



SCHOOL HEALTH ADVISORY COMMITTEE

SY 2023-24 FCPS SCHOOL WELLNESS SURVEY

POLICY AND PROCEDURE SURVEY

Wellness Survey Overview

Each school in FCPS is responsible for reporting annual progress toward the implementation of our Local Wellness Policy and Regulation, *2100 Student and Staff Health and Wellness*.

The intent of reporting, as required by the Healthy, Hunger-Free Kids Act (HHFKA) of 2010, is to strengthen our local wellness policy so that it becomes a useful tool in evaluating, establishing and maintaining healthy school environments, and provide transparency to the public on key areas that affect the nutrition environment in each school.

FCPS wellness policy sets 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 FCPS

Wellness Reporting

FCPS Policy 2100 requires that wellness reporting be completed annually by identified school wellness team representatives (approved by the school-based administrator prior to submission)

Contains 22 questions created in collaboration with the FCPS School Health Advisory Committee (SHAC). See handout.

Allows FCPS to assess the efficacy of its implementation of Policy and Regulation 2100

As approved by the Office of Research and Strategic Improvement, the survey is distributed in Spring of each school year (March - April).

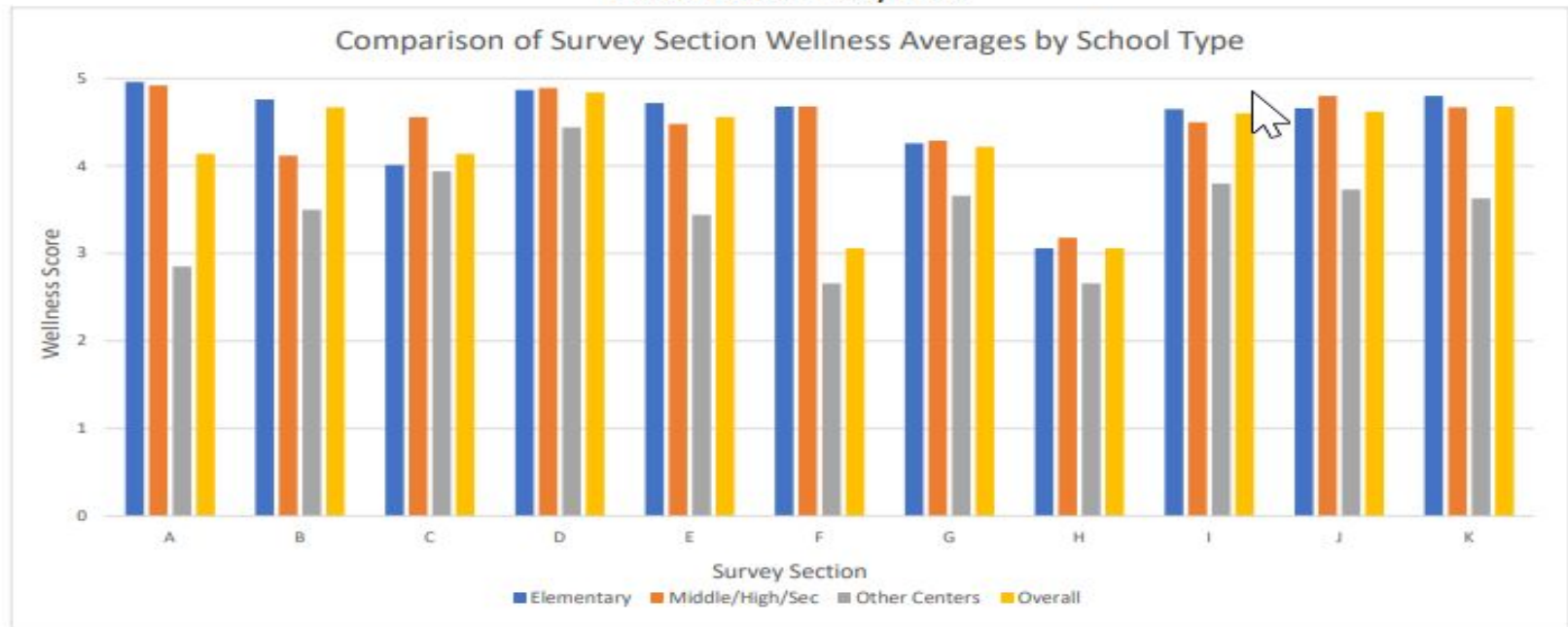
Snapshot of Division

The Wellness Survey **does** guide policies, programs, and procedures in schools.

The Wellness Survey **does not** look at student specific behavior and attitudes.
(*Youth Survey provides student specific behavior and attitudes*)

2023-24 School Wellness Survey Report (Summary)

Executive Summary cont.



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

Key Areas of the Wellness Survey

- Physical Education
- Physical Activity
- Health Education
- Health Services
- Healthy and Safe School Environment
- School Counseling, Psychology, and Social Work Services
- Health Promotion for Staff Members
- Family and Community Involvement
- Food and Nutrition General
- Nutrition Education, Promotion, and Food Marketing
- Nutritional Guidelines

Definition of Scale Rating

Wellness Survey Responses are scored using a scale of 1-5 and are defined as:

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

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.

3 = Transitioning. This practice, strategy, or activity is in the earliest implementation stages; progress is being made and plans are moving forward. 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.

4 = Emerging. Concerted efforts are being made to fully implement this practice, strategy, or activity. Many students, families, and staff currently benefit or participate.

5 = Embedded. Implementation of this practice, strategy, or activity is schoolwide and consistent. Most or all students, families, and staff currently benefit or participate.

Areas of Strength

Rated above 4.5 for all levels (Embedded)

FCPS as a Whole

- Physical Activity, Health Services, Healthy and Safe School Environment, Food & Nutrition (General), Nutrition Education, Promotion, and Food Marketing, and Nutrition Guidelines

Elementary

- Physical Education, Physical Activity, Health Services, Healthy and Safe School Environment, School Counseling, Psychology, and Social Work Services, Food and Nutrition General, Nutrition Education, Promotion, and Food Marketing, Nutritional Guidelines

Middle/High/Secondary

- Physical Education, Health Education, Health Services, School Counseling, Psychology, and Social Work Services, Food and Nutrition General, Nutrition Education, Promotion, and Food Marketing, Nutritional Guidelines

Other Centers

- No areas of embedded activity

Identified Areas of Needing Improvement

FCPS as a Whole

- 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

Elementary

- 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

Middle/High/Secondary

- 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

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

Triennial Assessment

- In addition to the Wellness Survey and in accordance with the Final Rule of the Federal Healthy, Hunger-Free Kids Act of 2010 and the Virginia Administrative Code, FCPS conducts a Triennial Assessment.
- 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. FCPS makes this information available to the public on our [Wellness Reporting webpage](#).
- FCPS completed the current [Triennial Assessment](#) in June 2024 to include the timeframe from July 2021 - June 2024. 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.

Resources

[FCPS Wellness Reporting](#)

[Triennial Wellness Report 2021-24](#)

[FCPS Wellness Newsletter](#)



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