

FOSTERING HEALTH. ACHIEVING SUCCESS.

**Fairfax County Public Schools
Wellness Policy
2021-2024 Triennial Assessment**



Overview & Purpose

In accordance with the [Final Rule](#) of the Federal Healthy, Hunger-Free Kids Act of 2010 and the [Virginia Administrative Code](#): 8VAC20-740, Fairfax County Public Schools (FCPS) presents the 2021-2024 Triennial Assessment which includes the timeframe from July 2021 - June 2024. The Triennial Assessment indicates updates on the progress and implementation of FCPS' Wellness Policy and wellness initiatives and provides required documentation of actions, steps, and information as outlined in the Final Rule.

There are 206 schools and centers included in this Triennial Assessment. These include 141 elementary, 23 middle, 23 high, 3 secondary, 4 early childhood, and 12 other FCPS centers.

FCPS Wellness Policy and Regulation

In May and October of 2016, the Fairfax County School Board adopted a revised [Wellness Policy](#) and [Regulation](#) (P/R 2100) for FCPS to promote the health and well-being of students and staff. The comprehensive components of the local wellness policy and regulation include physical education; physical activity; health education; health services; healthy and safe school environment; counseling, psychological, and social services; health promotion for staff members; family and community involvement; food and nutrition (general); nutrition education, promotion, and food marketing; and nutrition guidelines that influence student and staff health and wellness. These components meet the requirements of Public Law 111-296 and the Healthy, Hunger-Free Kids Act of 2010 (HHFKA) and are aligned with the Coordinated School Health Model, developed by the Centers for Disease Control and Prevention (CDC).

FCPS' Local Wellness Policy and Regulation 2100, *Student and Staff Health and Wellness*, set forth visionary, yet measurable and achievable goals that encourage continual progress and the advancement of a long-term, sustainable culture of improved health and wellness throughout the Division. The Wellness Policy includes all the identified regulations outlined in the HHFKA of 2010, as well as division-level and community expectations for our schools.

The policy and regulation are available to the public and can be found on the FCPS webpage under [School Board Policies, Regulations, and Notices](#). FCPS Wellness Policy 2100 (P2100), *Student and Staff Health and Wellness* can be found at <https://go.boarddocs.com/vsba/fairfax/Board.nsf/goto?open&id=ABCHVA4A4E1F>. FCPS Regulation 2100 (R2100), *Student and Staff Health and Wellness*, is available at <https://go.boarddocs.com/vsba/fairfax/Board.nsf/goto?open&id=AF3HVU494694>.

School Health Advisory Committee (SHAC) and Public Involvement in Wellness Policy Updates

Description of Public Involvement

Standard/Guideline	Met	Not Met
FCPS permits participation by the general public and the school community in the Wellness Policy process. This includes parents, students, representatives of the School Food Authority, teachers of physical education, school health professionals, the School Board, and school administrators.	X	

Description of Public Updates

Standard/Guideline	Met	Not Met
The Wellness Policy is made available to the public on an annual basis, at minimum. This includes any updates to and about the Wellness Policy.	X	
The Triennial Assessment, including progress toward meeting the goals of the policy, will be made available to the public on or before June 30, 2020.	X	

FCPS reviews, updates, or modifies the Wellness Policy, as appropriate. This process involves the School Health Advisory Committee (SHAC). The Fairfax County School Board (FCSB) appoints members to SHAC and other citizen advisory committees to increase community input on specific issues. Qualifications for appointment to some committees are mandated by the Virginia Code. Citizen advisory committees include citizens from the magisterial districts and one appointed Board member liaison. Advisory committee appointments reflect the religious, cultural, and ethnic diversity of the magisterial districts. Every July, the Board develops charges for each citizen advisory committee.

Each FCSB member annually appoints a citizen to the SHAC to assist with the development of health policy in the school division and to evaluate the status of school health, health education, school environment, and health services. SHAC meets monthly throughout the year (September-May). Meetings and agendas are made available to the public and public comment is encouraged. Each year, SHAC submits an annual report to the FCSB that includes concerns shared by the public, as well as SHAC recommendations. The FCPS SHAC webpage may be accessed at <https://www.fcps.edu/committee/school-health-advisory-committee-shac-2019-20>.

As indicated in FCPS Student and Staff Health and Wellness Policy 2100, the FCSB will engage members of the school community and the general public to develop, assess, review, and/or revise the FCPS wellness policy and regulation. The School Health Advisory Committee (SHAC)

will assess and review the wellness policy and regulation to make recommendations to the FCSB and serve as a vehicle for engaging the public.

FCPS continues to develop wellness resources to engage students, staff, families, and community members in supporting health and wellness in our community. These resources are available on FCPS' Student and Staff Health and Wellness webpage at <https://www.fcps.edu/resources/student-safety-and-wellness/mental-health-and-resiliency/school-health-and-wellness>

Wellness Policy Leadership

Description of Policy Leadership

Standard/Guideline	Met	Not Met
FCPS established a Wellness Policy leadership of one or more Local Education Agency (LEA) and/or school official(s) who have the authority and responsibility to ensure each school complies with the policy.	X	

FCPS established a Wellness Policy leadership of one or more school officials who have the authority and responsibility to ensure each school complies with the Wellness Policy. Information regarding FCPS wellness leadership is available at <https://www.fcps.edu/resources/student-safety-and-wellness/wellness-leadership>.

The Department of Special Services Assistant Superintendent is responsible for the oversight of the FCPS Wellness Policy to ensure each school's compliance. Our wellness leadership team is comprised of staff representing the Department of Special Services; Department of Instructional Services; Department of Facilities and Transportation Services; Department of Human Resources; and Food and Nutrition Services. Each department is represented as part of SHAC. The public is encouraged to provide suggestions or share questions or concerns with our leadership team at wellnessleadership@fcps.edu.

The Wellness Policy committee meets monthly throughout the year (September-May) as part of SHAC and provides periodic reviews and updates regarding the Wellness Policy. The general public and the school community are allowed and encouraged to participate in the Wellness Policy process. This may include parents, students, representatives of the School Food Authority, teachers, school health professionals, the School Board, and school administrators.

School-Based Wellness Committees

As required by R2100, each school is required to develop and establish a wellness committee to implement the activities that support the wellness policy. Schools are encouraged to invite and

include staff; parents and/or guardians; community members; students; and the school public health nurse to be a part of the school’s wellness committee. FCPS wellness team representatives are encouraged to build collaborative and effective partnerships with families and community members. This partnership allows wellness teams to plan and support the shared responsibility of creating and promoting healthy school environments and fostering consistent health and wellness messages between the home and school environment. The school community is made aware of their ability to participate in the Wellness Policy process as part of SHAC and additional information is available at

<https://www.fcps.edu/committee/school-health-advisory-committee-shac-2023-24>.

In order to promote staff wellness, each school designates a staff wellness liaison to share information and resources with staff regarding employee wellness and the employee assistance program. The FCPS Wellness Program, supported by the FCPS Department of Human Resources, is designed to assist employees with developing and maintaining a healthy lifestyle. FCPS has been recognized as a “Start! Fit-Friendly” company by the American Heart Association in 2009, 2010, 2011, 2012, and 2013. This award recognizes employers for promoting physical activity and health in the workplace. More information about FCPS employee wellness is available at

<https://www.fcps.edu/wellness-programs>.

Wellness Policy Compliance and Alignment to United States Department of Agriculture (USDA) Requirements Under the HHFKA of 2010 and the Code of Virginia

The FCPS Wellness Policy and Regulation (P/R 2100) are aligned to content; leadership/oversight; documentation; reporting; and public involvement requirements of the USDA and HHFKA of 2010. FCPS P/R2100 also meets the Code of Virginia requirements for implementation and compliance as outlined in [8VAC20-740-40](#). The [Center for Disease Control and Prevention \(CDC\) Whole School, Whole Community, and Whole Child \(WSCC\)](#) model and components were used as an overarching framework to guide the development of the FCPS P/R2100.

Wellness Policy Assessment and Development of FCPS Wellness Policy Survey

Description of Evaluation Plan

Standard/Guideline	Met	Not Met
FCPS Policy 2100 requires annual progress reports to be provided to the public, which include each school’s progress in meeting wellness policy goals. The HHFKA of 2010 Final Rule requires State Agencies to assess compliance with the Wellness Policy requirements every three years.	X	

FCPS must conduct an assessment of the Wellness Policy every three years, at a minimum. The HHFKA of 2010 Final Rule requires State Agencies to assess compliance with the Wellness Policy requirements as a part of the general areas of the Administrative Review every three years. FCPS Policy 2100 requires annual progress reports to be provided to the public, which include each school's progress in meeting wellness policy goals.

To assess our progress toward the implementation of the wellness policy, a survey addressing division-level and community priorities with corresponding reporting metrics was developed by SHAC. Surveys are completed annually by each school in the Division and posted for the public at <https://www.fcps.edu/family-resources/student-safety-and-wellness/wellness-leadership/wellness-reporting>.

While the Wellness survey metrics developed by SHAC do not include all aspects of a student's well-being or address all requirements of P/R 2100, the questions are aligned to the requirements of the Final Rule, as well as the assessment modules of the Healthy Schools Assessment of the Alliance for a Healthier Generation.

FCPS Wellness Survey Sections

The FCPS Wellness Survey is divided into 12 sections that are aligned to sections found within FCPS' Wellness Policy 2100. These include:

- Section A: Physical Education
- Section B: Physical Activity
- Section C: Health Education
- Section D: Health Services
- Section E: Healthy and Safe School Environment
- Section F: School Counseling, School Psychology, and School Social Work Services
- Section G: Health Promotion for Staff Members
- Section H: Family and Community Involvement
- Section I: Food and Nutrition General
- Section J: Nutrition Education, Promotion, and Food Marketing
- Section K: Nutrition Guidelines
- Section L: Ideas/Comments/Suggestions

Wellness survey responses were scored by school-based wellness teams and principals using a 1-5 scale (see *Definition of Scale Rating* below) and schools were also provided the opportunity to share open-ended feedback.

Definition of FCPS Wellness Policy Survey Rating Scale

Rating 1: **No activity.** Not being planned or implemented at this time. No students, families, or staff currently benefit from this practice or activity.

- Rating 2: **Exploring.** Just beginning to explore/discuss this practice, strategy, or activity. There is a definite interest and some planning has begun. Few students, families, and staff are currently involved or benefit.
- Rating 3: **Transitioning.** This practice, strategy, or activity is in the earliest implementation stages; progress is being made and plans are moving fast. The practice, strategy, or activity may be implemented in some classrooms but not frequently or consistently. Some students, families, and staff currently benefit or participate.
- Rating 4: **Emerging.** Concerted efforts are being made to fully implement this practice, strategy, or activity. Many students, families, and staff currently benefit or participate.
- Rating 5: **Embedded.** Implementation of this practice, strategy, or activity is schoolwide and consistent. Most or all students, families, and staff currently benefit or participate.

FCPS Wellness Policy Survey Metrics

Each year, school administrators and school-based wellness teams are asked to rate to what extent their school implements the following practices:

Section A- Physical Education

Standard/Guideline
Physical education classes provide students with the minimum time requirements under FCPS Regulation 3218.
At least 50% of physical education class time includes moderate to vigorous physical activity.

Section B-Physical Activity

Standard/Guideline
Withholding recess or physical education is not used as a disciplinary action.
ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess.
Please highlight any activities or best practices used to promote student's physical activity.

Section C- Health Education

Standard/Guideline
Promoting healthy lifestyles.
Stress management.
Coping skills
Depression.

Suicide prevention and awareness.

Relationship of healthy sleep to mental health.

Substance abuse prevention.

Section D- Health Services

Standard/Guideline

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

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

Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED, per the Code of Virginia.
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Required staff in our school maintain requisite levels of training in medication administration, per FCPS Regulation 2102.
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Section E- Healthy and Safe School Environment

Standard/Guideline

Encourages children to safely walk or bike to and from school.
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Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults.

School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560.
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Maintains a comprehensive tobacco-free policy in accordance with FCPS Policy 4419 and Regulation 2152.
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Please share any school or community-specific barriers to promoting a healthy and safe school environment for students.

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

Standard/Guideline

Monitors school climate and other factors that may contribute to student stress, symptoms of anxiety and depression, peer and academic pressures, and substance use.
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Our staff has received required suicide prevention training, as well as training that includes recognition of, and response to, mental and behavioral health needs.

Implements programs that foster social and emotional health and wellness of students and staff.

Staff are prepared to effectively implement FCPS protocol when conducting suicide-risk screenings and assessments.
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Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work-life balance.
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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.

Section G- Health Promotion for Staff Members

Standard/Guideline
Health screenings.
Health care access.
Employee flu immunization clinics.
Wellness opportunities for staff, such as fitness challenges, fitness classes, mobile health screenings, wellness walks, workshops, or health fairs that emphasize work-life balance.
Awareness of the Employee Assistance Program Services.
Staff celebrations that offer and encourage healthy choices for food and beverages.
Please identify the job title of your staff wellness liaison.

Section H- Family and Community Involvement

Standard/Guideline
Established a wellness committee to implement activities that support the wellness policy.
Includes a non-staff, family, or community member in our school's wellness committee.
Please share how your wellness committee encourages involvement from families and community members in promoting wellness in your school.
Please identify the names and affiliations of wellness committee members.

Section I- Food and Nutrition General

Standard/Guideline
All students have at least 20 minutes to eat after sitting down for lunch.
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.
Student tutoring, meetings, and club activities are not scheduled during mealtimes, unless students may eat during such activities.
Measures are in place to prevent overt identification of students who are eligible for free and reduced-price school meals.
Encourages the use of non-food items for classroom celebrations.
Withholding access to food is not used as a disciplinary action.
Potable water is available to all our students at no cost.
Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS).
Allows students to possess personal containers for drinking water.
ELEMENTARY SCHOOLS ONLY: Lunch periods are scheduled to follow recess whenever possible.

Section J- Nutrition Education, Promotion, and Food Marketing

Standard/Guideline
Only foods and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day.
We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day.
We follow FCPS’ policy on fundraisers as outlined in R2100.

Section K- Nutrition Guidelines

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

Section L- Idea/Comments/Suggestions

Standard/Guideline
Please list any wellness events or activities your school has undertaken or will undertake this school year.
Please provide any suggestions, best practices, or tools that you believe would be helpful in evaluating and supporting student and staff health and wellness in FCPS.
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.

Wellness Policy Survey Results and Progress Assessment

As part of the requirements of FCPS P/R 2100 and the HHFKA [Final Rule](#), baseline wellness reporting in FCPS was initiated and reported in SY 2017-2018 (May 2018). A Triennial Wellness Assessment was completed for SYs 2017-2020 and annual wellness reporting followed for SYs 2021-2022 - SY 2023-2024. Annual wellness survey information has been made available to the public on our Wellness Reporting webpage, along with the 2021-2024 Triennial Wellness Assessment.

Wellness survey results are available for each school year and may be viewed by school. All comprehensive wellness reporting is available to the public at <https://www.fcps.edu/node/36633>.

A Division Level Wellness Executive Summary was developed for each year to evaluate overall progress and whether requirements are being met. These include an overall summary of the

primary areas for wellness improvement in FCPS as identified in the School Wellness Policy 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. Calculated scores in the executive summary report were based on the following Likert scale conversion: 1 = No activity; 2 = Exploring; 3 = Transitioning; 4 = Emerging; and 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; and 4.50 – 5.00 = Embedded.

Quality of Wellness Policy

Thoroughly reviewed by the USDA Food and Nutrition Service, the [Alliance for a Healthier Generation's Healthy Schools Program](#) has worked to create and implement effective wellness policies, guided by evidence-based best practices. In collaboration with the USDA, they have developed a Model Wellness policy based on the [USDA's Final Rule under the Healthy, Hunger-Free Kids Act of 2010](#).

FCPS' Wellness policy is aligned with the model policy, including the requirements of school-based wellness committees; division-level leadership; implementation, monitoring, accountability, and community engagement; nutrition standards; physical activity; and other activities that promote student wellness.

Quality of Wellness Policy

As part of the Virginia State Code requirements, VDOE provided FCPS with an assessment tool to assess their Wellness Policy. This assessment must be conducted every three years to verify compliance. Below is the assessment tool.

Category	Requirement	Fully in place	Partially in place	Not in place	Notes
Policy Leadership	Designate the position or committee responsible for Wellness Policy oversight.	X	<input type="checkbox"/>	<input type="checkbox"/>	Policy 2100
Public Involvement	Notify the public of their ability to participate in the development, implementation, and review.	X	<input type="checkbox"/>	<input type="checkbox"/>	Policy 2100; School Health Advisory Committee (SHAC)

School Meals	Serve school meals that follow USDA-FNS meal regulations. (7CFR210.10 and 7CFR220.8)	X	<input type="checkbox"/>	<input type="checkbox"/>	Policy 2100, Regulation 2100
Foods Sold Outside of School Meals Program	Sell only USDA's Smart Snacks-compliant foods and beverages outside of the school meals program.	X	<input type="checkbox"/>	<input type="checkbox"/>	Policy 2100, Regulation 2100
Foods Provided, Not Sold	Specify division guidelines for foods provided, not sold, including at celebrations, given as rewards, or classroom snacks.	X	<input type="checkbox"/>	<input type="checkbox"/>	Policy 2100, Regulation 2100
Food and Beverage Marketing	Market only products that adhere to the USDA-FNS Smart Snacks rule.	X	<input type="checkbox"/>	<input type="checkbox"/>	Policy 2100, Regulation 2100
Nutrition Education	Include at least one evidence-based goal for nutrition education.	X	<input type="checkbox"/>	<input type="checkbox"/>	Policy 2100, Regulation 2100
Nutrition Promotion	Include at least one evidence-based goal for nutrition promotion.	X	<input type="checkbox"/>	<input type="checkbox"/>	Policy 2100, Regulation 2100
Physical Education/Activity	Include at least one evidence-based goal for physical education and/or physical activity.	X	<input type="checkbox"/>	<input type="checkbox"/>	Policy 2100, Regulation 2100
Triennial Assessment	Complete a Triennial Assessment and notify the public.	X	<input type="checkbox"/>	<input type="checkbox"/>	Policy 2100
Public Update and Information	Specify how the public will be informed about	X	<input type="checkbox"/>	<input type="checkbox"/>	Policy 2100; public website; Wellness Newsletter

	content and implementation.				
Compliant Fundraisers	Permit only USDA-FNS Smart Snacks-compliant food and beverage fundraisers. LEAs may choose to allow up to 30 school-sponsored fundraisers per site per school day to be exempt from the Smart Snacks.	X	<input type="checkbox"/>	<input type="checkbox"/>	Regulation 2100
Fundraiser Times	Disallow food or beverage fundraisers during meal times.	X	<input type="checkbox"/>	<input type="checkbox"/>	Regulation 2100
Fundraiser Designee	Designate an individual to monitor all food and beverage fundraisers. This designee shall not be a school nutrition personnel.	X	<input type="checkbox"/>	<input type="checkbox"/>	Regulation 2100