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# FCPS SCHOOL WELLNESS SURVEY REPORT

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2019-2020



FAIRFAX COUNTY PUBLIC SCHOOLS  
8115 GATEHOUSE ROAD, FALLS CHURCH, VA 22042

## 2019-20 School Wellness Survey Report (Summary)

The following is an overall summary of the primary areas for wellness improvement in FCPS as identified by the 2019-2020 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 (no questions scored in the “no activity” category). 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

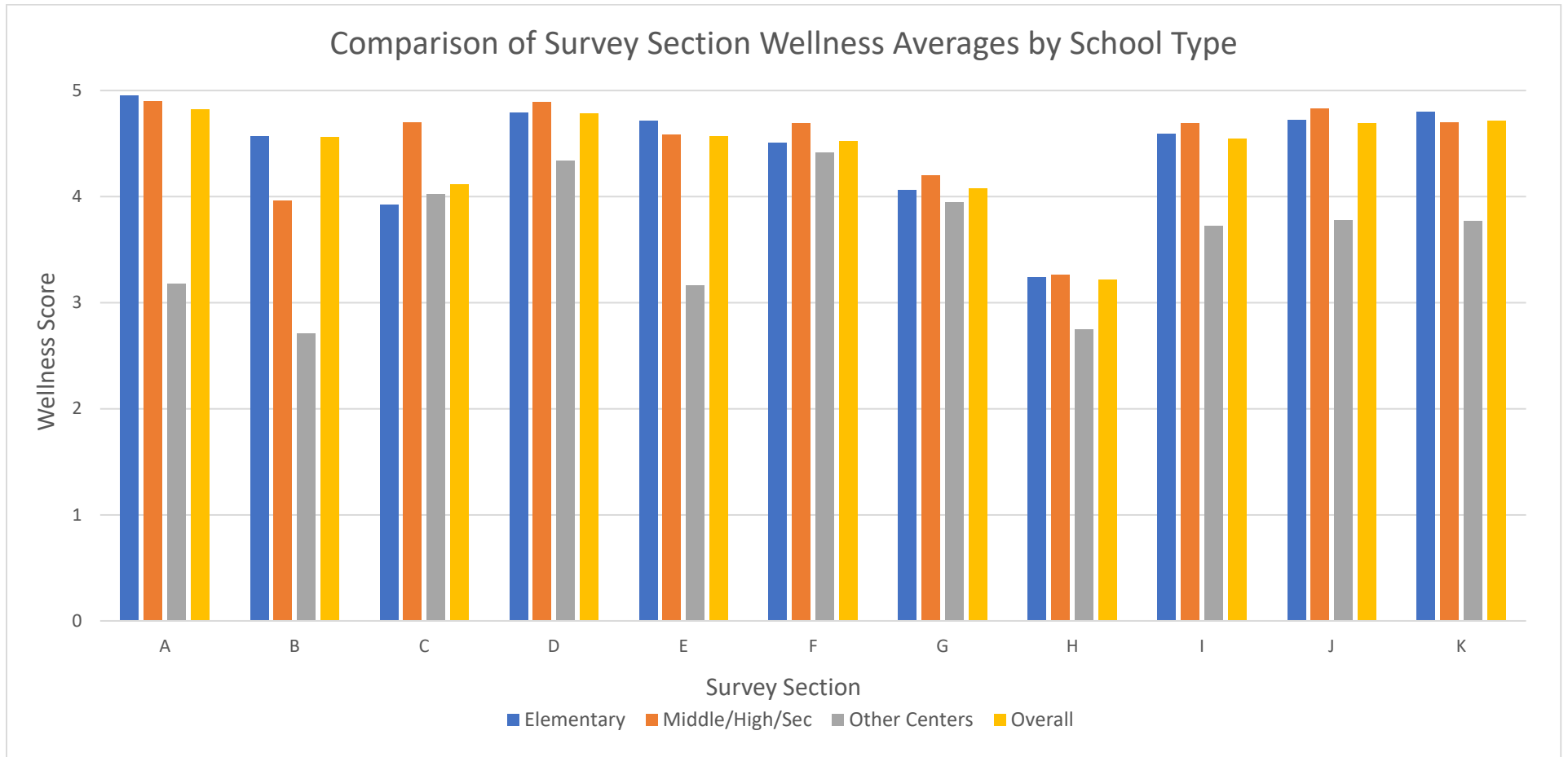
Average scores were categorized using the following ranges:

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

Primary Areas for Wellness Improvement			
Common to All School Types	Unique to Each School Type		
<b>FCPS as a Whole</b>	<b>Elementary</b>	<b>Middle/High/Secondary</b>	<b>Other Centers</b>
<p><b>Health Promotion for Staff Members</b></p> <ul style="list-style-type: none"> <li>- Support opportunities for health screenings and health care access</li> </ul> <p><b>Family and Community Involvement</b></p> <ul style="list-style-type: none"> <li>- Include a non-staff, family, or community member in the wellness committee</li> <li>- Ask for student feedback on food choices</li> </ul>	<p style="text-align: center;"><b>Health Education</b></p> <ul style="list-style-type: none"> <li>- Cover depression, suicide prevention and awareness, and substance abuse prevention in education curriculum</li> </ul>	<p style="text-align: center;"><b>Physical Activity</b></p> <ul style="list-style-type: none"> <li>- Host athletic events such as runs and field days</li> </ul> <p><b>Health Promotion for Staff Members</b></p> <ul style="list-style-type: none"> <li>- Host staff celebrations that offer and encourage healthy choices for food and beverage</li> </ul>	<p style="text-align: center;"><b>Physical Education</b></p> <ul style="list-style-type: none"> <li>- Meet minimum time requirements for P.E.</li> <li>- Devote at least 50% of P.E. time to moderate-vigorous activity</li> </ul> <p style="text-align: center;"><b>Physical Activity</b></p> <ul style="list-style-type: none"> <li>- Host athletic events such as runs and field days</li> </ul> <p style="text-align: center;"><b>Healthy and Safe School Environment</b></p> <ul style="list-style-type: none"> <li>- Encourage a safe commute to and from school</li> </ul>

# 2019-20 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

# 2019-20 School Wellness Survey Report (Summary)

## Executive Summary cont.

Survey Questions Ranked by Averages Score (in parentheses)

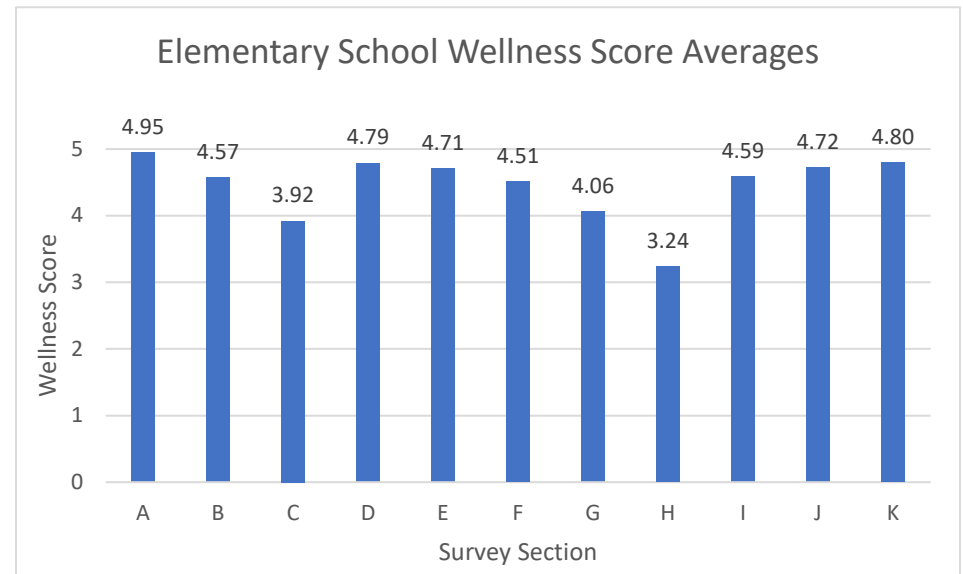
No Activity (0 – 1.49)	Exploring (1.50 – 2.49)	Transitioning (2.50 – 3.49)	Emerging (3.50 – 4.49)	Embedded (4.50 – 5.00)
		STUDENT FEEDBACK ON FOOD CHOICES (3.11)-I8	PUBLIC HEALTH NURSE ACCESS (4.44)-D2	AT LEAST 15 MINS RECESS (5.00)-B2
		DIVERSE WELLNESS COMMITTEES (2.54)-H2	ADULT MENTORSHIP RELATIONSHIPS (4.44)-E2	TOBACCO FREE POLICY (4.98)-E4
			HEALTH ED COPING SKILLS (4.42)-C3	EMERGENCY FIRST AID TRAINING (4.96)-D3
			HEALTH ED STRESS MANAGEMENT (4.39)-C2	AT LEAST 20 MINS FOR LUNCH (4.93)-I1
			EMPLOYEE ASSISTANCE PROGRAM SERVICES (4.33)-G5	SEVERE FOOD ALLERGY PRECAUTIONS (4.92)-K3
			IDENTIFY MANAGE STRESS TRAINING (4.31)-F5	FOOD WITHOLD NOT A PUNISHMENT (4.90)-I6
			ACADEMIC FLEXIBILITY STUDENT WELLNESS (4.28)-F6	MEDICATION ADMINISTRATION (4.89)-D4
			ENCOURAGE HEALTHY FOODS AT SCHOOL RELATED EVENTS (4.28)-K2	FACILITIES MAINTENANCE (4.88)-E3
			FOODLESS CLASS CELEBRATIONS (4.26)-I5	WATER BOTTLES ALLOWED (4.88)-I9
			STAFF WELLNESS OPPORTUNITIES (4.23)-G4	ACTIVITY FREE LUNCHTIME (4.86)-I3
			PE WITHOLD NOT A PUNISHMENT (4.09)-B1	PE MIN TIME (4.85)-A1
			LUNCH FOLLOWS RECESS WHEN POSSIBLE (4.09)-I10	CONCERNING BEHAVIOR DISCLOSURE (4.85)-D1
			HEALTH EDUCATION MENTAL HEALTH ISSUES (4.08)-C6	HIGH QUALITY SCHOOL MEAL PROGRAMS (4.85)-I2
			HEALTH EDUCATION SLEEP AND MENTAL HEALTH (4.06)-C7	NUTRITIONAL GUIDELINES (4.85)-K4
			HEALTHY STAFF CELEBRATIONS (4.05)-G6	INCONSPICUOUS FREE AND REDUCED LUNCH (4.84)-I4
			WALKER AND BIKER SAFETY (4.01)-E1	NUTRITION EDUCATION, PROMOTION AND FOOD MARKETING (4.80)-J3
			HEALTH EDUCATION DEPRESSION (3.86)-C4	PE VIGOROUS ACTIVITY (4.78)-A2
			WELLNESS COMMITTEES (3.87)-H1	SUICIDE PREVENTION TRAINING (4.78)-F4
			HEALTH EDUCATION SUBSTANCE ABUSE PREVENTION (3.79)-C8	NO SUGARY DRINKS OFFERED DURING SCHOOL DAY (4.78)-K1
			HEALTH EDUCATION SUICIDE PREVENTION AND AWARENESS (3.65)-C5	STAFF FLU CLINICS (4.77)-G3
			STAFF HEALTH SCREENINGS SUPPORT (3.62)-G1	FREE POTABLE WATER AVAILABILITY (4.73)-I7
			STAFF HEALTH CARE ACCESS SUPPORT (3.51)-G2	NUTRITION EDUCATION, PROMOTION AND FOOD MARKETING (4.70)-J2
				HEALTH ED PROMOTING HEALTHY LIFESTYLES (4.68)- C1
				MENTAL HEALTH AND SUICIDE TRAINING (4.58)-F2
				SOCIAL AND EMOTIONAL WELLNESS PROGRAMS (4.58)-F3
				SCHOOL CLIMATE AND STUDENT HEALTH (4.57)-F1
				SMART SNACK AVAILABILITY (4.56)-J1

# 2019-20 School Wellness Survey Report (Summary)

## Summary by School Type

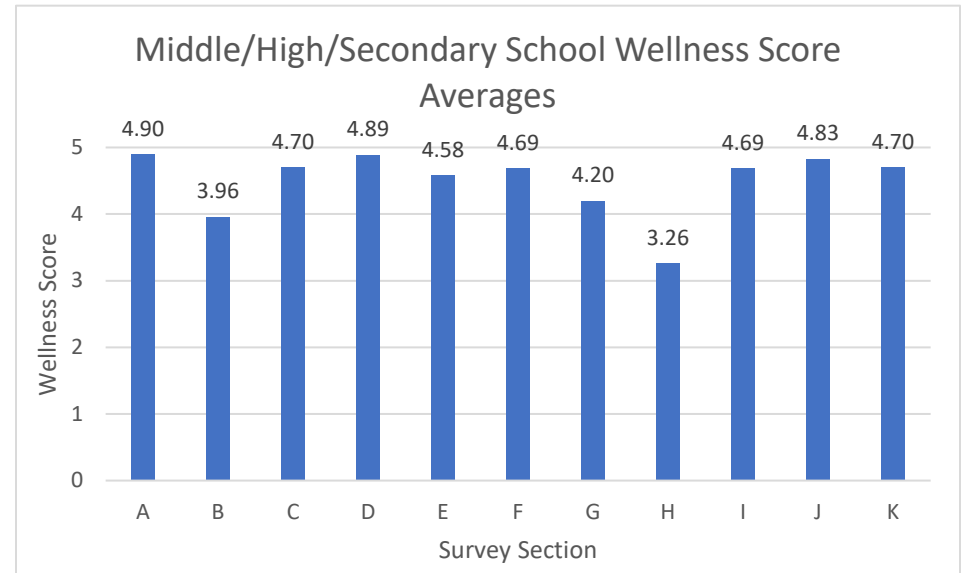
### Elementary Schools

- Elementary Schools were *embedded* (scored between 4.50 – 5.00) on the following sections:
  - A: Physical Education ( $M = 4.95$ )
  - B: Physical Activity ( $M = 4.57$ )
  - D: Health Services ( $M = 4.79$ )
  - E: Healthy and Safe School Environment ( $M = 4.71$ )
  - F: School Counseling, Psychology, and Social Work Services ( $M = 4.51$ )
  - I: Food and Nutrition General ( $M = 4.59$ )
  - J: Nutrition Education, Promotion, and Food Marketing ( $M = 4.72$ )
  - K: Nutritional Guidelines ( $M = 4.80$ )
  
- Elementary Schools were *emerging* (scored between 3.50 – 4.49) on the following sections:
  - C: Health Education ( $M = 3.92$ )
  - G: Health Promotion for Staff Members ( $M = 4.06$ )
  
- Elementary Schools were *transitioning* (scored between 2.50 – 3.49) on the following sections:
  - H: Family and Community Involvement ( $M = 3.24$ )
  
- \*See detailed report for question comparisons\*



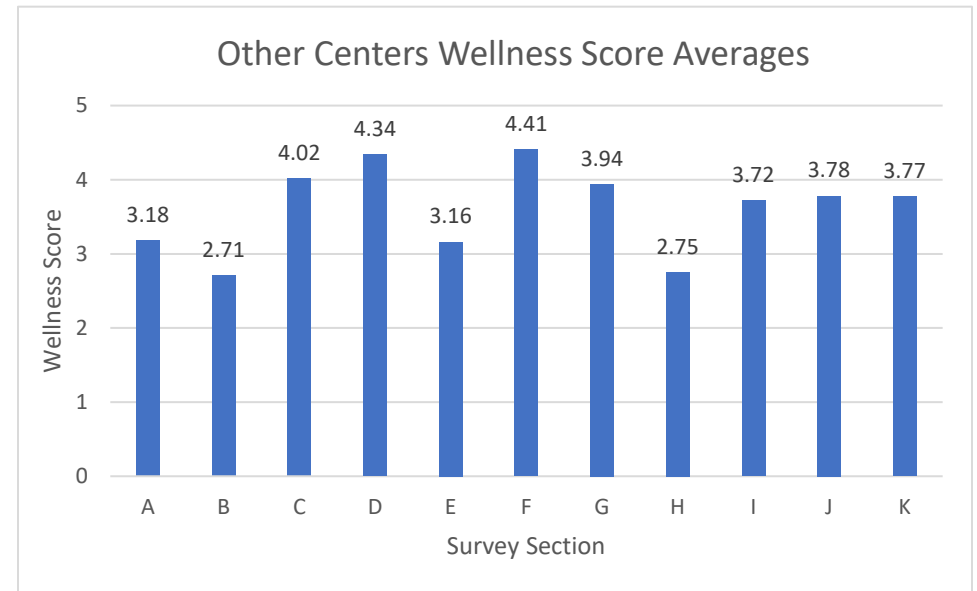
## Middle/High/Secondary Schools

- Middle/High/Secondary Schools were *embedded* (scored between 4.50 – 5.00) on the following sections:
  - A: Physical Education ( $M = 4.90$ )
  - C: Health Education ( $M = 4.70$ )
  - D: Health Services ( $M = 4.89$ )
  - E: Healthy and Safe School Environment ( $M = 4.58$ )
  - F: School Counseling, Psychology, and Social Work Services ( $M = 4.69$ )
  - I: Food and Nutrition General ( $M = 4.69$ )
  - J: Nutrition Education, Promotion, and Food Marketing ( $M = 4.83$ )
  - K: Nutritional Guidelines ( $M = 4.70$ )
- Middle/High/Secondary Schools were *emerging* (scored between 3.50 – 4.49) on the following sections:
  - B: Physical Activity ( $M = 3.96$ )
  - G: Health Promotion for Staff Members ( $M = 4.20$ )
- Middle/High/Secondary Schools were *transitioning* (scored between 2.50 – 3.49) on the following sections:
  - H: Family and Community Involvement ( $M = 3.26$ )
- \*See detailed report for question comparisons\*



## Other Centers

- Other Centers were *embedded* (scored between 4.50 – 5.00) on the following sections:
  - o None
- Other Centers were *emerging* (scored between 3.50 – 4.49) on the following sections:
  - o C: Health Education ( $M = 4.02$ )
  - o D: Health Services ( $M = 4.34$ )
  - o F: School Counseling, Psychology, and Social Work Services ( $M = 4.41$ )
  - o G: Health Promotion for Staff Members ( $M = 3.94$ )
  - o I: Food and Nutrition General ( $M = 3.72$ )
  - o J: Nutrition Education, Promotion, and Food Marketing ( $M = 3.78$ )
  - o K: Nutritional Guidelines ( $M = 3.77$ )
- Other Centers were *transitioning* (scored between 2.50 – 3.49) on the following sections:
  - o A: Physical Education ( $M = 3.18$ )
  - o B: Physical Activity ( $M = 2.71$ )
  - o E: Healthy and Safe School Environment ( $M = 3.16$ )
  - o H: Family and Community Involvement ( $M = 2.75$ )
- Other Centers were *exploring* (scored less than 2.50) on the following sections:
  - o None
- \*See detailed report for question comparisons\*



# 2019-20 School Wellness Survey Report (Summary)

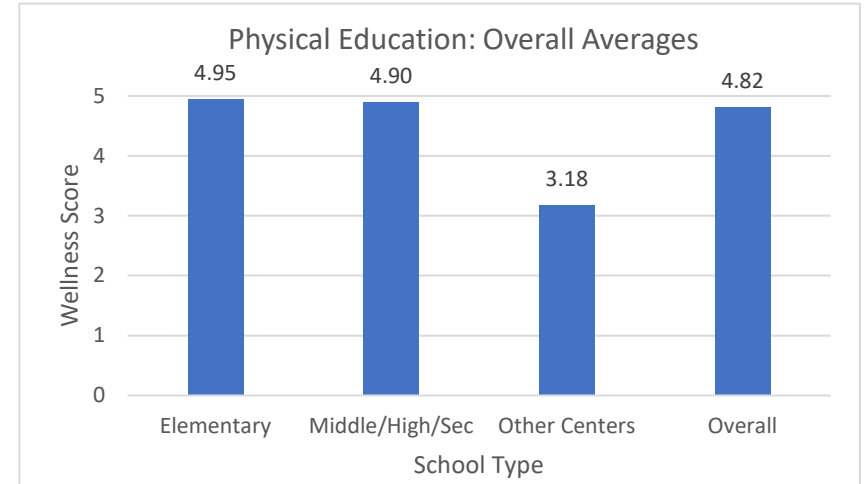
## Summary by Wellness Category

### 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.

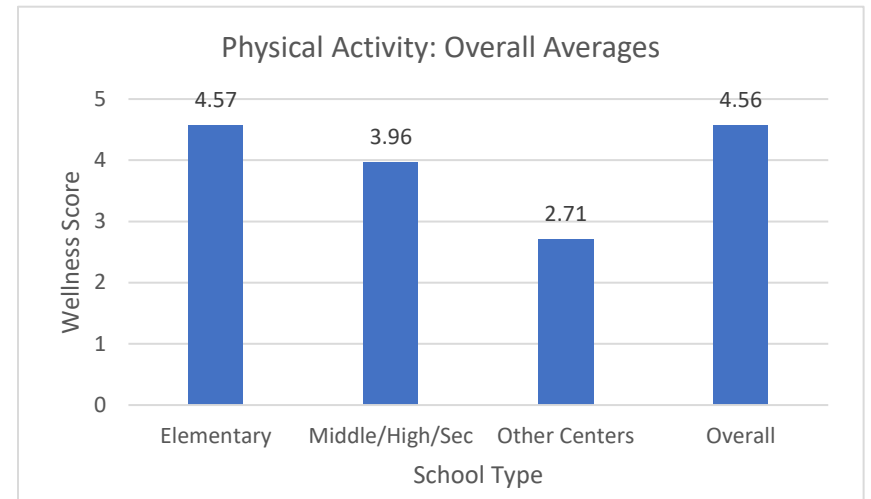
### Section A – Physical Education

- Other Centers ( $M = 3.18$ , transitioning) scored significantly lower than Elementary ( $M = 4.95$ , 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 ( $p > .05$ ).
- \*See detailed report for question comparisons\*



### Section B – Physical Activity

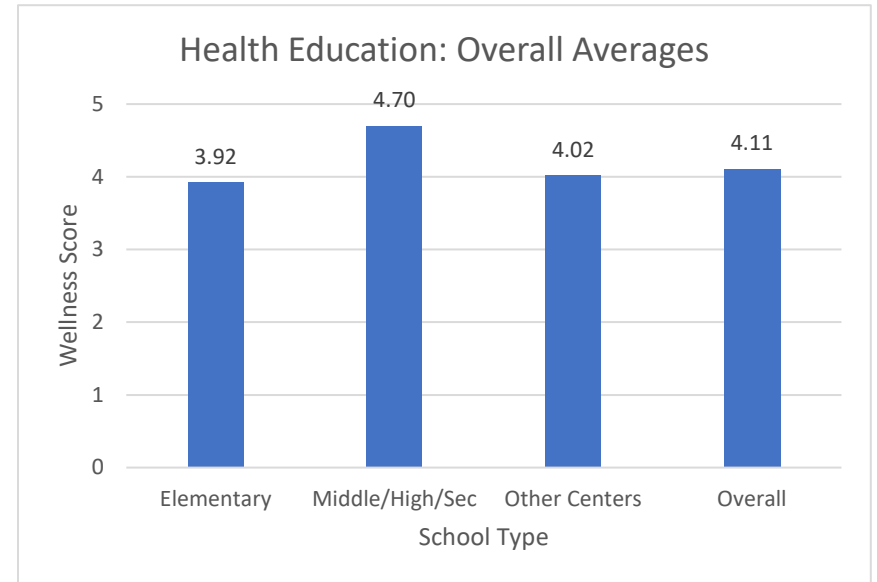
- Other Centers ( $M = 2.71$ , transitioning) scored significantly lower than Elementary ( $M = 4.57$ , embedded) and Middle/High/Sec Schools ( $M = 3.96$ , emerging) ( $p < .05$ ).
- No statistically significant differences were observed between Elementary and Middle/High/Sec Schools ( $p > .05$ ).
- \*See detailed report for question comparisons\*





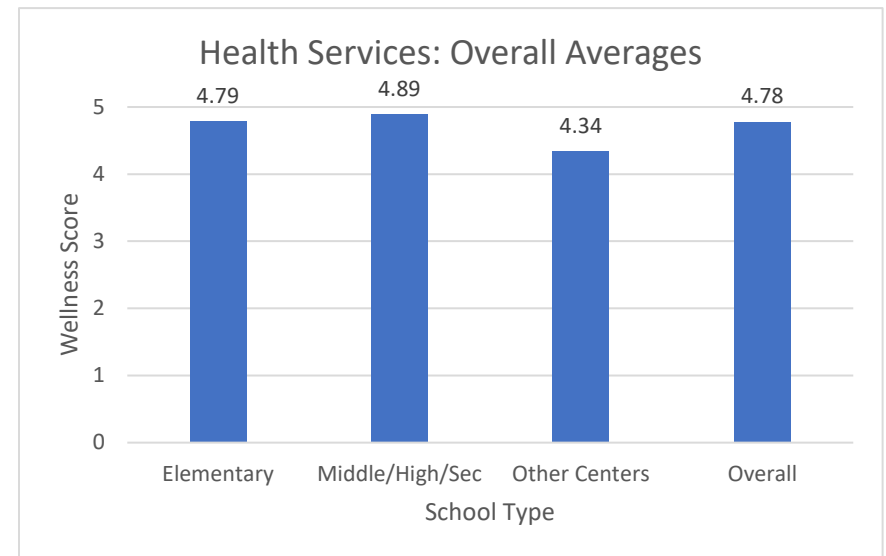
### Section C – Health Education

- Elementary Schools ( $M = 3.92$ , emerging) and Other Centers ( $M = 4.02$ , emerging) scored significantly lower than Middle/High/Sec Schools ( $M = 4.70$ , embedded) ( $p < .05$ ).
- \*See detailed report for question comparisons\*



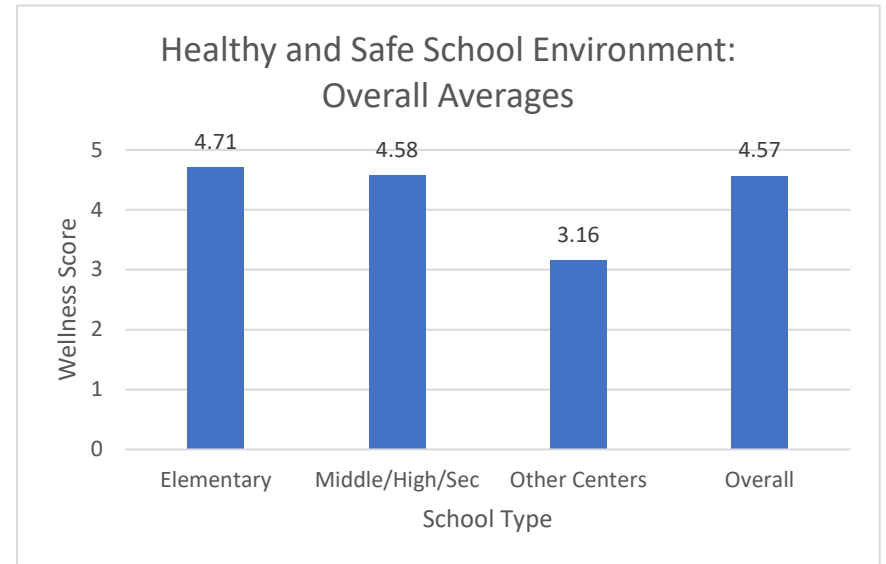
### Section D – Health Services

- Other Centers ( $M = 4.34$ , emerging) scored significantly lower than Elementary ( $M = 4.79$ , embedded) and Middle/High/Sec Schools ( $M = 4.89$ , embedded) ( $p < .05$ ).
- No statistically significant differences were observed between Elementary and Middle/High/Sec Schools ( $p > .05$ ).
- \*See detailed report for question comparisons\*



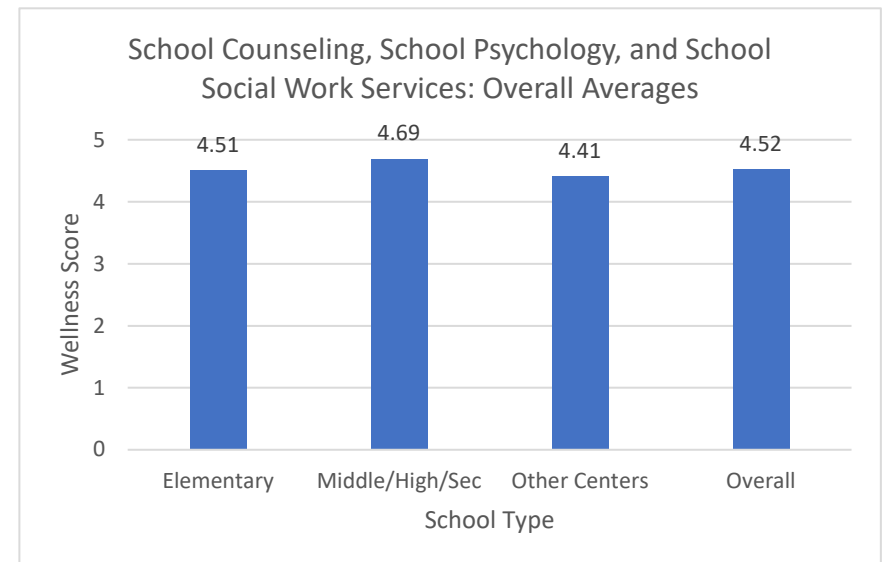
### Section E – Healthy and Safe School Environment

- Other Centers ( $M = 3.16$ , transitioning) scored significantly lower than Elementary ( $M = 4.71$ , embedded) and Middle/High/Sec Schools ( $M = 4.58$ , embedded) ( $p < .05$ ).
- No statistically significant differences were observed between Elementary and Middle/High/Sec Schools ( $p > .05$ ).
- \*See detailed report for question comparisons\*



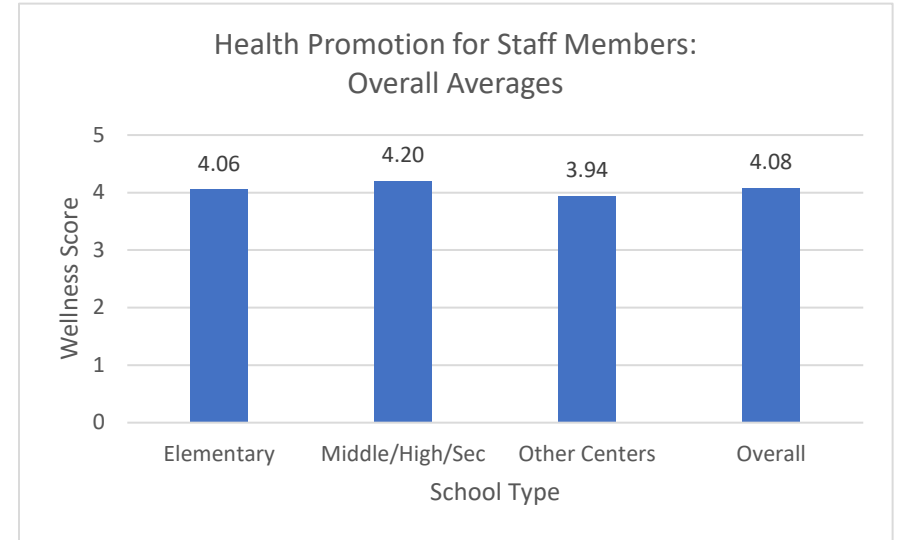
### Section F – School Counseling, School Psychology, and School Social Work Services

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



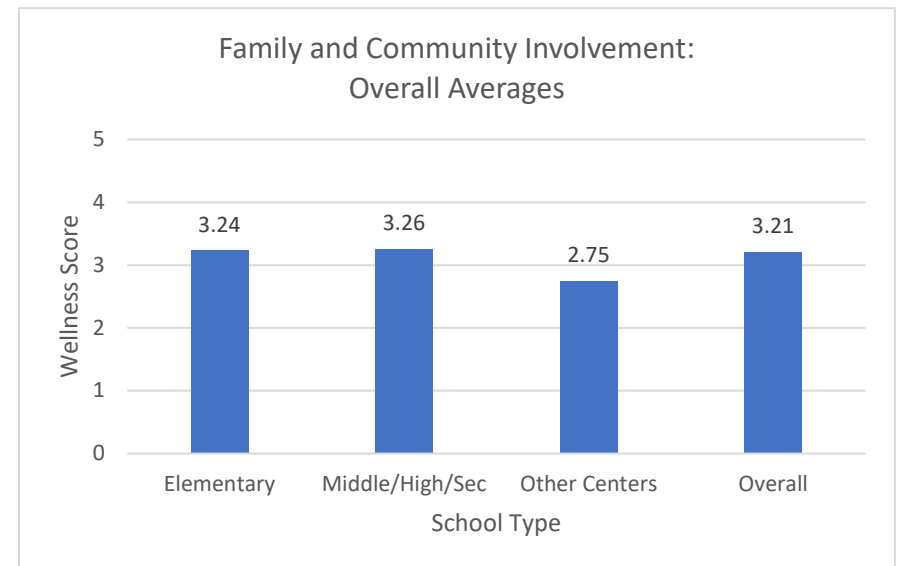
### Section G – Health Promotion for Staff Members

- No statistically significant differences were observed between school types ( $p > .05$ ).



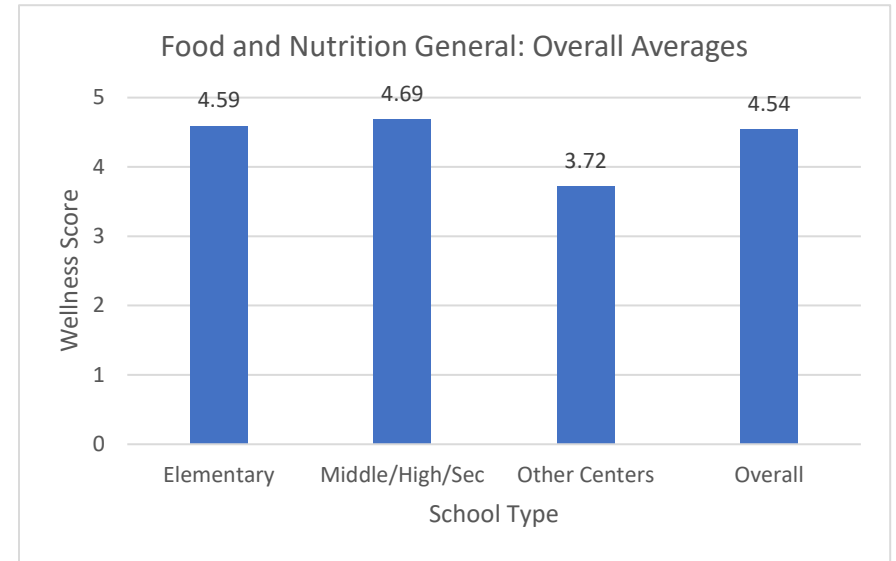
### Section H – Family and Community Involvement

- No statistically significant differences were observed between school types ( $p > .05$ ).



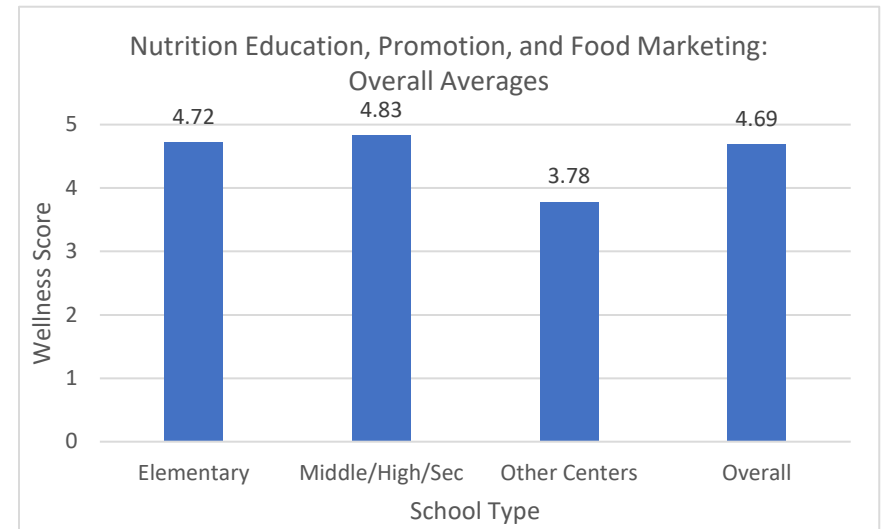
## Section I – Food and Nutrition General

- Other Centers ( $M = 3.72$ , emerging) scored significantly lower than Elementary ( $M = 4.59$ , embedded) and Middle/High/Sec schools ( $M = 4.69$ , embedded) ( $p < .05$ ).
- No statistically significant differences were observed between Elementary and Middle/High/Sec Schools ( $p > .05$ ).
- \*See detailed report for question comparisons\*



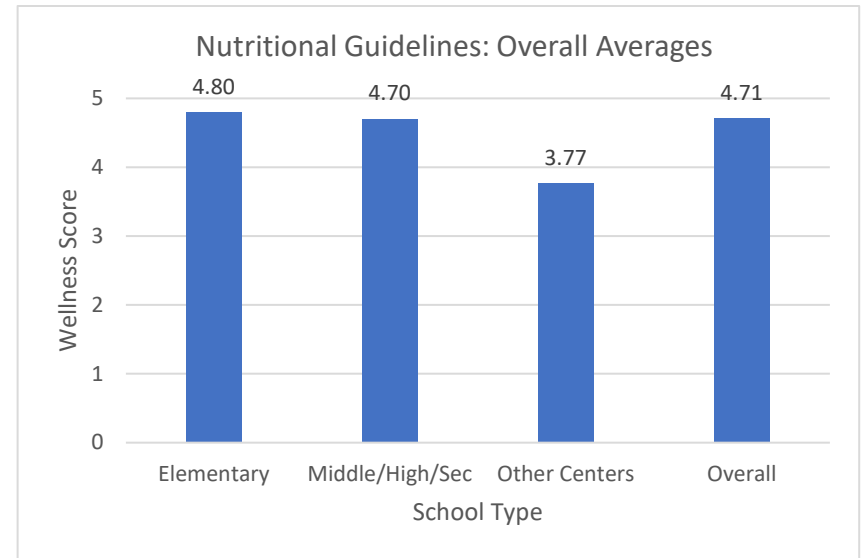
## Section J – Nutrition Education, Promotion, and Food Marketing

- Other Centers ( $M = 3.78$ , emerging) scored significantly lower than Elementary ( $M = 4.72$ , embedded) and Middle/High/Sec Schools ( $M = 4.83$ , embedded) ( $p < .05$ ).
- No statistically significant differences were observed between Elementary and Middle/High/Sec Schools ( $p > .05$ ).
- \*See detailed report for question comparisons\*



## Section K – Nutritional Guidelines

- Other Centers ( $M = 3.77$ , emerging) scored significantly lower than Elementary ( $M = 4.80$ , embedded) and Middle/High/Sec Schools ( $M = 4.70$ , embedded) ( $p < .05$ ).
- No statistically significant differences were observed between Elementary and Middle/High/Sec Schools ( $p > .05$ ).
- \*See detailed report for question comparisons\*



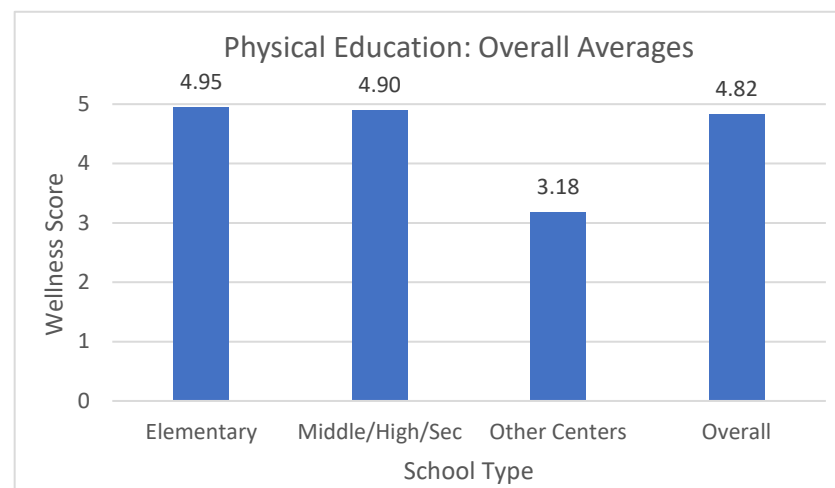
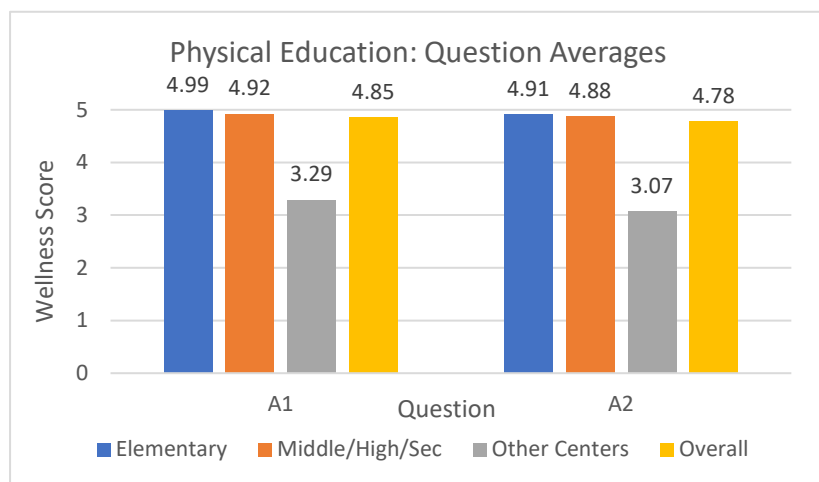
# 2019-20 School Wellness Survey Report (Detailed)

## 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 (4.92)	Transitioning (3.29)	Embedded (4.85)
- A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.	Embedded (4.91)	Embedded (4.88)	Transitioning (3.07)	Embedded (4.78)
<b>OVERALL</b>	Embedded (4.95)	Embedded (4.90)	Transitioning (3.18)	Embedded (4.82)



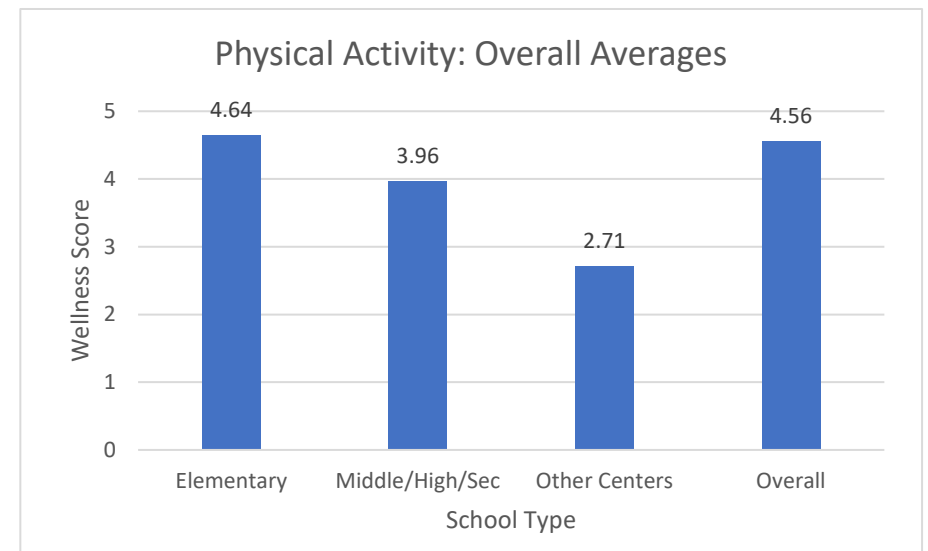
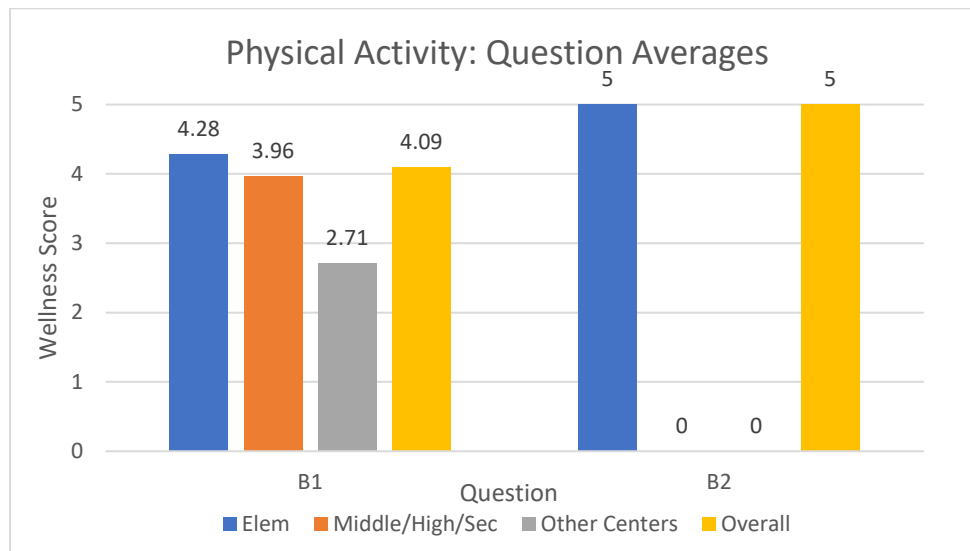
- A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218.
  - o Other Centers scored significantly lower ( $M = 3.29$ , transitioning) than Elementary ( $M = 4.99$ , embedded) and Middle/High/Sec Schools ( $M = 4.92$ , embedded); ( $p < .05$ ).
  - 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 ( $M = 3.07$ , transitioning) than Elementary ( $M = 4.91$ , embedded) and Middle/High/Sec Schools ( $M = 4.88$ , embedded); ( $p < .05$ ).
  - o No statistically significant differences were observed between Elementary and Middle/High/Sec Schools ( $p > .05$ ).

## 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.	Emerging (4.28)	Emerging (3.96)	Transitioning (2.71)	Emerging (4.09)
- 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)
<b>OVERALL</b>	Embedded (4.64)	Emerging (3.96)	Transitioning (2.71)	Embedded (4.56)



- B1: Withholding recess or physical education is not used as a disciplinary action.
  - o Other Centers scored significantly lower ( $M = 2.71$ , transitioning) than Elementary ( $M = 4.28$ , emerging) and Middle/High/Sec Schools ( $M = 3.96$ , emerging); ( $p < .05$ ).
  - o No statistically significant differences were observed between Elementary and Middle/High/Sec Schools ( $p > .05$ ).

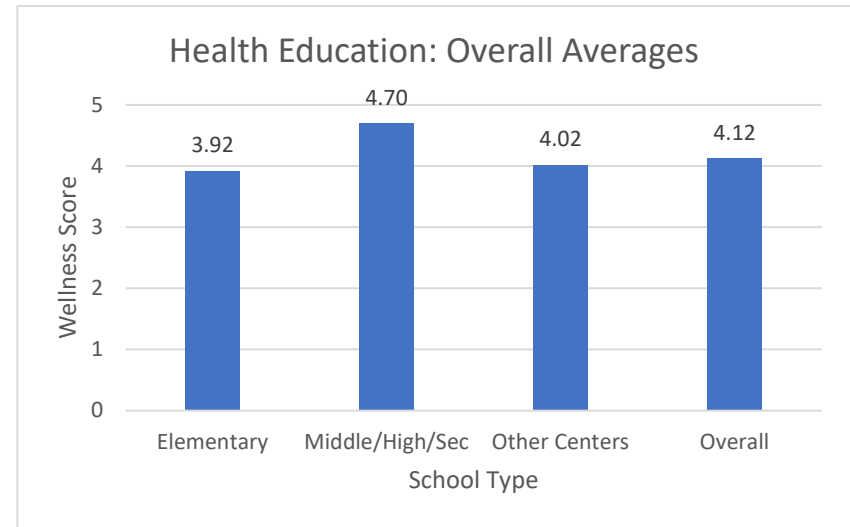
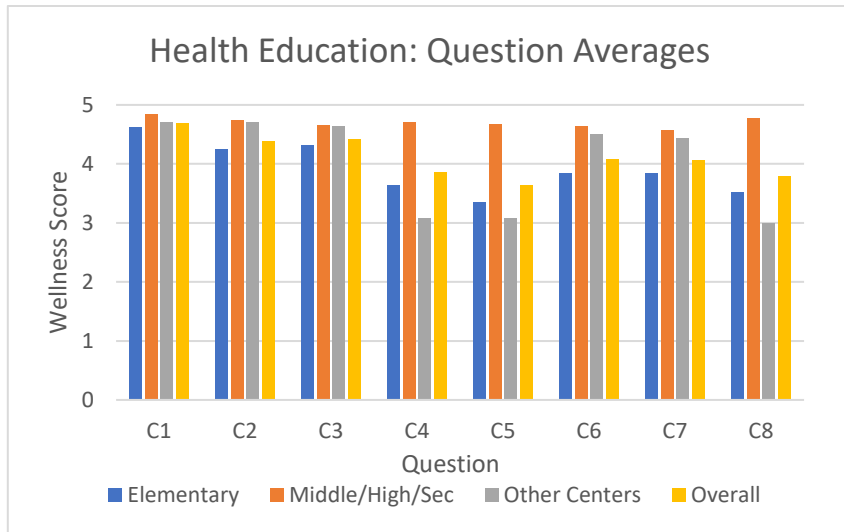
## Section C – Health Education

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

### Response

	Elementary	Middle/High/Sec	Other Centers	Overall
- C1: Promoting Healthy Lifestyles.	Embedded (4.62)	Embedded (4.84)	Embedded (4.71)	Embedded (4.68)
- C2: Stress Management.	Emerging (4.24)	Embedded (4.73)	Embedded (4.71)	Emerging (4.39)
- C3: Coping Skills.	Emerging (4.31)	Embedded (4.65)	Embedded (4.64)	Emerging (4.42)
- C4: Depression.	Emerging (3.64)	Embedded (4.71)	Transitioning (3.07)	Emerging (3.86)
- C5: Suicide Prevention and Awareness.	Transitioning (3.34)	Embedded (4.67)	Transitioning (3.07)	Emerging (3.65)
- C6: Mental Health Issues (general).	Emerging (3.84)	Embedded (4.63)	Embedded (4.50)	Emerging (4.08)
- C7: Relationship of Healthy Sleep to Mental Health.	Emerging (3.84)	Embedded (4.57)	Emerging (4.43)	Emerging (4.06)
- C8: Substance Abuse Prevention.	Emerging (3.51)	Embedded (4.78)	Transitioning (3.00)	Emerging (3.79)
OVERALL	Emerging (3.92)	Embedded (4.70)	Emerging (4.02)	Emerging (4.12)





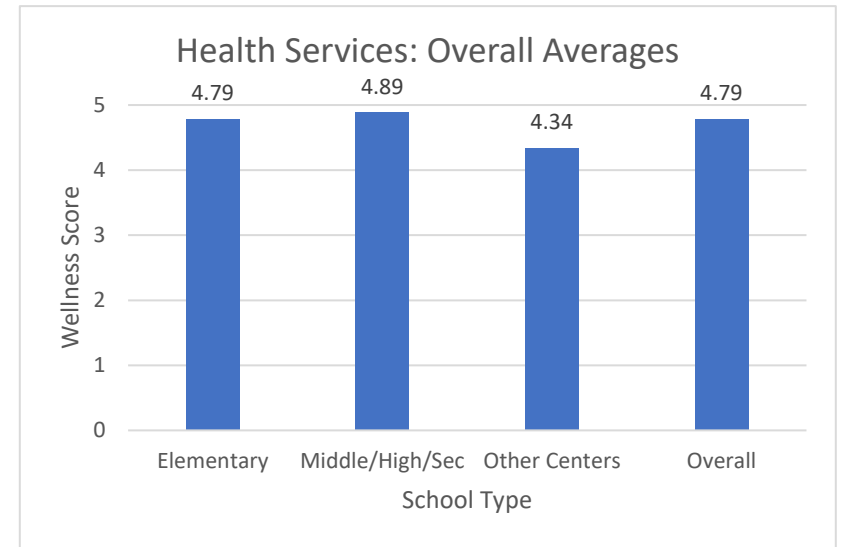
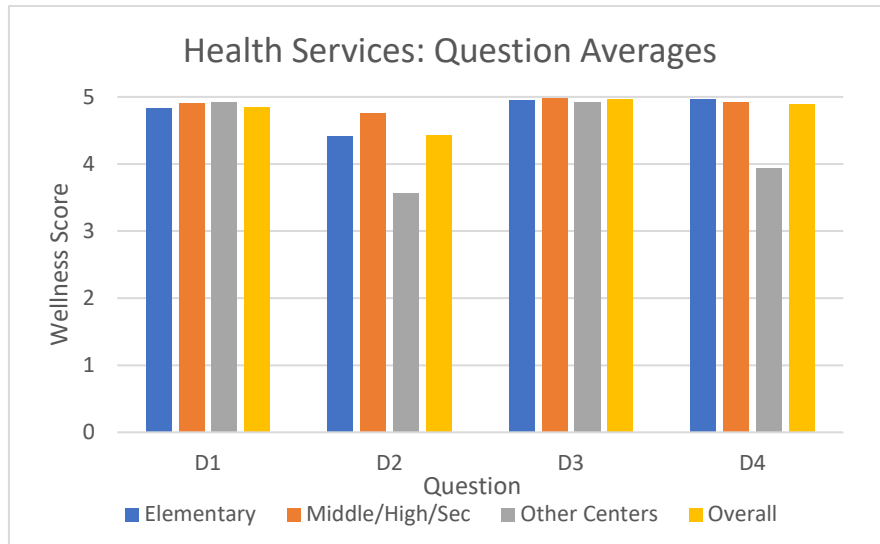
- No statistically significant differences were observed between school types ( $p > .05$ ).
  - o C1: Promoting Healthy Lifestyles.
- Elementary Schools scored significantly lower than Middle/High/Sec Schools on the following metrics:
  - o C2: Stress Management.
    - ( $M_{elementary} = 4.24$ , emerging; vs.  $M_{middle/high/sec} = 4.73$ , embedded;  $p < .05$ )
  - o C3: Coping Skills.
    - ( $M_{elementary} = 4.31$ , emerging; vs.  $M_{middle/high/sec} = 4.65$ , embedded;  $p < .05$ )
  - o C7: Relationship of Healthy Sleep to Mental Health.
    - ( $M_{elementary} = 3.84$ , emerging; vs.  $M_{middle/high/sec} = 4.57$ , embedded;  $p < .05$ )
- Elementary Schools scored significantly lower than Middle/High/Sec Schools and Other Centers on the following metrics:
  - o C6: Mental Health Issues (general).
    - ( $M_{elementary} = 3.84$ , emerging; vs.  $M_{middle/high/sec} = 4.63$ , embedded;  $M_{other} = 4.50$ , embedded;  $p < .05$ )
- Elementary Schools and Other Centers scored significantly lower than Middle/High/Sec Schools on the following metrics:
  - o C4: Depression.
    - ( $M_{elementary} = 3.64$ , emerging;  $M_{other} = 3.07$ , transitioning; vs.  $M_{middle/high/sec} = 4.71$ , embedded;  $p < .05$ )
  - o C5: Suicide Prevention and Awareness.
    - ( $M_{elementary} = 3.34$ , transitioning;  $M_{other} = 3.07$ , transitioning; vs.  $M_{middle/high/sec} = 4.67$ , embedded;  $p < .05$ )
  - o C8: Substance Abuse Prevention.,
    - ( $M_{elementary} = 3.51$ , emerging;  $M_{other} = 3.00$ , transitioning; vs.  $M_{middle/high/sec} = 4.78$ , 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 (4.83)	Embedded (4.90)	Embedded (4.93)	Embedded (4.85)
- D2: Students have regular access to public health nurses to address health, safety, and psychological issues.	Emerging (4.41)	Embedded (4.75)	Emerging (3.57)	Emerging (4.44)
- D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia.	Embedded (4.95)	Embedded (4.98)	Embedded (4.93)	Embedded (4.96)
- D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102.	Embedded (4.97)	Embedded (4.92)	Emerging (3.93)	Embedded (4.89)
OVERALL	Embedded (4.79)	Embedded (4.89)	Emerging (4.34)	Embedded (4.79)



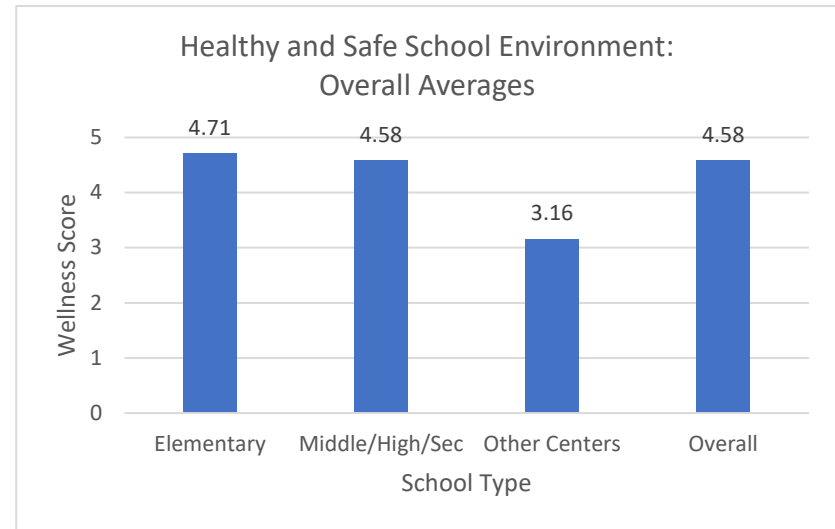
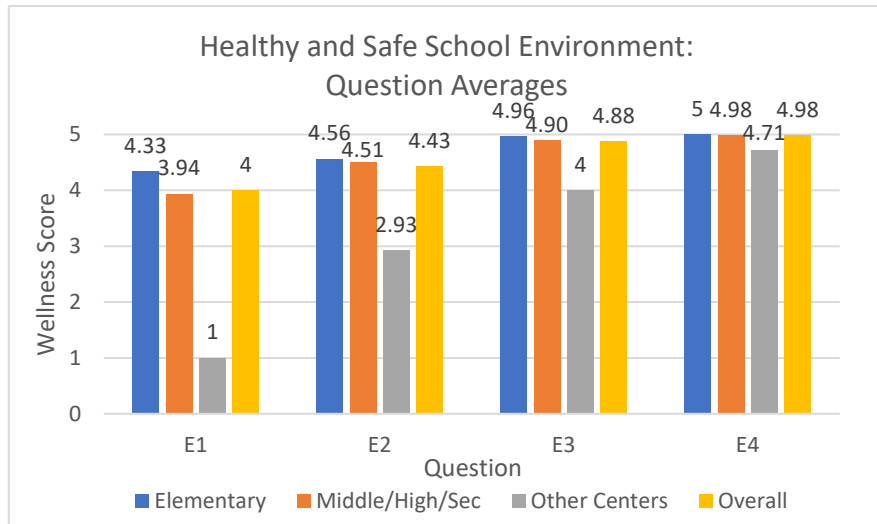
- **D1, D3:**
  - o No statistically significant differences were observed between school types.
- **D2: Students have regular access to public health nurses to address health, safety, and psychological issues.**
  - o Other Centers scored significantly lower ( $M = 3.57$ , emerging) than Elementary ( $M = 4.41$ , emerging) and Middle/High/Sec Schools ( $M = 4.75$ , embedded); ( $p < .05$ ).
  - o No statistically significant differences were observed between Elementary and Middle/High/Sec Schools ( $p > .05$ ).
- **D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102.**
  - o Other Centers scored significantly lower ( $M = 3.93$ , emerging) than Elementary ( $M = 4.97$ , embedded) and Middle/High/Sec Schools ( $M = 4.92$ , embedded); ( $p < .05$ ).
  - o 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 (4.33)	Emerging (3.94)	No Activity (1.00)	Emerging (4.01)
- E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults.	Embedded (4.56)	Embedded (4.51)	Transitioning (2.93)	Emerging (4.44)
- E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560.	Embedded (4.96)	Embedded (4.90)	Emerging (4.00)	Embedded (4.88)
- E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152.	Embedded (5.00)	Embedded (4.98)	Embedded (4.71)	Embedded (4.98)
OVERALL	Embedded (4.71)	Embedded (4.58)	Transitioning (3.16)	Embedded (4.58)



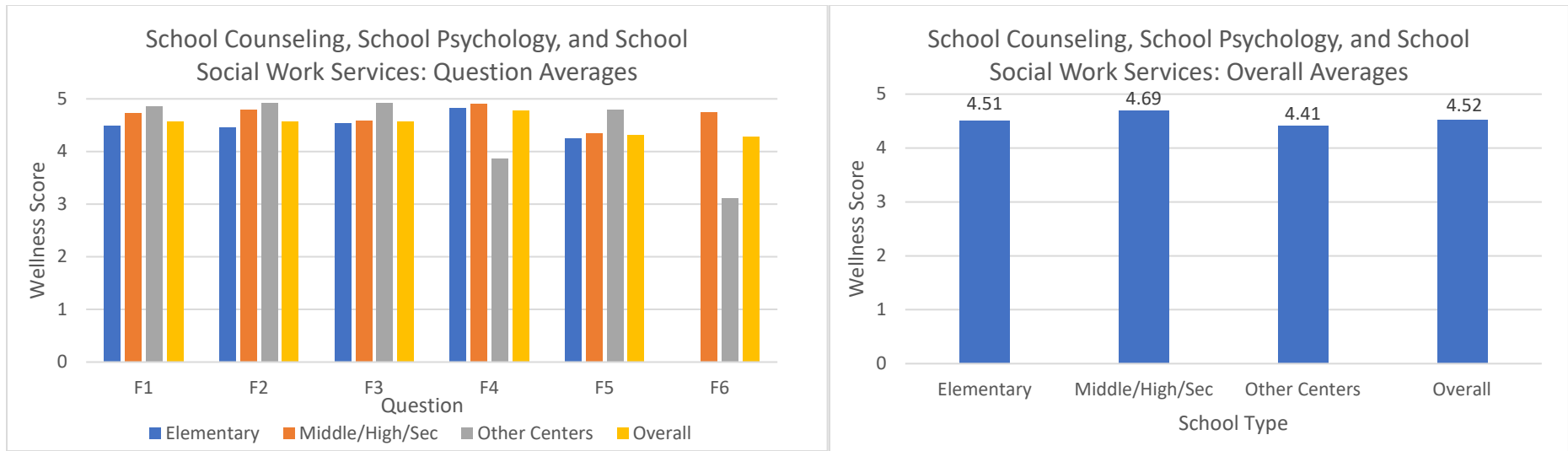
- E1: Encourages children to safely walk or bike to and from school.
  - o Other Centers scored significantly lower ( $M = 1.00$ , no activity) than Elementary ( $M = 4.33$ , emerging) and Middle/High/Sec Schools ( $M = 3.94$ , emerging); ( $p < .05$ ).
  - o No statistically significant differences 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.
  - o Other Centers scored significantly lower ( $M = 2.93$ , transitioning) than Elementary ( $M = 4.56$ , embedded) and Middle/High/Sec Schools ( $M = 4.51$ , embedded); ( $p < .05$ ).
  - o 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.
  - o Other Centers scored significantly lower ( $M = 4.00$ , emerging) than Elementary ( $M = 4.96$ , embedded) and Middle/High/Sec Schools ( $M = 4.90$ , embedded); ( $p < .05$ ).
  - o 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.
  - o Other Centers scored significantly lower ( $M = 4.71$ , embedded) than Elementary ( $M = 5.00$ , embedded) and Middle/High/Sec Schools ( $M = 4.98$ , embedded); ( $p < .05$ ).
  - o No statistically significant differences were observed between Elementary and Middle/High/Sec Schools ( $p > .05$ ).

## 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.	Emerging (4.49)	Embedded (4.73)	Embedded (4.86)	Embedded (4.57)
- 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 (4.46)	Embedded (4.80)	Embedded (4.93)	Embedded (4.58)
- F3: Implements programs that foster social and emotional health and wellness of students and staff.	Embedded (4.54)	Embedded (4.59)	Embedded (4.93)	Embedded (4.58)
- F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.	Embedded (4.83)	Embedded (4.90)	Emerging (3.86)	Embedded (4.78)
- F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.	Emerging (4.25)	Emerging (4.35)	Embedded (4.79)	Emerging (4.31)
- 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 (4.75)	Transitioning (3.11)	Emerging (4.28)
OVERALL	Embedded (4.51)	Embedded (4.69)	Emerging (4.41)	Embedded (4.52)



- 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 Elementary Schools scored significantly lower ( $M = 4.49$ , emerging) than Middle/High/Sec Schools ( $M = 4.73$ , embedded); ( $p < .05$ ).
- 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 Elementary Schools scored significantly lower ( $M = 4.46$ , emerging) than Middle/High/Sec Schools ( $M = 4.80$ , embedded); ( $p < .05$ ).
- F3: Implements programs that foster social and emotional health and wellness of students and staff.
  - o Elementary Schools scored significantly lower ( $M = 4.54$ , embedded) than Other Centers ( $M = 4.93$ , embedded); ( $p < .05$ ).
- F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.
  - o Other Centers scored significantly lower ( $M = 3.86$ , emerging) than Elementary ( $M = 4.83$ , embedded) and Middle/High/Sec Schools ( $M = 4.90$ , 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 Elementary Schools scored significantly lower ( $M = 4.25$  emerging) than Other Centers ( $M = 4.79$ , embedded); ( $p < .05$ ).
- 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.
  - o Other Centers scored significantly lower ( $M = 3.11$ , transitioning) than Middle/High/Sec Schools ( $M = 4.75$ , embedded); ( $p < .05$ ).

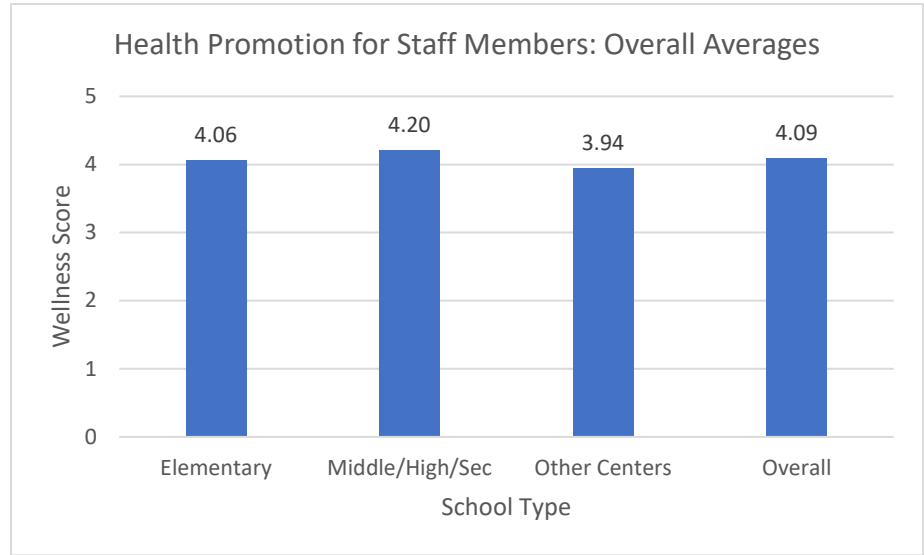
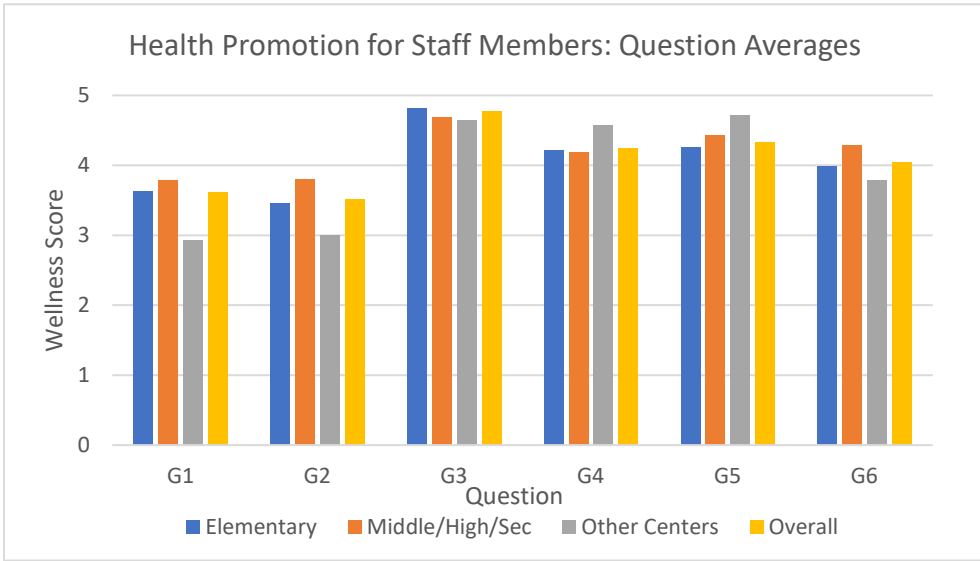
## Section G – Health Promotion for Staff Members

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

### Response

	Elementary	Middle/High/Sec	Other Centers	Overall
- G1: Health screenings.	Emerging (3.63)	Emerging (3.78)	Transitioning (2.93)	Emerging (3.62)
- G2: Health care access.	Transitioning (3.46)	Emerging (3.80)	Transitioning (3.00)	Emerging (3.51)
- G3: Employee flu immunization clinics.	Embedded (4.82)	Embedded (4.69)	Embedded (4.64)	Embedded (4.77)
- 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 (4.22)	Emerging (4.18)	Embedded (4.57)	Emerging (4.23)
- G5: Awareness of the Employee Assistance Program Services.	Emerging (4.26)	Emerging (4.43)	Embedded (4.71)	Emerging (4.33)
- G6: Staff celebrations that offer and encourage healthy choices for food and beverages.	Emerging (3.99)	Emerging (4.29)	Emerging (3.79)	Emerging (4.05)
OVERALL	Emerging (4.06)	Emerging (4.20)	Emerging (3.94)	Emerging (4.09)





- G1, G2, G3, G4, G5, and G6.

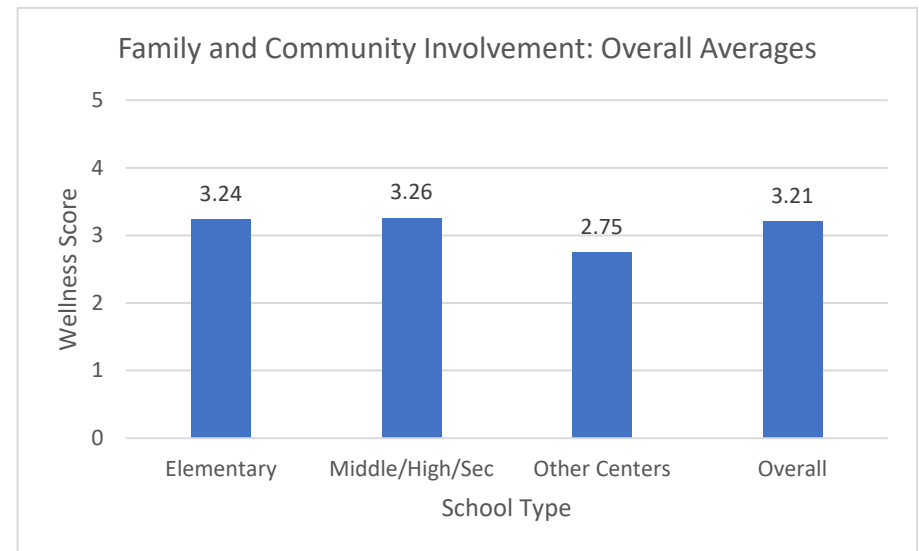
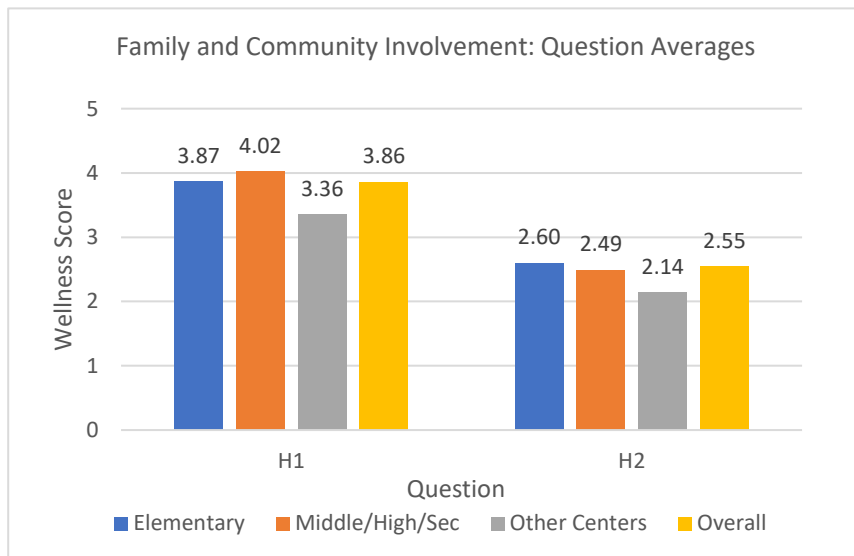
- o No statistically significant differences were observed between school types ( $p > .05$ ).

## 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 (3.87)	Emerging (4.02)	Transitioning (3.36)	Emerging (3.87)
- H2: Includes a non-staff, family, or community member in our school's wellness committee.	Transitioning (2.60)	Exploring (2.49)	Exploring (2.14)	Transitioning (2.54)
<b>OVERALL</b>	Transitioning (3.24)	Transitioning (3.26)	Transitioning (2.75)	Transitioning (3.21)



**H1 and H2:**

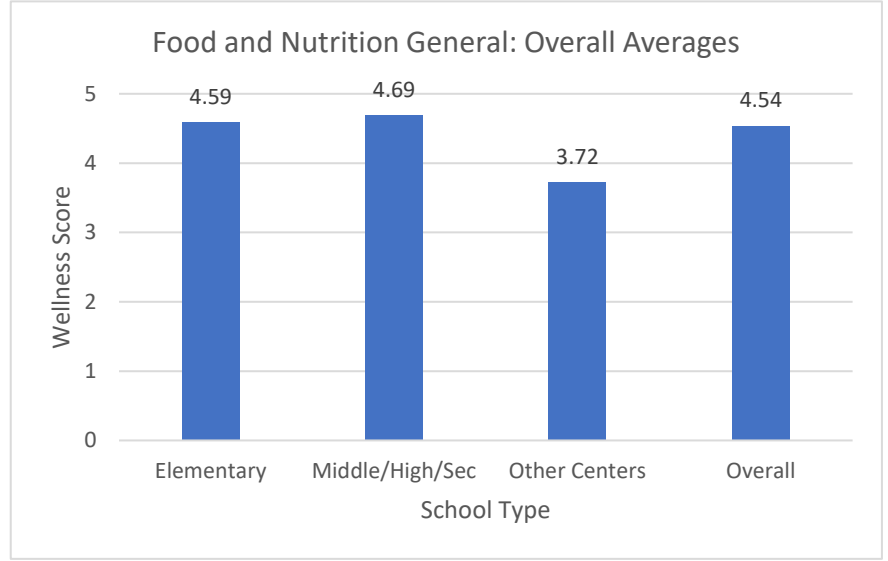
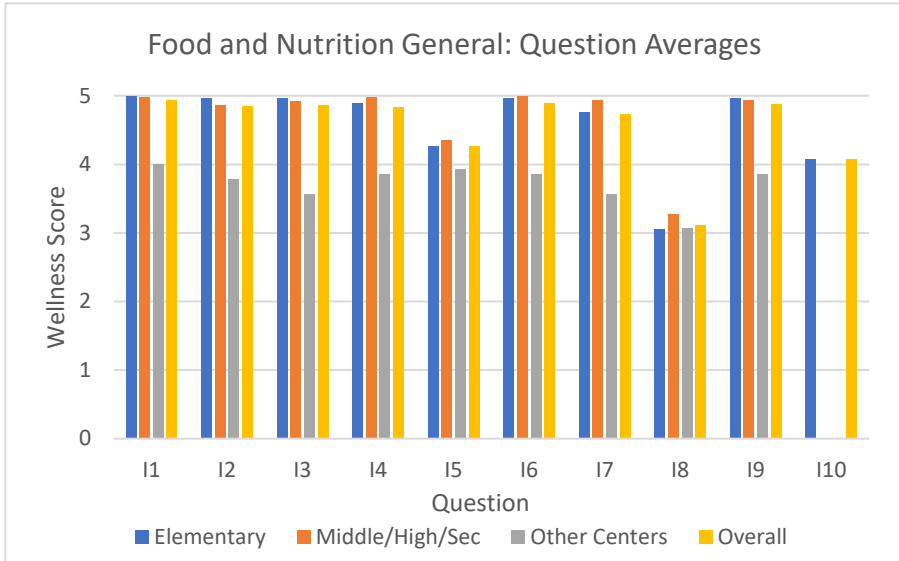
- o No statistically significant differences were observed between school types ( $p > .05$ ).

## 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 (5.00)	Embedded (4.98)	Emerging (4.00)	Embedded (4.93)
- 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 (4.96)	Embedded (4.86)	Emerging (3.79)	Embedded (4.85)
- I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities.	Embedded (4.96)	Embedded (4.92)	Emerging (3.57)	Embedded (4.86)
- I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals.	Embedded (4.89)	Embedded (4.98)	Emerging (3.86)	Embedded (4.84)
- I5: Encourages the use of non-food items for classroom celebrations.	Emerging (4.26)	Emerging (4.35)	Emerging (3.93)	Emerging (4.26)
- I6: Withholding access to food is not used as a disciplinary action.	Embedded (4.97)	Embedded (5.00)	Emerging (3.86)	Embedded (4.90)
- I7: Potable water is available to all our students at no cost.	Embedded (4.77)	Embedded (4.94)	Emerging (3.57)	Embedded (4.73)
- I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS).	Transitioning (3.06)	Transitioning (3.27)	Transitioning (3.07)	Transitioning (3.11)
- I9: Allows students to possess personal containers for drinking water.	Embedded (4.96)	Embedded (4.94)	Emerging (3.86)	Embedded (4.88)
- I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible.	Emerging (4.08)	N/A	N/A	Emerging (4.08)
OVERALL	Embedded (4.59)	Embedded (4.69)	Emerging (3.72)	Embedded (4.54)



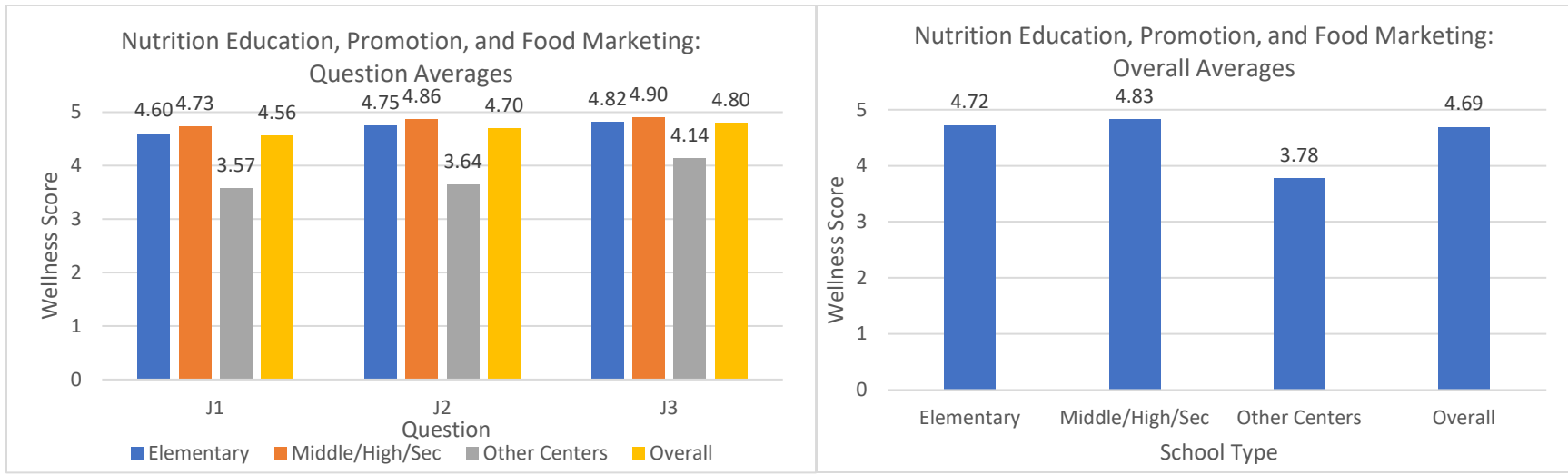
- No statistically significant differences were observed between school types ( $p > .05$ ).
  - o I5, I8, and I10.
  
- Other Centers scored significantly lower than Elementary and Middle/High/Sec Schools on the following questions:
  - o I1: All students have at least 20 minutes to eat after sitting down for lunch.
    - ( $M_{other\ centers} = 4.00$ , emerging;  $M_{elementary} = 5.00$ , embedded;  $M_{middle/high/sec} = 4.98$ , embedded;  $p < .05$ ).
  - o 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.
    - ( $M_{other\ centers} = 3.79$ , emerging; vs.  $M_{elementary} = 4.96$ , embedded;  $M_{middle/high/sec} = 4.86$ , embedded;  $p < .05$ ).
  - o I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities.
    - ( $M_{other\ centers} = 3.57$ , emerging; vs.  $M_{elementary} = 4.96$ , embedded;  $M_{middle/high/sec} = 4.92$ , embedded;  $p < .05$ ).
  - o I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals.
    - ( $M_{other\ centers} = 3.86$ , emerging; vs.  $M_{elementary} = 4.89$ , embedded;  $M_{middle/high/sec} = 4.98$ , embedded;  $p < .05$ ).
  - o I6: Withholding access to food is not used as a disciplinary action.
    - ( $M_{other\ centers} = 3.86$ , emerging; vs.  $M_{elementary} = 4.97$ , embedded;  $M_{middle/high/sec} = 5.00$ , embedded;  $p < .05$ ).
  - o I7: Potable water is available to all our students at no cost.
    - ( $M_{other\ centers} = 3.57$ , emerging; vs.  $M_{elementary} = 4.77$ , embedded;  $M_{middle/high/sec} = 4.94$ , embedded;  $p < .05$ ).
  - o I9: Allows students to possess personal containers for drinking water.
    - ( $M_{other\ centers} = 3.86$ , emerging; vs.  $M_{elementary} = 4.96$ , embedded;  $M_{middle/high/sec} = 4.94$ , embedded;  $p < .05$ ).

**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.	Embedded (4.60)	Embedded (4.73)	Emerging (3.57)	Embedded (4.56)
- J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day.	Embedded (4.75)	Embedded (4.86)	Emerging (3.64)	Embedded (4.70)
- J3: We follow FCPS’ policy on fundraisers as outlined in R2100.	Embedded (4.82)	Embedded (4.90)	Emerging (4.14)	Embedded (4.80)
OVERALL	Embedded (4.72)	Embedded (4.83)	Emerging (3.78)	Embedded (4.69)



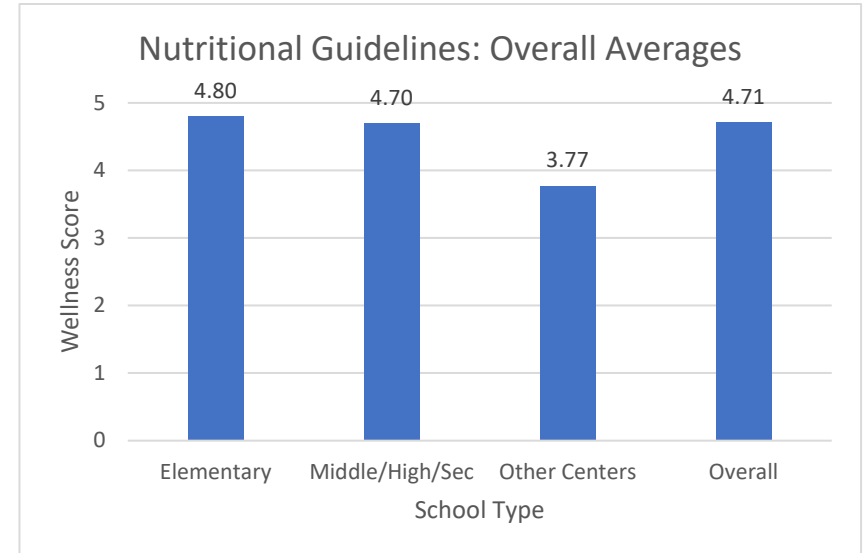
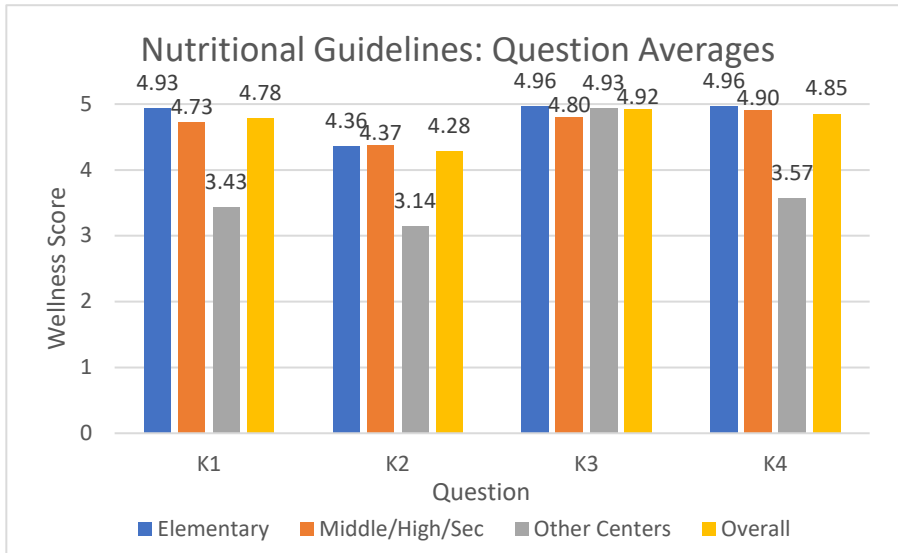
- J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day.
  - o Other Centers scored significantly lower ( $M = 3.57$ , emerging) than Elementary ( $M = 4.60$ , embedded) and Middle/High/Sec Schools ( $M = 4.73$ , embedded) ( $p < .05$ ).
  - o 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.
  - o Other Centers scored significantly lower ( $M = 3.64$ , emerging) than Elementary ( $M = 4.75$ , embedded) and Middle/High/Sec Schools ( $M = 4.86$ , embedded) ( $p < .05$ ).
  - o 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.
  - o Other Centers scored significantly lower ( $M = 4.14$ , emerging) than Elementary ( $M = 4.82$ , embedded) and Middle/High/Sec Schools ( $M = 4.90$ , embedded) ( $p < .05$ ).
  - o 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 (4.93)	Embedded (4.73)	Transitioning (3.43)	Embedded (4.78)
- K2: Healthy food and beverage options are encouraged at school-related events outside the school day.	Emerging (4.36)	Emerging (4.37)	Transitioning (3.14)	Emerging (4.28)
- K3: Implements appropriate precautions against severe food allergies.	Embedded (4.96)	Embedded (4.80)	Embedded (4.93)	Embedded (4.92)
- K4: We follow all nutrition guidelines for food and beverage standards, as outlined in FCPS P2100 and R2100.	Embedded (4.96)	Embedded (4.90)	Emerging (3.57)	Embedded (4.85)
OVERALL	Embedded (4.80)	Embedded (4.70)	Emerging (3.77)	Embedded (4.71)



- K1: Sodas and sports drinks are not offered for sale to students at any time during the school day.
  - o Other Centers scored significantly lower ( $M = 3.43$ , transitioning) than Elementary ( $M = 4.93$ , embedded) and Middle/High/Sec Schools ( $M = 4.73$ , embedded); ( $p < .05$ ).
  - o 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.
  - o Other Centers scored significantly lower ( $M = 3.14$ , transitioning) than Elementary ( $M = 4.36$ , emerging) and Middle/High/Sec Schools ( $M = 4.37$ , emerging); ( $p < .05$ ).
  - o No statistically significant differences were observed between Elementary and Middle/High/Sec Schools ( $p > .05$ ).
- K3: Implements appropriate precautions against severe food allergies.
  - o Middle/High/Sec Schools ( $M = 4.80$ , embedded) significantly lower than Elementary Schools ( $M = 4.96$ , embedded); ( $p < .05$ ).
- K4: We follow all nutrition guidelines for food and beverage standards, as outlined in FCPS P2100 and R2100.
  - o Other Centers scored significantly lower ( $M = 3.57$ , emerging) than Elementary ( $M = 4.96$ , embedded) and Middle/High/Sec Schools ( $M = 4.90$ , embedded); ( $p < .05$ ).
  - o No statistically significant differences were observed between Elementary and Middle/High/Sec Schools ( $p > .05$ ).

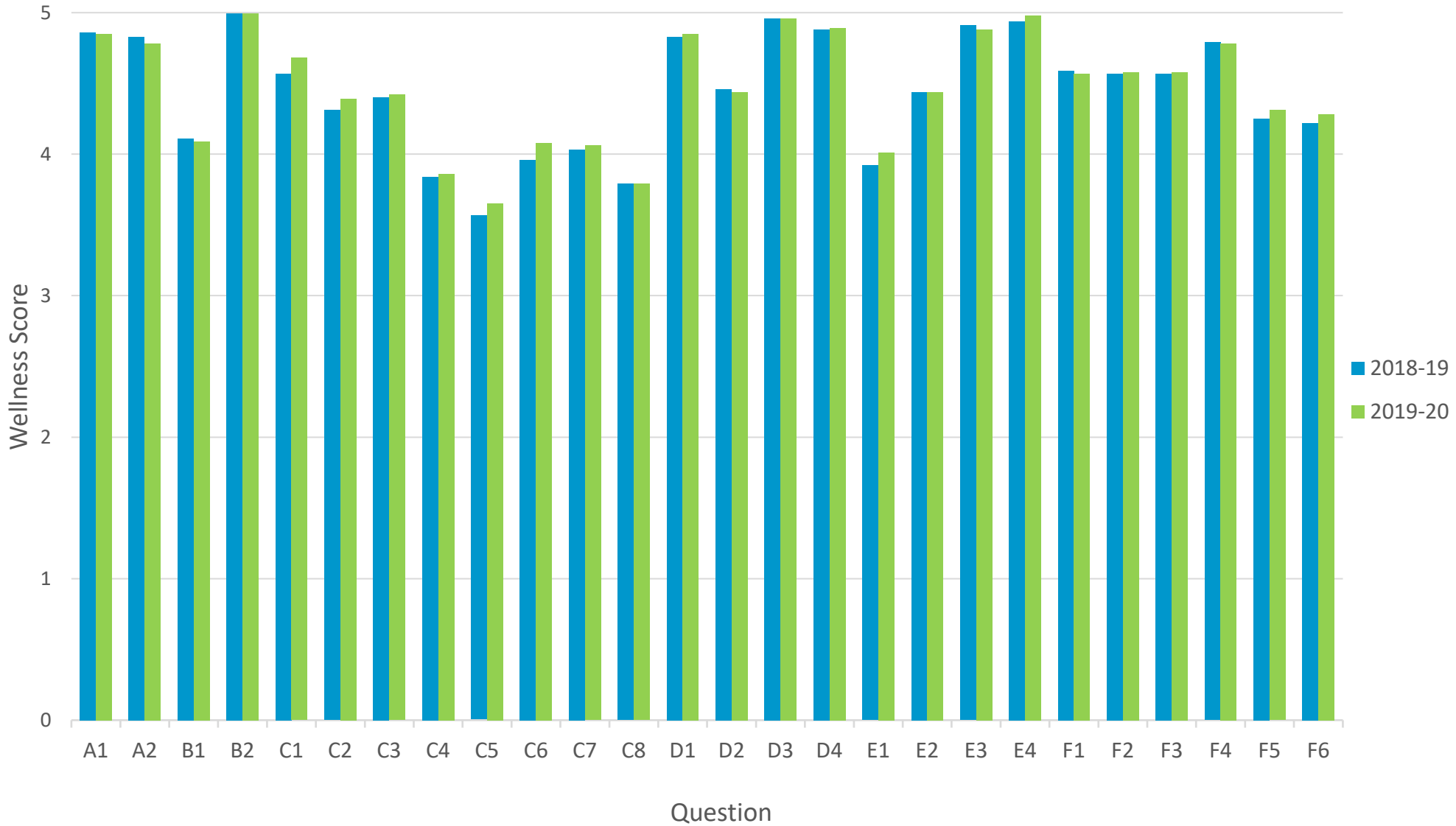


## Open-Ended Response Summary

Title: Summary Table of Common Responses to Survey Questions			
Question	School Type		
	Elementary	Middle/High/Secondary	Other Centers
<i>7. Please highlight any activities or best practices used to promote student's physical activity.</i>	<ul style="list-style-type: none"> <li>- Recess and P.E.</li> <li>- Brain breaks</li> <li>- Fitness clubs and programs</li> </ul>	<ul style="list-style-type: none"> <li>- P.E.</li> <li>- Athletic extracurriculars, sports teams</li> <li>- Curriculum / course options</li> </ul>	<ul style="list-style-type: none"> <li>- Volunteer work</li> <li>- Sports, clubs, open gym</li> <li>- Regularly scheduled physical activity</li> </ul>
<i>11. Please share any school or community specific barriers to promoting a healthy and safe school environment for students.</i>	<ul style="list-style-type: none"> <li>- Limited safe walking / biking routes to school due to location / no crossing guard</li> <li>- Overcrowding</li> <li>- Lack of full-time counseling staff</li> </ul>	<ul style="list-style-type: none"> <li>- Inability to walk or bike to school due to location / traffic</li> <li>- Drug usage concerns, especially vaping</li> </ul>	<ul style="list-style-type: none"> <li>- Difficult for students to walk or bike to school</li> <li>- Substance abuse issues</li> <li>- Need for age-appropriate mentors</li> </ul>
<i>17. Please share how your wellness committee encourages involvement from families and community members in promoting wellness in your school.</i>	<ul style="list-style-type: none"> <li>- School-wide fitness activities / events</li> <li>- Partnerships with PTA</li> <li>- Wellness Weeks</li> <li>- Promotion via social media</li> </ul>	<ul style="list-style-type: none"> <li>- Promotions via newsletters / online announcements</li> <li>- Collaboration with PTSA for funding / meetings</li> </ul>	<ul style="list-style-type: none"> <li>- Food pantry</li> <li>- Partner with mentor programs due to lack of family involvement</li> <li>- Encourage families to make healthy choices</li> </ul>
<i>23. Please list any wellness events or activities your school has undertaken or will undertake this school year.</i>	<ul style="list-style-type: none"> <li>- Wellness / fitness clubs and challenges</li> <li>- Walk / bike to school day</li> <li>- Fun Run, 5K, Field Day</li> </ul>	<ul style="list-style-type: none"> <li>- Dedicated wellness activities / challenges</li> <li>- Wellness weeks for staff, yoga</li> <li>- Stress-Less weeks</li> </ul>	<ul style="list-style-type: none"> <li>- Wellness fairs / challenges</li> <li>- Flu clinic</li> <li>- Student basketball</li> </ul>
<i>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.</i>	<ul style="list-style-type: none"> <li>- Additional wellness opportunities for teachers and staff</li> <li>- Request for more wellness surveys</li> <li>- More health screenings</li> </ul>	<ul style="list-style-type: none"> <li>- Student / staff wellness assessments</li> <li>- Healthier food options, student feedback on food</li> <li>- Additional counseling staff</li> </ul>	<ul style="list-style-type: none"> <li>- Request for full-time / part-time clinic</li> </ul>
<i>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.</i>	<ul style="list-style-type: none"> <li>- Improvements to survey, more funding to wellness</li> </ul>	<ul style="list-style-type: none"> <li>- No common responses</li> </ul>	<ul style="list-style-type: none"> <li>- No common responses</li> </ul>

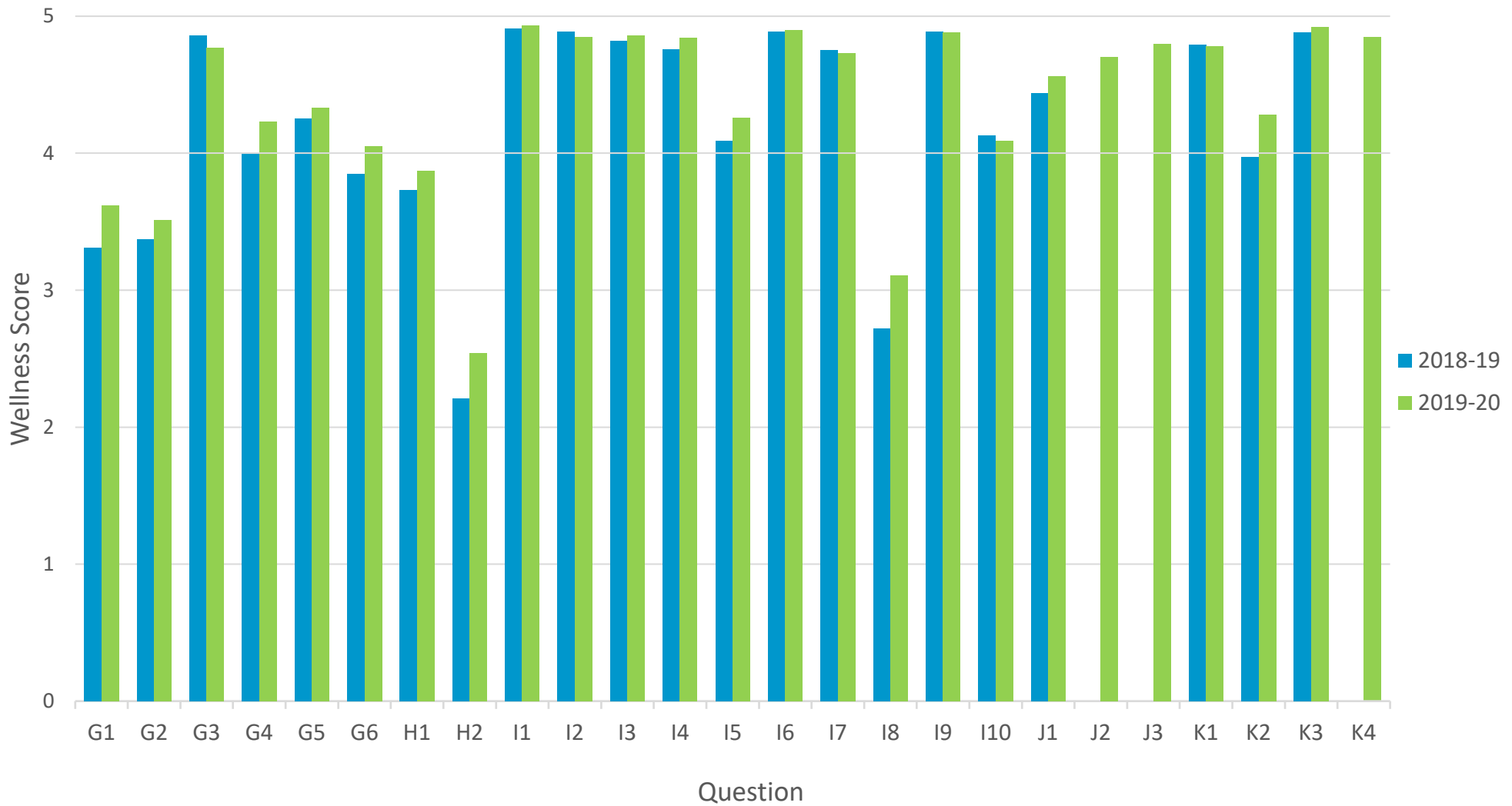
\*Note: Individual school open-ended responses are omitted from this summary and can instead be found in the school-specific summary reports.

## Comparison of Survey Question Wellness Averages by School Year



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

## Comparison of Survey Question Wellness Averages by School Year (Cont.)



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

\*Note: Questions J2, J3, and K4 only apply to SY1920.

## Survey Questions Grouped by Wellness Score (Yearly Comparison)

No Activity (2018-19) (Score = 1)	No Activity (2019-20) (Score = 1)	Exploring (2018-19) (Score = 2)	Exploring (2019-20) (Score = 2)	Transitioning (2018-19) (Score =3)	Transitioning (2019-20) (Score =3)	Emerging (2018-19) (Score =4)	Emerging (2019-20) (Score =4)	Embedded (2018-19) (Score =5)	Embedded (2019-20) (Score =5)
		H2		G1, G2, I8	I8, H2	B1, C2, C3, C4, C5, C6, C7, C8, D2, E1, E2, F5, F6, G4, G5, G6, H1, J1, I5, I10, K2	B1, C2, C3, C4, C5, C6, C7, C8, D2, E1, E2, F5, F6, G1, G2, G4, G5, G6, H1, I5, I10, K2,	A1, A2, B2, C1, D1, D3, D4, E3, E4, F1, F2, F3, F4, G3, I1, I2, I3, I4, I6, I7, I9, K1, K3	A1, A2, B2, C1, D1, D3, D4, E3, E4, F1, F2, F3, F4, G3, I1, I2, I3, I4, I6, I7, I9, J1, J2, J3, K1, K3, K4

\*Note: Questions J2, J3, and K4 only apply to SY1920.