
FCPS SCHOOL WELLNESS SURVEY REPORT

2018-2019



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

2018-19 School Wellness Survey Report (Summary)

The following is an overall summary of the primary areas for wellness improvement in FCPS as identified by the 2018-2019 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

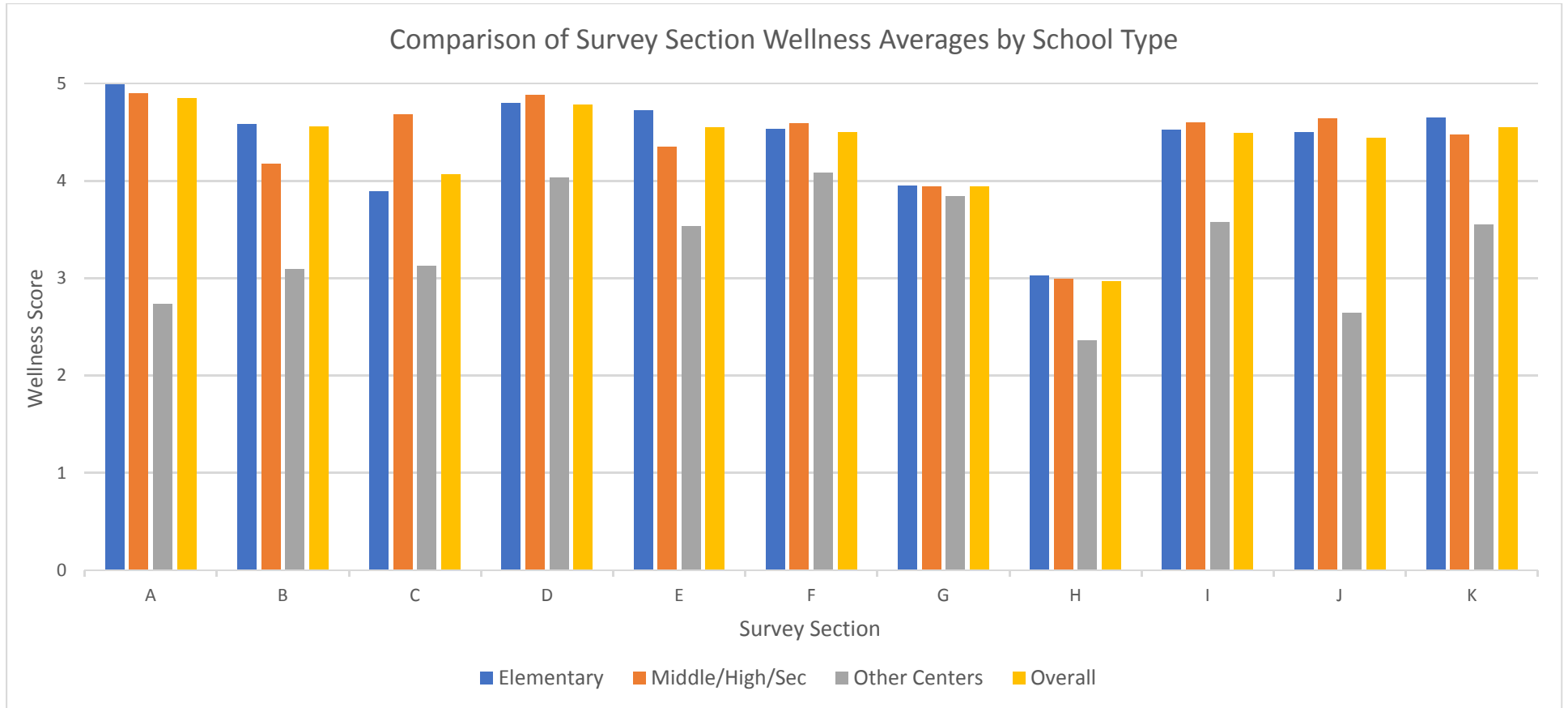
Average scores were categorized using the following ranges:

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		
FCPS as a Whole	Elementary	Middle/High/Secondary	Other Centers
<p>Health Promotion for Staff Members</p> <ul style="list-style-type: none"> - Support opportunities for health screenings and healthcare access <p>Family and Community Involvement</p> <ul style="list-style-type: none"> - Include a non-staff, family, or community member in the wellness committee - Ask for student feedback on food choices 	<p>Physical Activity</p> <ul style="list-style-type: none"> - Host athletic events such as runs and field days <p>Health Education</p> <ul style="list-style-type: none"> - Cover depression, suicide prevention and awareness, and substance abuse prevention in education curriculum 	<p>Healthy and Safe School Environment</p> <ul style="list-style-type: none"> - Encourage safe commutes to and from school 	<p>Physical Education</p> <ul style="list-style-type: none"> - Meet minimum time requirements for P.E. - Devote at least 50% of P.E. time to moderate-vigorous activity

2018-19 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

2018-19 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)
	DIVERSE WELLNESS COMMITTEES (2.21)-H2	STAFF HEALTH CARE ACCESS SUPPORT (3.37)-G2	PUBLIC HEALTH NURSE ACCESS (4.46)-D2	AT LEAST 15 MINS RECESS (5.00)-B2
		STAFF HEALTH SCREENINGS SUPPORT (3.31)-G1	ADULT MENTORSHIP RELATIONSHIPS (4.44)-E2	EMERGENCY FIRST AID TRAINING (4.96)-D3
		STUDENT FEEDBACK ON FOOD CHOICES (2.72)-I8	SMART SNACK AVAILABILITY (4.44)-J1	TOBACCO FREE POLICY (4.94)-E4
			HEALTH ED COPING SKILLS (4.40)-C3	FACILITIES MAINTENANCE (4.91)-E3
			HEALTH ED STRESS MANAGEMENT (4.31)-C2	AT LEAST 20 MINS FOR LUNCH (4.91)-I1
			IDENTIFY MANAGE STRESS TRAINING (4.25)-F5	HIGH QUALITY SCHOOL MEAL PROGRAMS (4.89)-I2
			EMPLOYEE ASSISTANCE PROGRAM SERVICES (4.25)-G5	FOOD WITHOLD NOT A PUNISHMENT (4.89)-I6
			ACADEMIC FLEXIBILITY STUDENT WELLNESS (4.22)-F6	WATER BOTTLES ALLOWED (4.89)-I9
			LUNCH FOLLOWS RECESS WHEN POSSIBLE (4.13)-I10	MEDICATION ADMINISTRATION (4.88)-D4
			PE WITHOLD NOT A PUNISHMENT (4.11)-B1	SEVERE FOOD ALLERGY PRECAUTIONS (4.88)-K3
			FOODLESS CLASS CELEBRATIONS (4.09)-I5	PE MIN TIME (4.86)-A1
			HEALTH EDUCATION SLEEP AND MENTAL HEALTH (4.03)-C7	STAFF FLU CLINICS (4.86)-G3
			STAFF WELLNESS OPPORTUNITIES (4.00)-G4	PE VIGOROUS ACTIVITY (4.83)-A2
			ENCOURAGE HEALTHY FOODS AT SCHOOL RELATED EVENTS (3.97)-K2	CONCERNING BEHAVIOR DISCLOSURE (4.83)-D1
			HEALTH EDUCATION MENTAL HEALTH ISSUES (3.96)-C6	ACTIVITY FREE LUNCHTIME (4.82)-I3
			WALKER AND BIKER SAFETY (3.92)-E1	SUICIDE PREVENTION TRAINING (4.79)-F4
			HEALTHY STAFF CELEBRATIONS (3.85)-G6	NO SUGARY DRINKS OFFERED DURING SCHOOL DAY (4.79)-K1
			HEALTH EDUCATION DEPRESSION (3.84)-C4	INCONSPICUOUS FREE AND REDUCED LUNCH (4.76)-I4
			HEALTH EDUCATION SUBSTANCE ABUSE PREVENTION (3.79)-C8	FREE POTABLE WATER AVAILABILITY (4.75)-I7
			WELLNESS COMMITTEES (3.73)-H1	SCHOOL CLIMATE AND STUDENT HEALTH (4.59)-F1
			HEALTH EDUCATION SUICIDE PREVENTION AND AWARENESS (3.57)-C5	HEALTH ED PROMOTING HEALTHY LIFETSYLES (4.57)-C1
				MENTAL HEALTH AND SUICIDE TRAINING (4.57)-F2
				SOCIAL AND EMOTIONAL WELLNESS PROGRAMS (4.57)-F3

2018-19 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 ($M = 4.99$)
- B: Physical Activity ($M = 4.58$)
- D: Health Services ($M = 4.80$)
- E: Healthy and Safe School Environment ($M = 4.72$)
- F: School Counseling, Psychology, and Social Work Services ($M = 4.53$)
- I: Food and Nutrition General ($M = 4.52$)
- J: Nutrition Education, Promotion, and Food Marketing ($M = 4.50$)
- K: Nutritional Guidelines ($M = 4.65$)

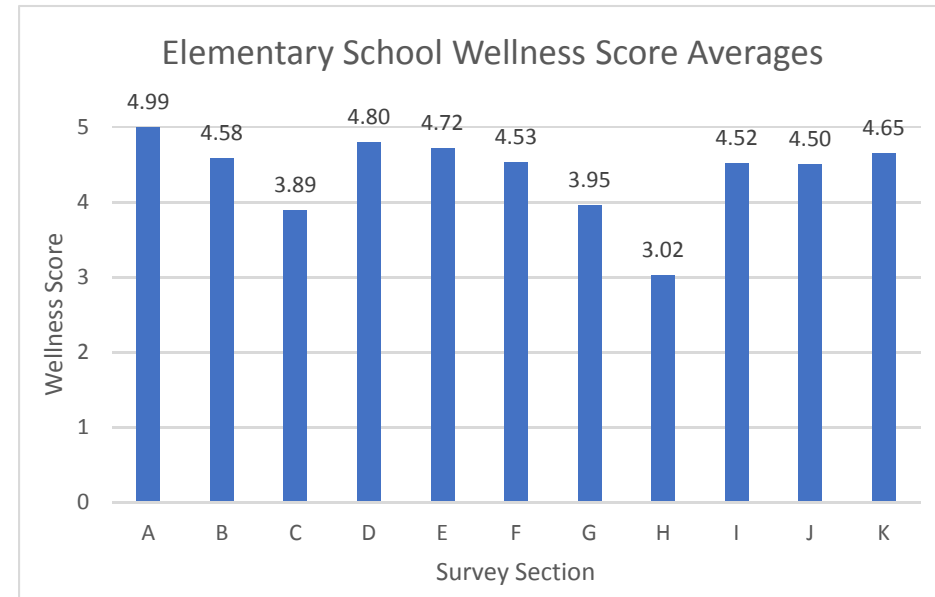
- Elementary Schools were *emerging* (scored between 3.50 – 4.49) on the following sections:

- C: Health Education ($M = 3.89$)
- G: Health Promotion for Staff Members ($M = 3.95$)

- Elementary Schools were *transitioning* (scored between 2.50 – 3.49) on the following sections:

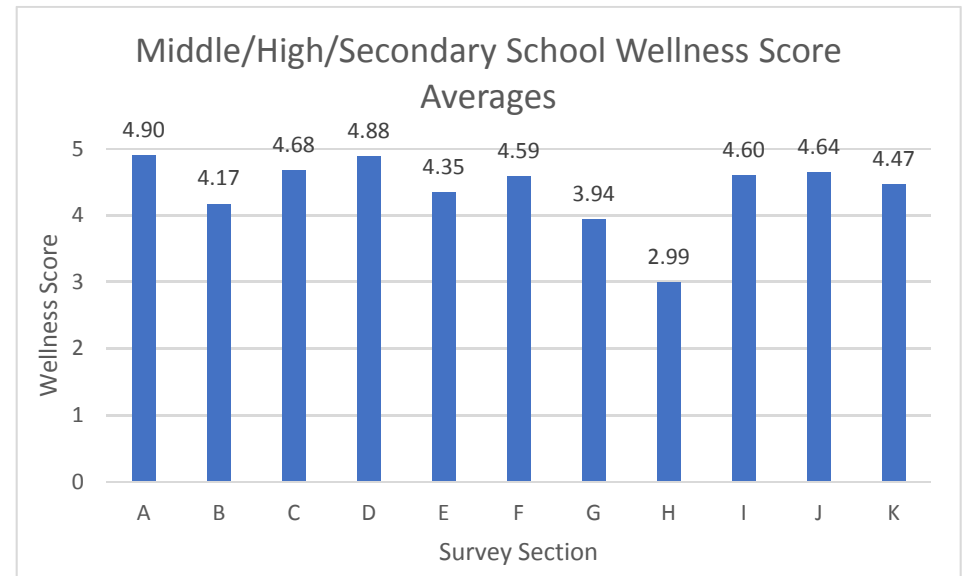
- H: Family and Community Involvement ($M = 3.02$)

- *See detailed report for question comparisons*



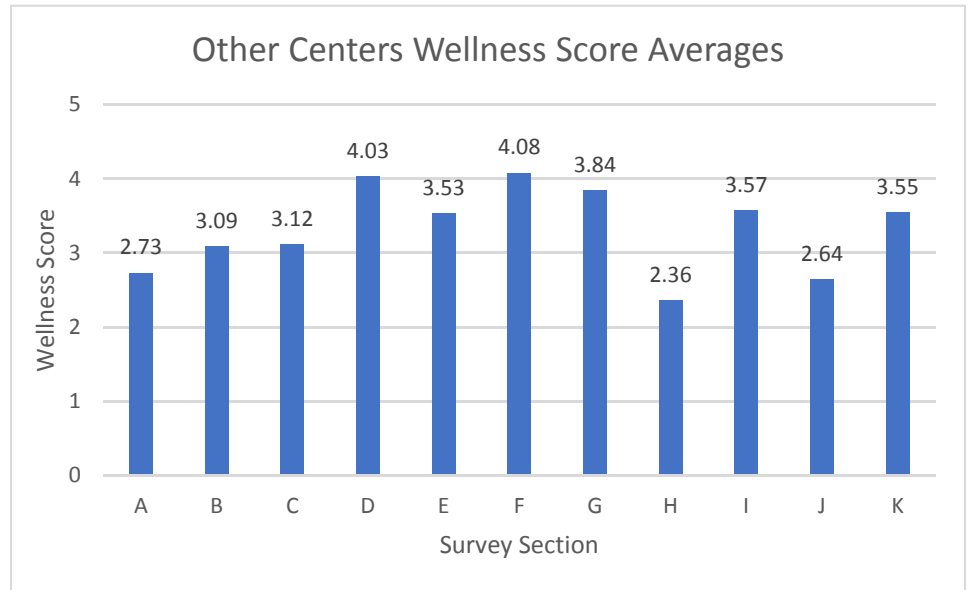
Middle/High/Secondary Schools

- 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 ($M = 4.68$)
 - D: Health Services ($M = 4.88$)
 - F: School Counseling, Psychology, and Social Work Services ($M = 4.59$)
 - I: Food and Nutrition General ($M = 4.60$)
 - J: Nutrition Education, Promotion, and Food Marketing ($M = 4.64$)
- Middle/High/Secondary Schools were *emerging* (scored between 3.50 – 4.49) on the following sections:
 - B: Physical Activity ($M = 4.17$)
 - E: Healthy and Safe School Environment ($M = 4.35$)
 - G: Health Promotion for Staff Members ($M = 3.94$)
 - K: Nutritional Guidelines ($M = 4.47$)
- Middle/High/Secondary Schools were *transitioning* (scored between 2.50 – 3.49) on the following sections:
 - H: Family and Community Involvement ($M = 2.99$)
- *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 D: Health Services ($M = 4.03$)
 - o E: Healthy and Safe School Environment ($M = 3.53$)
 - o F: School Counseling, Psychology, and Social Work Services ($M = 4.08$)
 - o G: Health Promotion for Staff Members ($M = 3.84$)
 - o I: Food and Nutrition General ($M = 3.57$)
 - o K: Nutritional Guidelines ($M = 3.55$)
- Other Centers were *transitioning* (scored between 2.50 – 3.49) on the following sections:
 - o A: Physical Education ($M = 2.73$)
 - o B: Physical Activity ($M = 3.09$)
 - o C: Health Education ($M = 3.12$)
 - o J: Nutrition Education, Promotion, and Food Marketing ($M = 2.64$)
- Other Centers were *exploring* (scored less than 2.50) on the following sections:
 - o H: Family and Community Involvement ($M = 2.36$)
- *See detailed report for question comparisons*



2018-19 School Wellness Survey Report (Summary)

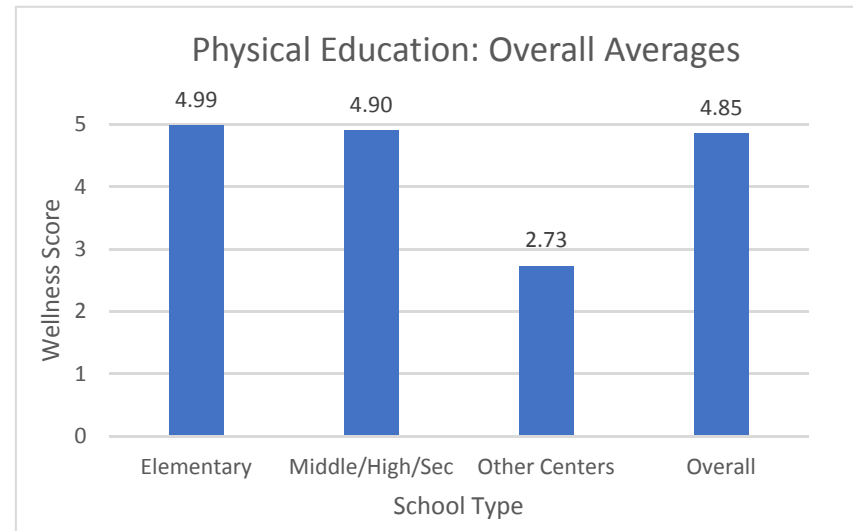
Summary by Wellness Category

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.

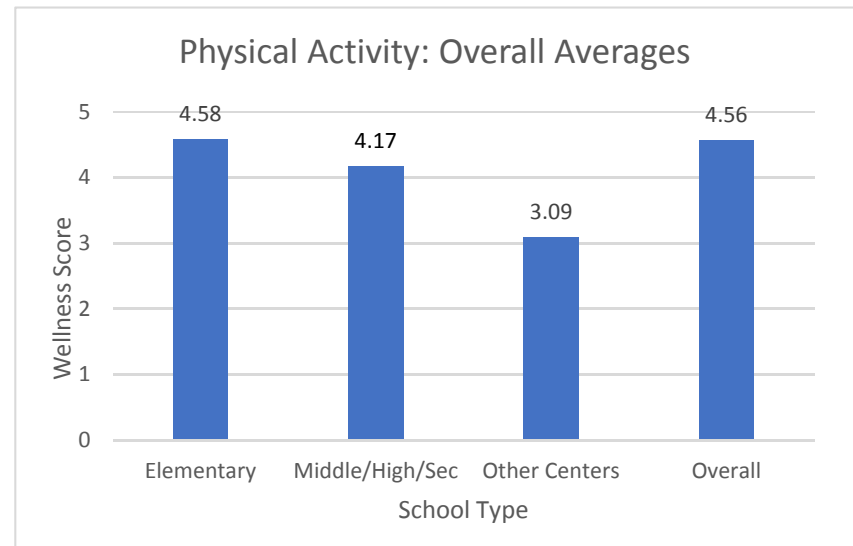
Section A – Physical Education

- Other Centers ($M = 2.73$, transitioning) scored significantly lower than Elementary ($M = 4.99$, 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*



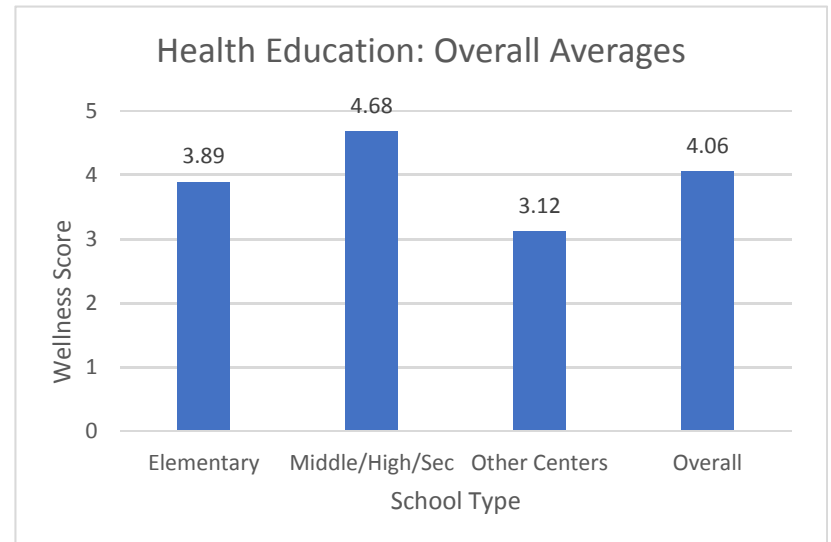
Section B – Physical Activity

- No statistically significant differences were observed between school types ($p > .05$). This is likely due to low sample size for Other Centers ($n = 11$).



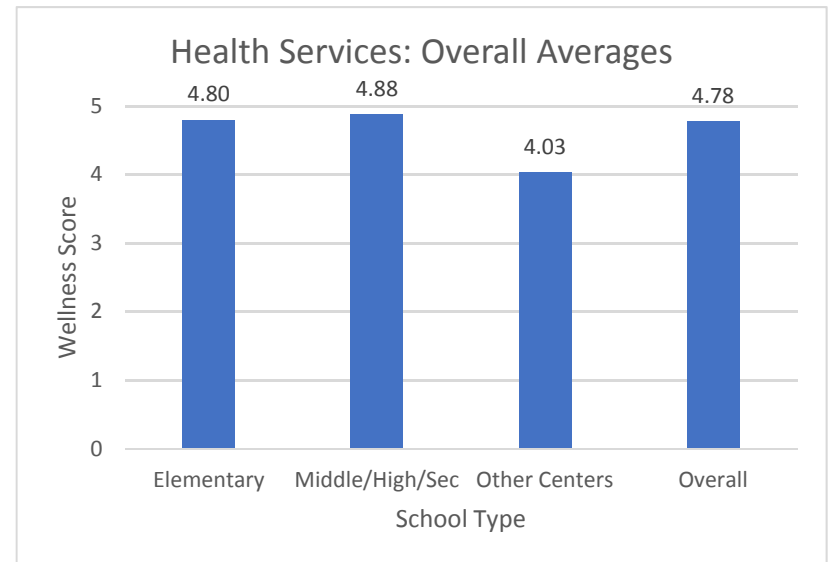
Section C – Health Education

- Elementary Schools ($M = 3.89$, emerging) and Other Centers ($M = 3.12$, transitioning) scored significantly lower than Middle/High/Sec Schools ($M = 4.68$, embedded) ($p < .05$).
- *See detailed report for question comparisons*



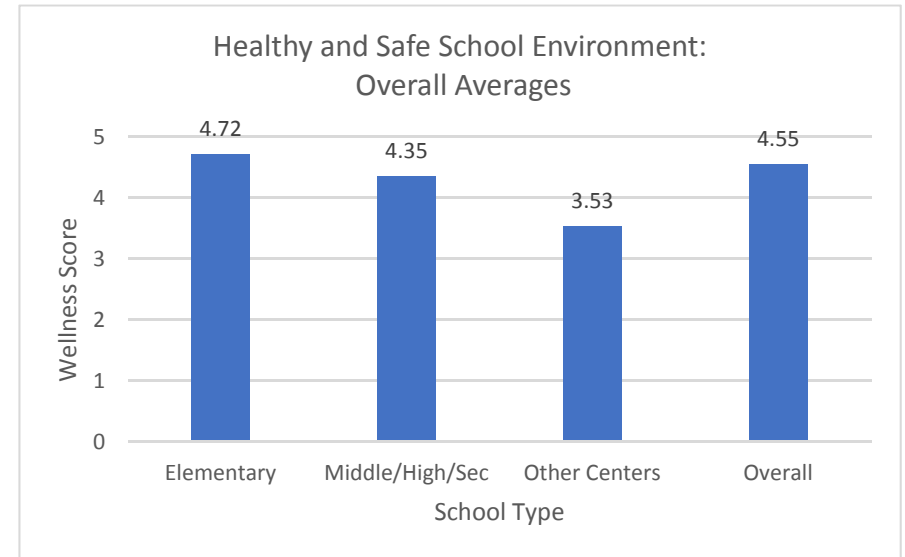
Section D – Health Services

- Other Centers ($M = 4.03$, emerging) scored significantly lower than both Elementary ($M = 4.80$, 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 ($p > .05$).
- *See detailed report for question comparisons*



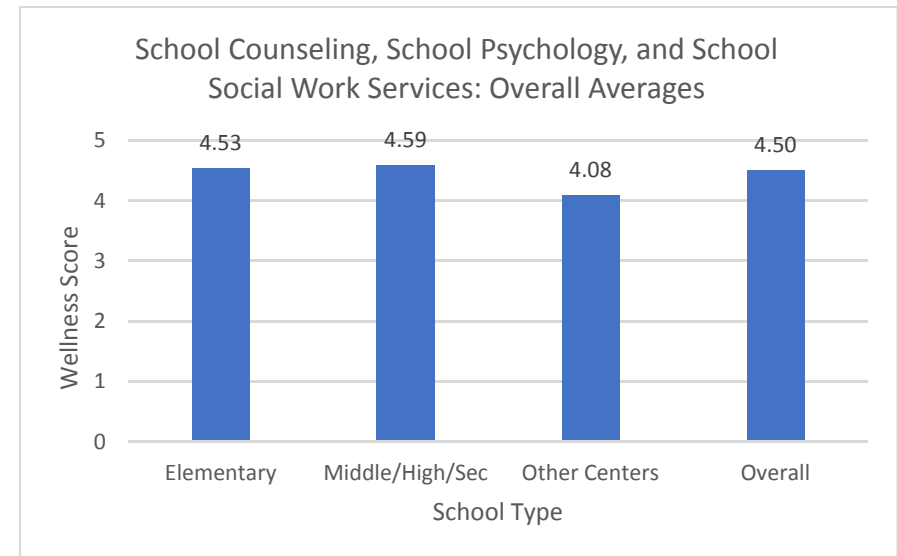
Section E – Healthy and Safe School Environment

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



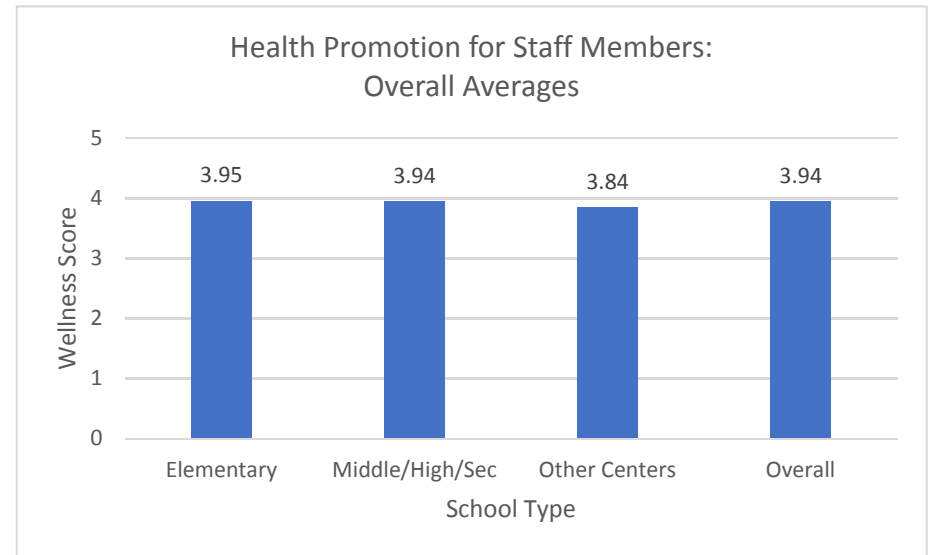
Section F – School Counseling, School Psychology, and School Social Work Services

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



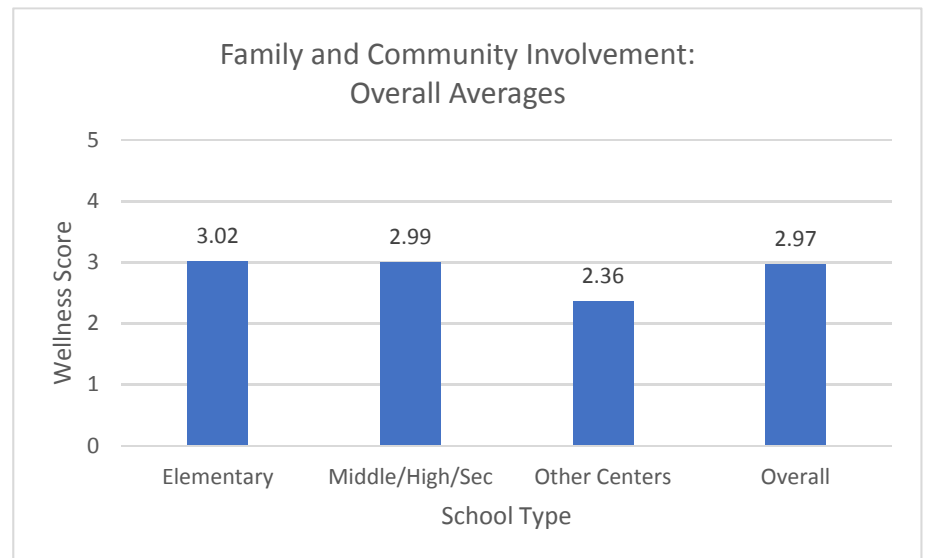
Section G – Health Promotion for Staff Members

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



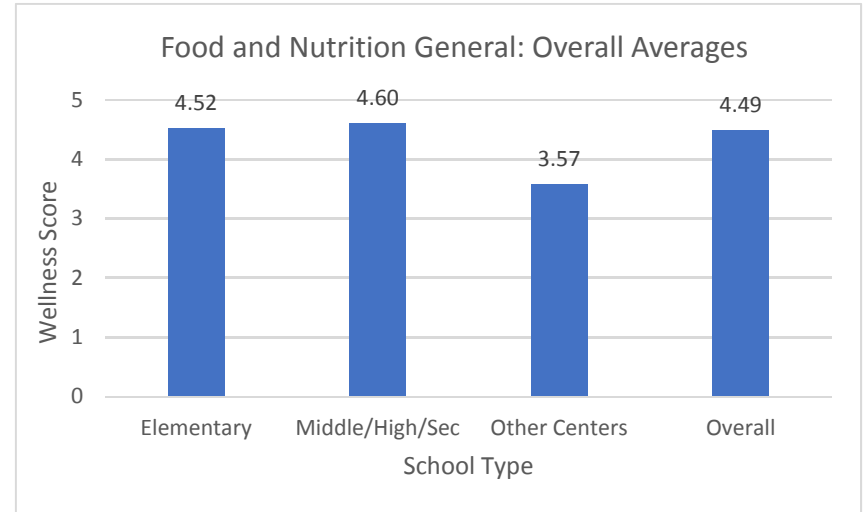
Section H – Family and Community Involvement

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



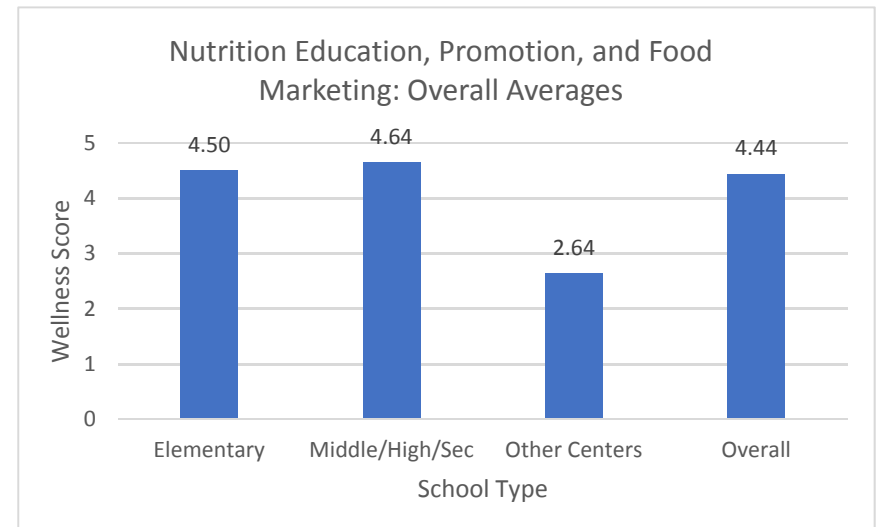
Section I – Food and Nutrition General

- Other Centers ($M = 3.57$, emerging) scored significantly lower than both Elementary ($M = 4.52$, embedded) and Middle/High/Sec schools ($M = 4.60$, embedded) ($p < .05$).
- No statistically significant differences were observed between Elementary and Middle/High/Sec Schools ($p > .05$).
- *See detailed report for question comparisons*



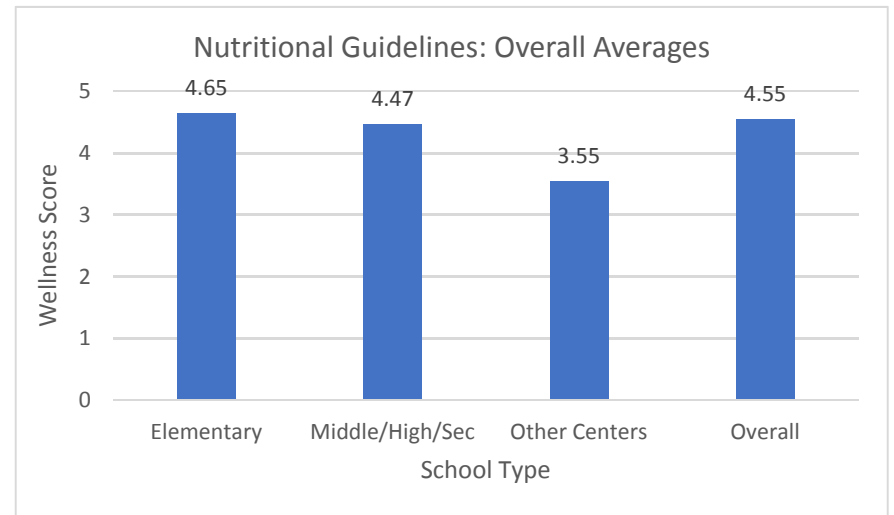
Section J – Nutrition Education, Promotion, and Food Marketing

- Other Centers ($M = 2.64$, transitioning) scored significantly lower than both Elementary ($M = 4.50$, embedded) and Middle/High/Sec Schools ($M = 4.64$, embedded) ($p < .05$).
- No statistically significant differences were observed between Elementary and Middle/High/Sec Schools ($p > .05$).



Section K – Nutritional Guidelines

- Other Centers ($M = 3.55$, emerging) scored significantly lower than both Elementary ($M = 4.65$, embedded) and Middle/High/Sec Schools ($M = 4.47$, emerging) ($p < .05$).
- No statistically significant differences were observed between Elementary and Middle/High/Sec Schools ($p > .05$).
- *See detailed report for question comparisons*



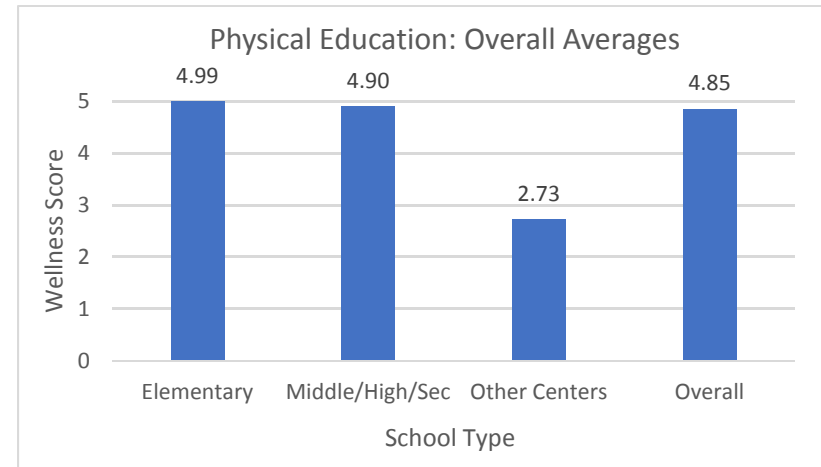
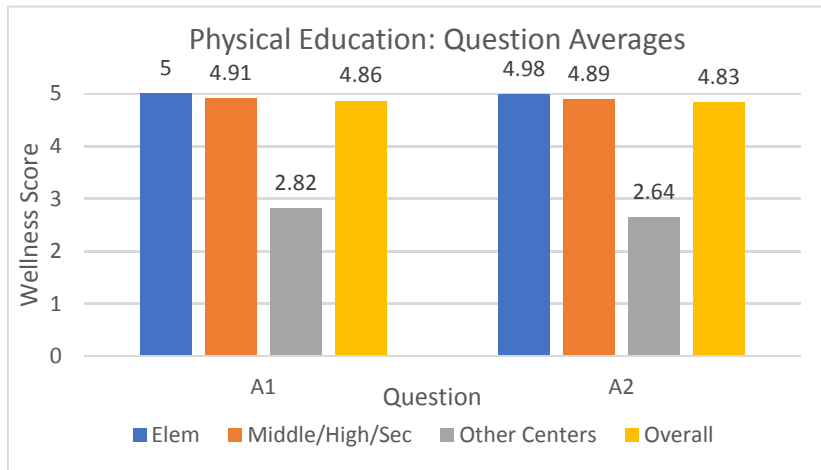
2018-19 School Wellness Survey Report (Detailed)

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 (5.00)	Embedded (4.91)	Transitioning (2.82)	Embedded (4.86)
- A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.	Embedded (4.98)	Embedded (4.89)	Transitioning (2.64)	Embedded (4.83)
OVERALL	Embedded (4.99)	Embedded (4.90)	Transitioning (2.73)	Embedded (4.85)



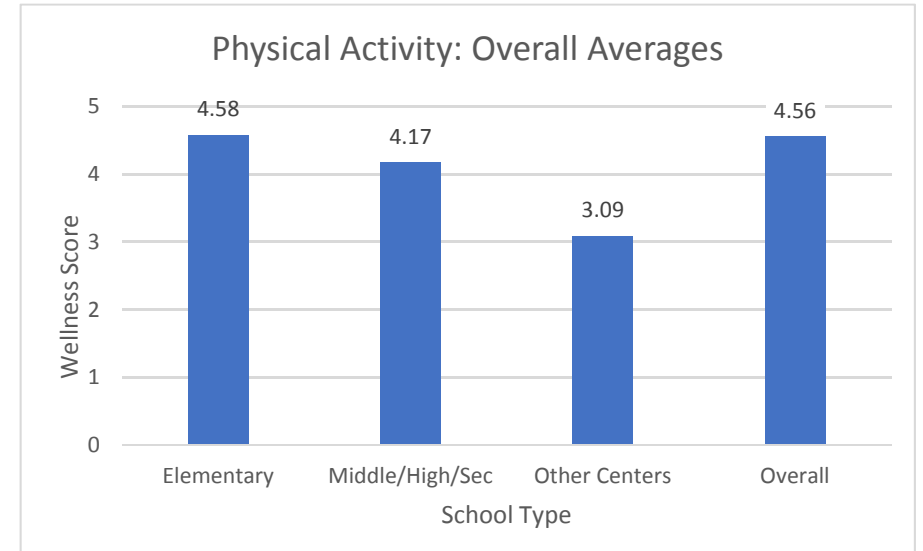
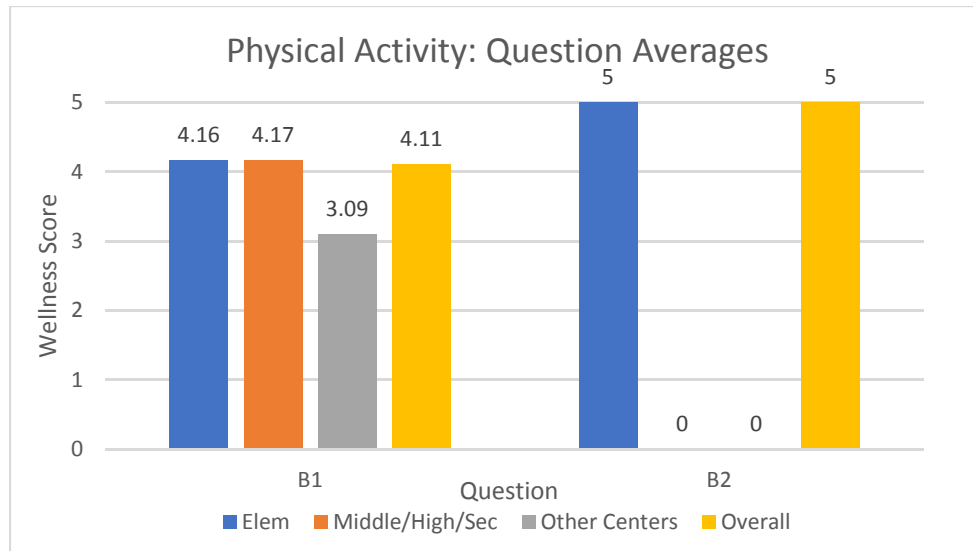
- A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218.
 - o “Other Centers” scored significantly lower ($M = 2.82$, transitioning) than both Elementary ($M = 5.00$, embedded) and Middle/High/Sec Schools ($M = 4.91$, embedded) ($p < .05$).
- A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.
 - o “Other Centers” scored significantly lower ($M = 2.64$, transitioning) than both Elementary ($M = 4.98$, embedded) and Middle/High/Sec Schools ($M = 4.89$, 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.	Emerging (4.16)	Emerging (4.17)	Transitioning (3.09)	Emerging (4.11)
- 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 (4.58)	Emerging (4.17)	Transitioning (3.09)	Embedded (4.56)



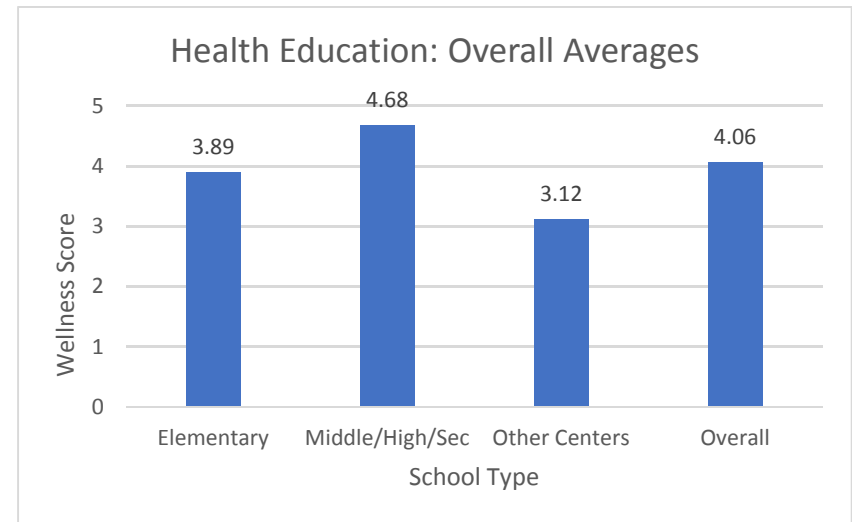
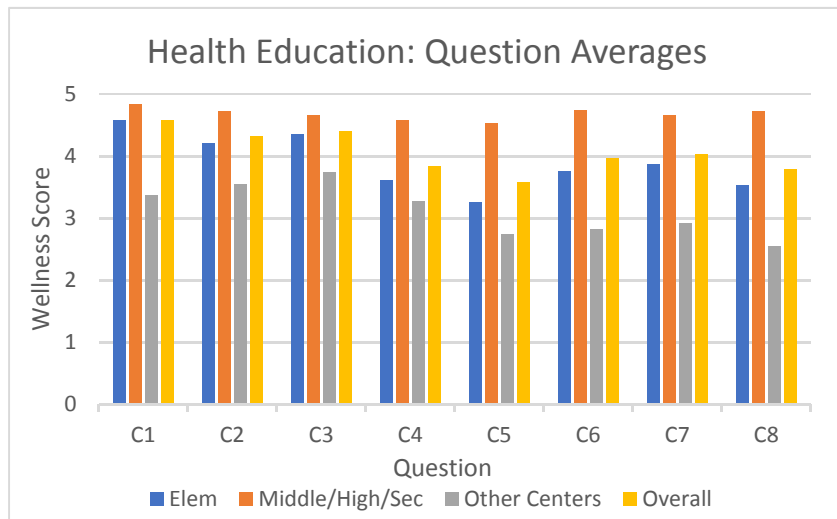
- B1: Withholding recess or physical education is not used as a disciplinary action.
 - o No statistically significant differences were observed between school types.

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 (4.57)	Embedded (4.83)	Transitioning (3.36)	Embedded (4.57)
- C2: Stress Management.	Emerging (4.21)	Embedded (4.72)	Emerging (3.55)	Emerging (4.31)
- C3: Coping Skills.	Emerging (4.35)	Embedded (4.66)	Emerging (3.73)	Emerging (4.40)
- C4: Depression.	Emerging (3.60)	Embedded (4.57)	Transitioning (3.27)	Emerging (3.84)
- C5: Suicide Prevention and Awareness.	Transitioning (3.26)	Embedded (4.53)	Transitioning (2.73)	Emerging (3.57)
- C6: Mental Health Issues (general).	Emerging (3.75)	Embedded (4.74)	Transitioning (2.82)	Emerging (3.96)
- C7: Relationship of Healthy Sleep to Mental Health.	Emerging (3.87)	Embedded (4.66)	Transitioning (2.91)	Emerging (4.03)
- C8: Substance Abuse Prevention.	Emerging (3.53)	Embedded (4.72)	Transitioning (2.55)	Emerging (3.79)
OVERALL	Emerging (3.89)	Embedded (4.68)	Transitioning (3.12)	Emerging (4.06)



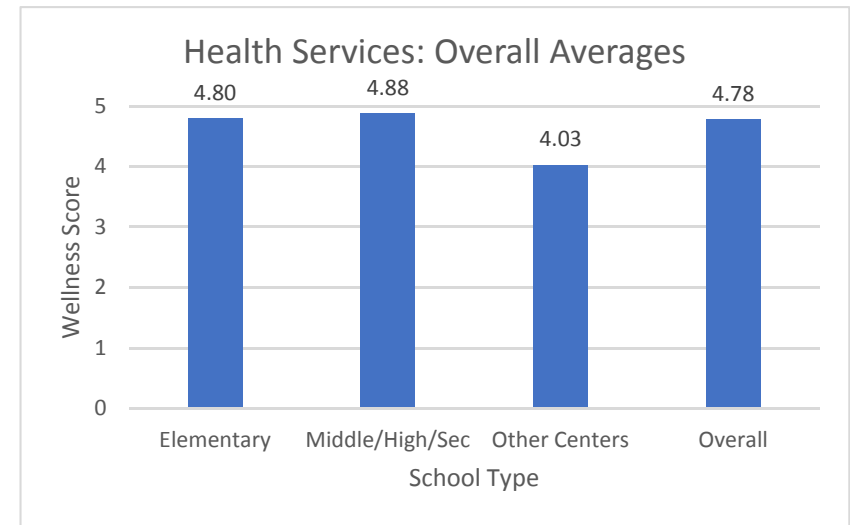
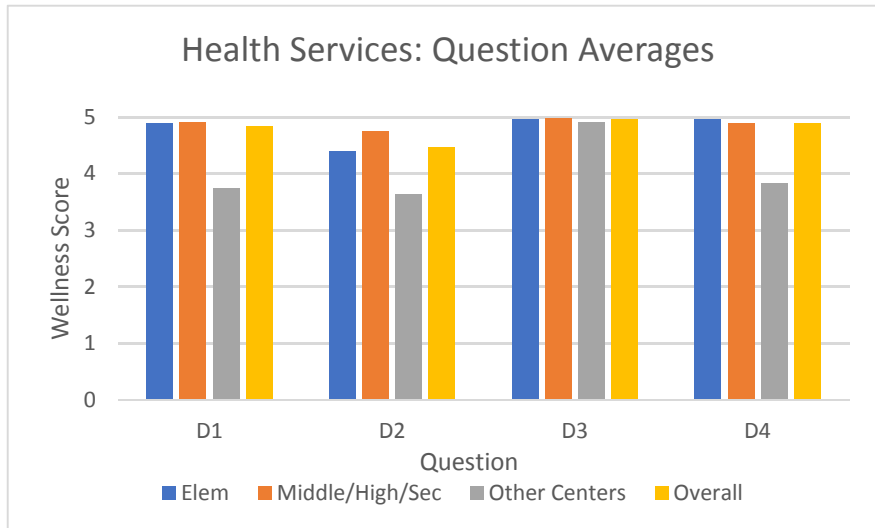
- Elementary Schools scored significantly lower than Middle/High/Sec Schools on the following metrics:
 - o C2: Stress Management.
 - (*M elementary* = 4.21, emerging vs. *M middle/high/sec* = 4.72, embedded, $p < .05$)
 - o C4: Depression.
 - (*M elementary* = 3.60, emerging vs. *M middle/high/sec* = 4.57, embedded, $p < .05$)
 - o C5: Suicide Prevention and Awareness.
 - (*M elementary* = 3.26, transitioning vs. *M middle/high/sec* = 4.53, embedded, $p < .05$)
 - o C6: Mental Health Issues (general).
 - (*M elementary* = 3.75, emerging vs. *M middle/high/sec* = 4.74, embedded, $p < .05$)
 - o C7: Relationship of Healthy Sleep to Mental Health.
 - (*M elementary* = 3.87, emerging vs. *M middle/high/sec* = 4.66, embedded, $p < .05$)
 - o C8: Substance Abuse Prevention.
 - (*M elementary* = 3.53, emerging vs. *M middle/high/sec* = 4.72, embedded, $p < .05$)
- Other Centers scored significantly lower than Elementary Schools on the following metrics:
 - o C1: Promoting Healthy Lifestyles.
 - (*M other* = 3.36, transitioning vs. *M elementary* = 4.57, embedded, $p < .05$)
 - o C2: Stress Management.
 - (*M other* = 3.55, emerging vs. *M elementary* = 4.21, emerging, $p < .05$)
 - o C6: Mental Health Issues (general).
 - (*M other* = 2.82, transitioning vs. *M elementary* = 3.75, emerging, $p < .05$)
 - o C7: Relationship of Healthy Sleep to Mental Health.
 - (*M other* = 2.91, transitioning vs. *M elementary* = 3.87, emerging, $p < .05$)
- Other Centers scored significantly lower than Middle/High/Sec Schools on all metrics.

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 (4.89)	Embedded (4.91)	Emerging (3.73)	Embedded (4.83)
- D2: Students have regular access to public health nurses to address health, safety, and psychological issues.	Emerging (4.40)	Embedded (4.75)	Emerging (3.64)	Emerging (4.46)
- D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia.	Embedded (4.96)	Embedded (4.98)	Embedded (4.91)	Embedded (4.96)
- D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102.	Embedded (4.96)	Embedded (4.89)	Emerging (3.82)	Embedded (4.88)
OVERALL	Embedded (4.80)	Embedded (4.88)	Emerging (4.03)	Embedded (4.78)



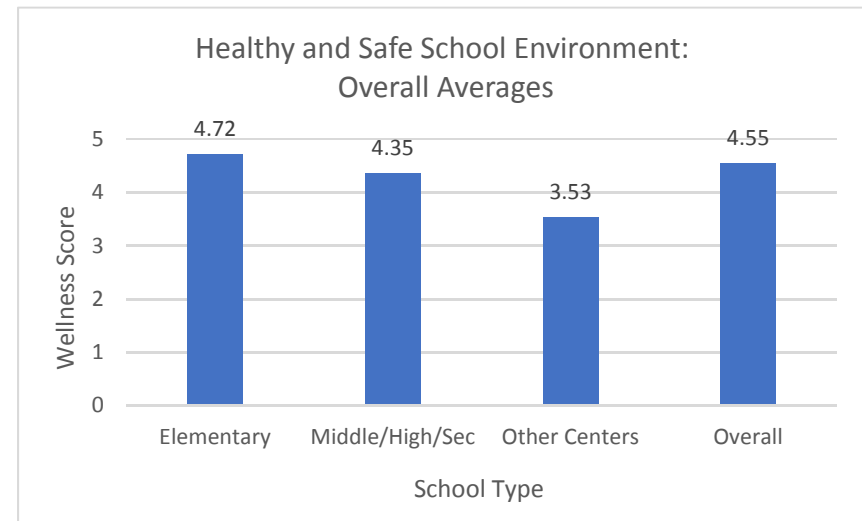
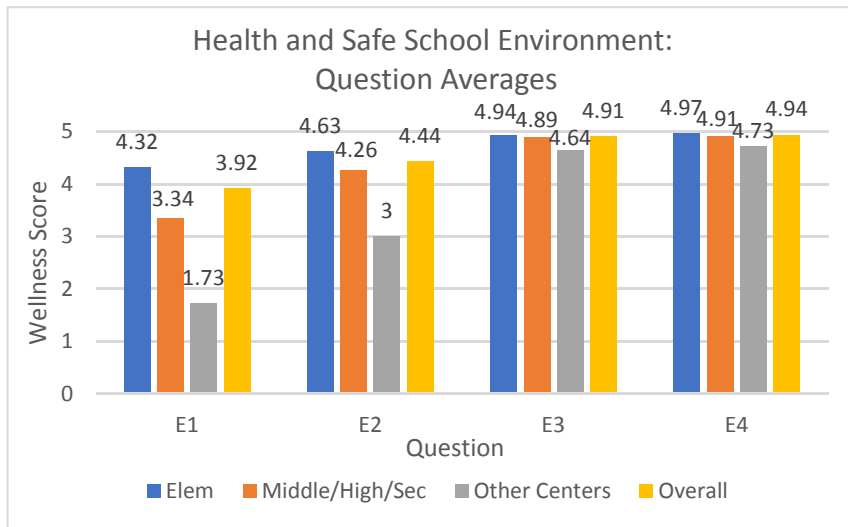
- D1: FCPS' protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others.
 - o Other Centers scored significantly lower ($M = 3.73$, emerging) than both Elementary ($M = 4.89$, embedded) and Middle/High/Sec Schools ($M = 4.91$, embedded) ($p < .05$).
 - o No statistically significant differences were observed between Elementary and Middle/High/Sec Schools ($p > .05$).
- D2: Students have regular access to public health nurses to address health, safety, and psychological issues.
 - o Other Centers scored significantly lower ($M = 3.64$, emerging) than Middle/High/Sec Schools ($M = 4.75$, 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.
 - o No statistically significant differences were observed between school types.
- D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102.
 - o Other Centers scored significantly lower ($M = 3.82$, emerging) than both Elementary ($M = 4.96$, embedded) and Middle/High/Sec Schools ($M = 4.89$, 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 (4.32)	Transitioning (3.34)	Exploring (1.73)	Emerging (3.92)
- E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults.	Embedded (4.63)	Emerging (4.26)	Transitioning (3.00)	Emerging (4.44)
- E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560.	Embedded (4.94)	Embedded (4.89)	Embedded (4.64)	Embedded (4.91)
- E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152.	Embedded (4.97)	Embedded (4.91)	Embedded (4.73)	Embedded (4.94)
OVERALL	Embedded (4.72)	Emerging (4.35)	Emerging (3.53)	Embedded (4.55)



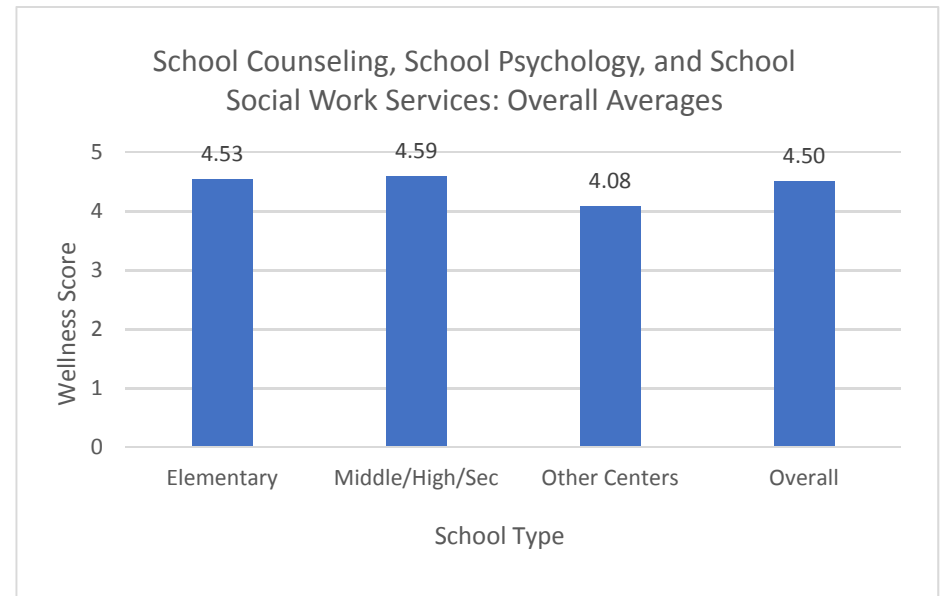
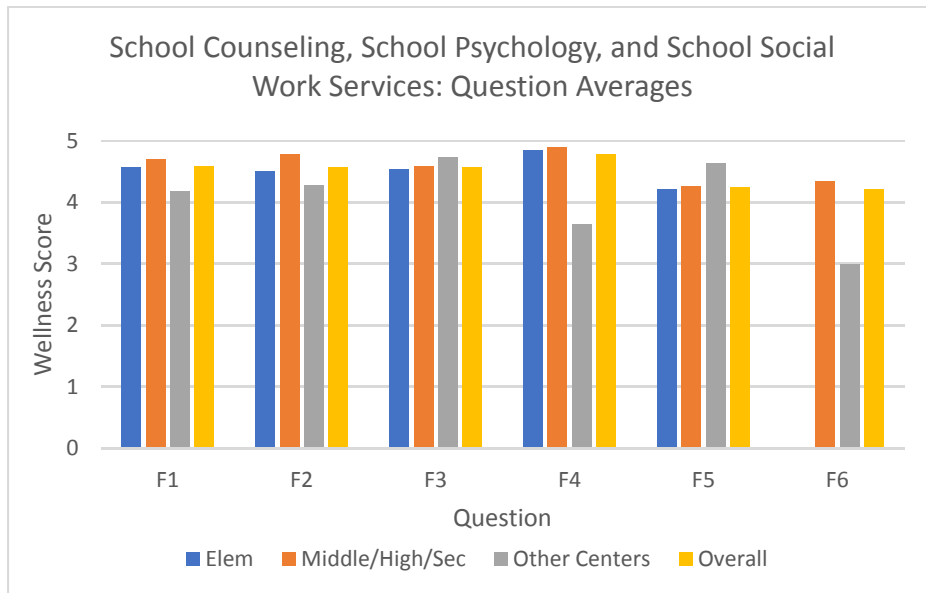
- E1: Encourages children to safely walk or bike to and from school.
 - o Elementary Schools scored significantly higher ($M = 4.32$, emerging) than both Middle/High/Sec Schools ($M = 3.34$, transitioning) and Other Centers ($M = 1.73$, exploring) ($p < .05$).
 - o Middle/High/Sec Schools scored significantly higher ($M = 3.34$, transitioning) than Other Centers ($M = 1.73$, exploring) ($p < .05$).
- 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 ($M = 3.00$, transitioning) than both Elementary ($M = 4.63$, embedded) and Middle/High/Sec Schools ($M = 4.26$, emerging) ($p < .05$).
 - o Elementary Schools scored significantly higher ($M = 4.63$, embedded) than Middle/High/Sec Schools ($M = 4.26$, emerging) ($p < .05$).
- E3 and E4.
 - o No statistically significant differences were observed between school types ($p > .05$).

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.	Embedded (4.57)	Embedded (4.70)	Emerging (4.18)	Embedded (4.59)
- 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 (4.50)	Embedded (4.79)	Emerging (4.27)	Embedded (4.57)
- F3: Implements programs that foster social and emotional health and wellness of students and staff.	Embedded (4.54)	Embedded (4.58)	Embedded (4.73)	Embedded (4.57)
- F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.	Embedded (4.84)	Embedded (4.89)	Emerging (3.64)	Embedded (4.79)
- F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.	Emerging (4.21)	Emerging (4.26)	Embedded (4.64)	Emerging (4.25)
- 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	Emerging (4.34)	Transitioning (3.00)	Emerging (4.22)
OVERALL	Embedded (4.53)	Embedded (4.59)	Emerging (4.08)	Embedded (4.50)



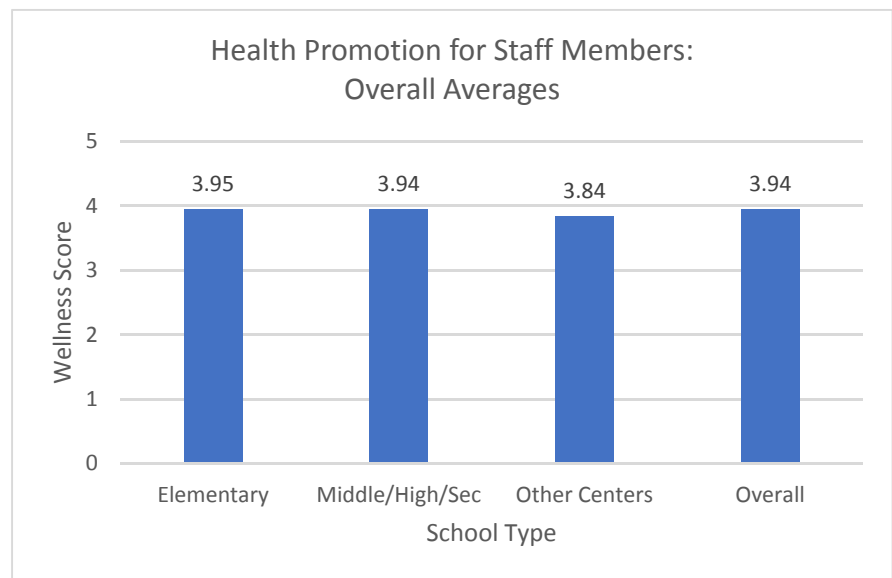
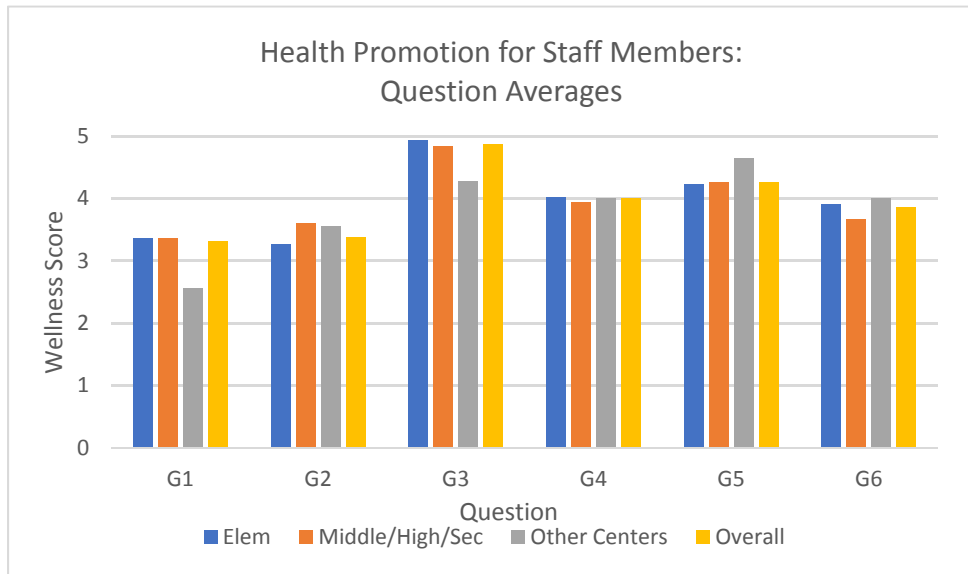
- F1, F2, F3, and F5.
 - o No statistically significant differences were observed between school types ($p > .05$).
- F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.
 - o Other Centers scored significantly lower ($M = 3.64$, emerging) than both Elementary ($M = 4.84$, embedded) and Middle/High/Sec Schools ($M = 4.89$, 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 ($M = 3.00$, transitioning) than Middle/High/Sec Schools ($M = 4.34$, emerging) ($p < .05$).

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.	Transitioning (3.35)	Transitioning (3.36)	Transitioning (2.55)	Transitioning (3.31)
- G2: Health care access.	Transitioning (3.26)	Emerging (3.60)	Emerging (3.55)	Transitioning (3.37)
- G3: Employee flu immunization clinics.	Embedded (4.92)	Embedded (4.83)	Emerging (4.27)	Embedded (4.86)
- 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 (4.02)	Emerging (3.94)	Emerging (4.00)	Emerging (4.00)
- G5: Awareness of the Employee Assistance Program Services.	Emerging (4.22)	Emerging (4.25)	Embedded (4.64)	Emerging (4.25)
- G6: Staff celebrations that offer and encourage healthy choices for food and beverages.	Emerging (3.91)	Emerging (3.66)	Emerging (4.00)	Emerging (3.85)
OVERALL	Emerging (3.95)	Emerging (3.94)	Emerging (3.84)	Emerging (3.94)



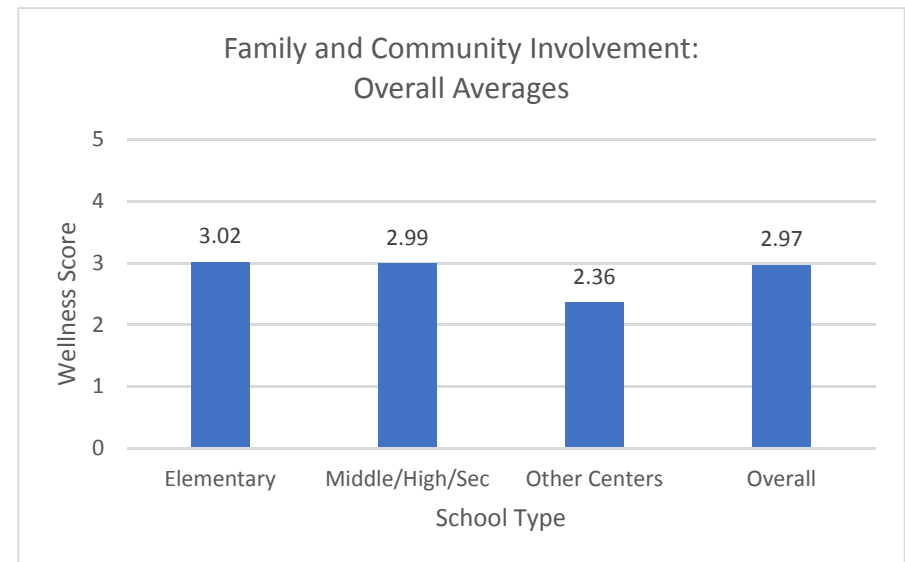
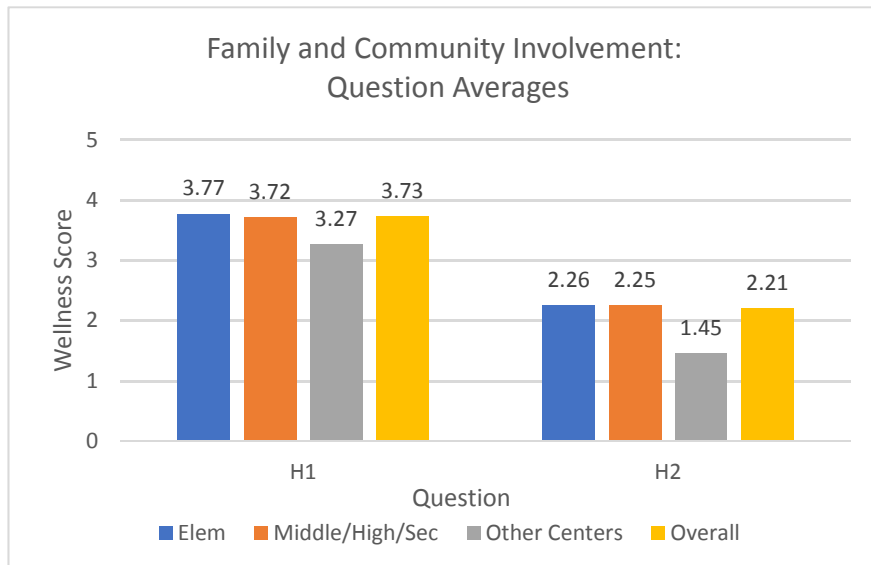
- G1, G2, G4, G5, and G6.
 - o No statistically significant differences were observed between school types ($p > .05$).
- G3: Employee flu immunization clinics.
 - o Other Centers scored significantly lower ($M = 4.27$, emerging) than both Elementary ($M = 4.92$, embedded) and Middle/High/Sec Schools ($M = 4.83$, embedded) ($p < .05$).

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 (3.77)	Emerging (3.72)	Transitioning (3.27)	Emerging (3.73)
- H2: Includes a non-staff, family, or community member in our school's wellness committee.	Exploring (2.26)	Exploring (2.25)	No activity (1.45)	Exploring (2.21)
OVERALL	Transitioning (3.02)	Transitioning (2.99)	Exploring (2.36)	Transitioning (2.97)



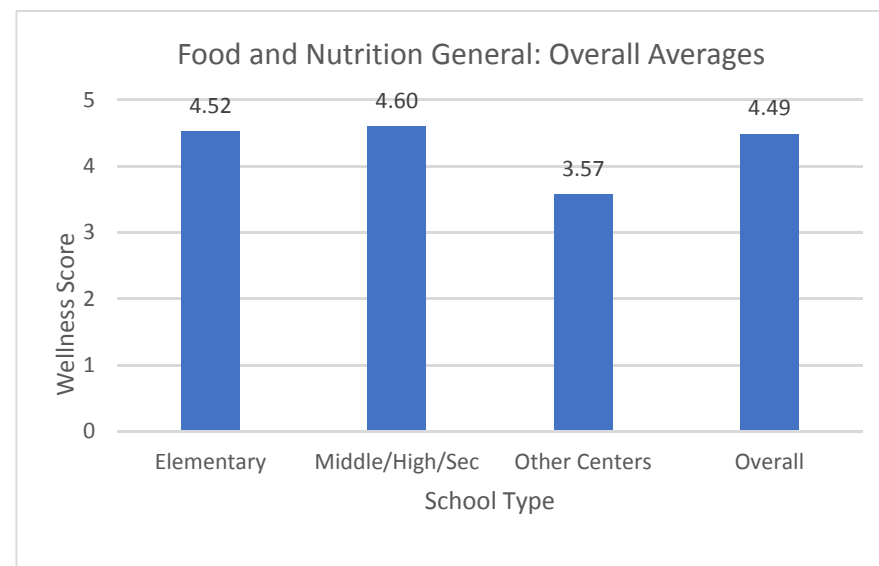
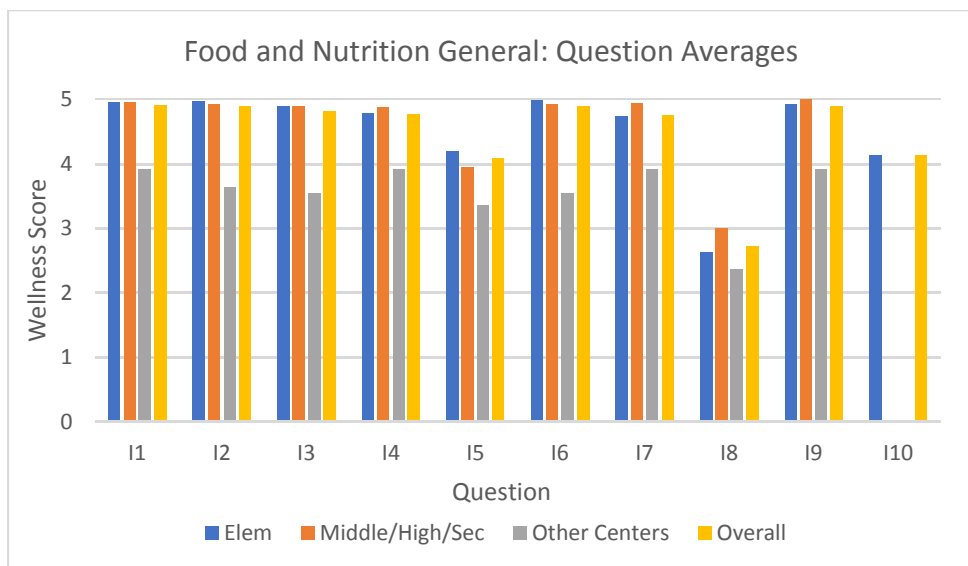
- H1 and H2:
 - o No statistically significant differences were observed between school types ($p > .05$).

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 (4.96)	Embedded (4.96)	Emerging (3.91)	Embedded (4.91)
- 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 (4.97)	Embedded (4.92)	Emerging (3.64)	Embedded (4.89)
- I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities.	Embedded (4.90)	Embedded (4.89)	Emerging (3.55)	Embedded (4.82)
- I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals.	Embedded (4.79)	Embedded (4.87)	Emerging (3.91)	Embedded (4.76)
- I5: Encourages the use of non-food items for classroom celebrations.	Emerging (4.20)	Emerging (3.94)	Transitioning (3.36)	Emerging (4.09)
- I6: Withholding access to food is not used as a disciplinary action.	Embedded (4.98)	Embedded (4.92)	Emerging (3.55)	Embedded (4.89)
- I7: Potable water is available to all our students at no cost.	Embedded (4.74)	Embedded (4.94)	Emerging (3.91)	Embedded (4.75)
- I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS).	Transitioning (2.63)	Transitioning (3.00)	Exploring (2.36)	Transitioning (2.72)
- I9: Allows students to possess personal containers for drinking water.	Embedded (4.92)	Embedded (5.00)	Emerging (3.91)	Embedded (4.89)
- I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible.	Emerging (4.13)	N/A	N/A	Emerging (4.13)
OVERALL	Embedded (4.52)	Embedded (4.60)	Emerging (3.57)	Emerging (4.49)



- I5, I8, and I10:
 - o No statistically significant differences were observed between school types ($p > .05$).
- Other Centers scored significantly lower than both 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.
 - ($M_{other\ centers} = 3.91$, emerging; $M_{elementary} = 4.96$, embedded; $M_{middle/high/sec} = 4.96$, 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.
 - ($M_{other\ centers} = 3.64$, emerging; $M_{elementary} = 4.97$, embedded; $M_{middle/high/sec} = 4.92$, embedded; $p < .05$).
 - o I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities.
 - ($M_{other\ centers} = 3.55$, emerging; $M_{elementary} = 4.90$, embedded; $M_{middle/high/sec} = 4.89$, embedded; $p < .05$).
 - o I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals.
 - ($M_{other\ centers} = 3.91$, emerging; $M_{elementary} = 4.79$, embedded; $M_{middle/high/sec} = 4.87$, embedded; $p < .05$).
 - o I6: Withholding access to food is not used as a disciplinary action.
 - ($M_{other\ centers} = 3.55$, emerging; $M_{elementary} = 4.98$, embedded; $M_{middle/high/sec} = 4.92$, embedded; $p < .05$).
 - o I7: Potable water is available to all our students at no cost.
 - ($M_{other\ centers} = 3.91$, emerging; $M_{elementary} = 4.74$, embedded; $M_{middle/high/sec} = 4.94$, embedded; $p < .05$).
 - o I9: Allows students to possess personal containers for drinking water.
 - ($M_{other\ centers} = 3.91$, emerging; $M_{elementary} = 4.92$, embedded; $M_{middle/high/sec} = 5.00$, embedded; $p < .05$).

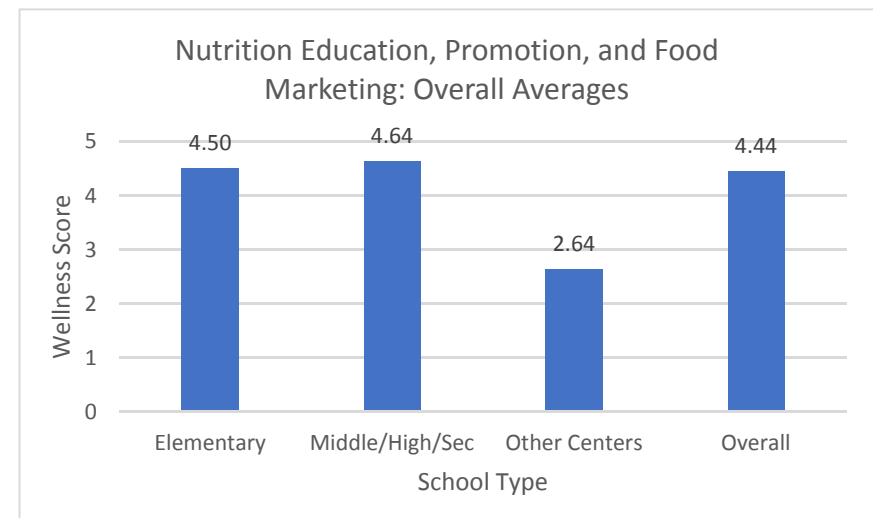
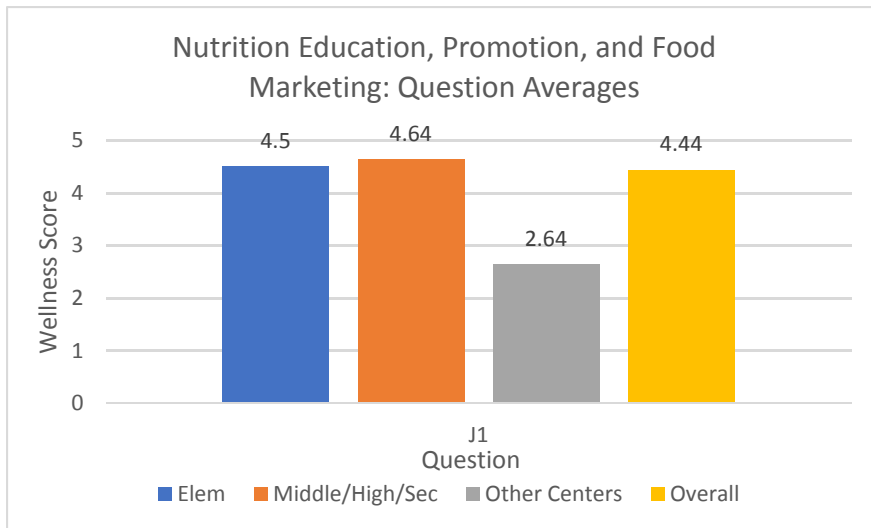
Section J – Nutrition Education, Promotion, and Food Marketing

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 (4.50)	Embedded (4.64)	Transitioning (2.64)	Emerging (4.44)
OVERALL	Embedded (4.50)	Embedded (4.64)	Transitioning (2.64)	Emerging (4.44)

*Note: Since Section J has only 1 question, both graphs show the same data.



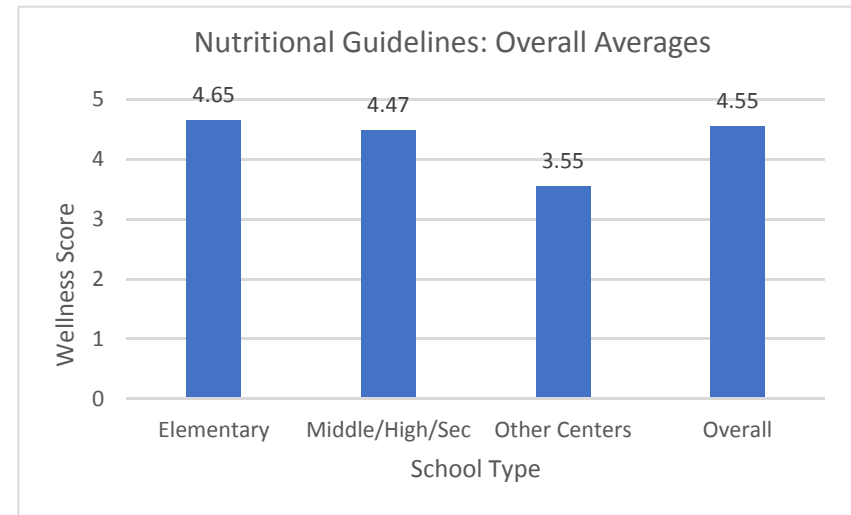
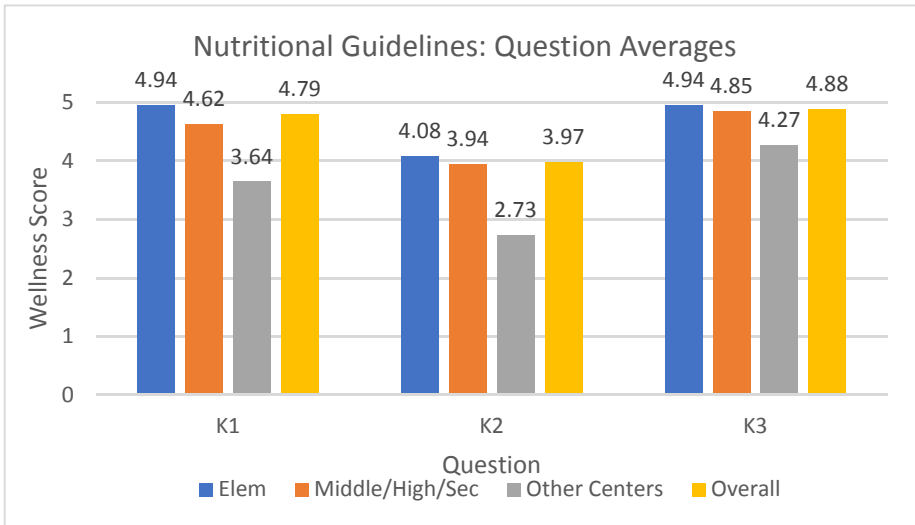
- Other Centers scored significantly lower ($M = 2.64$, transitioning) than both Elementary ($M = 4.50$, embedded) and Middle/High/Sec Schools ($M = 4.64$, embedded) ($p < .05$).

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 (4.94)	Embedded (4.62)	Emerging (3.64)	Embedded (4.79)
- K2: Healthy food and beverage options are encouraged at school-related events outside the school day.	Emerging (4.08)	Emerging (3.94)	Transitioning (2.73)	Emerging (3.97)
- K3: Implements appropriate precautions against severe food allergies.	Embedded (4.94)	Embedded (4.85)	Emerging (4.27)	Embedded (4.88)
OVERALL	Embedded (4.65)	Emerging (4.47)	Emerging (3.55)	Embedded (4.55)



- **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 ($M = 3.64$, emerging) than both Elementary ($M = 4.94$, embedded) and Middle/High/Sec Schools ($M = 4.62$, embedded) ($p < .05$).
 - o Elementary Schools scored significantly higher ($M = 4.94$, embedded) than Middle/High/Sec Schools ($M = 4.62$, embedded) ($p < .05$).

- **K2: Healthy food and beverage options are encouraged at school-related events outside the school day.**
 - o Other Centers scored significantly lower ($M = 2.73$, transitioning) than both Elementary ($M = 4.08$, emerging) and Middle/High/Sec Schools ($M = 3.94$, emerging) ($p < .05$).

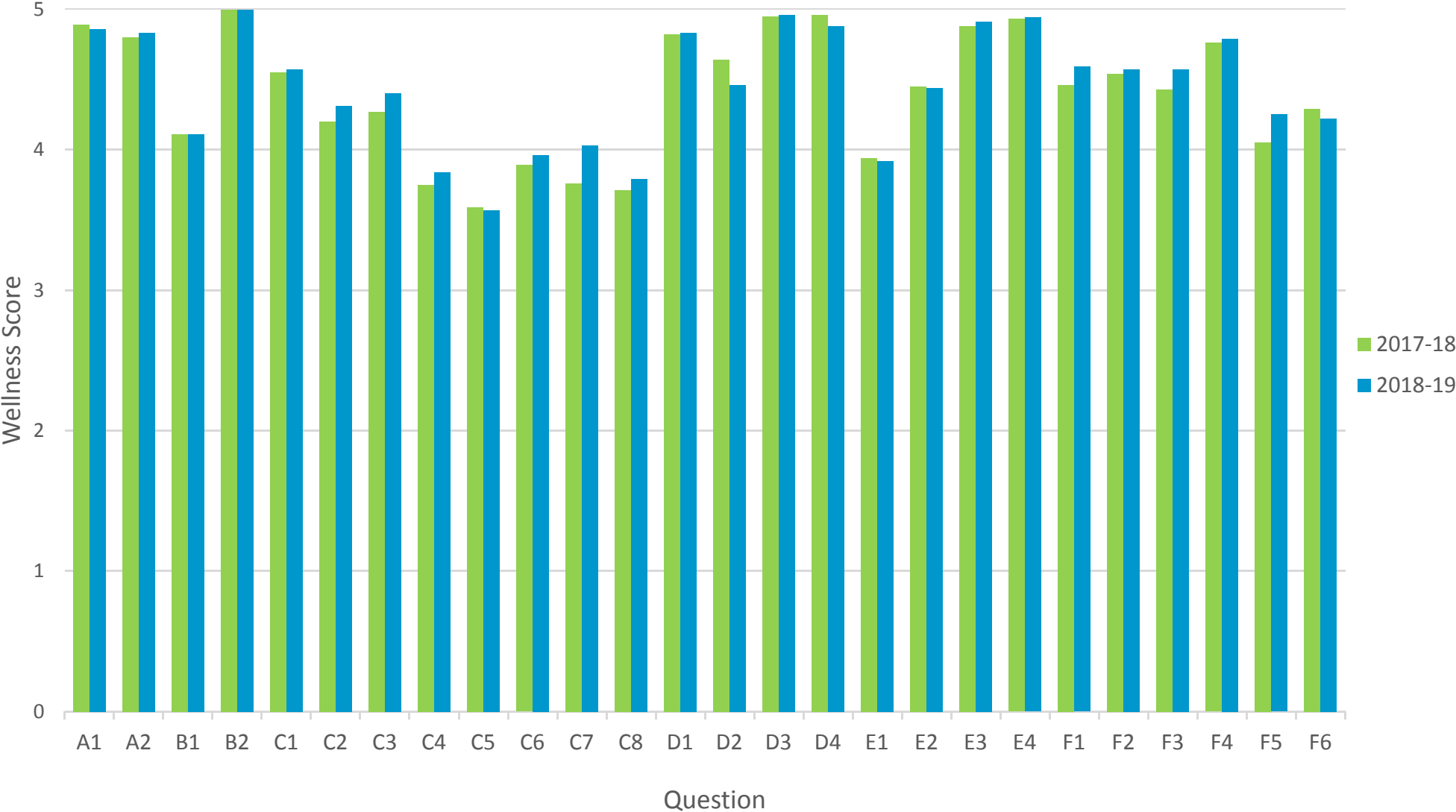
- **K3: Implements appropriate precautions against severe food allergies.**
 - o Other Centers scored significantly lower ($M = 4.27$, emerging) than both Elementary ($M = 4.94$, embedded) and Middle/High/Sec Schools ($M = 4.85$, embedded) ($p < .05$).

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"> - Recess, P.E. - Field Day - Fitness clubs and programs 	<ul style="list-style-type: none"> - Athletic after-school activities, P.E., sports - Curriculum / course options 	<ul style="list-style-type: none"> - Sports, clubs, open gym - Regularly scheduled physical activity - Volunteer work
<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"> - Limited safe walking / biking routes to school - Overcrowding - Lack of counseling staff 	<ul style="list-style-type: none"> - Inability to walk / bike to school - Drug usage concerns, e.g. vaping 	<ul style="list-style-type: none"> - Students cannot walk or bike to school - Substance abuse issues
<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"> - School-wide fitness activities - PTA Wellness Committees - Wellness Week 	<ul style="list-style-type: none"> - Promotions via newsletters / online announcements - Community runs - Monthly activities organized by PTSA 	<ul style="list-style-type: none"> - To be further explored in the future - Partnership programs - Parent workshops
<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"> - Fitness days, activities, classes, and clubs (e.g. 5K) - Wellness events - Flu shot clinic 	<ul style="list-style-type: none"> - Stress less weeks - Wellness events (e.g. Yoga classes) - Flu shot clinic 	<ul style="list-style-type: none"> - Wellness grants / programs - Flu shot clinic
<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"> - Mindfulness resources - Additional mental health staff / resources / screenings / support 	<ul style="list-style-type: none"> - Additional funding - More student and parent surveys / input 	<ul style="list-style-type: none"> - Healthier food options - Focus on self-care / wellness-related concerns
<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"> - No common responses 	<ul style="list-style-type: none"> - Lack of clinic aide - Greater access to water / less access to sugary drinks 	<ul style="list-style-type: none"> - No common responses

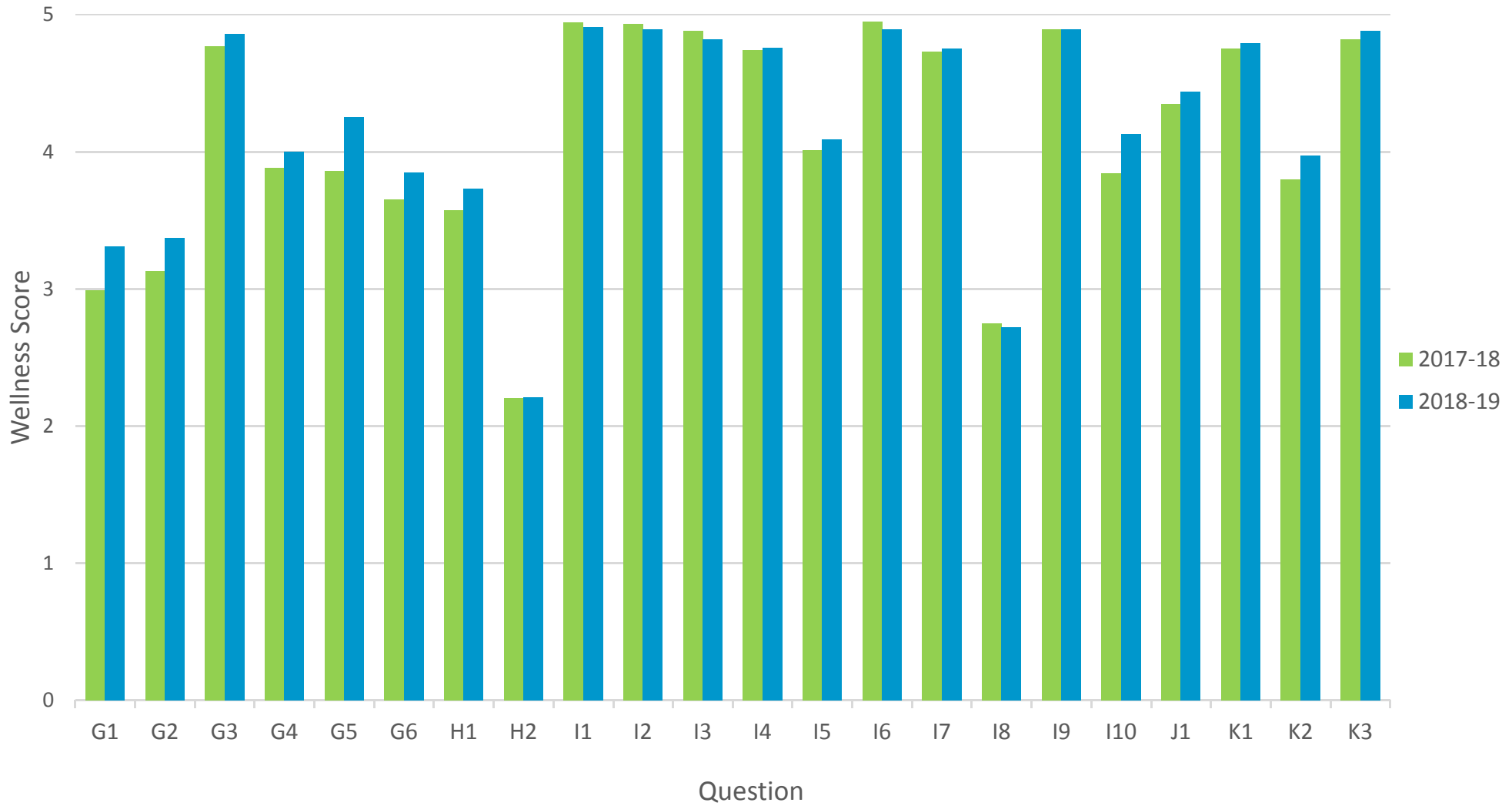
*Note: Individual school open-ended responses are omitted from this summary and can instead be found in the school-specific summary reports.

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)

Survey Questions Grouped by Wellness Score (Yearly Comparison)

School Year	No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
2018-2019		H2	G1, G2, I8	B1, C2, C3, C4, C5, C6, C7, C8, D2, E1, E2, F5, F6, G4, G5, G6, H1, J1, 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
2017-2018		H2	G1, G2, I8	B1, C2, C3, C4, C5, C6, C7, C8, E1, E2, F1, F3, F5, F6, G4, G5, G6, H1, I5, I10, J1, K2	A1, A2, B2, C1, D1, D2, D3, D4, E3, E4, F2, F4, G3, I1, I2, I3, I4, I6, I7, I9, K1, K3