOR LUNCH (4.92) I6 - FOOD WITHOLD NOT A PUNISHMENT (4.93) E4 - TOBACCO FREE POLICY (4.96) B2 - AT LEAST 15 MINS RECESS (4.97) I9 - WATER BOTTLES ALLOWED (4.97) C3 - HEALTH ED COPING SKILLS (4.51) C1 - HEALTH ED PROMOTING HEALTHY LIFETSYLES (4.51)

2023-24 School Wellness Survey Report (Summary)
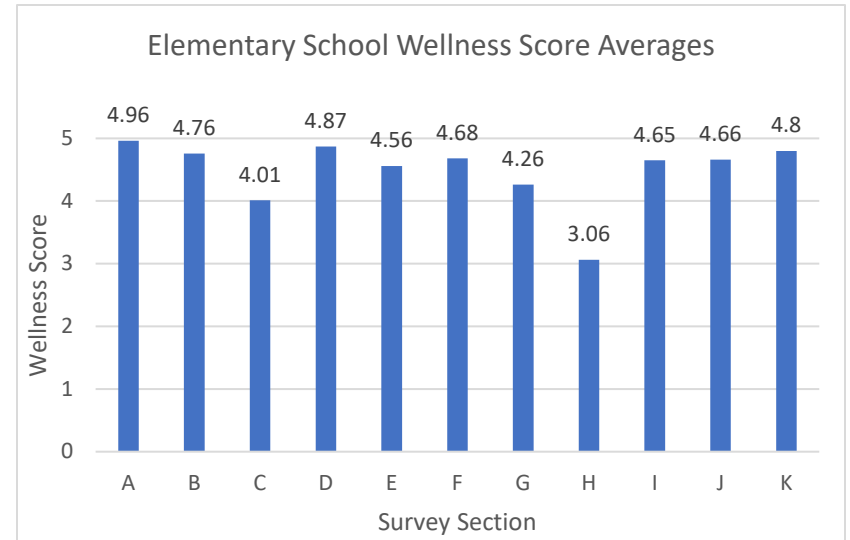
Summary by School Type

Elementary Schools

- Elementary Schools were *embedded* (scored between 4.50 – 5.00) on the following sections:
    - A: Physical Education (M = 4.96)
    - B: Physical Activity (M = 4.76)
    - D: Health Services (M = 4.87)
    - E: Healthy and Safe School Environment (M = 4.56)
    - F: School Counseling, Psychology, and Social Work Services (M = 4.68)
    - I: Food and Nutrition General (M = 4.65)
    - J: Nutrition Education, Promotion, and Food Marketing (M = 4.66)
    - K: Nutritional Guidelines (M = 4.80)

Elementary School Wellness Score Averages

- Elementary Schools were *emerging* (scored between 3.50 – 4.49) on the following sections:
    - C: Health Education (M =4.01)
   - G: Health Promotion for Staff Members (M = 4.26)

- Elementary Schools were *transitioning* (scored between 2.50 – 3.49) on the following sections:
    - H: Family and Community Involvement (M = 3.06)

- *See detailed report for question comparisons*

Middle/High/Secondary Schools

- Middle/High/Secondary Schools were *embedded* (scored between 4.50 – 5.00) on the following sections:
  - A: Physical Education (*M* = 4.92)
  - C: Health Education (*M* = 4.56)
  - D: Health Services (*M* = 4.84)
  - F: School Counseling, Psychology, and Social Work Services (*M* = 4.68)
  - I: Food and Nutrition General (*M* = 4.50)
  - J: Nutrition Education, Promotion, and Food Marketing (*M* = 4.80)
  - K: Nutritional Guidelines (*M* = 4.67)

Middle/High/Secondary School Wellness Score Averages

- Middle/High/Secondary Schools were *emerging* (scored between 3.50 – 4.49) on the following sections:
  - B: Physical Activity (*M* = 4.12)
  - E: Healthy and Safe School Environment (*M* = 4.48)
  - G: Health Promotion for Staff Members (*M* = 4.29)

- Middle/High/Secondary Schools were *transitioning* (scored between 2.50 – 3.49) on the following sections:
  - H: Family and Community Involvement (*M* = 3.18)

- *See detailed report for question comparisons*
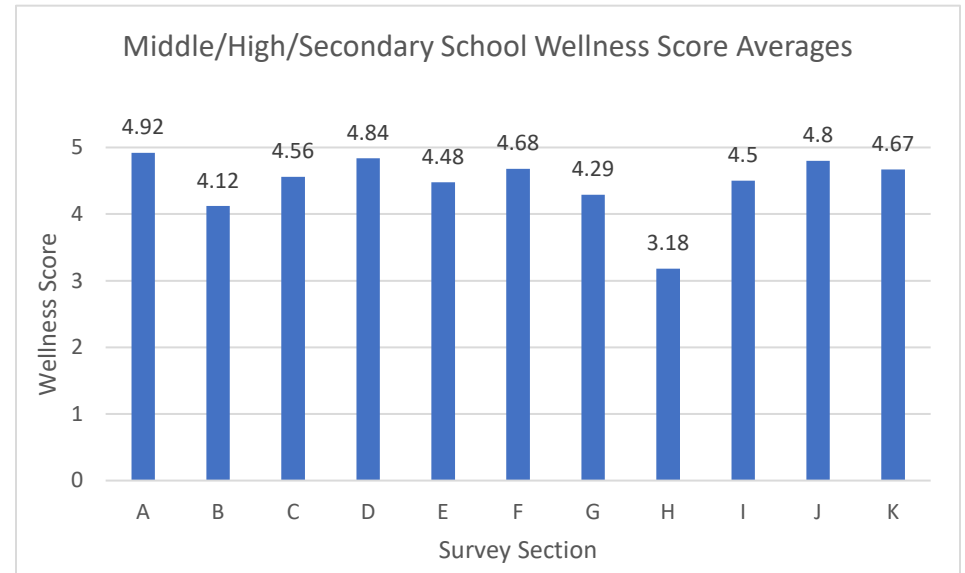
Other Centers

- Other Centers were *embedded* (scored between 4.50 – 5.00) on the following sections:
  - None

- Other Centers were *emerging* (scored between 3.50 – 4.49) on the following sections:
  - B: Physical Activity (*M* = 3.50)
  - C: Health Education (*M* =3.94)
  - D: Health Services (*M* = 4.44)
  - E: Healthy and Safe School Environment (*M* = 3.44)
  - F: School Counseling, Psychology, and Social Work Services (*M* = 4.34)
  - G: Health Promotion for Staff Members (*M* =3.66)
  - I: Food and Nutrition General (*M* =3.80)
  - J: Nutrition Education, Promotion, and Food Marketing (*M* = 3.73)
  - K: Nutritional Guidelines (*M* =3.63)

Other Centers Wellness Score Averages

- Other Centers were *transitioning* (scored between 2.50 – 3.49) on the following sections:
  - A: Physical Education (*M* = 2.85)
  - H: Family and Community Involvement (*M* = 2.66)

- *See detailed report for question comparisons*
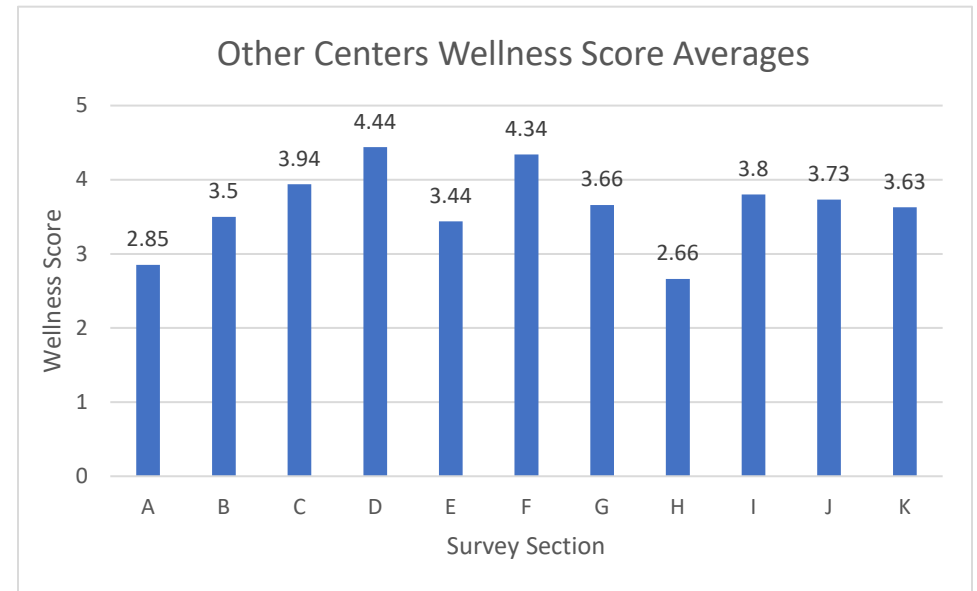
2023-24 School Wellness Survey Report (Summary)

## Summary by Wellness Category

Analysis Assumptions:

- The following lists statistically significant overall averages between school types for each wellness survey section.
- Averages and comparisons for specific questions are omitted and can instead be found in the detailed section of this report.
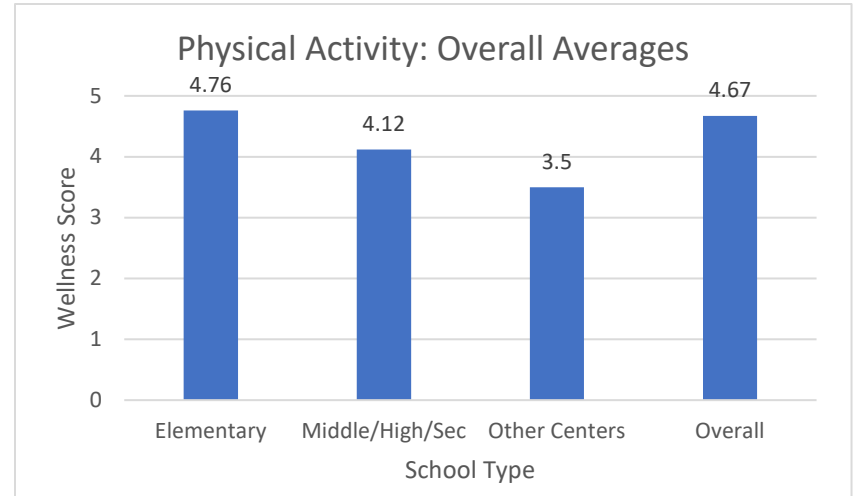
Section A – Physical Education

- Other Centers (M = 2.85, transitioning) scored significantly lower than Elementary (M = 4.96, embedded) and Middle/High/Sec Schools (M = 4.92, embedded) ($p < .05$) for both questions in Section A.
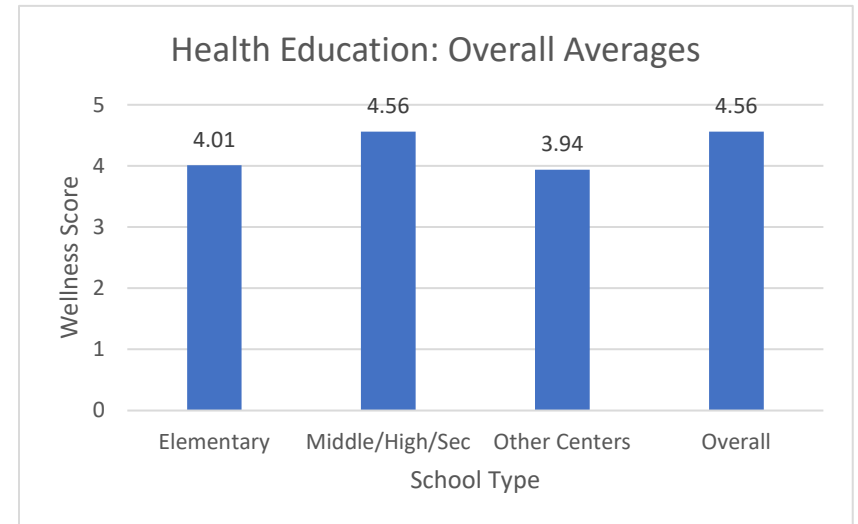 *See detailed report for question comparisons*

Physical Education: Overall Averages
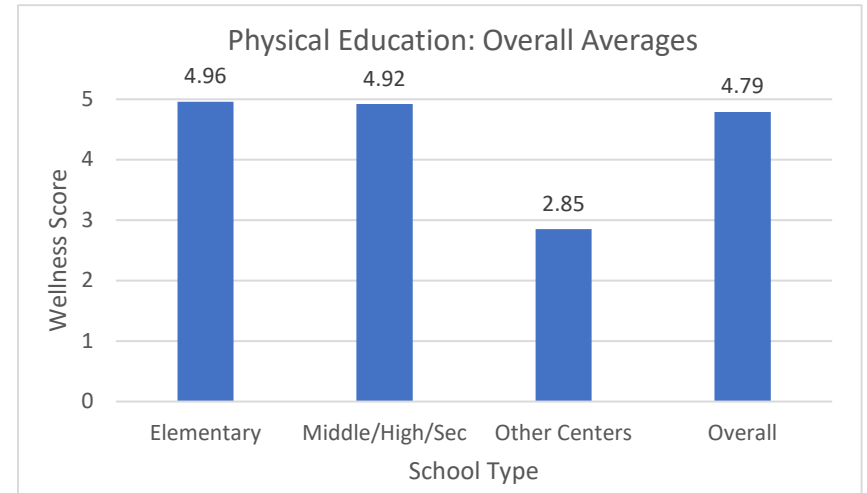
Section B – Physical Activity

- Other Centers (*M* = 3.50, emerging) scored significantly lower than Elementary Schools (*M* = 4.76, embedded) (*p* < .05).
  See detailed report for question comparisons

Physical Activity: Overall Averages

Elementary 4.76, Middle/High/Sec 4.12, Other Centers 3.5, Overall 4.67
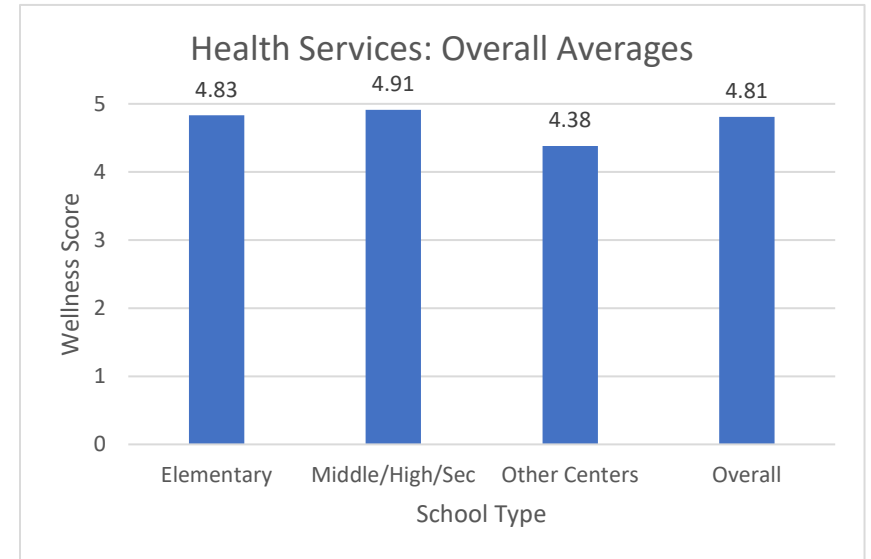
Section C – Health Education

- No statistically significant differences were observed between school types for three questions in Section C.
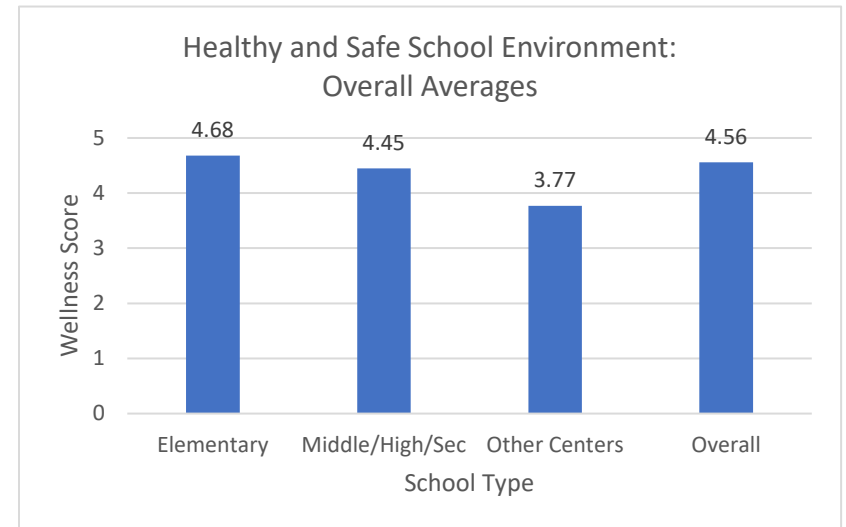 *See detailed report for question comparisons*

Health Education: Overall Averages

Elementary 4.01, Middle/High/Sec 4.56, Other Centers 3.94, Overall 4.56

Section D – Health Services

- Other Centers (*M* = 4.38, emerging) scored significantly lower than Elementary (*M* = 4.83, embedded) for two questions and Middle/High/Sec Schools (*M* = 4.91, embedded) ($p < .05$) for four questions.
  See detailed report for question comparisons

## Section E – Healthy and Safe School Environment

- Other Centers (*M* = 3.77, emerging) scored significantly lower than Elementary (*M* = 4.68, embedded) for three questions ($p < .05$).
  See detailed report for question comparisons

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

- There were no statistically significant differences between school types for two question types in Section F.
  See detailed report for question comparisons

School Counseling, School Psychology, and School Social Work Services: Overall Averages
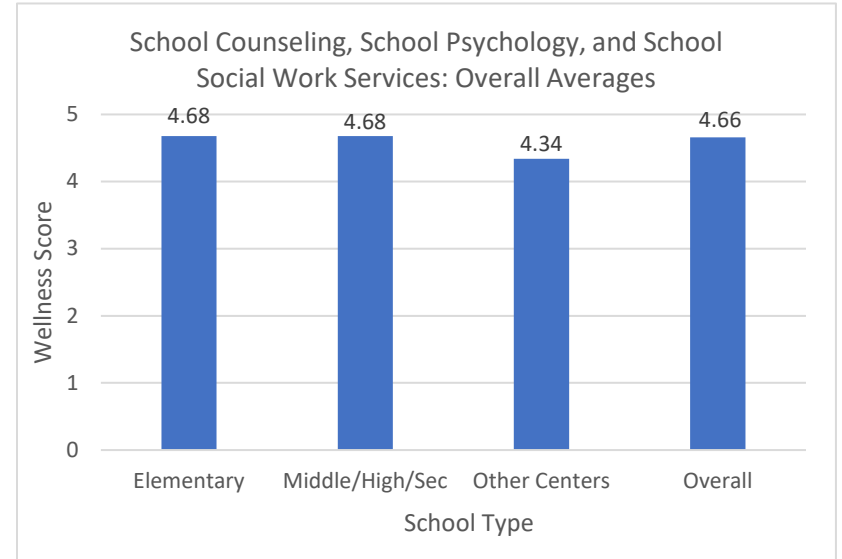
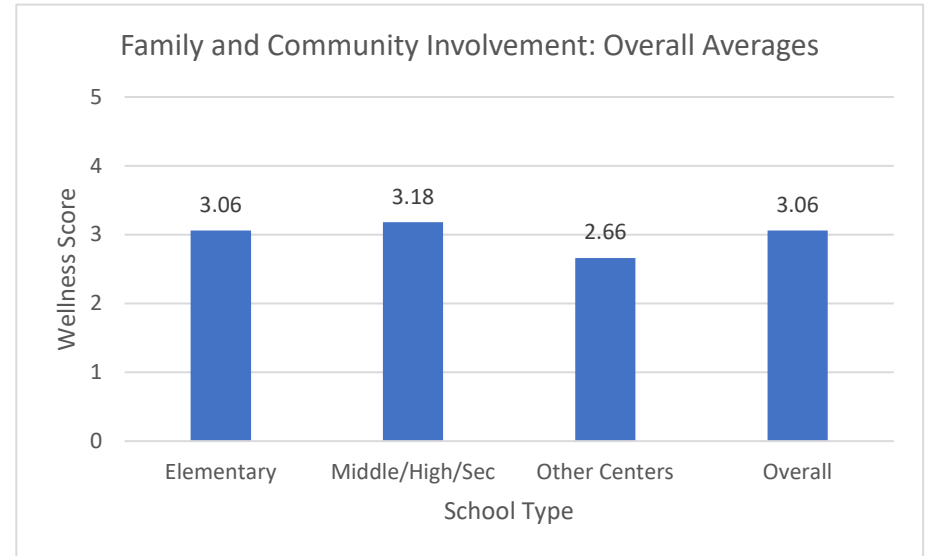**Section G – Health Promotion for Staff Members**

- No statistically significant differences were observed between school types ($p > .05$) for four questions in Section G.
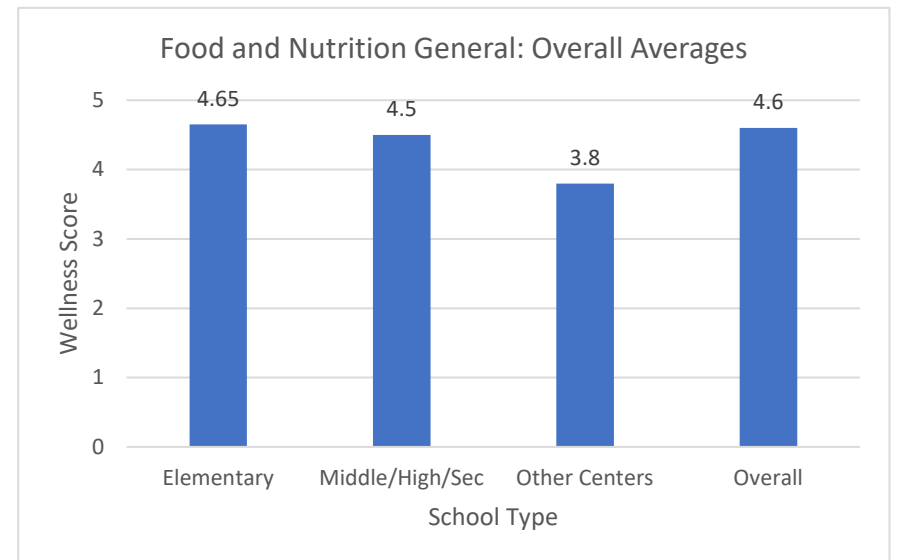 *See detailed report for question comparisons*

Health Promotion for Staff Members: Overall Averages
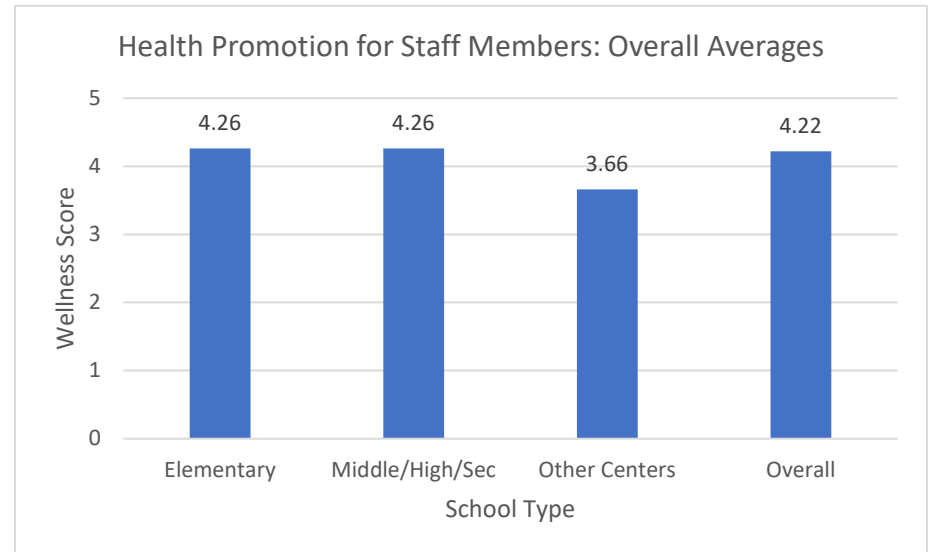
Section H – Family and Community Involvement

- No statistically significant differences were observed between Elementary and Middle/High/Sec Schools ($p > .05$) for question H2. *See detailed report for question comparisons*

Family and Community Involvement: Overall Averages

School Type	Wellness Score
Elementary	3.06
Middle/High/Sec	3.18
Other Centers	2.66
Overall	3.06

Section I – Food and Nutrition General

- No statistically significant differences were observed between Elementary and Middle/High/Sec Schools ($p > .05$) for nine questions in Section I. *See detailed report for question comparisons*

Food and Nutrition General: Overall Averages

School Type	Wellness Score
Elementary	4.65
Middle/High/Sec	4.5
Other Centers	3.8
Overall	4.6

Section J – Nutrition Education, Promotion, and Food Marketing

- Other Centers (*M* = 3.73, emerging) scored significantly lower than Elementary (*M* = 4.66, embedded) and Middle/High/Sec Schools (*M* = 4.80, embedded) ($p < .05$).
  See detailed report for question comparisons

Nutrition Education, Promotion, and Food Marketing: Overall Averages

(Elementary: 4.66, Middle/High/Sec: 4.8, Other Centers: 3.73, Overall: 4.62)

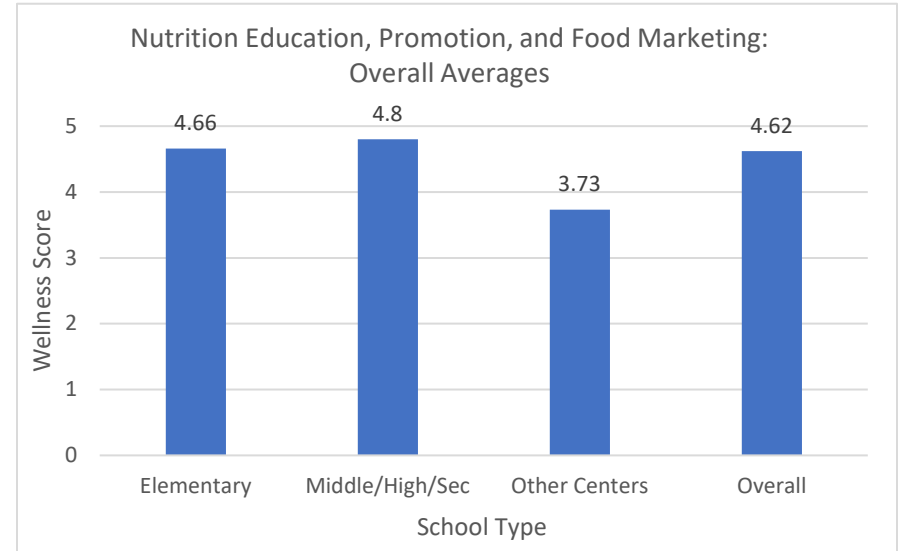**Section K – Nutritional Guidelines**

- No statistically significant differences were observed between Elementary and Middle/High/Sec Schools ($p > .05$) for four questions in Section K.
- *See detailed report for question comparisons*

Nutritional Guidelines: Overall Averages

(Elementary: 4.8, Middle/High/Sec: 4.67, Other Centers: 3.63, Overall: 4.68)
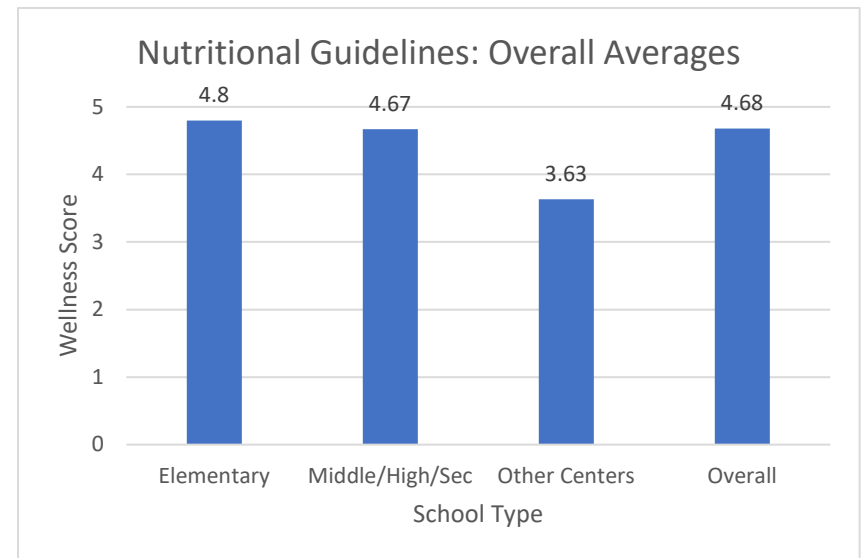
2023-24 School Wellness Survey Report (Detailed)

Section A – Physical Education

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

	Elementary	Middle/High/Sec	Other Centers	Overall
- A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218.	Embedded (4.99)	Embedded (5.00)	Transitioning (2.94)	Embedded (4.84)
- A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.	Embedded (4.93)	Embedded (4.84)	Transitioning (2.75)	Embedded (4.74)
OVERALL	Embedded (4.96)	Embedded (4.92)	Transitioning (2.85)	Embedded (4.79)
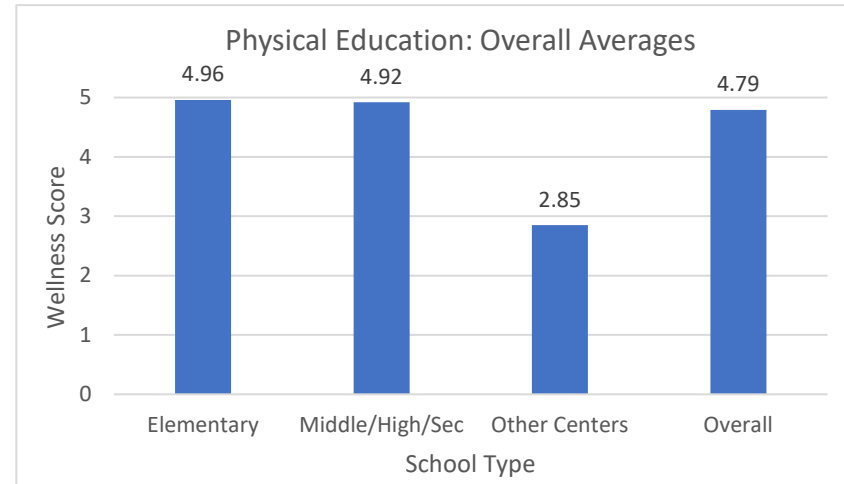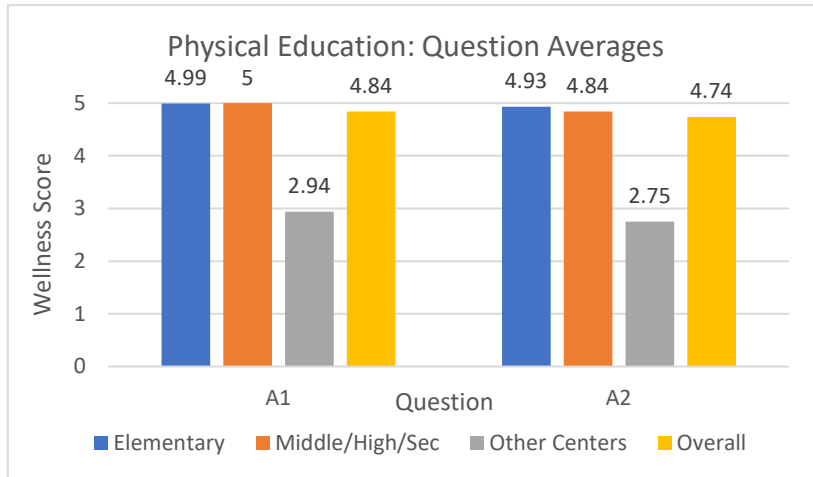
- A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218.
    - o Other Centers scored significantly lower (M = 2.94, transitioning) than Elementary (M = 4.99, embedded) and Middle/High/Sec Schools (M = 5.00, embedded); ($p < .05$).
    - o No statistically significant differences were observed between Elementary and Middle/High/Sec Schools ($p > .05$).
- A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.
    - o Other Centers scored significantly lower (M = 2.75, transitioning) than Elementary (M = 4.93, embedded) and Middle/High/Sec Schools (M = 4.84, embedded); ($p < .05$).
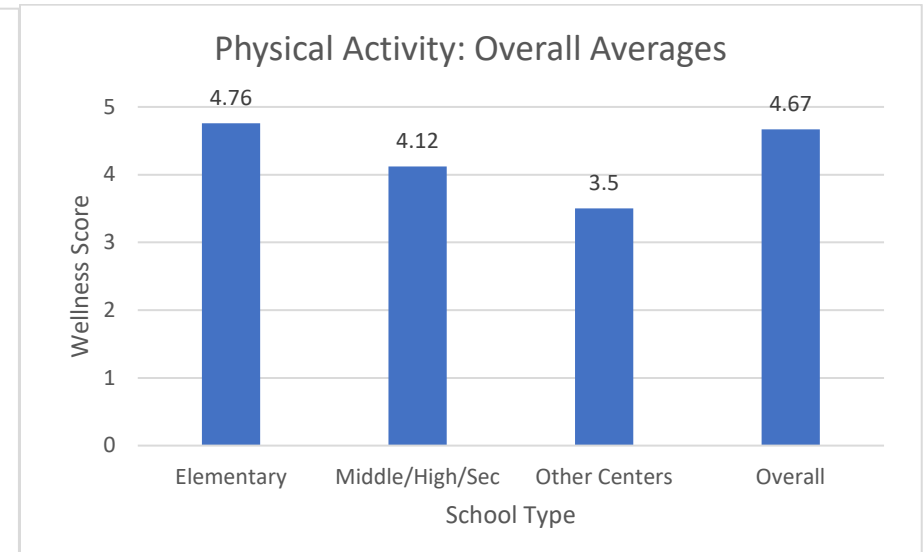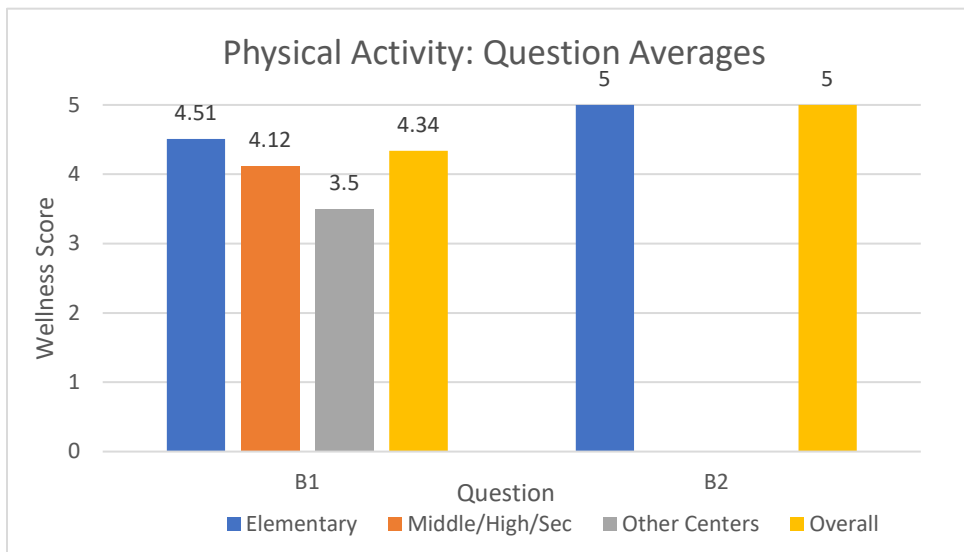
Section B – Physical Activity

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

	Elementary	Middle/High/Sec	Other Centers	Overall
- B1: Withholding recess or physical education is not used as a disciplinary action.	Embedded (4.51)	Emerging (4.12)	Emerging (3.50)	Emerging (4.34)
- B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess.	Embedded (5.00)	n/a	n/a	Embedded (5.00)
OVERALL	Embedded (4.76)	Emerging (4.12)	Emerging (3.50)	Embedded (4.67)

*B2 is an Elementary School Only Question.
See school report for individual school responses.

Physical Activity: Question Averages


Physical Activity: Overall Averages

- B1: Withholding recess or physical education is not used as a disciplinary action.
    o Other Centers scored significantly lower (M = 3.50, emerging) than Elementary Schools (M = 4.51, embedded); (p < .05).

Section C – Health Education

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

	Elementary	Middle/High/Sec	Other Centers	Overall
- C1: Promoting Healthy Lifestyles.	Embedded (4.51)	Embedded (4.63)	Emerging (4.38)	Embedded (4.53)
- C2: Stress Management.	Emerging (4.37)	Embedded (4.55)	Emerging (4.06)	Emerging (4.39)
- C3: Coping Skills.	Embedded (4.53)	Embedded (4.53)	Emerging (4.31)	Embedded (4.51)
- C4: Depression.	Emerging (3.61)	Emerging (4.47)	Emerging (3.81)	Emerging (3.83)
- C5: Suicide Prevention and Awareness.	Transitioning (3.44)	Embedded (4.71)	Emerging (3.69)	Emerging (3.77)
- C6: Mental Health Issues (general).	Emerging (4.13)	Embedded (4.65)	Emerging (3.94)	Emerging (4.24)
- C7: Relationship of Healthy Sleep to Mental Health.	Emerging (3.81)	Emerging (4.33)	Emerging (3.75)	Emerging (3.39)
- C8: Substance Abuse Prevention.	Emerging (3.66)	Embedded (4.61)	Emerging (3.56)	Emerging (3.89)
OVERALL	Emerging (4.01)	Embedded (4.56)	Emerging (3.94)	Emerging (4.14)

Section C – Health Education
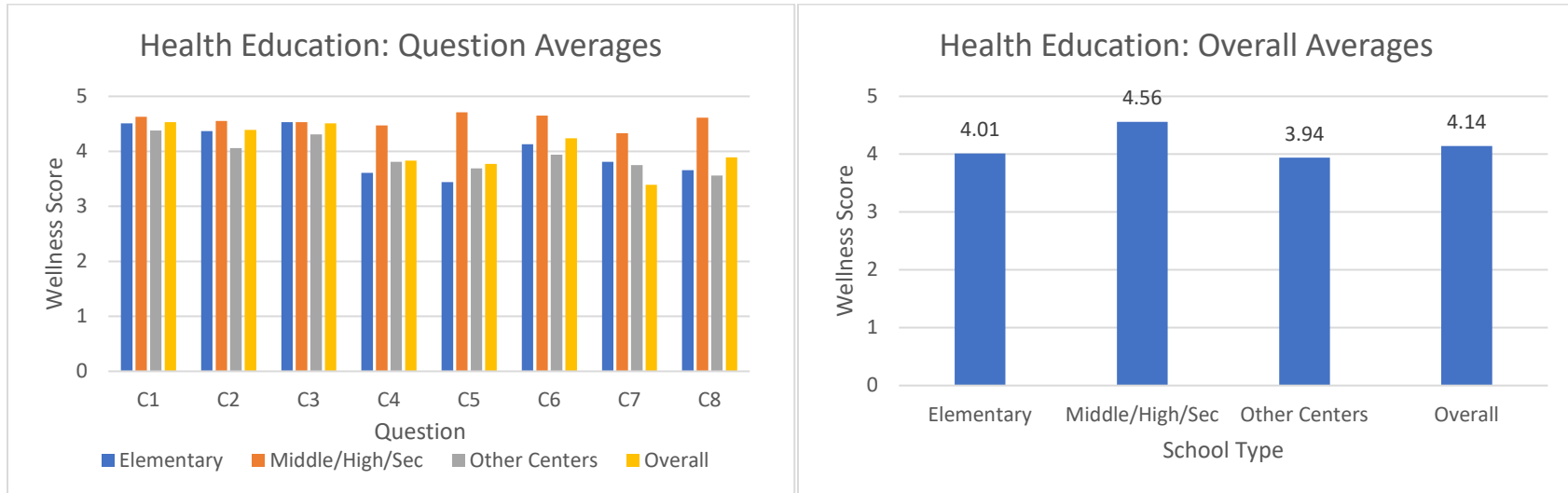
Health Education: Question Averages

Health Education: Overall Averages

- No statistically significant differences were observed between school types ($p > .05$).
  - C1: Promoting Healthy Lifestyles.
  - C3: Coping Skills.
  - C7: Relationship of Healthy Sleep to Mental Health

- Elementary Schools and Other Centers scored significantly lower than Middle/High/Sec Schools on the following metrics:
  - C4: Depression.
    - ($M_{elementary}$ = 3.61, emerging; $M_{other\ centers}$ = 3.81, emerging; vs. $M_{middle/high/sec}$ = 4.47, emerging; $p < .05$)
  - C5: Suicide Prevention and Awareness.
    - ($M_{elementary}$ = 3.44, transitioning; $M_{other\ centers}$ = 3.69, emerging; vs. $M_{middle/high/sec}$ = 4.71, embedded; $p < .05$)
  - C6: Mental Health Issues (general).
    - ($M_{elementary}$ = 4.13, emerging; $M_{other\ centers}$ = 3.94, emerging; vs. $M_{middle/high/sec}$ = 4.65, embedded; $p < .05$)
  - C8: Substance Abuse Prevention.
    - ($M_{elementary}$ = 3.66, emerging; $M_{other\ centers}$ = 3.56, emerging; vs. $M_{middle/high/sec}$ = 4.61, embedded; $p < .05$)

Section D – Health Services

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

	Elementary	Middle/High/Sec	Other Centers	Overall
- D1: FCPS' protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others.	Embedded (4.95)	Embedded (4.92)	Embedded (4.75)	Embedded (4.93)
- D2: Students have regular access to public health nurses to address health, safety, and psychological issues.	Embedded (4.55)	Embedded (4.73)	Emerging (3.88)	Embedded (4.54)
- D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia.	Embedded (4.99)	Embedded (4.96)	Embedded (4.81)	Embedded (4.97)
- D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102.	Embedded (4.99)	Embedded (4.96)	Emerging (4.31)	Embedded (4.93)
OVERALL	Embedded (4.87)	Embedded (4.89)	Emerging (4.44)	Embedded (4.84)

Section D – Health Services
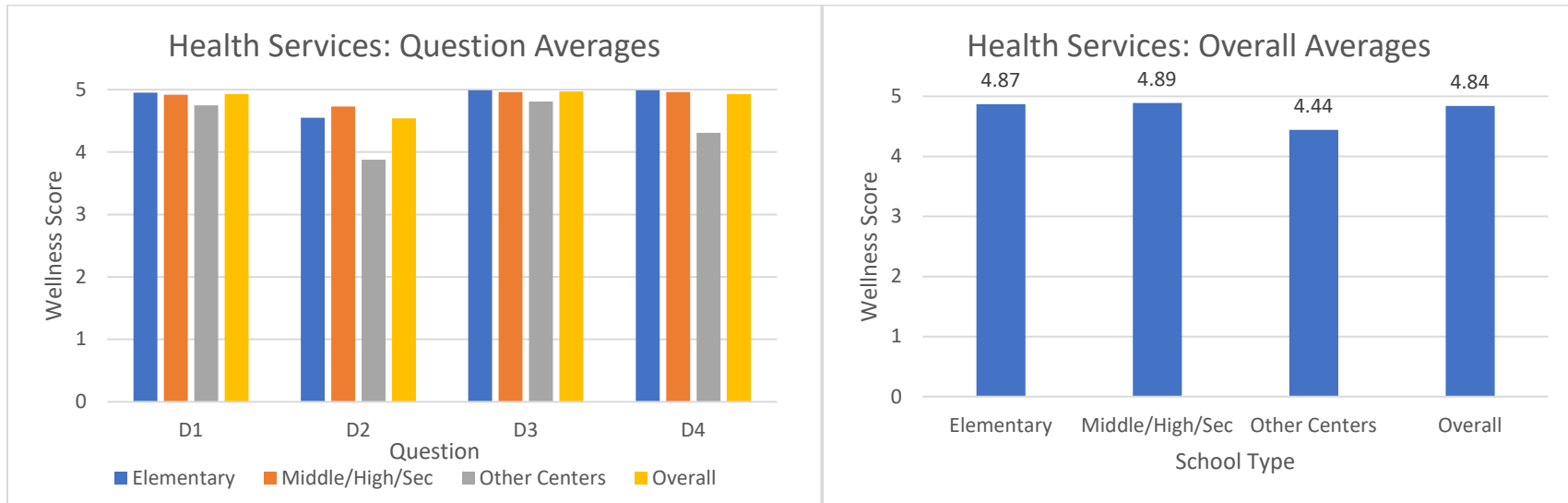
- D1: FCPS protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others.
    - No statistically significant differences were observed between school types ($p > .05$).
- D2: Students have regular access to public health nurses to address health, safety, and psychological issues.
    - Other Centers scored significantly lower ($M = 3.88$, emerging) than Middle/High/Sec Schools ($M = 4.73$, embedded); ($p < .05$).
- D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia.
    - Other Centers, while reporting an Embedded ($M = 4.81$, embedded) was significantly lower than Elementary ($M = 4.99$, embedded) and Middle/High/Sec Schools ($M = 4.96$, embedded)
- D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102.
    - No statistically significant differences were observed between Elementary and Middle/High/Sec Schools ($p > .05$).

Section E – Healthy and Safe School Environment

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

	Elementary	Middle/High/Sec	Other Centers	Overall
- E1: Encourages children to safely walk or bike to and from school.	Emerging (4.32)	Emerging (3.80)	No Activity (1.44)	Emerging (3.98)
- E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults.	Embedded (4.65)	Emerging (4.31)	Transitioning (2.94)	Emerging (4.44)
- E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560.	Embedded (4.92)	Embedded (4.92)	Embedded (4.63)	Embedded (4.89)
- E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152.	Embedded (4.99)	Embedded (4.88)	Embedded (4.75)	Embedded (4.94)
OVERALL	Embedded (4.72)	Emerging (4.48)	Emerging (3.44)	Embedded (4.56)

Section E – Healthy and Safe School Environment
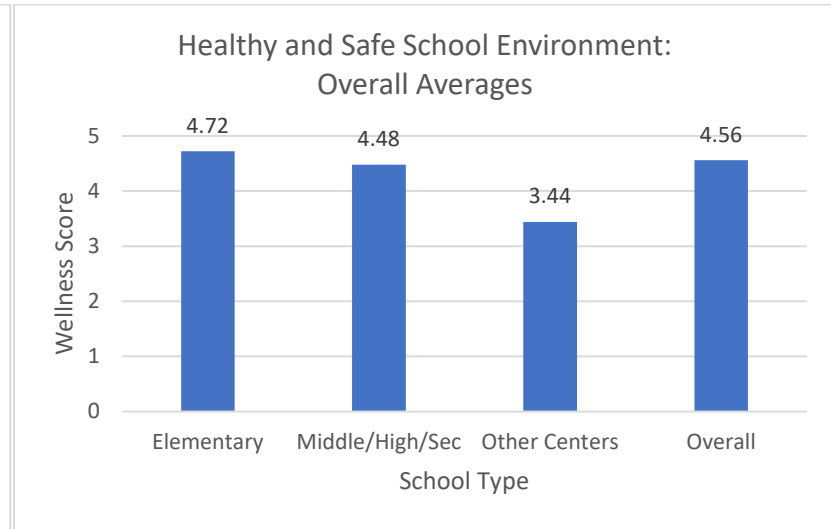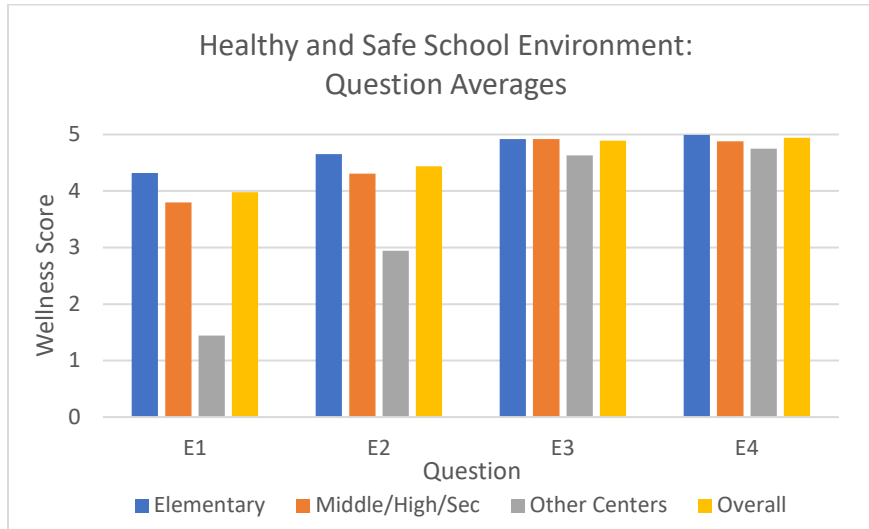
- E1: Encourages children to safely walk or bike to and from school.
    - No statistically significant differences were observed between Elementary and Middle/High/Sec Schools (p > .05).
- E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults.
    - Other Centers scored significantly lower (M = 2.94, transitioning) than Elementary (M = 4.65, embedded) and Middle/High/Sec Schools (M = 4.31, emerging); (p < .05).
    - No statistically significant differences were observed between Elementary and Middle/High/Sec Schools (p > .05).
- E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560.
    - No statistically significant differences were observed between Elementary and Middle/High/Sec Schools (p > .05).
- E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152.
    - All school levels reported embedded mean scores for E4 Question Averages.

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

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

	Elementary	Middle/High/Sec	Other Centers	Overall
- 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 (4.73)	Embedded (4.71)	Emerging (4.25)	Embedded (4.68)
- 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 (4.68)	Embedded (4.96)	Embedded (4.50)	Embedded (4.73)
- F3: Implements programs that foster social and emotional health and wellness of students and staff.	Embedded (4.76)	Embedded (4.59)	Embedded (4.63)	Embedded (4.71)
- F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.	Embedded (4.89)	Embedded (4.84)	Emerging (4.25)	Embedded (4.83)
- F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.	Emerging (4.35)	Emerging (4.31)	Emerging (4.06)	Emerging (4.32)
- 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.	N/A	Embedded (4.69)	N/A	Embedded (4.69)
OVERALL	Embedded (4.68)	Embedded (4.68)	Emerging (4.34)	Emerging (4.66)

*F6 is a Middle and High School Only Question.
  See school report for individual school responses.

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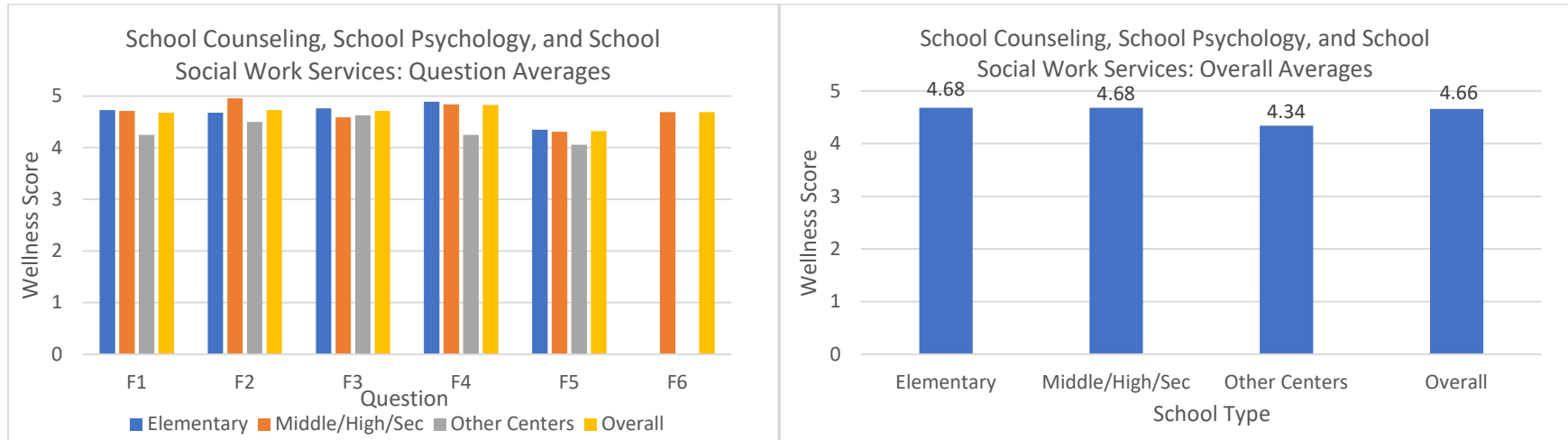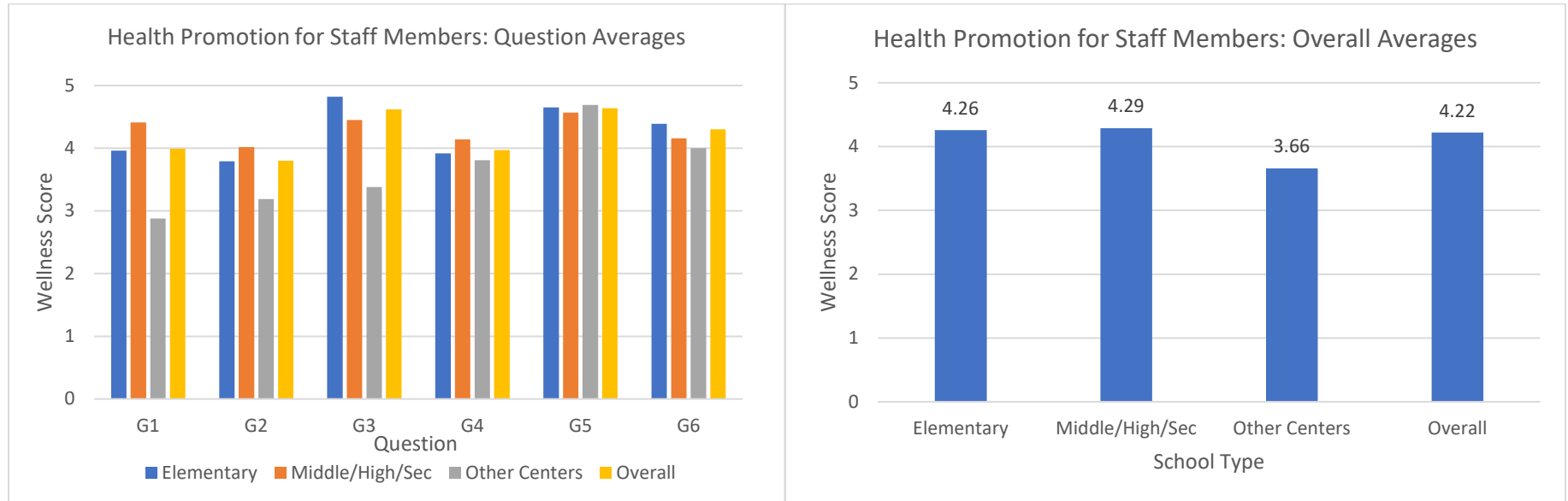

- F1: Monitors school climate and other factors that may contribute to student stress, symptoms of anxiety and depression, and peer and academic pressures and substance use.
    - o No statistically significant differences were observed between school types: Elementary and Middle/High/Sec Schools (p > .05).
- 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.
    - o All School Levels reported embedded mean scores for F2 Question Averages.
- F3: Implements programs that foster social and emotional health and wellness of students and staff.
    - o No statistically significant differences were observed between school types (p > .05).
- F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.
    - o Other Centers scored significantly lower (M = 4.25, emerging) than Elementary (M = 4.89, embedded) and Middle/High/Sec Schools (M = 4.84, embedded); (p < .05).
- F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.
    - o No statistically significant differences were observed between school types (p > .05).

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:

	Elementary	Middle/High/Sec	Other Centers	Overall
- G1: Health screenings.	Emerging (3.96)	Emerging (4.41)	Transitioning (2.88)	Emerging (3.99)
- G2: Health care access.	Emerging (3.79)	Emerging (4.02)	Transitioning (3.19)	Emerging (3.80)
- G3: Employee flu immunization clinics.	Embedded (4.82)	Emerging (4.45)	Transitioning (3.38)	Embedded (4.62)
- 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 (3.92)	Emerging (4.14)	Emerging (3.81)	Emerging (3.97)
- G5: Awareness of the Employee Assistance Program Services.	Embedded (4.65)	Embedded (4.57)	Embedded (4.69)	Embedded (4.64)
- G6: Staff celebrations that offer and encourage healthy choices for food and beverages.	Emerging (4.39)	Emerging (4.16)	Emerging (4.00)	Emerging (4.30)
OVERALL	Emerging (4.26)	Emerging (4.29)	Emerging (3.66)	Emerging (4.22)

Section G – Health Promotion for Staff Members

Health Promotion for Staff Members: Question Averages

Health Promotion for Staff Members: Overall Averages

- G2, G4, G5, and G6.
    - No statistically significant differences were observed between school types (*p* > .05).
- G3: Employee flu immunization clinics.
    - Other Centers scored significantly lower (*M* = 3.38, transitioning) than Elementary (*M* = 4.82, embedded) and Middle/High/Sec Schools (*M* = 4.45, emerging); (*p* < .05).
- G1: Health Screenings.
    - Other Centers scored significantly lower (*M* = 2.88, transitioning) than Elementary (*M* = 3.96, emerging) and Middle/High/Sec Schools (*M* = 4.41, emerging); (*p* < .05).

Section H – Family and Community Involvement

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

	Elementary	Middle/High/Sec	Other Centers	Overall
- H1: Established a wellness committee to implement activities that support the wellness policy.	Emerging (3.80)	Emerging (3.65)	Emerging (3.81)	Emerging (3.77)
- H2: Includes a non-staff, family, or community member in our school's wellness committee.	Exploring (2.32)	Transitioning (2.71)	Exploring (1.50)	Exploring (2.35)
OVERALL	Transitioning (3.06)	Transitioning (3.18)	Transitioning (2.66)	Transitioning (3.06)
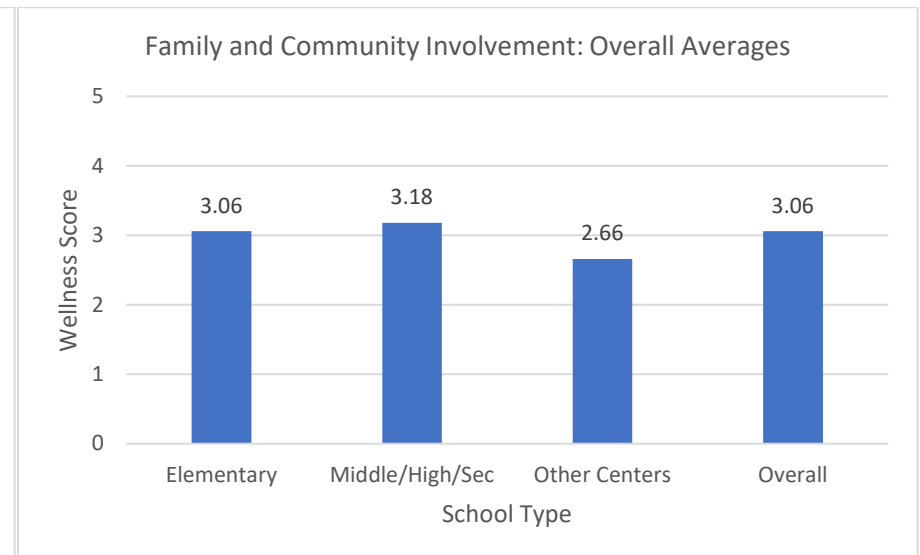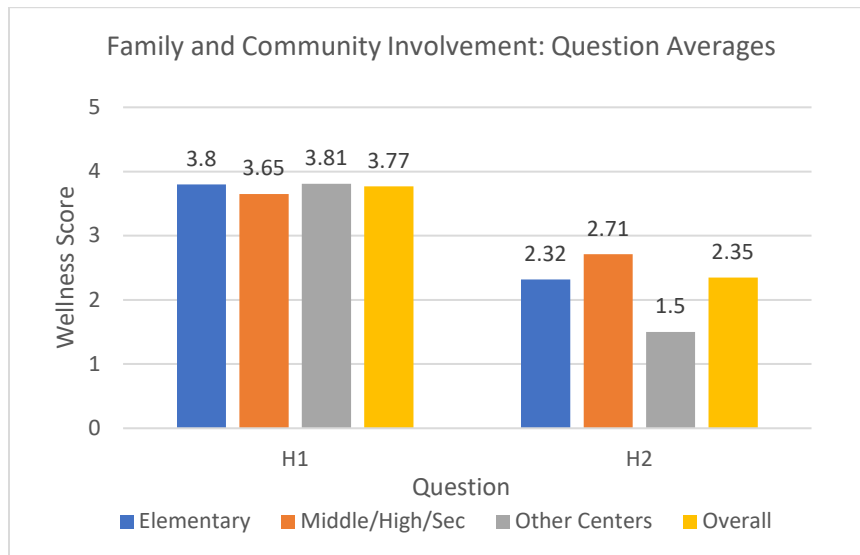
- H1: Established a wellness committee to implement activities that support the wellness policy.
  - No statistically significant differences were observed between school types ($p > .05$).
- H2: Includes a non-staff, family, or community member in our school's wellness committee.
  - Other Centers scored significantly lower ($M = 1.50$, exploring) than Elementary ($M = 2.32$, exploring) and Middle/High/Sec Schools ($M = 2.71$, transitioning); ($p < .05$).

Section I – Food and Nutrition General

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

	Elementary	Middle/High/Sec	Other Centers	Overall
- I1: All students have at least 20 minutes to eat after sitting down for lunch.	Embedded (4.96)	Embedded (4.92)	Emerging (4.25)	Embedded (4.90)
- 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 (4.98)	Embedded (4.96)	Emerging (4.25)	Embedded (4.92)
- I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities.	Embedded (4.98)	Embedded (5.00)	Transitioning (3.25)	Embedded (4.85)
- I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals.	Embedded (4.94)	Embedded (4.90)	Emerging (4.25)	Embedded (4.88)
- I5: Encourages the use of non-food items for classroom celebrations.	Embedded (4.65)	Emerging (4.43)	Emerging (3.19)	Emerging (4.49)
- I6: Withholding access to food is not used as a disciplinary action.	Embedded (4.96)	Embedded (4.80)	Emerging (4.25)	Embedded (4.87)
- I7: Potable water is available to all our students at no cost.	Embedded (4.91)	Embedded (4.98)	Emerging (4.25)	Embedded (4.88)
- I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS).	Transitioning (2.92)	Emerging (3.57)	Exploring (2.38)	Transitioning (3.04)
- I9: Allows students to possess personal containers for drinking water.	Embedded (4.98)	Embedded (5.00)	Emerging (4.13)	Embedded (4.92)
- I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible.	Emerging (4.22)	N/A	N/A	Emerging (4.22)
OVERALL	Embedded (4.65)	Embedded (4.50)	Emerging (3.80)	Embedded (4.60)

Section I – Food and Nutrition General
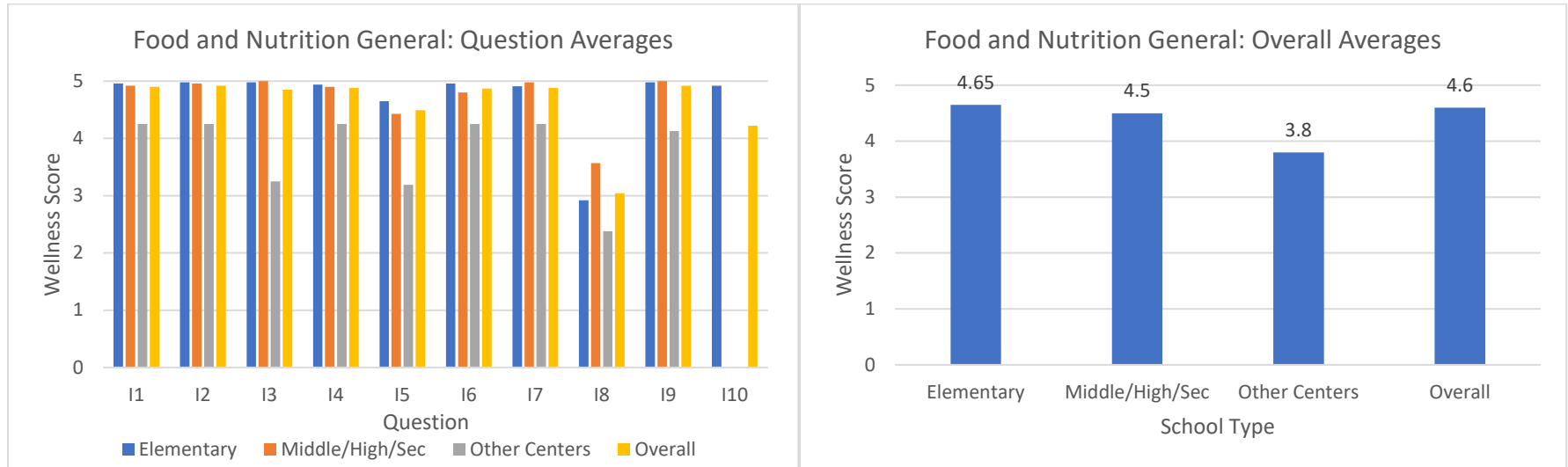
Food and Nutrition General: Question Averages

Food and Nutrition General: Overall Averages

- I7: Potable water is available to all our students at no cost.
  - ○ No statistically significant differences were observed between Elementary and Middle/High/Sec Schools
- I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS)
  - ○ No statistically significant differences were observed between Other Centers and Elementary Schools
- Other Centers scored significantly lower than Elementary and Middle/High/Sec Schools on the following questions:
  - ○ I5: Encourages the use of non-food items for classroom celebrations.
    - ▪ (M other centers = 3.19, emerging vs. M elementary = 4.43, embedded; M middle/high/sec = 5.00, embedded; p < .05).
  - ○ I1: All students have at least 20 minutes to eat after sitting down for lunch.
    - ▪ (M other centers = 4.25, emerging; M elementary = 4.96, embedded; M middle/high/sec = 4.92, embedded; p < .05).
  - ○ 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.
    - ▪ (M other centers = 4.25, emerging; vs. M elementary = 4.99, embedded; M middle/high/sec = 4.94, embedded; p < .05).
  - ○ I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities.
    - ▪ (M other centers = 3.25, emerging; vs. M elementary = 4.98, embedded; M middle/high/sec = 5.00, embedded; p < .05).
  - ○ I6: Withholding access to food is not used as a disciplinary action.
    - ▪ (M other centers = 4.25, emerging; vs. M elementary = 4.96, embedded; M middle/high/sec = 4.80, embedded; p < .05).
  - ○ I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals.
    - ▪ All school types reported a mean average of embedded scores.

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o I9: Allows students to possess personal containers for drinking water.
   ▪ (M other centers = 4.13, emerging; vs. M elementary = 4.98, embedded; M middle/high/sec = 5.00, embedded; $p < .05$).

<div align="right">
*I10 is an Elementary School Only Question.
See school report for individual school responses.
</div>

Section J – Nutrition Education, Promotion, and Food Marketing

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

	Elementary	Middle/High/Sec	Other Centers	Overall
- J1: Only food and beverages that meet the "Smart Snacks" standards are marketed to students on school grounds during the school day.	Emerging (4.35)	Embedded (4.63)	Emerging (3.56)	Emerging (4.35)
- J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day.	Embedded (4.74)	Embedded (4.90)	Emerging (3.69)	Embedded (4.70)
- J3: We follow FCPS' policy on fundraisers as outlined in R2100.	Embedded (4.90)	Embedded (4.88)	Emerging (3.94)	Embedded (4.82)
OVERALL	Embedded (4.66)	Embedded (4.80)	Transitioning (3.73)	Embedded (4.62)

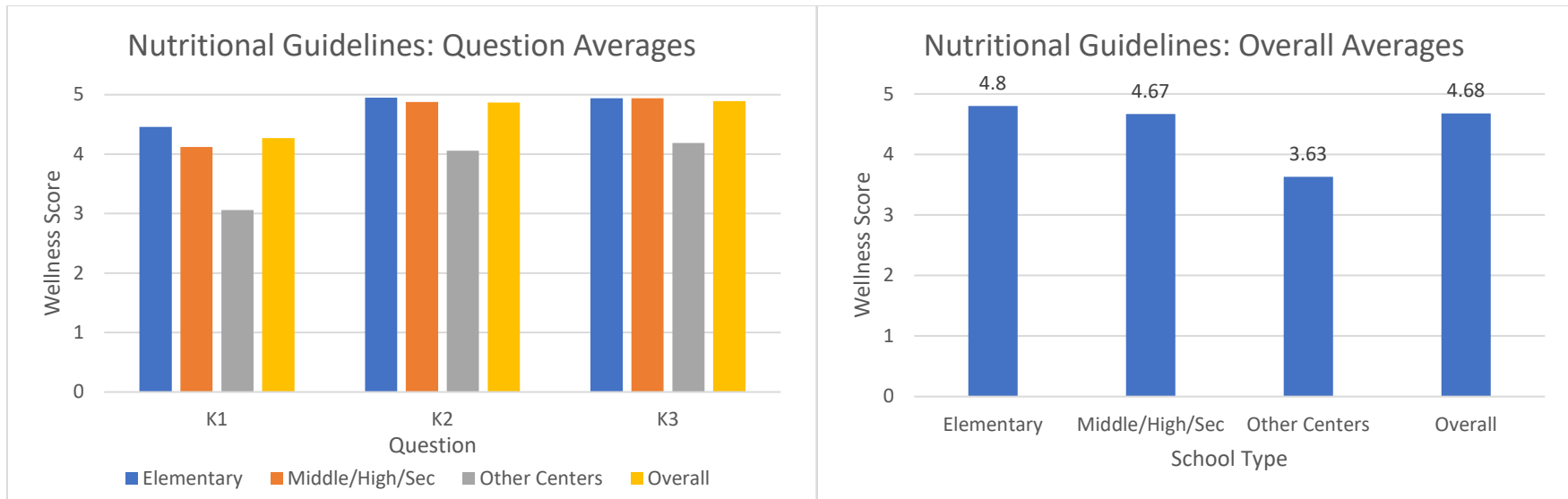**Section J – Nutrition Education, Promotion, and Food Marketing**
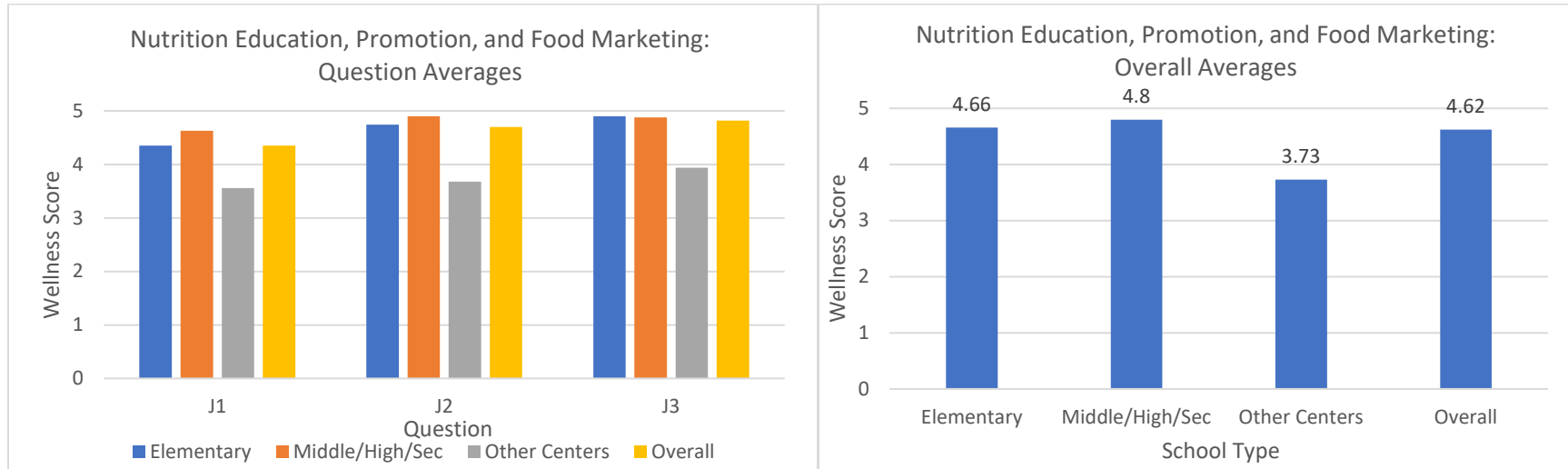
- J1: Only food and beverages that meet the "Smart Snacks" standards are marketed to students on school grounds during the school day.
    - Other Centers scored significantly lower (M = 3.56, emerging) than Elementary (M = 4.35, emerging) and Middle/High/Sec Schools (M = 4.63, embedded) (p < .05).
    - No statistically significant differences were observed between Elementary and Middle/High/Sec Schools (p > .05).
- J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day.
    - Other Centers scored significantly lower (M = 3.69, emerging) than Elementary (M = 4.74, embedded) and Middle/High/Sec Schools (M = 4.90, embedded) (p < .05).
    - No statistically significant differences were observed between Elementary and Middle/High/Sec Schools (p > .05).
- J3: We follow FCPS' policy on fundraisers as outlined in R2100.
    - Other Centers scored significantly lower (M = 3.94, emerging) than Elementary (M = 4.90, embedded) and Middle/High/Sec Schools (M = 4.88, embedded) (p < .05).
    - No statistically significant differences were observed between Elementary and Middle/High/Sec Schools (p > .05).

Section K – Nutritional Guidelines

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

	Elementary	Middle/High/Sec	Other Centers	Overall
- K1: Sodas and sports drinks are not offered for sale to students at any time during the school day.	Embedded (4.85)	Embedded (4.75)	Transitioning (3.19)	Embedded (4.69)
- K2: Healthy food and beverage options are encouraged at school-related events outside the school day.	Emerging (4.46)	Emerging (4.12)	Transitioning (3.06)	Emerging (4.27)
- K3: Implements appropriate precautions against severe food allergies.	Embedded (4.95)	Embedded (4.88)	Emerging (4.06)	Embedded (4.87)
- K4: We follow all nutrition guidelines for food and beverage standards, as outlined in FCPS P2100 and R2100.	Embedded (4.94)	Embedded (4.94)	Emerging (4.19)	Embedded (4.89)
OVERALL	Embedded (4.80)	Embedded (4.67)	Emerging (3.63)	Embedded (4.68)

Nutritional Guidelines: Question Averages / Nutritional Guidelines: Overall Averages

- K1: Sodas and sports drinks are not offered for sale to students at any time during the school day.
  - Other Centers scored significantly lower (M = 3.19, transitioning) than Elementary (M = 4.85, embedded) and Middle/High/Sec Schools (M = 4.75, embedded); ($p < .05$).
  - No statistically significant differences were observed between Elementary and Middle/High/Sec Schools ($p > .05$).
- K2: Healthy food and beverage options are encouraged at school-related events outside the school day.
  - No statistically significant differences were observed between Elementary and Middle/High/Sec Schools ($p > .05$).
- K3: Implements appropriate precautions against severe food allergies.
  - Other Centers scored significantly lower (M = 4.06, emerging) than Elementary (M = 4.95, embedded) and Middle/High/Sec Schools (M = 4.88, embedded); ($p < .05$).
- K4: We follow all nutrition guidelines for food and beverage standards, as outlined in FCPS P2100 and R2100.
  - No statistically significant differences were observed between Elementary and Middle/High/Sec Schools ($p > .05$).

Open-Ended Response Summary

Title: Summary Table of Common Responses to Survey Questions

Question	School Type		
	Elementary	Middle/High/Secondary	Other Centers
7. *Please highlight any activities or best practices used to promote student's physical activity.*	- Recess and P.E. with equipment - Brain / movement breaks - Fitness clubs and wellness activities - Workout wellness Wed. - Fun Runs / Yoga in Classrooms	- P.E. and fitness plans - Wellness Breaks - Athletic extracurriculars - Brain / movement / outdoor breaks - Fitness clubs / yoga	- Fit for Work - Sports, clubs, open gym - Gross motor movement activities - Brain breaks
11. *Please share any school or community specific barriers to promoting a healthy and safe school environment for students.*	- Access to healthcare - Access to consistent PHN - Not having a crossing guard	- Inability to walk or bike to school due to location / traffic - Drug usage concerns, especially vaping	- Students cannot walk or bike to school - Unique/specialized programming
17. *Please share how your wellness committee encourages involvement from families and community members in promoting wellness in your school.*	- School-wide fitness activities/events - Partnerships with PTA - Classroom lessons - Email newsletters with wellness tips - News you choose / parent coffees - Walk / Bike to School Day	- Communicate via newsletters / Wellness week / News you Choose - Collaborate with PTSA for funding / meetings / wellness event promotion	- Exercise challenges - Share information with worksites - PTO activities - Newsletters / Support training
23. *Please list any wellness events or activities your school has undertaken or will undertake this school year.*	- Wellness / fitness challenges for staff and students - Fun Run, 5K, Field Day - Flu Clinic - Walktober / Stress Management	- Dedicated wellness activities / challenges - Wellness days/weeks - Stress less days/Staff flu clinics - Mentor Programs	- Special Olympics - Learning Seminar - Community organized events
24. *Please provide any suggestions, best practices, or tools that you believe would be helpful in evaluating and supporting student and staff health and wellness within FCPS.*	- Surveys for students, parents, and staff - Standardized wellness support across all schools - More wellness resources/funding for students and staff	- Surveys for students, parents, and staff - More wellness resources/funding for students and staff - More training and resources for Wellness liaisons, teams, and schools	- More wellness resources/funding for students and staff
25. *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 common responses	- No common responses	- No common responses

Comparison of Survey Question Wellness Averages by School Year
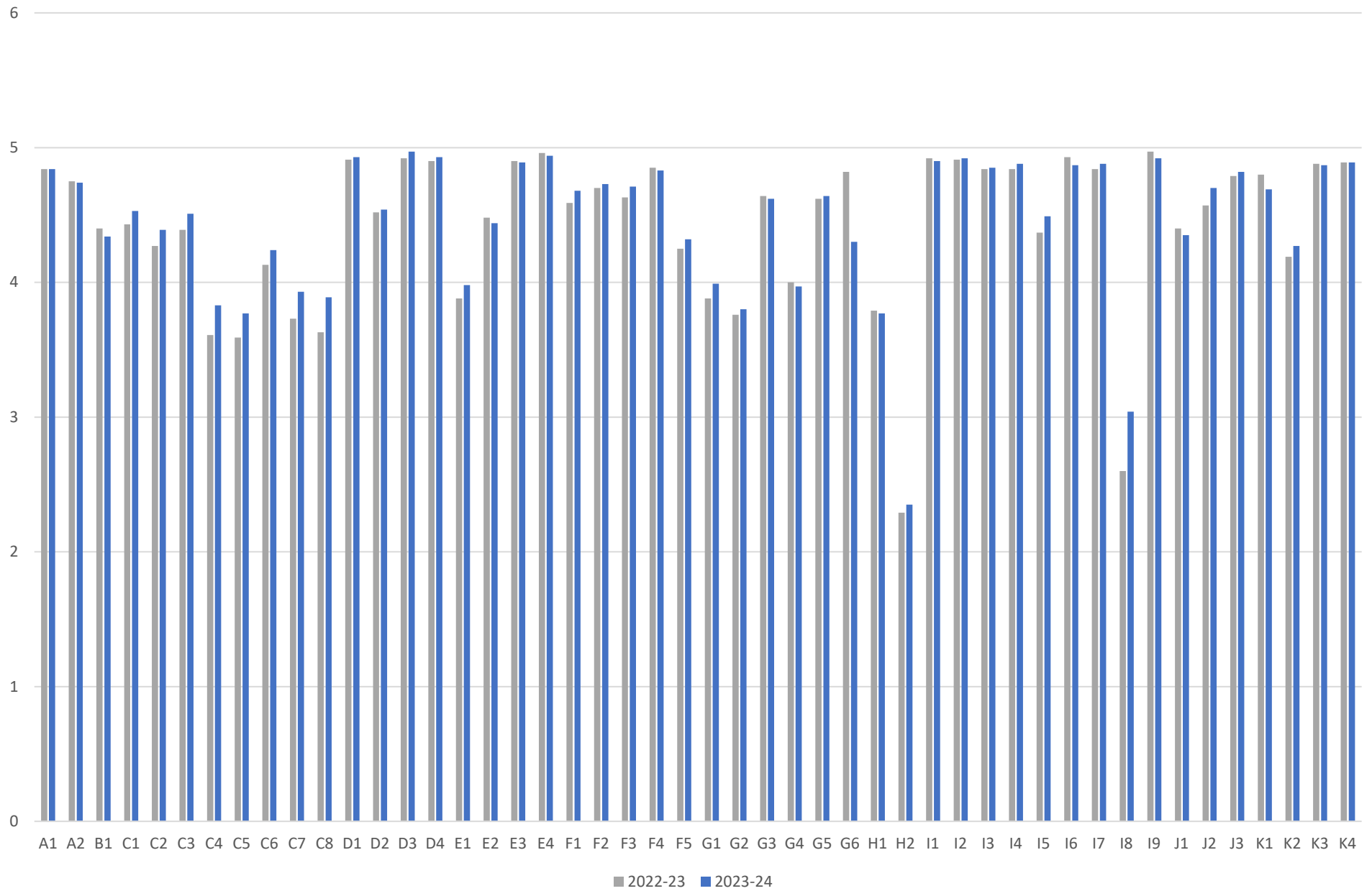
Survey Questions Grouped by Wellness Score (Yearly Comparison)

No Activity (2022-23) (Score = 1)	No Activity (2023-24) (Score = 1)	Exploring (2022-23) (Score = 2)	Exploring (2023-24) (Score = 2)	Transitioning (2022-23) (Score =3)	Transitioning (2023-24) (Score =3)	Emerging (2022-23) (Score =4)	Emerging (2023-24) (Score =4)	Embedded (2022-23) (Score =5)	Embedded (2023-24) (Score =5)
		H2	H2	I8	I8	B1 C1	B1 E2	A1 A2	A1 F4
						C2 C3	C2 F5	B2 C5	A2 G3
						C4 C6	C4 G1	D1 D2	B2 G5
						C7 C8	C5 G2	D3 D4	C1 I1
						E1 E2	C6 G4	E3 E4	C3 I2
						F5 F6	C7 G6	F1 F2	D1 I3
						G1 G2	C8 H1	F3 F4	D2 I4
						G4 H1	E1 I5	G3 G5	D3 I6
						I5 I10	J1	G6 I1	D4 I7
						J1 K2	K2	I2 I3	E3 I9
								I4 I6	E4 J2
								I7 I9	F1 J3
								J2 J3	F2 K1
								K1 K3 K4	F3 K3
									K4