

# 2017-2018 School Wellness Survey Responses

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# 2017-2018 School Wellness Survey Responses

## Sangster Elementary

### Section A – Physical Education

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218.	Embedded
- A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.	Embedded

### Section B – Physical Activity

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- B1: Withholding recess or physical education is not used as a disciplinary action.	Emerging
- B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess.	Embedded

Question: Please highlight any activities or best practices used to promote student's physical activity.

- “ ”

### Section C – Health Education

<u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u>	<u>Response</u>
- C1: Promoting Healthy Lifestyles.	Emerging
- C2: Stress Management.	Emerging
- C3: Coping Skills.	Emerging
- C4: Depression.	No Activity
- C5: Suicide Prevention and Awareness.	No Activity
- C6: Mental Health Issues (general).	Transitioning
- C7: Relationship of Healthy Sleep to Mental Health.	Emerging

# 2017-2018 School Wellness Survey Responses

## Sangster Elementary

- C8: Substance Abuse Prevention. No Activity

### Section D – Health Services

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- D1: FCPS' protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others.	Emerging
- D2: Students have regular access to public health nurses to address health, safety, and psychological issues.	Embedded
- D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia.	Embedded
- D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102.	Embedded

### Section E – Healthy and Safe School Environment

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- E1: Encourages children to safely walk or bike to and from school.	Embedded
- E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults.	Embedded
- E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560.	Embedded
- E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152.	Embedded

Question: Please share any school or community specific barriers to promoting a healthy and safe school environment for students.

- “ ”

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

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- 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

# 2017-2018 School Wellness Survey Responses

## Sangster Elementary

- 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
- F3: Implements programs that foster social and emotional health and wellness of students and staff. Emerging
- F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments. Embedded
- F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance. Emerging
- 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. Not a Middle/High School

### 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

- G1: Health screenings. Emerging
- G2: Health care access. Transitioning
- G3: Employee flu immunization clinics. Emerging
- 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
- G5: Awareness of the Employee Assistance Program Services. Transitioning
- G6: Staff celebrations that offer and encourage healthy choices for food and beverages. Emerging

### Section H – Family and Community Involvement

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

Response

- H1: Established a wellness committee to implement activities that support the wellness policy. Transitioning

# 2017-2018 School Wellness Survey Responses

## Sangster Elementary

- H2: Includes a non-staff, family, or community member in our school's wellness committee. Exploring

Question: Please share how your wellness committee encourages involvement from families and community members in promoting wellness in your school.

- “ ”

### Section I – Food and Nutrition General

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- I1: All students have at least 20 minutes to eat after sitting down for lunch.	Embedded
- 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.	Emerging
- I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities.	Embedded
- I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals.	Embedded
- I5: Encourages the use of non-food items for classroom celebrations.	Emerging
- I6: Withholding access to food is not used as a disciplinary action.	Embedded
- I7: Potable water is available to all our students at no cost.	Embedded
- I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS).	No Activity
- I9: Allows students to possess personal containers for drinking water.	Embedded
- I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible.	Exploring

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

# 2017-2018 School Wellness Survey Responses

## Sangster Elementary

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day.	No Activity

### Section K – Nutritional Guidelines

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- K1: Sodas and sports drinks are not offered for sale to students at any time during the school day.	Embedded
- K2: Healthy food and beverage options are encouraged at school-related events outside the school day.	Embedded
- K3: Implements appropriate precautions against severe food allergies.	Embedded

### Section L – Ideas/Comments/Suggestions

Question: Please list any wellness events or activities your school has undertaken or will undertake this school year.

- Fall Fitness Run; Field Day

Question: 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.

- (No Response)

Question: Please provide any questions or comments you have with regard to FCPS’ Student and Staff Health and Wellness policy, regulation, or these wellness survey items.

- (No Response)

### Summary Tables:

The following graph and table visually summarize your school’s responses provided above. Questions in the graph are represented by bars corresponding to the self-reported wellness score. Questions in the table are grouped together according to their self-reported wellness score (e.g., all questions recorded as “embedded” are grouped together, etc.).

\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2017-2018 School Wellness Survey Responses

## Sangster Elementary



# 2017-2018 School Wellness Survey Responses

## Sangster Elementary

### Survey Questions Grouped by Wellness Score

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

# 2017-2018 School Wellness Survey Responses

## Saratoga Elementary

### Section A – Physical Education

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218.	Embedded
- A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.	Embedded

### Section B – Physical Activity

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- B1: Withholding recess or physical education is not used as a disciplinary action.	Embedded
- B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess.	Embedded

Question: Please highlight any activities or best practices used to promote student's physical activity.

- "Workout Wednesday, walking/jogging club "

### Section C – Health Education

<u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u>	<u>Response</u>
- C1: Promoting Healthy Lifestyles.	Transitioning
- C2: Stress Management.	Transitioning
- C3: Coping Skills.	Emerging
- C4: Depression.	Emerging
- C5: Suicide Prevention and Awareness.	Exploring
- C6: Mental Health Issues (general).	Exploring
- C7: Relationship of Healthy Sleep to Mental Health.	Exploring

# 2017-2018 School Wellness Survey Responses

## Saratoga Elementary

- C8: Substance Abuse Prevention. Exploring

### Section D – Health Services

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

- D1: FCPS' protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others. Embedded
- D2: Students have regular access to public health nurses to address health, safety, and psychological issues. Transitioning
- D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia. Embedded
- D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102. Embedded

### Section E – Healthy and Safe School Environment

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

- E1: Encourages children to safely walk or bike to and from school. Emerging
- E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults. Embedded
- E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560. Embedded
- E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152. Embedded

Question: Please share any school or community specific barriers to promoting a healthy and safe school environment for students.

- “ ”

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

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

- 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

# 2017-2018 School Wellness Survey Responses

## Saratoga Elementary

- |   |                          |
|---|--------------------------|
| - 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                 |
| - F3: Implements programs that foster social and emotional health and wellness of students and staff.   | Emerging                 |
| - F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.   | Embedded                 |
| - F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.  | Transitioning            |
| - 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. | Not a Middle/High School |

### 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

- |   |          |
|---|----------|
| - G1: Health screenings.  | Emerging |
| - G2: Health care access.   | Emerging |
| - G3: Employee flu immunization clinics.  | Embedded |
| - 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 |
| - G5: Awareness of the Employee Assistance Program Services.  | Emerging |
| - G6: Staff celebrations that offer and encourage healthy choices for food and beverages.   | Emerging |

### Section H – Family and Community Involvement

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

- |  |               |
|--|---------------|
| - H1: Established a wellness committee to implement activities that support the wellness policy. | Transitioning |
|--|---------------|

# 2017-2018 School Wellness Survey Responses

## Saratoga Elementary

- H2: Includes a non-staff, family, or community member in our school's wellness committee. Exploring

Question: Please share how your wellness committee encourages involvement from families and community members in promoting wellness in your school.

- “ ”

### Section I – Food and Nutrition General

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- I1: All students have at least 20 minutes to eat after sitting down for lunch.	Embedded
- 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
- I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities.	Embedded
- I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals.	Embedded
- I5: Encourages the use of non-food items for classroom celebrations.	Exploring
- I6: Withholding access to food is not used as a disciplinary action.	Embedded
- I7: Potable water is available to all our students at no cost.	Embedded
- I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS).	No Activity
- I9: Allows students to possess personal containers for drinking water.	Transitioning
- I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible.	Exploring

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

# 2017-2018 School Wellness Survey Responses

## Saratoga Elementary

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day.	Emerging

### Section K – Nutritional Guidelines

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- K1: Sodas and sports drinks are not offered for sale to students at any time during the school day.	Embedded
- K2: Healthy food and beverage options are encouraged at school-related events outside the school day.	Exploring
- K3: Implements appropriate precautions against severe food allergies.	Embedded

### Section L – Ideas/Comments/Suggestions

Question: Please list any wellness events or activities your school has undertaken or will undertake this school year.

- Health and Wellness Fair, 5k race

Question: 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.

- (No Response)

Question: Please provide any questions or comments you have with regard to FCPS’ Student and Staff Health and Wellness policy, regulation, or these wellness survey items.

- (No Response)

### Summary Tables:

The following graph and table visually summarize your school’s responses provided above. Questions in the graph are represented by bars corresponding to the self-reported wellness score. Questions in the table are grouped together according to their self-reported wellness score (e.g., all questions recorded as “embedded” are grouped together, etc.).

\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2017-2018 School Wellness Survey Responses

## Saratoga Elementary



# 2017-2018 School Wellness Survey Responses

## Saratoga Elementary

### Survey Questions Grouped by Wellness Score

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

# 2017-2018 School Wellness Survey Responses

## Sherman Elementary

### Section A – Physical Education

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218.	Embedded
- A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.	Embedded

### Section B – Physical Activity

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- B1: Withholding recess or physical education is not used as a disciplinary action.	No Activity
- B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess.	Embedded

Question: Please highlight any activities or best practices used to promote student's physical activity.

- "Brain breaks, yoga, movement breaks"

### Section C – Health Education

<u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u>	<u>Response</u>
- C1: Promoting Healthy Lifestyles.	Embedded
- C2: Stress Management.	Embedded
- C3: Coping Skills.	Embedded
- C4: Depression.	Embedded
- C5: Suicide Prevention and Awareness.	Exploring
- C6: Mental Health Issues (general).	Exploring
- C7: Relationship of Healthy Sleep to Mental Health.	Transitioning

# 2017-2018 School Wellness Survey Responses

## Sherman Elementary

- C8: Substance Abuse Prevention. Emerging

### Section D – Health Services

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- D1: FCPS' protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others.	Embedded
- D2: Students have regular access to public health nurses to address health, safety, and psychological issues.	Embedded
- D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia.	Embedded
- D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102.	Embedded

### Section E – Healthy and Safe School Environment

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- E1: Encourages children to safely walk or bike to and from school.	Embedded
- E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults.	Embedded
- E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560.	Embedded
- E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152.	Embedded

Question: Please share any school or community specific barriers to promoting a healthy and safe school environment for students.

- "Unhealthy sack lunch from home"

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

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- 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

# 2017-2018 School Wellness Survey Responses

## Sherman Elementary

- |   |                          |
|---|--------------------------|
| - 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                 |
| - F3: Implements programs that foster social and emotional health and wellness of students and staff.   | Embedded                 |
| - F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.   | Embedded                 |
| - F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.  | Emerging                 |
| - 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. | Not a Middle/High School |

### 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

- |   |               |
|---|---------------|
| - G1: Health screenings.  | Transitioning |
| - G2: Health care access.   | Transitioning |
| - G3: Employee flu immunization clinics.  | Embedded      |
| - 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. | Embedded      |
| - G5: Awareness of the Employee Assistance Program Services.  | Embedded      |
| - G6: Staff celebrations that offer and encourage healthy choices for food and beverages.   | Embedded      |

### Section H – Family and Community Involvement

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

Response

- |  |          |
|--|----------|
| - H1: Established a wellness committee to implement activities that support the wellness policy. | Emerging |
|--|----------|

# 2017-2018 School Wellness Survey Responses

## Sherman Elementary

- H2: Includes a non-staff, family, or community member in our school's wellness committee. Exploring

Question: Please share how your wellness committee encourages involvement from families and community members in promoting wellness in your school.

- "Newsletters, PTA meetings, Family nights"

### Section I – Food and Nutrition General

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

- I1: All students have at least 20 minutes to eat after sitting down for lunch. Embedded
- 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
- I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities. Embedded
- I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals. Embedded
- I5: Encourages the use of non-food items for classroom celebrations. No Activity
- I6: Withholding access to food is not used as a disciplinary action. Embedded
- I7: Potable water is available to all our students at no cost. Embedded
- I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS). Transitioning
- I9: Allows students to possess personal containers for drinking water. Embedded
- I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible. Emerging

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

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

# 2017-2018 School Wellness Survey Responses

## Sherman Elementary

- J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day. Exploring

### Section K – Nutritional Guidelines

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

- K1: Sodas and sports drinks are not offered for sale to students at any time during the school day. Embedded
- K2: Healthy food and beverage options are encouraged at school-related events outside the school day. Embedded
- K3: Implements appropriate precautions against severe food allergies. Embedded

### Section L – Ideas/Comments/Suggestions

Question: Please list any wellness events or activities your school has undertaken or will undertake this school year.

- Staff boot camp, salad bar

Question: 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.

- (No Response)

Question: Please provide any questions or comments you have with regard to FCPS’ Student and Staff Health and Wellness policy, regulation, or these wellness survey items.

- (No Response)

### Summary Tables:

The following graph and table visually summarize your school’s responses provided above. Questions in the graph are represented by bars corresponding to the self-reported wellness score. Questions in the table are grouped together according to their self-reported wellness score (e.g., all questions recorded as “embedded” are grouped together, etc.).

\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2017-2018 School Wellness Survey Responses

## Sherman Elementary



# 2017-2018 School Wellness Survey Responses

## Sherman Elementary

### Survey Questions Grouped by Wellness Score

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
B1, I5	C5,C6, H2, J1	C7, G1,G2, I8	C8, F1,F5, H1, I 10	A1,A2, B2, C1,C 2,C3,C4, D1,D2, D3,D4, E1,E2,E3 ,E4, F2,F3,F4, G 3,G4,G5,G6, I1,I 2,I3,I4,I6,I7,I9, K 1,K2,K3

# 2017-2018 School Wellness Survey Responses

## Shrevewood Elementary

### Section A – Physical Education

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218.	Embedded
- A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.	Embedded

### Section B – Physical Activity

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- B1: Withholding recess or physical education is not used as a disciplinary action.	Embedded
- B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess.	Embedded

Question: Please highlight any activities or best practices used to promote student's physical activity.

- "A new playground that promotes more active play"

### Section C – Health Education

<u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u>	<u>Response</u>
- C1: Promoting Healthy Lifestyles.	Emerging
- C2: Stress Management.	Exploring
- C3: Coping Skills.	Transitioning
- C4: Depression.	Transitioning
- C5: Suicide Prevention and Awareness.	Exploring
- C6: Mental Health Issues (general).	Exploring
- C7: Relationship of Healthy Sleep to Mental Health.	Transitioning

# 2017-2018 School Wellness Survey Responses

## Shrevewood Elementary

- C8: Substance Abuse Prevention. Exploring

### Section D – Health Services

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- D1: FCPS' protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others.	Embedded
- D2: Students have regular access to public health nurses to address health, safety, and psychological issues.	Embedded
- D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia.	Embedded
- D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102.	Embedded

### Section E – Healthy and Safe School Environment

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- E1: Encourages children to safely walk or bike to and from school.	Emerging
- E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults.	Embedded
- E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560.	Embedded
- E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152.	Embedded

Question: Please share any school or community specific barriers to promoting a healthy and safe school environment for students.

- "Shreve Road does not allow for bike riders."

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

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- 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.	Transitioning

# 2017-2018 School Wellness Survey Responses

## Shrevewood Elementary

- |   |                          |
|---|--------------------------|
| - 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                 |
| - F3: Implements programs that foster social and emotional health and wellness of students and staff.   | Exploring                |
| - F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.   | Emerging                 |
| - F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.  | No Activity              |
| - 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. | Not a Middle/High School |

### 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

- |   |               |
|---|---------------|
| - G1: Health screenings.  | Transitioning |
| - G2: Health care access.   | Embedded      |
| - G3: Employee flu immunization clinics.  | Embedded      |
| - 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      |
| - G5: Awareness of the Employee Assistance Program Services.  | Exploring     |
| - G6: Staff celebrations that offer and encourage healthy choices for food and beverages.   | Embedded      |

### Section H – Family and Community Involvement

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

Response

- |  |          |
|--|----------|
| - H1: Established a wellness committee to implement activities that support the wellness policy. | Emerging |
|--|----------|

# 2017-2018 School Wellness Survey Responses

## Shrevewood Elementary

- H2: Includes a non-staff, family, or community member in our school's wellness committee. Transitioning

Question: Please share how your wellness committee encourages involvement from families and community members in promoting wellness in your school.

- "Parents support school initiatives/wellness events"

### Section I – Food and Nutrition General

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

Response

- I1: All students have at least 20 minutes to eat after sitting down for lunch. Embedded
- 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
- I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities. Embedded
- I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals. Embedded
- I5: Encourages the use of non-food items for classroom celebrations. Transitioning
- I6: Withholding access to food is not used as a disciplinary action. Embedded
- I7: Potable water is available to all our students at no cost. Embedded
- I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS). No Activity
- I9: Allows students to possess personal containers for drinking water. Embedded
- I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible. Transitioning

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

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

Response

# 2017-2018 School Wellness Survey Responses

## Shrevewood Elementary

- J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day. Exploring

### Section K – Nutritional Guidelines

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

- K1: Sodas and sports drinks are not offered for sale to students at any time during the school day. Embedded
- K2: Healthy food and beverage options are encouraged at school-related events outside the school day. Embedded
- K3: Implements appropriate precautions against severe food allergies. Embedded

### Section L – Ideas/Comments/Suggestions

Question: Please list any wellness events or activities your school has undertaken or will undertake this school year.

- Weekly wellness newsletters, after school yoga for staff

Question: 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.

- handbook with ideas for wellness activities/organization

Question: 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.

- N/A

### Summary Tables:

The following graph and table visually summarize your school’s responses provided above. Questions in the graph are represented by bars corresponding to the self-reported wellness score. Questions in the table are grouped together according to their self-reported wellness score (e.g., all questions recorded as “embedded” are grouped together, etc.).

\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2017-2018 School Wellness Survey Responses

## Shrevewood Elementary



# 2017-2018 School Wellness Survey Responses

## Shrevewood Elementary

### Survey Questions Grouped by Wellness Score

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

# 2017-2018 School Wellness Survey Responses

## Silverbrook Elementary

### Section A – Physical Education

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218.	Embedded
- A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.	Embedded

### Section B – Physical Activity

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- B1: Withholding recess or physical education is not used as a disciplinary action.	Transitioning
- B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess.	Embedded

Question: Please highlight any activities or best practices used to promote student's physical activity.

- "After school programs sponsored by PE staff and PTO, a Fun Run in the fall and one in the spring"

### Section C – Health Education

<u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u>	<u>Response</u>
- C1: Promoting Healthy Lifestyles.	Embedded
- C2: Stress Management.	Emerging
- C3: Coping Skills.	Emerging
- C4: Depression.	Transitioning
- C5: Suicide Prevention and Awareness.	Transitioning
- C6: Mental Health Issues (general).	Emerging
- C7: Relationship of Healthy Sleep to Mental Health.	Transitioning

# 2017-2018 School Wellness Survey Responses

## Silverbrook Elementary

- C8: Substance Abuse Prevention. Emerging

### Section D – Health Services

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

- D1: FCPS' protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others. Embedded
- D2: Students have regular access to public health nurses to address health, safety, and psychological issues. Embedded
- D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia. Embedded
- D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102. Embedded

### Section E – Healthy and Safe School Environment

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

- E1: Encourages children to safely walk or bike to and from school. Embedded
- E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults. Embedded
- E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560. Embedded
- E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152. Embedded

Question: Please share any school or community specific barriers to promoting a healthy and safe school environment for students.

- “ ”

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

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

# 2017-2018 School Wellness Survey Responses

## Silverbrook Elementary

- |   |                          |
|---|--------------------------|
| - 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                 |
| - 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                 |
| - F3: Implements programs that foster social and emotional health and wellness of students and staff.   | Embedded                 |
| - F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.   | Embedded                 |
| - F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.  | Emerging                 |
| - 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. | Not a Middle/High School |

### 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

- |   |          |
|---|----------|
| - G1: Health screenings.  | Embedded |
| - G2: Health care access.   | Embedded |
| - G3: Employee flu immunization clinics.  | Embedded |
| - 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 |
| - G5: Awareness of the Employee Assistance Program Services.  | Embedded |
| - G6: Staff celebrations that offer and encourage healthy choices for food and beverages.   | Embedded |

### Section H – Family and Community Involvement

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

# 2017-2018 School Wellness Survey Responses

## Silverbrook Elementary

- H1: Established a wellness committee to implement activities that support the wellness policy. Emerging
- H2: Includes a non-staff, family, or community member in our school's wellness committee. Emerging

Question: Please share how your wellness committee encourages involvement from families and community members in promoting wellness in your school.

- "Our PTO seeks physical activities for after school programs throughout the year."

### Section I – Food and Nutrition General

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

	<u>Response</u>
- I1: All students have at least 20 minutes to eat after sitting down for lunch.	Embedded
- 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
- I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities.	Embedded
- I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals.	Embedded
- I5: Encourages the use of non-food items for classroom celebrations.	Emerging
- I6: Withholding access to food is not used as a disciplinary action.	Embedded
- I7: Potable water is available to all our students at no cost.	Transitioning
- I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS).	Transitioning
- I9: Allows students to possess personal containers for drinking water.	Embedded
- I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible.	Embedded

# 2017-2018 School Wellness Survey Responses

## Silverbrook Elementary

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

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day.	Embedded

### Section K – Nutritional Guidelines

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- K1: Sodas and sports drinks are not offered for sale to students at any time during the school day.	Embedded
- K2: Healthy food and beverage options are encouraged at school-related events outside the school day.	Embedded
- K3: Implements appropriate precautions against severe food allergies.	Embedded

### Section L – Ideas/Comments/Suggestions

Question: Please list any wellness events or activities your school has undertaken or will undertake this school year.

- Seahawk Stomp (fall), Run for Childhood Cancer (spring), winter school intramurals basketball for grades 4-6 and Run Fit Kids and Girls on the Run

Question: 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.

- (No Response)

Question: Please provide any questions or comments you have with regard to FCPS’ Student and Staff Health and Wellness policy, regulation, or these wellness survey items.

- (No Response)

### Summary Tables:

The following graph and table visually summarize your school’s responses provided above. Questions in the graph are represented by bars corresponding to the self-reported wellness score. Questions in the table are grouped together according to their self-reported wellness score (e.g., all questions recorded as “embedded” are grouped together, etc.).

# 2017-2018 School Wellness Survey Responses

## Silverbrook Elementary

\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2017-2018 School Wellness Survey Responses

## Silverbrook Elementary



# 2017-2018 School Wellness Survey Responses

## Silverbrook Elementary

### Survey Questions Grouped by Wellness Score

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
		B1, C4,C5,C7, I 7,18	C2,C3,C6,C8, F1, F5, G4, H1,H2, I5	A1,A2, B2, C1, D1,D2,D3,D4, E 1,E2,E3,E4, F2,F 3,F4, G1,G2,G3, G5,G6, I1,I2,I3,I 4,I6,I9,I10, J1, K1,K2,K3

# 2017-2018 School Wellness Survey Responses

## Sleepy Hollow Elementary

### Section A – Physical Education

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218.	Embedded
- A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.	Embedded

### Section B – Physical Activity

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- B1: Withholding recess or physical education is not used as a disciplinary action.	Embedded
- B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess.	Embedded

Question: Please highlight any activities or best practices used to promote student's physical activity.

- “ ”

### Section C – Health Education

<u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u>	<u>Response</u>
- C1: Promoting Healthy Lifestyles.	Exploring
- C2: Stress Management.	Exploring
- C3: Coping Skills.	Exploring
- C4: Depression.	Exploring
- C5: Suicide Prevention and Awareness.	Exploring
- C6: Mental Health Issues (general).	Exploring
- C7: Relationship of Healthy Sleep to Mental Health.	Exploring

# 2017-2018 School Wellness Survey Responses

## Sleepy Hollow Elementary

- C8: Substance Abuse Prevention. Exploring

### Section D – Health Services

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- D1: FCPS' protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others.	Embedded
- D2: Students have regular access to public health nurses to address health, safety, and psychological issues.	Embedded
- D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia.	Embedded
- D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102.	Embedded

### Section E – Healthy and Safe School Environment

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- E1: Encourages children to safely walk or bike to and from school.	Embedded
- E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults.	Emerging
- E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560.	Embedded
- E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152.	Embedded

Question: Please share any school or community specific barriers to promoting a healthy and safe school environment for students.

- “ ”

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

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- 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

# 2017-2018 School Wellness Survey Responses

## Sleepy Hollow Elementary

- |   |                          |
|---|--------------------------|
| - 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.   | No Activity              |
| - F3: Implements programs that foster social and emotional health and wellness of students and staff.   | Exploring                |
| - F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.   | Transitioning            |
| - F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.  | Transitioning            |
| - 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. | Not a Middle/High School |

### 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

- |   |               |
|---|---------------|
| - G1: Health screenings.  | Exploring     |
| - G2: Health care access.   | Exploring     |
| - G3: Employee flu immunization clinics.  | Exploring     |
| - 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. | Exploring     |
| - G5: Awareness of the Employee Assistance Program Services.  | Transitioning |
| - G6: Staff celebrations that offer and encourage healthy choices for food and beverages.   | Exploring     |

### Section H – Family and Community Involvement

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

- |  |             |
|--|-------------|
| - H1: Established a wellness committee to implement activities that support the wellness policy. | No Activity |
|--|-------------|

# 2017-2018 School Wellness Survey Responses

## Sleepy Hollow Elementary

- H2: Includes a non-staff, family, or community member in our school's wellness committee. No Activity

Question: Please share how your wellness committee encourages involvement from families and community members in promoting wellness in your school.

- ""

### Section I – Food and Nutrition General

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- I1: All students have at least 20 minutes to eat after sitting down for lunch.	Embedded
- 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
- I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities.	Embedded
- I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals.	Embedded
- I5: Encourages the use of non-food items for classroom celebrations.	No Activity
- I6: Withholding access to food is not used as a disciplinary action.	Embedded
- I7: Potable water is available to all our students at no cost.	Embedded
- I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS).	Exploring
- I9: Allows students to possess personal containers for drinking water.	Embedded
- I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible.	Embedded

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

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

# 2017-2018 School Wellness Survey Responses

## Sleepy Hollow Elementary

- J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day. No Activity

### Section K – Nutritional Guidelines

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- K1: Sodas and sports drinks are not offered for sale to students at any time during the school day.	Embedded
- K2: Healthy food and beverage options are encouraged at school-related events outside the school day.	No Activity
- K3: Implements appropriate precautions against severe food allergies.	Embedded

### Section L – Ideas/Comments/Suggestions

Question: Please list any wellness events or activities your school has undertaken or will undertake this school year.

- (No Response)

Question: 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.

- (No Response)

Question: Please provide any questions or comments you have with regard to FCPS’ Student and Staff Health and Wellness policy, regulation, or these wellness survey items.

- (No Response)

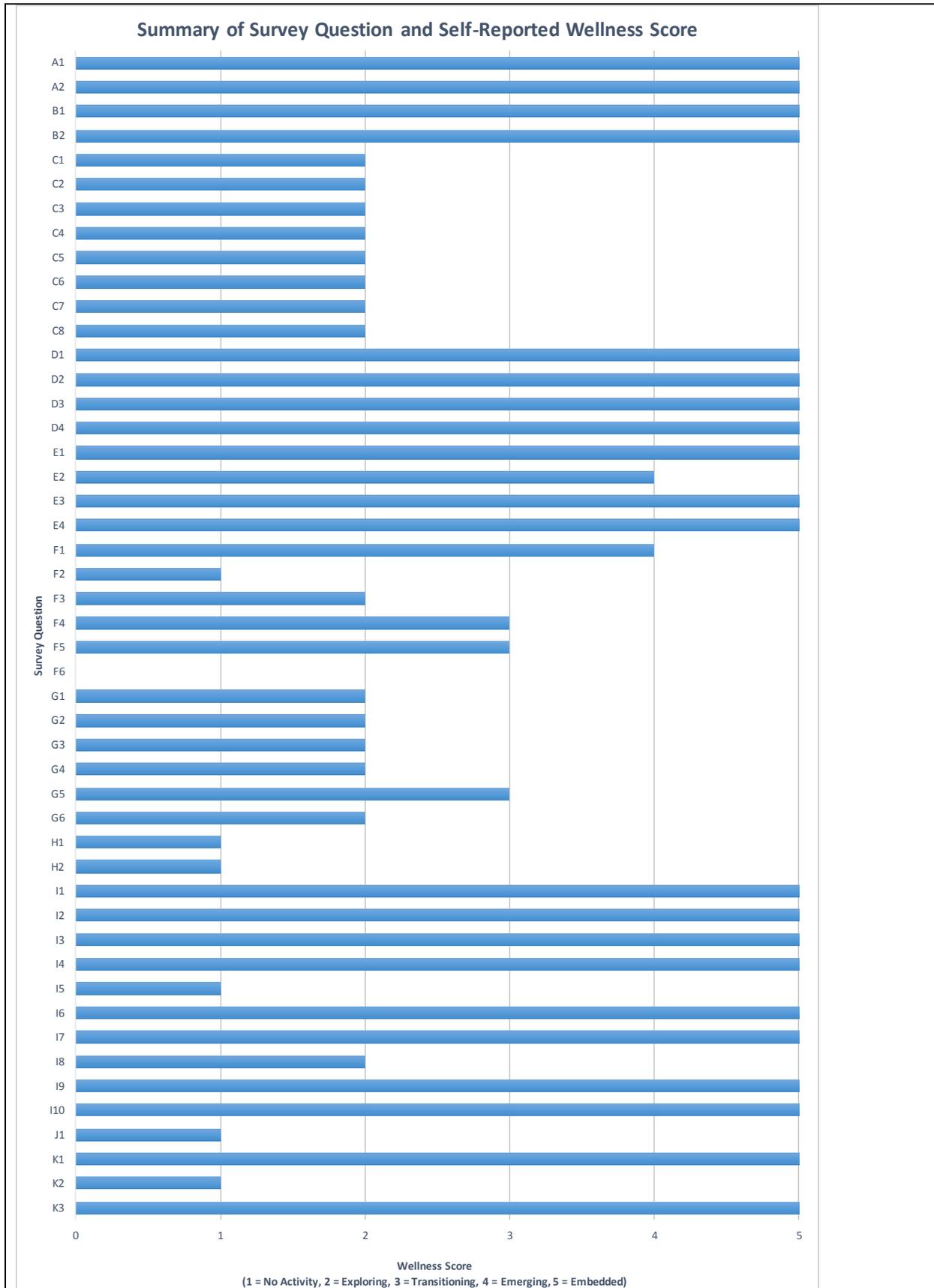
### Summary Tables:

The following graph and table visually summarize your school’s responses provided above. Questions in the graph are represented by bars corresponding to the self-reported wellness score. Questions in the table are grouped together according to their self-reported wellness score (e.g., all questions recorded as “embedded” are grouped together, etc.).

\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2017-2018 School Wellness Survey Responses

## Sleepy Hollow Elementary



# 2017-2018 School Wellness Survey Responses

## Sleepy Hollow Elementary

### Survey Questions Grouped by Wellness Score

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
F2, H1,H2, I5, J 1, K2	C1,C2,C3,C4,C5, C6,C7,C8, F3, G 1,G2,G3,G4,G6, I8	F4,F5, G5	E2, F1	A1,A2, B1,B2, D1,D2,D3,D4, E 1,E3,E4, I1,I2,I3, I4,I6,I7,I9,I10, K 1,K3

# 2017-2018 School Wellness Survey Responses

## Spring Hill Elementary

### Section A – Physical Education

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218.	Embedded
- A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.	Embedded

### Section B – Physical Activity

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- B1: Withholding recess or physical education is not used as a disciplinary action.	Embedded
- B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess.	Embedded

Question: Please highlight any activities or best practices used to promote student's physical activity.

- "Daily recess for 20 minutes, 60 minutes of PE a week for all students, moments to move provided by teachers (emerging)"

### Section C – Health Education

<u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u>	<u>Response</u>
- C1: Promoting Healthy Lifestyles.	Emerging
- C2: Stress Management.	Exploring
- C3: Coping Skills.	Exploring
- C4: Depression.	Exploring
- C5: Suicide Prevention and Awareness.	Exploring
- C6: Mental Health Issues (general).	Exploring
- C7: Relationship of Healthy Sleep to Mental Health.	Exploring

# 2017-2018 School Wellness Survey Responses

## Spring Hill Elementary

- C8: Substance Abuse Prevention. Exploring

### Section D – Health Services

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

- D1: FCPS' protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others. Exploring
- D2: Students have regular access to public health nurses to address health, safety, and psychological issues. Embedded
- D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia. Embedded
- D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102. Embedded

### Section E – Healthy and Safe School Environment

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

- E1: Encourages children to safely walk or bike to and from school. Emerging
- E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults. Transitioning
- E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560. Embedded
- E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152. Embedded

Question: Please share any school or community specific barriers to promoting a healthy and safe school environment for students.

- “ ”

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

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

# 2017-2018 School Wellness Survey Responses

## Spring Hill Elementary

- |   |                          |
|---|--------------------------|
| - 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                 |
| - 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.   | Transitioning            |
| - F3: Implements programs that foster social and emotional health and wellness of students and staff.   | Emerging                 |
| - F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.   | Embedded                 |
| - F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.  | Embedded                 |
| - 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. | Not a Middle/High School |

### 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

- |   |               |
|---|---------------|
| - G1: Health screenings.  | Exploring     |
| - G2: Health care access.   | No Activity   |
| - G3: Employee flu immunization clinics.  | Embedded      |
| - 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. | No Activity   |
| - G5: Awareness of the Employee Assistance Program Services.  | Transitioning |
| - G6: Staff celebrations that offer and encourage healthy choices for food and beverages.   | Exploring     |

### Section H – Family and Community Involvement

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

# 2017-2018 School Wellness Survey Responses

## Spring Hill Elementary

- |  |             |
|--|-------------|
| - H1: Established a wellness committee to implement activities that support the wellness policy. | Exploring   |
| - H2: Includes a non-staff, family, or community member in our school's wellness committee.      | No Activity |

Question: Please share how your wellness committee encourages involvement from families and community members in promoting wellness in your school.

- “ ”

### Section I – Food and Nutrition General

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- I1: All students have at least 20 minutes to eat after sitting down for lunch.	Embedded
- 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
- I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities.	Embedded
- I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals.	Embedded
- I5: Encourages the use of non-food items for classroom celebrations.	Emerging
- I6: Withholding access to food is not used as a disciplinary action.	Embedded
- I7: Potable water is available to all our students at no cost.	Emerging
- I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS).	No Activity
- I9: Allows students to possess personal containers for drinking water.	Embedded
- I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible.	Transitioning

# 2017-2018 School Wellness Survey Responses

## Spring Hill Elementary

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

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

- J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day. Exploring

### Section K – Nutritional Guidelines

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

- K1: Sodas and sports drinks are not offered for sale to students at any time during the school day. Embedded
- K2: Healthy food and beverage options are encouraged at school-related events outside the school day. Transitioning
- K3: Implements appropriate precautions against severe food allergies. Embedded

### Section L – Ideas/Comments/Suggestions

Question: Please list any wellness events or activities your school has undertaken or will undertake this school year.

- Fun Run

Question: 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.

- (No Response)

Question: Please provide any questions or comments you have with regard to FCPS’ Student and Staff Health and Wellness policy, regulation, or these wellness survey items.

- (No Response)

### Summary Tables:

The following graph and table visually summarize your school’s responses provided above. Questions in the graph are represented by bars corresponding to the self-reported wellness score. Questions in the table are grouped together according to their self-reported wellness score (e.g., all questions recorded as “embedded” are grouped together, etc.).

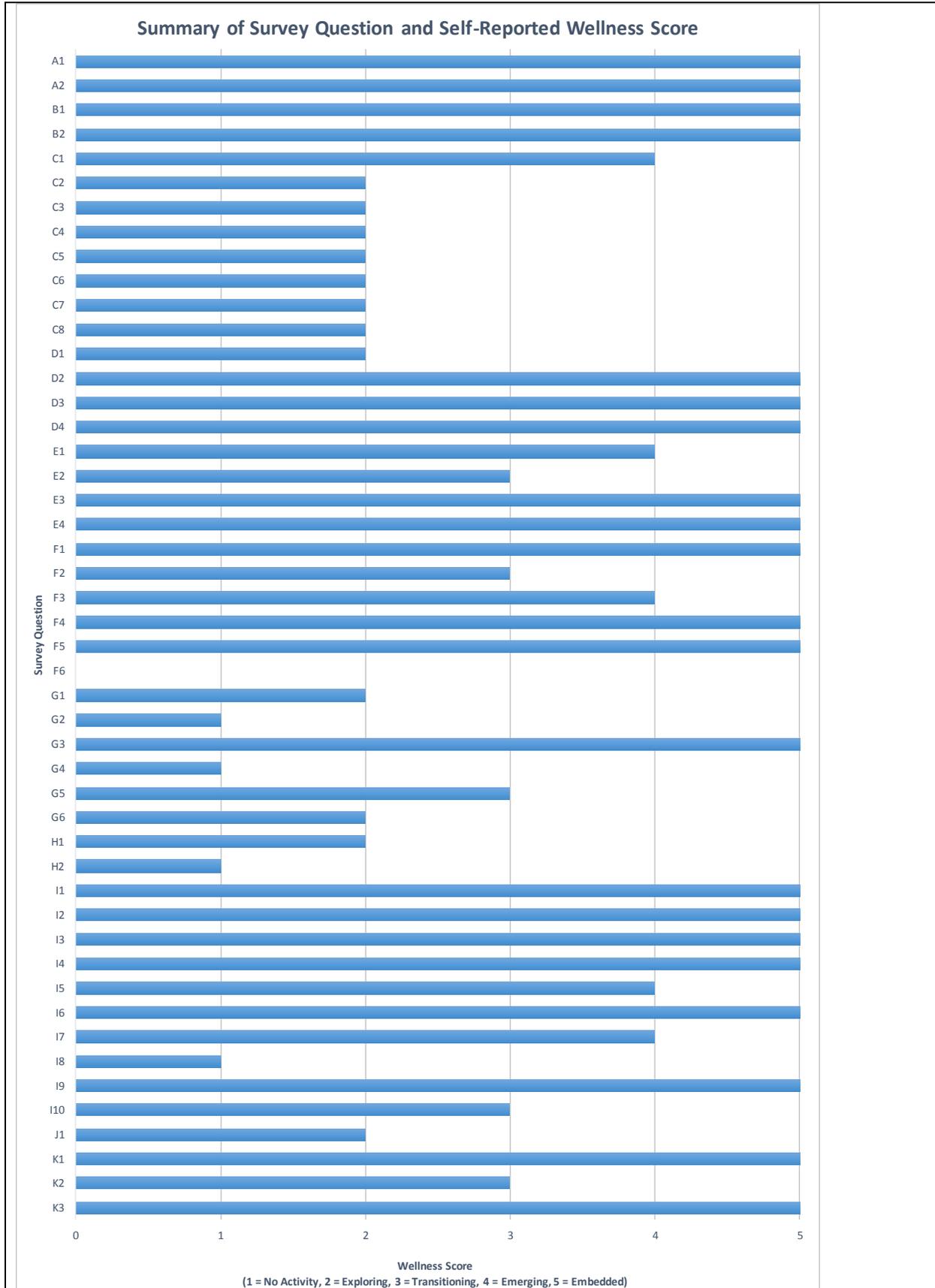
# 2017-2018 School Wellness Survey Responses

## Spring Hill Elementary

\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2017-2018 School Wellness Survey Responses

## Spring Hill Elementary



# 2017-2018 School Wellness Survey Responses

## Spring Hill Elementary

### Survey Questions Grouped by Wellness Score

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
G2,G4, H2, I8	C2,C3,C4,C5,C6, C7,C8, D1, G1, G6, H1, J1	E2, F2, G5, I10, K2	C1, E1, F3, I5,I 7	A1,A2, B1,B2, D2,D3,D4, E3,E4 , F1,F4,F5, G3, I1,I2,I3,I4,I6,I9, K1,K3

# 2017-2018 School Wellness Survey Responses

## Springfield Estates Elementary

### Section A – Physical Education

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218.	Embedded
- A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.	Emerging

### Section B – Physical Activity

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- B1: Withholding recess or physical education is not used as a disciplinary action.	Emerging
- B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess.	Embedded

Question: Please highlight any activities or best practices used to promote student's physical activity.

- "Workout Wednesday (exercise once an hour during school day)"

### Section C – Health Education

<u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u>	<u>Response</u>
- C1: Promoting Healthy Lifestyles.	Emerging
- C2: Stress Management.	Transitioning
- C3: Coping Skills.	Transitioning
- C4: Depression.	Transitioning
- C5: Suicide Prevention and Awareness.	Transitioning
- C6: Mental Health Issues (general).	Transitioning
- C7: Relationship of Healthy Sleep to Mental Health.	Exploring

# 2017-2018 School Wellness Survey Responses

## Springfield Estates Elementary

- C8: Substance Abuse Prevention. Transitioning

### Section D – Health Services

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- D1: FCPS' protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others.	Emerging
- D2: Students have regular access to public health nurses to address health, safety, and psychological issues.	Embedded
- D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia.	Emerging
- D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102.	Embedded

### Section E – Healthy and Safe School Environment

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- E1: Encourages children to safely walk or bike to and from school.	Transitioning
- E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults.	Emerging
- E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560.	Emerging
- E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152.	Embedded

Question: Please share any school or community specific barriers to promoting a healthy and safe school environment for students.

- “ ”

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

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- 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.	Transitioning

# 2017-2018 School Wellness Survey Responses

## Springfield Estates Elementary

- 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
- F3: Implements programs that foster social and emotional health and wellness of students and staff. Emerging
- F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments. Emerging
- F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance. Emerging
- 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. Not a Middle/High School

### 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

- G1: Health screenings. Transitioning
- G2: Health care access. Transitioning
- G3: Employee flu immunization clinics. Embedded
- 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. Transitioning
- G5: Awareness of the Employee Assistance Program Services. Transitioning
- G6: Staff celebrations that offer and encourage healthy choices for food and beverages. Transitioning

### Section H – Family and Community Involvement

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

Response

- H1: Established a wellness committee to implement activities that support the wellness policy. Transitioning

# 2017-2018 School Wellness Survey Responses

## Springfield Estates Elementary

- H2: Includes a non-staff, family, or community member in our school's wellness committee. Transitioning

Question: Please share how your wellness committee encourages involvement from families and community members in promoting wellness in your school.

- " "

### Section I – Food and Nutrition General

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- I1: All students have at least 20 minutes to eat after sitting down for lunch.	Embedded
- 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
- I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities.	Emerging
- I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals.	Emerging
- I5: Encourages the use of non-food items for classroom celebrations.	Transitioning
- I6: Withholding access to food is not used as a disciplinary action.	Embedded
- I7: Potable water is available to all our students at no cost.	Embedded
- I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS).	Exploring
- I9: Allows students to possess personal containers for drinking water.	Embedded
- I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible.	Exploring

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

# 2017-2018 School Wellness Survey Responses

## Springfield Estates Elementary

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day.	Exploring

### Section K – Nutritional Guidelines

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- K1: Sodas and sports drinks are not offered for sale to students at any time during the school day.	Embedded
- K2: Healthy food and beverage options are encouraged at school-related events outside the school day.	Emerging
- K3: Implements appropriate precautions against severe food allergies.	Embedded

### Section L – Ideas/Comments/Suggestions

Question: Please list any wellness events or activities your school has undertaken or will undertake this school year.

- (No Response)

Question: 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.

- (No Response)

Question: Please provide any questions or comments you have with regard to FCPS’ Student and Staff Health and Wellness policy, regulation, or these wellness survey items.

- (No Response)

### Summary Tables:

The following graph and table visually summarize your school’s responses provided above. Questions in the graph are represented by bars corresponding to the self-reported wellness score. Questions in the table are grouped together according to their self-reported wellness score (e.g., all questions recorded as “embedded” are grouped together, etc.).

\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2017-2018 School Wellness Survey Responses

## Springfield Estates Elementary



# 2017-2018 School Wellness Survey Responses

## Springfield Estates Elementary

### Survey Questions Grouped by Wellness Score

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
	C7, I8,I10, J1	C2,C3,C4,C5,C6, C8, E1, F1, G1, G2,G4,G5,G6, H 1,H2, I5	A2, B1, C1, D1, D3, E2,E3, F2,F 3,F4,F5, I3,I4, K 2	A1, B2, D2,D4, E4, G3, I1,I2,I 6,I7,I9, K1,K3

# 2017-2018 School Wellness Survey Responses

## Stenwood Elem

### Section A – Physical Education

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218.	Embedded
- A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.	Embedded

### Section B – Physical Activity

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- B1: Withholding recess or physical education is not used as a disciplinary action.	Embedded
- B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess.	Embedded

Question: Please highlight any activities or best practices used to promote student's physical activity.

- " "

### Section C – Health Education

<u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u>	<u>Response</u>
- C1: Promoting Healthy Lifestyles.	Embedded
- C2: Stress Management.	Embedded
- C3: Coping Skills.	Embedded
- C4: Depression.	Embedded
- C5: Suicide Prevention and Awareness.	Embedded
- C6: Mental Health Issues (general).	Embedded
- C7: Relationship of Healthy Sleep to Mental Health.	Embedded

# 2017-2018 School Wellness Survey Responses

## Stenwood Elem

- C8: Substance Abuse Prevention. Embedded

### Section D – Health Services

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

- D1: FCPS' protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others. Embedded
- D2: Students have regular access to public health nurses to address health, safety, and psychological issues. Embedded
- D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia. Embedded
- D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102. Embedded

### Section E – Healthy and Safe School Environment

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

- E1: Encourages children to safely walk or bike to and from school. Embedded
- E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults. Embedded
- E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560. Embedded
- E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152. Embedded

Question: Please share any school or community specific barriers to promoting a healthy and safe school environment for students.

- “ ”

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

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

- 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

# 2017-2018 School Wellness Survey Responses

## Stenwood Elem

- |   |                          |
|---|--------------------------|
| - 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                 |
| - F3: Implements programs that foster social and emotional health and wellness of students and staff.   | Embedded                 |
| - F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.   | Embedded                 |
| - F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.  | Embedded                 |
| - 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. | Not a Middle/High School |

### 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

- |   |          |
|---|----------|
| - G1: Health screenings.  | Embedded |
| - G2: Health care access.   | Embedded |
| - G3: Employee flu immunization clinics.  | Embedded |
| - 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. | Embedded |
| - G5: Awareness of the Employee Assistance Program Services.  | Embedded |
| - G6: Staff celebrations that offer and encourage healthy choices for food and beverages.   | Embedded |

### Section H – Family and Community Involvement

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

- |  |          |
|--|----------|
| - H1: Established a wellness committee to implement activities that support the wellness policy. | Embedded |
|--|----------|

# 2017-2018 School Wellness Survey Responses

## Stenwood Elem

- H2: Includes a non-staff, family, or community member in our school's wellness committee. Embedded

Question: Please share how your wellness committee encourages involvement from families and community members in promoting wellness in your school.

- "Fitness Calendars and Recipes"

### Section I – Food and Nutrition General

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- I1: All students have at least 20 minutes to eat after sitting down for lunch.	Embedded
- 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
- I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities.	Embedded
- I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals.	Embedded
- I5: Encourages the use of non-food items for classroom celebrations.	Embedded
- I6: Withholding access to food is not used as a disciplinary action.	Embedded
- I7: Potable water is available to all our students at no cost.	Embedded
- I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS).	No Activity
- I9: Allows students to possess personal containers for drinking water.	Embedded
- I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible.	Embedded

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

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

# 2017-2018 School Wellness Survey Responses

## Stenwood Elem

- J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day. Embedded

### Section K – Nutritional Guidelines

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

- K1: Sodas and sports drinks are not offered for sale to students at any time during the school day. Embedded
- K2: Healthy food and beverage options are encouraged at school-related events outside the school day. Embedded
- K3: Implements appropriate precautions against severe food allergies. Embedded

### Section L – Ideas/Comments/Suggestions

Question: Please list any wellness events or activities your school has undertaken or will undertake this school year.

- Fun Run, Jump Rope for Heart, Field Day, Whole School Morning Meetings, PTA Fun Run, PTA Winter Movement Night

Question: 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.

- (No Response)

Question: Please provide any questions or comments you have with regard to FCPS’ Student and Staff Health and Wellness policy, regulation, or these wellness survey items.

- (No Response)

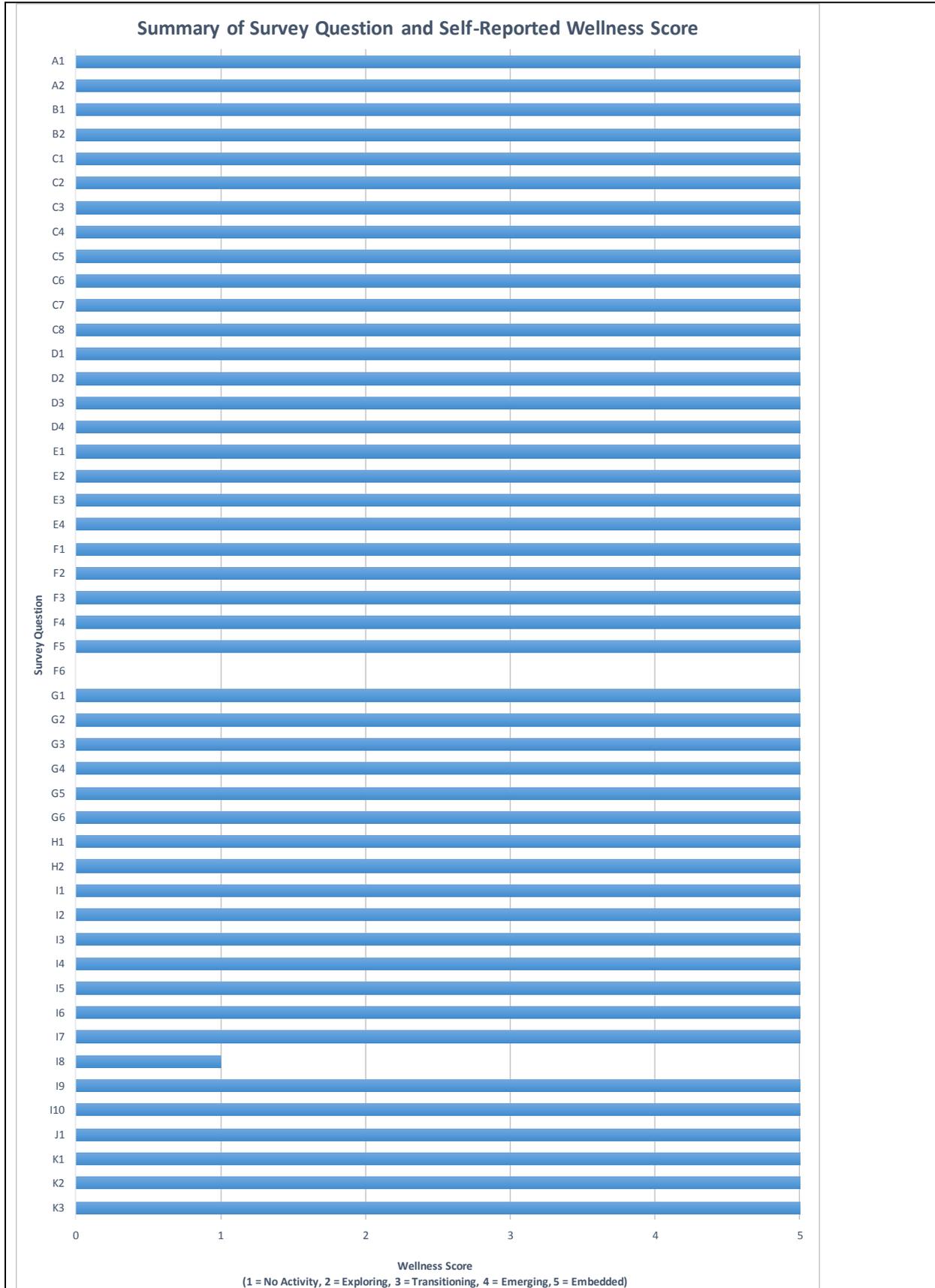
### Summary Tables:

The following graph and table visually summarize your school’s responses provided above. Questions in the graph are represented by bars corresponding to the self-reported wellness score. Questions in the table are grouped together according to their self-reported wellness score (e.g., all questions recorded as “embedded” are grouped together, etc.).

\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2017-2018 School Wellness Survey Responses

## Stenwood Elem



# 2017-2018 School Wellness Survey Responses

## Stenwood Elem

### Survey Questions Grouped by Wellness Score

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
18				A1,A2, B1,B2, C 1,C2,C3,C4,C5,C 6,C7,C8, D1,D2, D3,D4, E1,E2,E3 ,E4, F1,F2,F3,F4, F5, G1,G2,G3,G 4,G5,G6, H1,H2, I1,I2,I3,I4,I5,I6,I 7,I9,I10, J1, K1, K2,K3

# 2017-2018 School Wellness Survey Responses

## Stratford Landing Elementary

### Section A – Physical Education

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218.	Embedded
- A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.	Embedded

### Section B – Physical Activity

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- B1: Withholding recess or physical education is not used as a disciplinary action.	No Activity
- B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess.	Embedded

Question: Please highlight any activities or best practices used to promote student's physical activity.

- "30 minutes recess, Dr. Recess program, Responsive Classroom movement breaks"

### Section C – Health Education

<u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u>	<u>Response</u>
- C1: Promoting Healthy Lifestyles.	Emerging
- C2: Stress Management.	Transitioning
- C3: Coping Skills.	Emerging
- C4: Depression.	Emerging
- C5: Suicide Prevention and Awareness.	Emerging
- C6: Mental Health Issues (general).	Emerging
- C7: Relationship of Healthy Sleep to Mental Health.	Transitioning

# 2017-2018 School Wellness Survey Responses

## Stratford Landing Elementary

- C8: Substance Abuse Prevention. Emerging

### Section D – Health Services

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

- D1: FCPS' protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others. Embedded
- D2: Students have regular access to public health nurses to address health, safety, and psychological issues. Exploring
- D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia. Embedded
- D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102. Embedded

### Section E – Healthy and Safe School Environment

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

- E1: Encourages children to safely walk or bike to and from school. Embedded
- E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults. Embedded
- E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560. Embedded
- E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152. Embedded

Question: Please share any school or community specific barriers to promoting a healthy and safe school environment for students.

- “ ”

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

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

# 2017-2018 School Wellness Survey Responses

## Stratford Landing Elementary

- |   |                          |
|---|--------------------------|
| - 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                 |
| - 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                 |
| - F3: Implements programs that foster social and emotional health and wellness of students and staff.   | Embedded                 |
| - F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.   | Embedded                 |
| - F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.  | Exploring                |
| - 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. | Not a Middle/High School |

### 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

- |   |               |
|---|---------------|
| - G1: Health screenings.  | Exploring     |
| - G2: Health care access.   | Exploring     |
| - G3: Employee flu immunization clinics.  | Embedded      |
| - 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. | Transitioning |
| - G5: Awareness of the Employee Assistance Program Services.  | Emerging      |
| - G6: Staff celebrations that offer and encourage healthy choices for food and beverages.   | Transitioning |

### Section H – Family and Community Involvement

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

# 2017-2018 School Wellness Survey Responses

## Stratford Landing Elementary

- |  |               |
|--|---------------|
| - H1: Established a wellness committee to implement activities that support the wellness policy. | Transitioning |
| - H2: Includes a non-staff, family, or community member in our school's wellness committee.      | Exploring     |

Question: Please share how your wellness committee encourages involvement from families and community members in promoting wellness in your school.

- “ ”

### Section I – Food and Nutrition General

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- I1: All students have at least 20 minutes to eat after sitting down for lunch.	Embedded
- 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
- I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities.	Embedded
- I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals.	Embedded
- I5: Encourages the use of non-food items for classroom celebrations.	Transitioning
- I6: Withholding access to food is not used as a disciplinary action.	Embedded
- I7: Potable water is available to all our students at no cost.	Embedded
- I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS).	No Activity
- I9: Allows students to possess personal containers for drinking water.	Embedded
- I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible.	Embedded

# 2017-2018 School Wellness Survey Responses

## Stratford Landing Elementary

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

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day.	Embedded

### Section K – Nutritional Guidelines

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- K1: Sodas and sports drinks are not offered for sale to students at any time during the school day.	Embedded
- K2: Healthy food and beverage options are encouraged at school-related events outside the school day.	Transitioning
- K3: Implements appropriate precautions against severe food allergies.	Embedded

### Section L – Ideas/Comments/Suggestions

Question: Please list any wellness events or activities your school has undertaken or will undertake this school year.

- staff game, Dr. Recess for staff

Question: 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.

- (No Response)

Question: Please provide any questions or comments you have with regard to FCPS’ Student and Staff Health and Wellness policy, regulation, or these wellness survey items.

- (No Response)

### Summary Tables:

The following graph and table visually summarize your school’s responses provided above. Questions in the graph are represented by bars corresponding to the self-reported wellness score. Questions in the table are grouped together according to their self-reported wellness score (e.g., all questions recorded as “embedded” are grouped together, etc.).

# 2017-2018 School Wellness Survey Responses

## Stratford Landing Elementary

\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2017-2018 School Wellness Survey Responses

## Stratford Landing Elementary



# 2017-2018 School Wellness Survey Responses

## Stratford Landing Elementary

### Survey Questions Grouped by Wellness Score

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
B1, I8	D2, F5, G1,G2, H2	C2,C7, G4,G6, H1, I5, K2	C1,C3,C4,C5,C6, C8, F1, G5	A1,A2, B2, D1, D3,D4, E1,E2,E3 ,E4, F2,F3,F4, G 3, I1,I2,I3,I4,I6,I 7,I9,I10, J1, K1, K3

# 2017-2018 School Wellness Survey Responses

## Sunrise Valley Elementary

### Section A – Physical Education

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218.	Embedded
- A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.	Embedded

### Section B – Physical Activity

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- B1: Withholding recess or physical education is not used as a disciplinary action.	Embedded
- B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess.	Embedded

Question: Please highlight any activities or best practices used to promote student's physical activity.

- "Implementation of all five components of fitness in everyday physical education classes."

### Section C – Health Education

<u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u>	<u>Response</u>
- C1: Promoting Healthy Lifestyles.	Embedded
- C2: Stress Management.	Embedded
- C3: Coping Skills.	Embedded
- C4: Depression.	Emerging
- C5: Suicide Prevention and Awareness.	Exploring
- C6: Mental Health Issues (general).	Exploring
- C7: Relationship of Healthy Sleep to Mental Health.	Emerging

# 2017-2018 School Wellness Survey Responses

## Sunrise Valley Elementary

- C8: Substance Abuse Prevention. Transitioning

### Section D – Health Services

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

- D1: FCPS’ protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others. Embedded
- D2: Students have regular access to public health nurses to address health, safety, and psychological issues. Embedded
- D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia. Embedded
- D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102. Embedded

### Section E – Healthy and Safe School Environment

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

- E1: Encourages children to safely walk or bike to and from school. Embedded
- E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults. Embedded
- E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560. Embedded
- E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS’ Policy 4419 and Regulation 2152. Embedded

Question: Please share any school or community specific barriers to promoting a healthy and safe school environment for students.

- “ ”

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

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

# 2017-2018 School Wellness Survey Responses

## Sunrise Valley Elementary

- |   |                          |
|---|--------------------------|
| - 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                 |
| - 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                 |
| - F3: Implements programs that foster social and emotional health and wellness of students and staff.   | Embedded                 |
| - F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.   | Embedded                 |
| - F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.  | Embedded                 |
| - 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. | Not a Middle/High School |

### 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

- |   |          |
|---|----------|
| - G1: Health screenings.  | Embedded |
| - G2: Health care access.   | Embedded |
| - G3: Employee flu immunization clinics.  | Embedded |
| - 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. | Embedded |
| - G5: Awareness of the Employee Assistance Program Services.  | Emerging |
| - G6: Staff celebrations that offer and encourage healthy choices for food and beverages.   | Embedded |

### Section H – Family and Community Involvement

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

# 2017-2018 School Wellness Survey Responses

## Sunrise Valley Elementary

- H1: Established a wellness committee to implement activities that support the wellness policy. Embedded
- H2: Includes a non-staff, family, or community member in our school's wellness committee. Embedded

Question: Please share how your wellness committee encourages involvement from families and community members in promoting wellness in your school.

- "Travel Across America Program, Hopecam 5K Run"

### Section I – Food and Nutrition General

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- I1: All students have at least 20 minutes to eat after sitting down for lunch.	Embedded
- 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
- I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities.	Embedded
- I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals.	Embedded
- I5: Encourages the use of non-food items for classroom celebrations.	Embedded
- I6: Withholding access to food is not used as a disciplinary action.	Embedded
- I7: Potable water is available to all our students at no cost.	Embedded
- I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS).	Emerging
- I9: Allows students to possess personal containers for drinking water.	Embedded
- I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible.	Embedded

# 2017-2018 School Wellness Survey Responses

## Sunrise Valley Elementary

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

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day.	Embedded

### Section K – Nutritional Guidelines

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- K1: Sodas and sports drinks are not offered for sale to students at any time during the school day.	Embedded
- K2: Healthy food and beverage options are encouraged at school-related events outside the school day.	Embedded
- K3: Implements appropriate precautions against severe food allergies.	Embedded

### Section L – Ideas/Comments/Suggestions

Question: Please list any wellness events or activities your school has undertaken or will undertake this school year.

- Flu Shot Clinic, Hopecam 5 K Run, Field Day, Travel Across America Program

Question: 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.

- More Family Involvement regarding healthy snack consumption at home programs

Question: Please provide any questions or comments you have with regard to FCPS’ Student and Staff Health and Wellness policy, regulation, or these wellness survey items.

- (No Response)

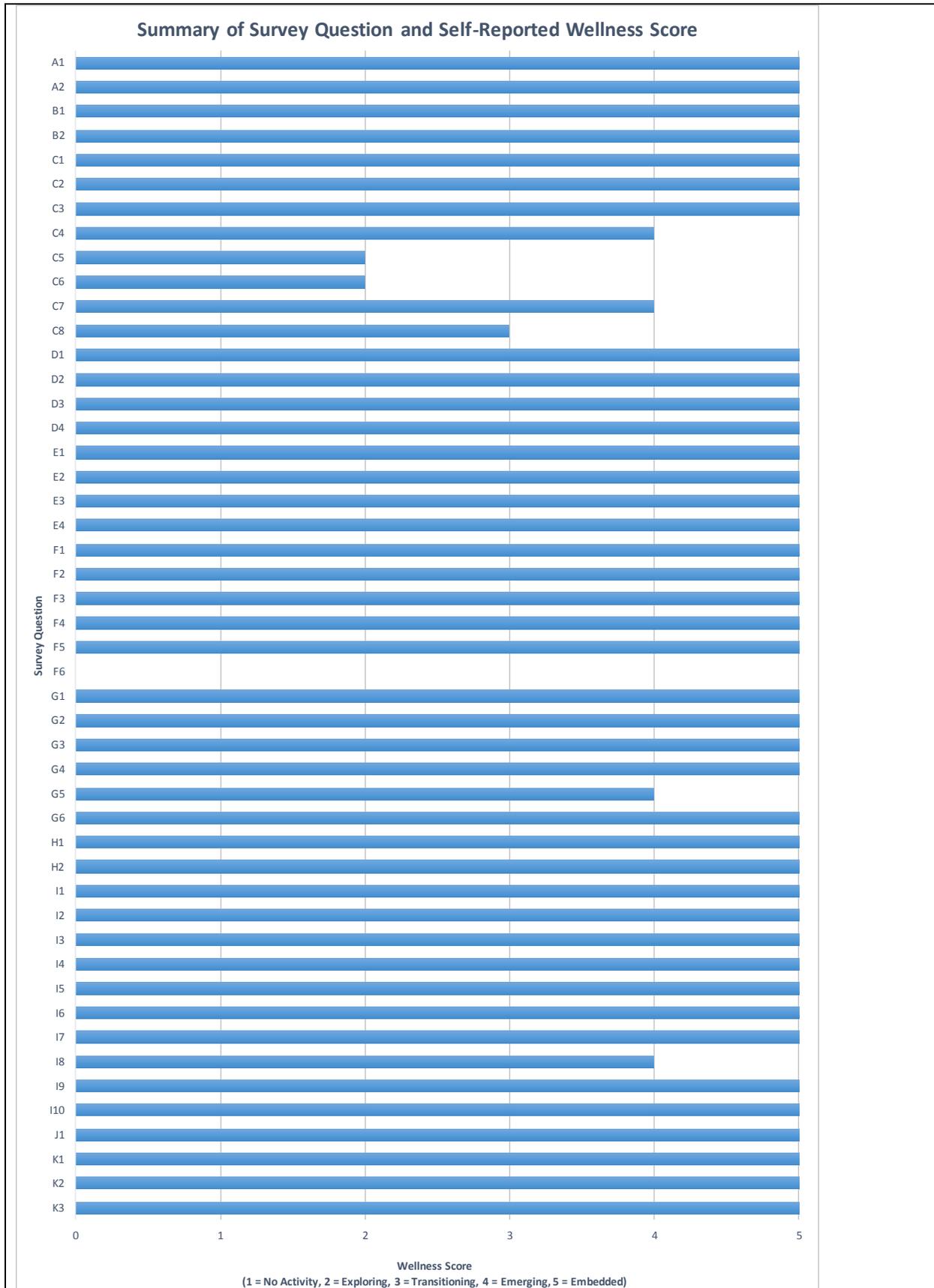
### Summary Tables:

The following graph and table visually summarize your school’s responses provided above. Questions in the graph are represented by bars corresponding to the self-reported wellness score. Questions in the table are grouped together according to their self-reported wellness score (e.g., all questions recorded as “embedded” are grouped together, etc.).

\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2017-2018 School Wellness Survey Responses

## Sunrise Valley Elementary



# 2017-2018 School Wellness Survey Responses

## Sunrise Valley Elementary

### Survey Questions Grouped by Wellness Score

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

# 2017-2018 School Wellness Survey Responses

## Terra Centre Elementary

### Section A – Physical Education

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218.	Embedded
- A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.	Embedded

### Section B – Physical Activity

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- B1: Withholding recess or physical education is not used as a disciplinary action.	Embedded
- B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess.	Embedded

Question: Please highlight any activities or best practices used to promote student's physical activity.

- "After school fitness programs (running, tennis, yoga, etc.), Fun Run, Brain Breaks, Martial Arts, Field Day"

### Section C – Health Education

<u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u>	<u>Response</u>
- C1: Promoting Healthy Lifestyles.	Embedded
- C2: Stress Management.	Embedded
- C3: Coping Skills.	Embedded
- C4: Depression.	Embedded
- C5: Suicide Prevention and Awareness.	Embedded
- C6: Mental Health Issues (general).	Embedded
- C7: Relationship of Healthy Sleep to Mental Health.	Emerging

# 2017-2018 School Wellness Survey Responses

## Terra Centre Elementary

- C8: Substance Abuse Prevention. Emerging

### Section D – Health Services

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

- D1: FCPS' protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others. Embedded
- D2: Students have regular access to public health nurses to address health, safety, and psychological issues. Embedded
- D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia. Embedded
- D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102. Embedded

### Section E – Healthy and Safe School Environment

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

- E1: Encourages children to safely walk or bike to and from school. Embedded
- E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults. Embedded
- E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560. Embedded
- E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152. Embedded

Question: Please share any school or community specific barriers to promoting a healthy and safe school environment for students.

- “ ”

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

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

# 2017-2018 School Wellness Survey Responses

## Terra Centre Elementary

- |   |                          |
|---|--------------------------|
| - 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                 |
| - 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                 |
| - F3: Implements programs that foster social and emotional health and wellness of students and staff.   | Embedded                 |
| - F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.   | Embedded                 |
| - F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.  | Emerging                 |
| - 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. | Not a Middle/High School |

### 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

- |   |               |
|---|---------------|
| - G1: Health screenings.  | No Activity   |
| - G2: Health care access.   | No Activity   |
| - G3: Employee flu immunization clinics.  | Embedded      |
| - 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. | Embedded      |
| - G5: Awareness of the Employee Assistance Program Services.  | Emerging      |
| - G6: Staff celebrations that offer and encourage healthy choices for food and beverages.   | Transitioning |

### Section H – Family and Community Involvement

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

# 2017-2018 School Wellness Survey Responses

## Terra Centre Elementary

- H1: Established a wellness committee to implement activities that support the wellness policy. Embedded
- H2: Includes a non-staff, family, or community member in our school's wellness committee. Exploring

Question: Please share how your wellness committee encourages involvement from families and community members in promoting wellness in your school.

- "Connected a community food drive to healthy eating; wellness tips on the morning news"

### Section I – Food and Nutrition General

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

Response

- I1: All students have at least 20 minutes to eat after sitting down for lunch. Embedded
- 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
- I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities. Embedded
- I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals. Embedded
- I5: Encourages the use of non-food items for classroom celebrations. Embedded
- I6: Withholding access to food is not used as a disciplinary action. Embedded
- I7: Potable water is available to all our students at no cost. Embedded
- I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS). Embedded
- I9: Allows students to possess personal containers for drinking water. Embedded
- I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible. Emerging

# 2017-2018 School Wellness Survey Responses

## Terra Centre Elementary

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

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day.	Embedded

### Section K – Nutritional Guidelines

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- K1: Sodas and sports drinks are not offered for sale to students at any time during the school day.	Embedded
- K2: Healthy food and beverage options are encouraged at school-related events outside the school day.	Emerging
- K3: Implements appropriate precautions against severe food allergies.	Embedded

### Section L – Ideas/Comments/Suggestions

Question: Please list any wellness events or activities your school has undertaken or will undertake this school year.

- Wellness Tips on Morning News, Fun Run, Field Day, Martial Arts, After-school activities (running, yoga, tennis, etc.)

Question: 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.

- (No Response)

Question: Please provide any questions or comments you have with regard to FCPS’ Student and Staff Health and Wellness policy, regulation, or these wellness survey items.

- (No Response)

### Summary Tables:

The following graph and table visually summarize your school’s responses provided above. Questions in the graph are represented by bars corresponding to the self-reported wellness score. Questions in the table are grouped together according to their self-reported wellness score (e.g., all questions recorded as “embedded” are grouped together, etc.).

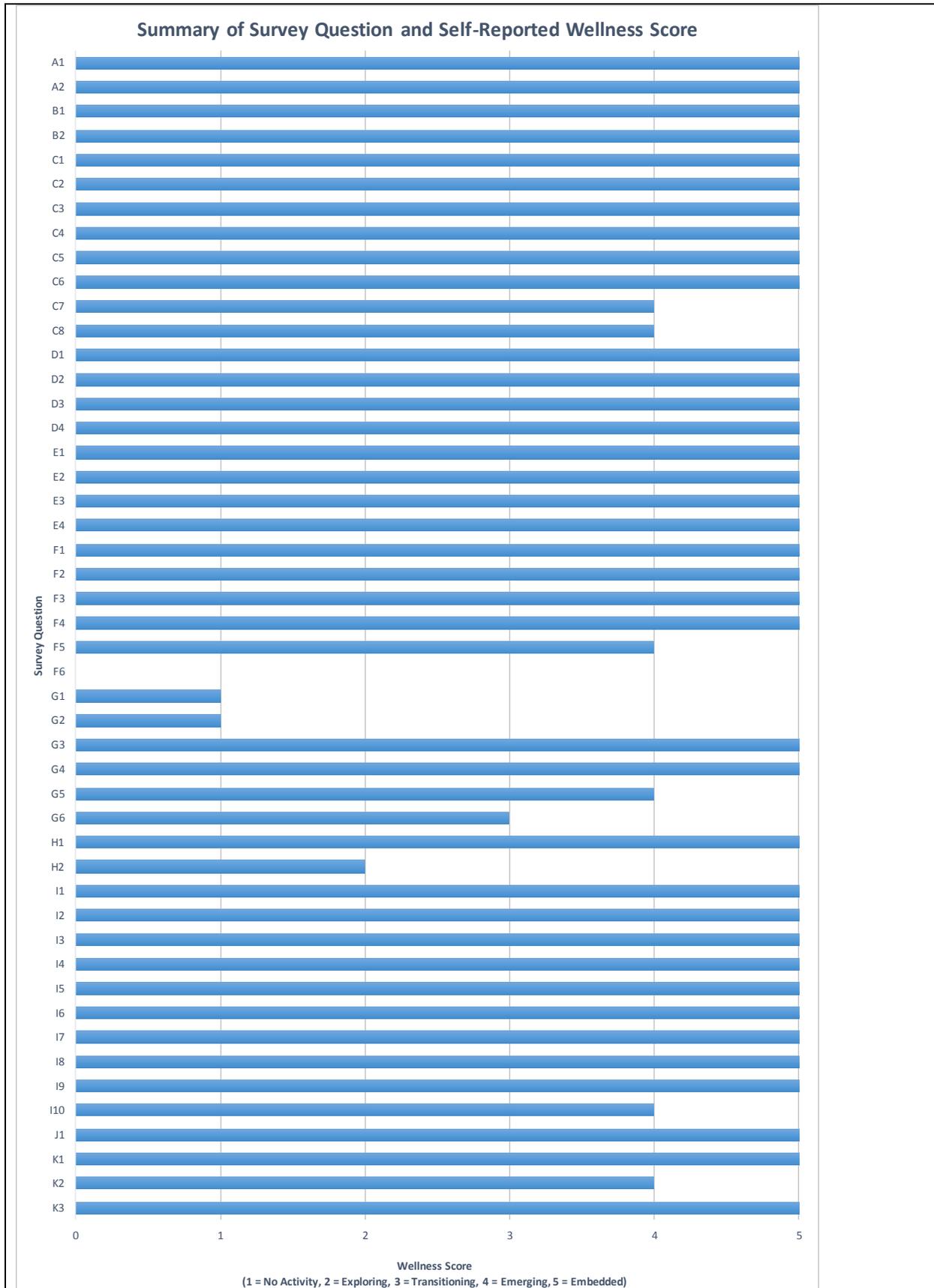
# 2017-2018 School Wellness Survey Responses

## Terra Centre Elementary

\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2017-2018 School Wellness Survey Responses

## Terra Centre Elementary



# 2017-2018 School Wellness Survey Responses

## Terra Centre Elementary

### Survey Questions Grouped by Wellness Score

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
G1,G2	H2	G6	C7,C8, F5, G5, I10, K2	A1,A2, B1,B2, C 1,C2,C3,C4,C5,C 6, D1,D2,D3,D4, E1,E2,E3,E4, F 1,F2,F3,F4, G3, G4, H1, I1,I2,I3, I4,I5,I6,I7,I8,I9, J 1, K1,K3

# 2017-2018 School Wellness Survey Responses

## Terraset Elementary

### Section A – Physical Education

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218.	Embedded
- A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.	Embedded

### Section B – Physical Activity

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- B1: Withholding recess or physical education is not used as a disciplinary action.	Embedded
- B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess.	Embedded

Question: Please highlight any activities or best practices used to promote student's physical activity.

- "Outdoor classroom, Tiger clubs, Yearly Walks, bike/walk to school"

### Section C – Health Education

<u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u>	<u>Response</u>
- C1: Promoting Healthy Lifestyles.	Embedded
- C2: Stress Management.	Embedded
- C3: Coping Skills.	Emerging
- C4: Depression.	Emerging
- C5: Suicide Prevention and Awareness.	Transitioning
- C6: Mental Health Issues (general).	Transitioning
- C7: Relationship of Healthy Sleep to Mental Health.	Embedded

# 2017-2018 School Wellness Survey Responses

## Terraset Elementary

- C8: Substance Abuse Prevention. Emerging

### Section D – Health Services

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- D1: FCPS' protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others.	Embedded
- D2: Students have regular access to public health nurses to address health, safety, and psychological issues.	Embedded
- D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia.	Embedded
- D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102.	Embedded

### Section E – Healthy and Safe School Environment

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- E1: Encourages children to safely walk or bike to and from school.	Embedded
- E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults.	Embedded
- E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560.	Embedded
- E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152.	Embedded

Question: Please share any school or community specific barriers to promoting a healthy and safe school environment for students.

- "Lack of Crossing Guards"

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

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- 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

# 2017-2018 School Wellness Survey Responses

## Terraset Elementary

- |   |                          |
|---|--------------------------|
| - 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                 |
| - F3: Implements programs that foster social and emotional health and wellness of students and staff.   | Embedded                 |
| - F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.   | Emerging                 |
| - F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.  | Emerging                 |
| - 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. | Not a Middle/High School |

### 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

- |   |          |
|---|----------|
| - G1: Health screenings.  | Embedded |
| - G2: Health care access.   | Embedded |
| - G3: Employee flu immunization clinics.  | Embedded |
| - 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. | Embedded |
| - G5: Awareness of the Employee Assistance Program Services.  | Embedded |
| - G6: Staff celebrations that offer and encourage healthy choices for food and beverages.   | Embedded |

### Section H – Family and Community Involvement

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

- |  |          |
|--|----------|
| - H1: Established a wellness committee to implement activities that support the wellness policy. | Emerging |
|--|----------|

# 2017-2018 School Wellness Survey Responses

## Terraset Elementary

- H2: Includes a non-staff, family, or community member in our school's wellness committee. Emerging

Question: Please share how your wellness committee encourages involvement from families and community members in promoting wellness in your school.

- "Tiger Gram, Twitter notices, FB posts, newsletter"

### Section I – Food and Nutrition General

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

- I1: All students have at least 20 minutes to eat after sitting down for lunch. Embedded
- 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
- I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities. Embedded
- I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals. Embedded
- I5: Encourages the use of non-food items for classroom celebrations. Embedded
- I6: Withholding access to food is not used as a disciplinary action. Embedded
- I7: Potable water is available to all our students at no cost. Embedded
- I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS). Emerging
- I9: Allows students to possess personal containers for drinking water. Embedded
- I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible. Emerging

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

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

# 2017-2018 School Wellness Survey Responses

## Terraset Elementary

- J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day. Embedded

### Section K – Nutritional Guidelines

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

- K1: Sodas and sports drinks are not offered for sale to students at any time during the school day. Emerging
- K2: Healthy food and beverage options are encouraged at school-related events outside the school day. Emerging
- K3: Implements appropriate precautions against severe food allergies. Embedded

### Section L – Ideas/Comments/Suggestions

Question: Please list any wellness events or activities your school has undertaken or will undertake this school year.

- 2 School Wide Walks, Tigers on the Move, Outdoor clean-ups, Basketball Clubs, Running club

Question: 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.

- Staff Wellness during PD days

Question: 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.

- not at this time

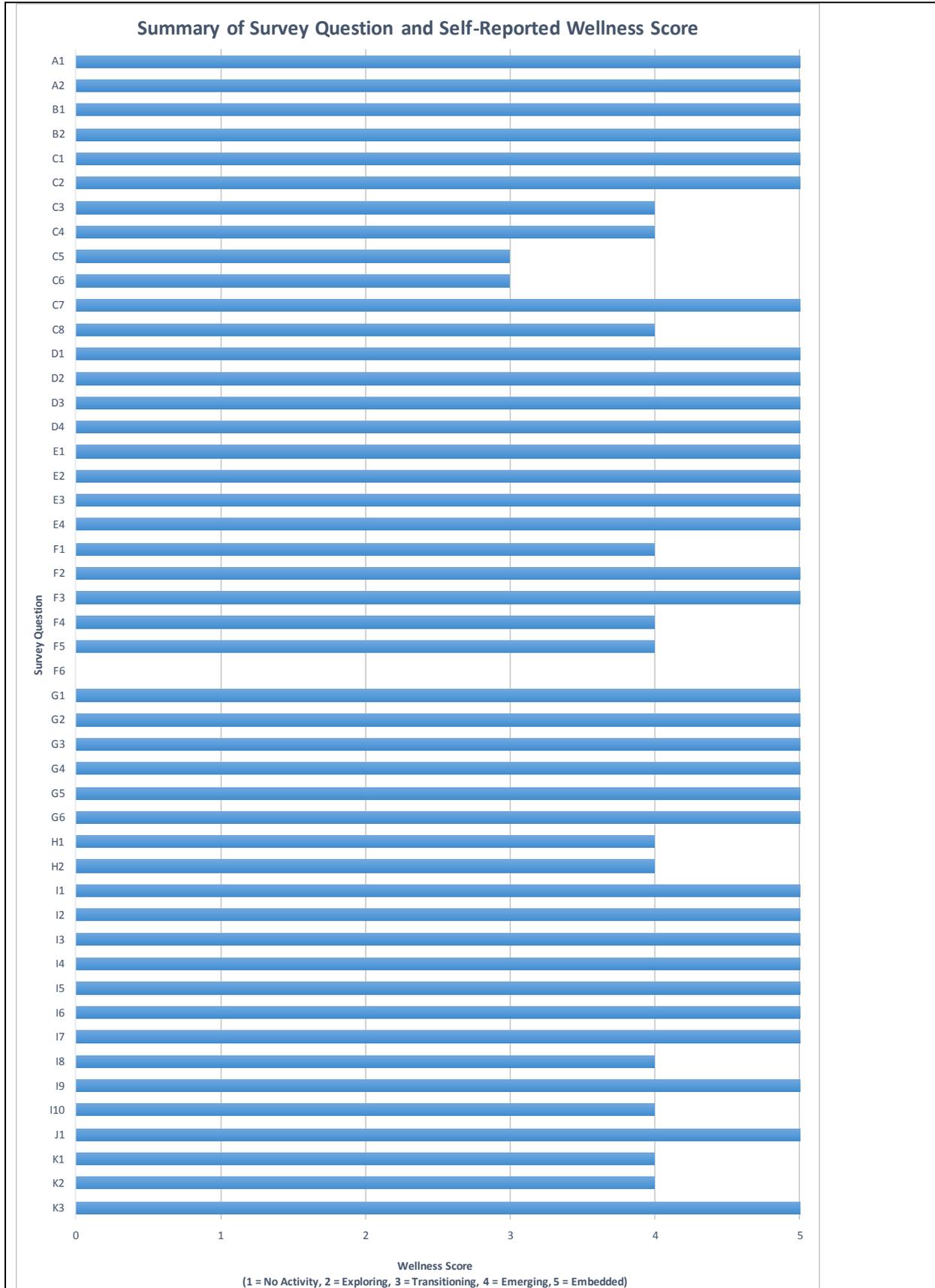
### Summary Tables:

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\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2017-2018 School Wellness Survey Responses

## Terraset Elementary



# 2017-2018 School Wellness Survey Responses

## Terraset Elementary

### Survey Questions Grouped by Wellness Score

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
		C5,C6	C3,C4,C8, F1,F4, F5, H1,H2, I8,I1 0, K1,K2	A1,A2, B1,B2, C 1,C2,C7, D1,D2, D3,D4, E1,E2,E3 ,E4, F2,F3, G1, G2,G3,G4,G5,G6 , I1,I2,I3,I4,I5,I6, I7,I9, J1, K3

# 2017-2018 School Wellness Survey Responses

## Timber Lane Elementary

### Section A – Physical Education

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218.	Embedded
- A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.	Embedded

### Section B – Physical Activity

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- B1: Withholding recess or physical education is not used as a disciplinary action.	Embedded
- B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess.	Embedded

Question: Please highlight any activities or best practices used to promote student's physical activity.

- "In addition to PE & recess our news show provides a movement activity daily. Our teachers also incorporate brain breaks into the daily schedule"

### Section C – Health Education

<u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u>	<u>Response</u>
- C1: Promoting Healthy Lifestyles.	Emerging
- C2: Stress Management.	Emerging
- C3: Coping Skills.	Embedded
- C4: Depression.	Transitioning
- C5: Suicide Prevention and Awareness.	Transitioning
- C6: Mental Health Issues (general).	Emerging

# 2017-2018 School Wellness Survey Responses

## Timber Lane Elementary

- C7: Relationship of Healthy Sleep to Mental Health. Emerging
- C8: Substance Abuse Prevention. Emerging

### Section D – Health Services

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- D1: FCPS' protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others.	Embedded
- D2: Students have regular access to public health nurses to address health, safety, and psychological issues.	Embedded
- D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia.	Embedded
- D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102.	Embedded

### Section E – Healthy and Safe School Environment

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- E1: Encourages children to safely walk or bike to and from school.	Embedded
- E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults.	Emerging
- E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560.	Embedded
- E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152.	Embedded

Question: Please share any school or community specific barriers to promoting a healthy and safe school environment for students.

- “ ”

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

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
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# 2017-2018 School Wellness Survey Responses

## Timber Lane Elementary

- |   |                          |
|---|--------------------------|
| - 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                 |
| - 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                 |
| - F3: Implements programs that foster social and emotional health and wellness of students and staff.   | Embedded                 |
| - F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.   | Embedded                 |
| - F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.  | Emerging                 |
| - 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. | Not a Middle/High School |

### 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

- |   |               |
|---|---------------|
| - G1: Health screenings.  | No Activity   |
| - G2: Health care access.   | Transitioning |
| - G3: Employee flu immunization clinics.  | Embedded      |
| - 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. | Embedded      |
| - G5: Awareness of the Employee Assistance Program Services.  | Embedded      |
| - G6: Staff celebrations that offer and encourage healthy choices for food and beverages.   | Emerging      |

### Section H – Family and Community Involvement

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

# 2017-2018 School Wellness Survey Responses

## Timber Lane Elementary

- |  |               |
|--|---------------|
| - H1: Established a wellness committee to implement activities that support the wellness policy. | Embedded      |
| - H2: Includes a non-staff, family, or community member in our school's wellness committee.      | Transitioning |

Question: Please share how your wellness committee encourages involvement from families and community members in promoting wellness in your school.

- "Bike/walk to school day participation, Jump rope for Heart, Turkey Trot, GOTR"

### Section I – Food and Nutrition General

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

- |  | <u>Response</u> |
|--|-----------------|
| - I1: All students have at least 20 minutes to eat after sitting down for lunch.   | Embedded        |
| - 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        |
| - I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities.                                     | Embedded        |
| - I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals.  | Embedded        |
| - I5: Encourages the use of non-food items for classroom celebrations.   | Emerging        |
| - I6: Withholding access to food is not used as a disciplinary action.   | Embedded        |
| - I7: Potable water is available to all our students at no cost.   | Embedded        |
| - I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS).  | No Activity     |
| - I9: Allows students to possess personal containers for drinking water.   | Embedded        |
| - I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible.  | Embedded        |

# 2017-2018 School Wellness Survey Responses

## Timber Lane Elementary

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

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day.	Embedded

### Section K – Nutritional Guidelines

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- K1: Sodas and sports drinks are not offered for sale to students at any time during the school day.	Embedded
- K2: Healthy food and beverage options are encouraged at school-related events outside the school day.	Embedded
- K3: Implements appropriate precautions against severe food allergies.	Embedded

### Section L – Ideas/Comments/Suggestions

Question: Please list any wellness events or activities your school has undertaken or will undertake this school year.

- GOTR, Turkey Trot, Jump Rope for Heart, Walk/bike to school, walking club, flu shots, social gatherings

Question: 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.

- (No Response)

Question: Please provide any questions or comments you have with regard to FCPS’ Student and Staff Health and Wellness policy, regulation, or these wellness survey items.

- (No Response)

### Summary Tables:

The following graph and table visually summarize your school’s responses provided above. Questions in the graph are represented by bars corresponding to the self-reported wellness score. Questions in the table are grouped together according to their self-reported wellness score (e.g., all questions recorded as “embedded” are grouped together, etc.).

# 2017-2018 School Wellness Survey Responses

## Timber Lane Elementary

\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2017-2018 School Wellness Survey Responses

## Timber Lane Elementary



# 2017-2018 School Wellness Survey Responses

## Timber Lane Elementary

### Survey Questions Grouped by Wellness Score

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

# 2017-2018 School Wellness Survey Responses

## Union Mill Elementary

### Section A – Physical Education

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218.	Embedded
- A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.	Embedded

### Section B – Physical Activity

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- B1: Withholding recess or physical education is not used as a disciplinary action.	Embedded
- B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess.	Embedded

Question: Please highlight any activities or best practices used to promote student's physical activity.

- "Grades 4-6 110 minutes of PE/week; 1-3 100 minutes/week; K 80 minutes/week"

### Section C – Health Education

<u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u>	<u>Response</u>
- C1: Promoting Healthy Lifestyles.	Embedded
- C2: Stress Management.	Embedded
- C3: Coping Skills.	No Activity
- C4: Depression.	No Activity
- C5: Suicide Prevention and Awareness.	No Activity
- C6: Mental Health Issues (general).	No Activity
- C7: Relationship of Healthy Sleep to Mental Health.	No Activity

# 2017-2018 School Wellness Survey Responses

## Union Mill Elementary

- C8: Substance Abuse Prevention. No Activity

### Section D – Health Services

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- D1: FCPS' protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others.	Embedded
- D2: Students have regular access to public health nurses to address health, safety, and psychological issues.	Emerging
- D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia.	Embedded
- D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102.	Embedded

### Section E – Healthy and Safe School Environment

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- E1: Encourages children to safely walk or bike to and from school.	Embedded
- E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults.	Embedded
- E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560.	Embedded
- E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152.	Embedded

Question: Please share any school or community specific barriers to promoting a healthy and safe school environment for students.

- “ ”

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

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
---	-----------------

# 2017-2018 School Wellness Survey Responses

## Union Mill Elementary

- |   |                          |
|---|--------------------------|
| - 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                 |
| - 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                 |
| - F3: Implements programs that foster social and emotional health and wellness of students and staff.   | Embedded                 |
| - F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.   | Embedded                 |
| - F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.  | Emerging                 |
| - 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. | Not a Middle/High School |

### 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

- |   |               |
|---|---------------|
| - G1: Health screenings.  | Exploring     |
| - G2: Health care access.   | Exploring     |
| - G3: Employee flu immunization clinics.  | Embedded      |
| - 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      |
| - G5: Awareness of the Employee Assistance Program Services.  | Emerging      |
| - G6: Staff celebrations that offer and encourage healthy choices for food and beverages.   | Transitioning |

### Section H – Family and Community Involvement

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

# 2017-2018 School Wellness Survey Responses

## Union Mill Elementary

- |  |               |
|--|---------------|
| - H1: Established a wellness committee to implement activities that support the wellness policy. | Transitioning |
| - H2: Includes a non-staff, family, or community member in our school's wellness committee.      | Exploring     |

Question: Please share how your wellness committee encourages involvement from families and community members in promoting wellness in your school.

- "Family Fitness 4 a Cause club"

### Section I – Food and Nutrition General

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- I1: All students have at least 20 minutes to eat after sitting down for lunch.	Embedded
- 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
- I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities.	Embedded
- I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals.	Transitioning
- I5: Encourages the use of non-food items for classroom celebrations.	Transitioning
- I6: Withholding access to food is not used as a disciplinary action.	Embedded
- I7: Potable water is available to all our students at no cost.	Embedded
- I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS).	Exploring
- I9: Allows students to possess personal containers for drinking water.	Embedded
- I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible.	Exploring

# 2017-2018 School Wellness Survey Responses

## Union Mill Elementary

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

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day.	No Activity

### Section K – Nutritional Guidelines

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- K1: Sodas and sports drinks are not offered for sale to students at any time during the school day.	Embedded
- K2: Healthy food and beverage options are encouraged at school-related events outside the school day.	Exploring
- K3: Implements appropriate precautions against severe food allergies.	Embedded

### Section L – Ideas/Comments/Suggestions

Question: Please list any wellness events or activities your school has undertaken or will undertake this school year.

- (No Response)

Question: 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.

- (No Response)

Question: Please provide any questions or comments you have with regard to FCPS’ Student and Staff Health and Wellness policy, regulation, or these wellness survey items.

- (No Response)

### Summary Tables:

The following graph and table visually summarize your school’s responses provided above. Questions in the graph are represented by bars corresponding to the self-reported wellness score. Questions in the table are grouped together according to their self-reported wellness score (e.g., all questions recorded as “embedded” are grouped together, etc.).

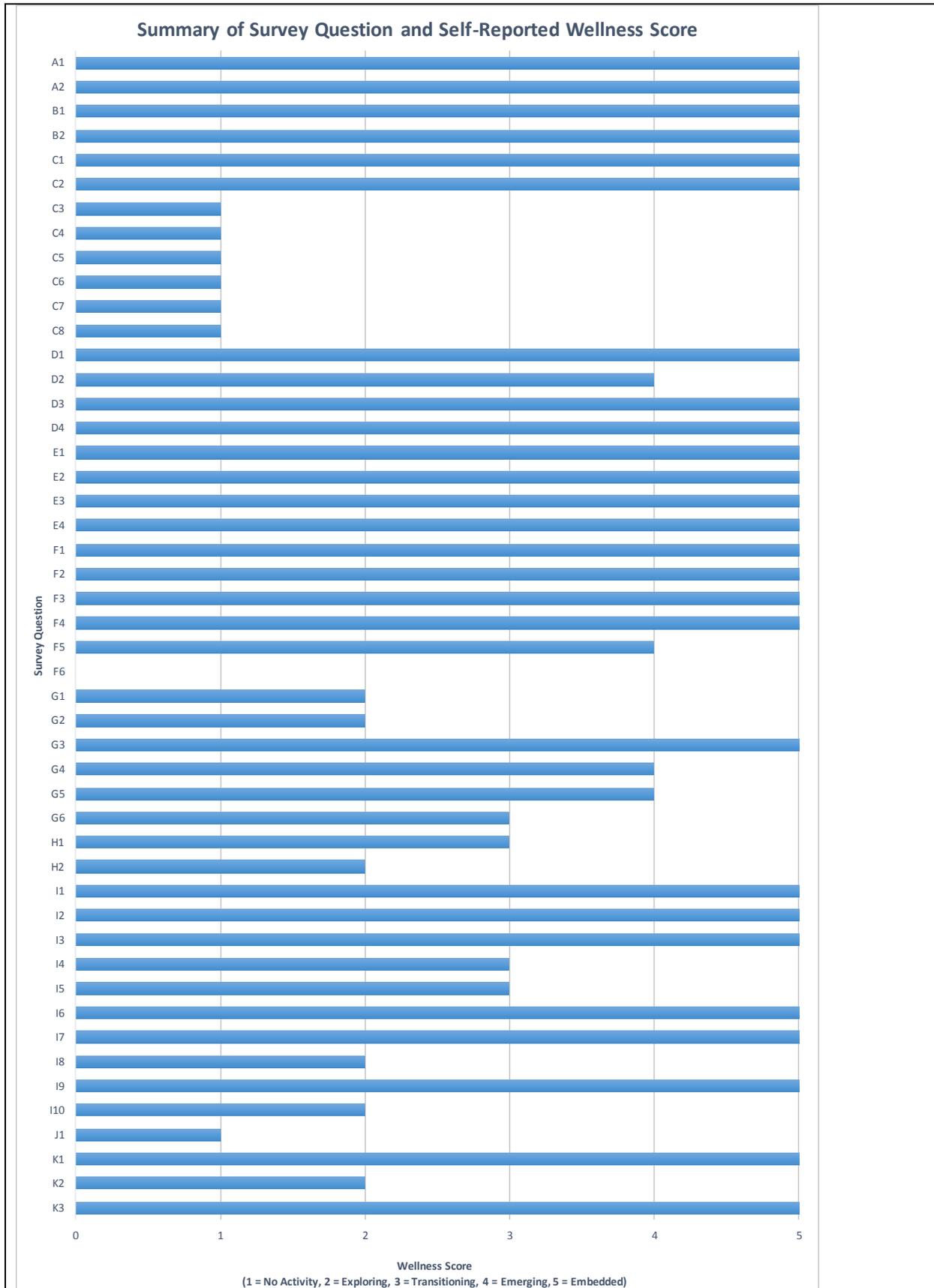
# 2017-2018 School Wellness Survey Responses

## Union Mill Elementary

\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2017-2018 School Wellness Survey Responses

## Union Mill Elementary



# 2017-2018 School Wellness Survey Responses

## Union Mill Elementary

### Survey Questions Grouped by Wellness Score

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
C3,C4,C5,C6,C7, C8, J1	G1,G2, H2, I8,I 10, K2	G6, H1, I4,I5	D2, F5, G4,G5	A1,A2, B1,B2, C 1,C2, D1,D3,D4, E1,E2,E3,E4, F 1,F2,F3,F4, G3, I1,I2,I3,I6,I7,I9, K1,K3

# 2017-2018 School Wellness Survey Responses

## Vienna Elementary

### Section A – Physical Education

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218.	Embedded
- A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.	Embedded

### Section B – Physical Activity

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- B1: Withholding recess or physical education is not used as a disciplinary action.	Embedded
- B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess.	Embedded

Question: Please highlight any activities or best practices used to promote student's physical activity.

- "Mindfulness, brain breaks and yoga are all being incorporated into classes"

### Section C – Health Education

<u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u>	<u>Response</u>
- C1: Promoting Healthy Lifestyles.	Embedded
- C2: Stress Management.	Emerging
- C3: Coping Skills.	Emerging
- C4: Depression.	Exploring
- C5: Suicide Prevention and Awareness.	Transitioning
- C6: Mental Health Issues (general).	Transitioning
- C7: Relationship of Healthy Sleep to Mental Health.	Emerging

# 2017-2018 School Wellness Survey Responses

## Vienna Elementary

- C8: Substance Abuse Prevention. Emerging

### Section D – Health Services

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

- D1: FCPS' protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others. Embedded
- D2: Students have regular access to public health nurses to address health, safety, and psychological issues. Embedded
- D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia. Embedded
- D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102. Embedded

### Section E – Healthy and Safe School Environment

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

- E1: Encourages children to safely walk or bike to and from school. Embedded
- E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults. Emerging
- E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560. Embedded
- E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152. Embedded

Question: Please share any school or community specific barriers to promoting a healthy and safe school environment for students.

- “ ”

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

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

# 2017-2018 School Wellness Survey Responses

## Vienna Elementary

- |   |                          |
|---|--------------------------|
| - 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                 |
| - 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                 |
| - F3: Implements programs that foster social and emotional health and wellness of students and staff.   | Emerging                 |
| - F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.   | Emerging                 |
| - F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.  | Emerging                 |
| - 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. | Not a Middle/High School |

### 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

- |   |               |
|---|---------------|
| - G1: Health screenings.  | Exploring     |
| - G2: Health care access.   | Exploring     |
| - G3: Employee flu immunization clinics.  | Transitioning |
| - 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. | Exploring     |
| - G5: Awareness of the Employee Assistance Program Services.  | Transitioning |
| - G6: Staff celebrations that offer and encourage healthy choices for food and beverages.   | Transitioning |

### Section H – Family and Community Involvement

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

# 2017-2018 School Wellness Survey Responses

## Vienna Elementary

- H1: Established a wellness committee to implement activities that support the wellness policy. Transitioning
- H2: Includes a non-staff, family, or community member in our school's wellness committee. Transitioning

Question: Please share how your wellness committee encourages involvement from families and community members in promoting wellness in your school.

- "Our liaison and committee have brought in speakers to share information about anxiety with parents. We also host a EOY day about mindfulness."

### Section I – Food and Nutrition General

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- I1: All students have at least 20 minutes to eat after sitting down for lunch.	Embedded
- 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
- I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities.	Embedded
- I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals.	Embedded
- I5: Encourages the use of non-food items for classroom celebrations.	Embedded
- I6: Withholding access to food is not used as a disciplinary action.	Embedded
- I7: Potable water is available to all our students at no cost.	Embedded
- I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS).	Embedded
- I9: Allows students to possess personal containers for drinking water.	Embedded
- I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible.	Exploring

# 2017-2018 School Wellness Survey Responses

## Vienna Elementary

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

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day.	Embedded

### Section K – Nutritional Guidelines

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- K1: Sodas and sports drinks are not offered for sale to students at any time during the school day.	Embedded
- K2: Healthy food and beverage options are encouraged at school-related events outside the school day.	No Activity
- K3: Implements appropriate precautions against severe food allergies.	Embedded

### Section L – Ideas/Comments/Suggestions

Question: Please list any wellness events or activities your school has undertaken or will undertake this school year.

- Anxiety speaker, mindfulness instruction, Cool & Calm Kids Club

Question: 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.

- (No Response)

Question: Please provide any questions or comments you have with regard to FCPS’ Student and Staff Health and Wellness policy, regulation, or these wellness survey items.

- (No Response)

### Summary Tables:

The following graph and table visually summarize your school’s responses provided above. Questions in the graph are represented by bars corresponding to the self-reported wellness score. Questions in the

# 2017-2018 School Wellness Survey Responses

## Vienna Elementary

table are grouped together according to their self-reported wellness score (e.g., all questions recorded as “embedded” are grouped together, etc.).

\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2017-2018 School Wellness Survey Responses

## Vienna Elementary



# 2017-2018 School Wellness Survey Responses

## Vienna Elementary

### Survey Questions Grouped by Wellness Score

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
K2	C4, G1,G2,G4, I 10	C5,C6, G3,G5,G 6, H1,H2	C2,C3,C7,C8, E2 , F1,F2,F3,F4,F5	A1,A2, B1,B2, C 1, D1,D2,D3,D4, E1,E3,E4, I1,I2, I3,I4,I5,I6,I7,I8,I9 , J1, K1,K3

# 2017-2018 School Wellness Survey Responses

## Virginia Run Elementary

### Section A – Physical Education

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218.	Embedded
- A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.	Emerging

### Section B – Physical Activity

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- B1: Withholding recess or physical education is not used as a disciplinary action.	Embedded
- B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess.	Embedded

Question: Please highlight any activities or best practices used to promote student's physical activity.

- “ ”

### Section C – Health Education

<u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u>	<u>Response</u>
- C1: Promoting Healthy Lifestyles.	Embedded
- C2: Stress Management.	Emerging
- C3: Coping Skills.	Emerging
- C4: Depression.	Emerging
- C5: Suicide Prevention and Awareness.	Emerging
- C6: Mental Health Issues (general).	Emerging
- C7: Relationship of Healthy Sleep to Mental Health.	Emerging

# 2017-2018 School Wellness Survey Responses

## Virginia Run Elementary

- C8: Substance Abuse Prevention. Emerging

### Section D – Health Services

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- D1: FCPS' protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others.	Embedded
- D2: Students have regular access to public health nurses to address health, safety, and psychological issues.	Emerging
- D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia.	Embedded
- D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102.	Embedded

### Section E – Healthy and Safe School Environment

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- E1: Encourages children to safely walk or bike to and from school.	Embedded
- E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults.	Embedded
- E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560.	Emerging
- E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152.	Embedded

Question: Please share any school or community specific barriers to promoting a healthy and safe school environment for students.

- “ ”

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

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- 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

# 2017-2018 School Wellness Survey Responses

## Virginia Run Elementary

- |   |                          |
|---|--------------------------|
| - 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                 |
| - F3: Implements programs that foster social and emotional health and wellness of students and staff.   | Transitioning            |
| - F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.   | Embedded                 |
| - F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.  | Transitioning            |
| - 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. | Not a Middle/High School |

### 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

- |   |               |
|---|---------------|
| - G1: Health screenings.  | Transitioning |
| - G2: Health care access.   | Transitioning |
| - G3: Employee flu immunization clinics.  | Embedded      |
| - 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. | Transitioning |
| - G5: Awareness of the Employee Assistance Program Services.  | Emerging      |
| - G6: Staff celebrations that offer and encourage healthy choices for food and beverages.   | Transitioning |

### Section H – Family and Community Involvement

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

Response

- |  |          |
|--|----------|
| - H1: Established a wellness committee to implement activities that support the wellness policy. | Emerging |
|--|----------|

# 2017-2018 School Wellness Survey Responses

## Virginia Run Elementary

- H2: Includes a non-staff, family, or community member in our school's wellness committee. Emerging

Question: Please share how your wellness committee encourages involvement from families and community members in promoting wellness in your school.

- "The committee co-sponsored a fun run with the PTA"

### Section I – Food and Nutrition General

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- I1: All students have at least 20 minutes to eat after sitting down for lunch.	Embedded
- 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
- I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities.	Embedded
- I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals.	Embedded
- I5: Encourages the use of non-food items for classroom celebrations.	Emerging
- I6: Withholding access to food is not used as a disciplinary action.	Embedded
- I7: Potable water is available to all our students at no cost.	Embedded
- I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS).	No Activity
- I9: Allows students to possess personal containers for drinking water.	Embedded
- I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible.	Emerging

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

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

# 2017-2018 School Wellness Survey Responses

## Virginia Run Elementary

- J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day. Embedded

### Section K – Nutritional Guidelines

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

- K1: Sodas and sports drinks are not offered for sale to students at any time during the school day. Embedded
- K2: Healthy food and beverage options are encouraged at school-related events outside the school day. Transitioning
- K3: Implements appropriate precautions against severe food allergies. Embedded

### Section L – Ideas/Comments/Suggestions

Question: Please list any wellness events or activities your school has undertaken or will undertake this school year.

- (No Response)

Question: 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.

- (No Response)

Question: Please provide any questions or comments you have with regard to FCPS’ Student and Staff Health and Wellness policy, regulation, or these wellness survey items.

- (No Response)

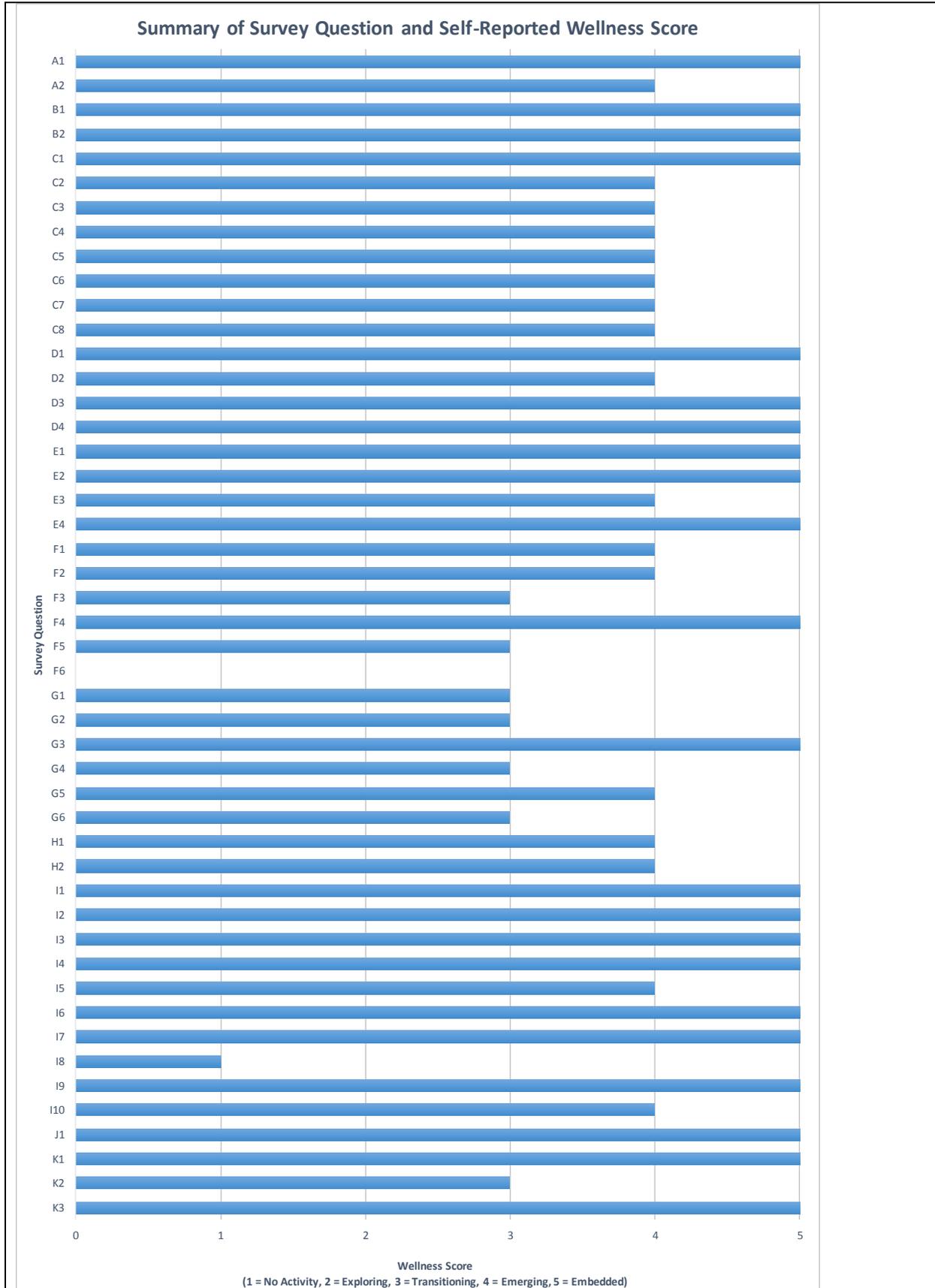
### Summary Tables:

The following graph and table visually summarize your school’s responses provided above. Questions in the graph are represented by bars corresponding to the self-reported wellness score. Questions in the table are grouped together according to their self-reported wellness score (e.g., all questions recorded as “embedded” are grouped together, etc.).

\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2017-2018 School Wellness Survey Responses

## Virginia Run Elementary



# 2017-2018 School Wellness Survey Responses

## Virginia Run Elementary

### Survey Questions Grouped by Wellness Score

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

# 2017-2018 School Wellness Survey Responses

## Wakefield Forest Elementary

### Section A – Physical Education

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218.	Embedded
- A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.	Embedded

### Section B – Physical Activity

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- B1: Withholding recess or physical education is not used as a disciplinary action.	Exploring
- B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess.	Embedded

Question: Please highlight any activities or best practices used to promote student's physical activity.

- “ ”

### Section C – Health Education

<u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u>	<u>Response</u>
- C1: Promoting Healthy Lifestyles.	Emerging
- C2: Stress Management.	Emerging
- C3: Coping Skills.	Embedded
- C4: Depression.	No Activity
- C5: Suicide Prevention and Awareness.	No Activity
- C6: Mental Health Issues (general).	No Activity
- C7: Relationship of Healthy Sleep to Mental Health.	No Activity

# 2017-2018 School Wellness Survey Responses

## Wakefield Forest Elementary

- C8: Substance Abuse Prevention. No Activity

### Section D – Health Services

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- D1: FCPS' protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others.	Embedded
- D2: Students have regular access to public health nurses to address health, safety, and psychological issues.	No Activity
- D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia.	Embedded
- D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102.	Embedded

### Section E – Healthy and Safe School Environment

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- E1: Encourages children to safely walk or bike to and from school.	Transitioning
- E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults.	No Activity
- E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560.	Embedded
- E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152.	Embedded

Question: Please share any school or community specific barriers to promoting a healthy and safe school environment for students.

- “ ”

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

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- 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

# 2017-2018 School Wellness Survey Responses

## Wakefield Forest Elementary

- |   |                          |
|---|--------------------------|
| - 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                 |
| - F3: Implements programs that foster social and emotional health and wellness of students and staff.   | Embedded                 |
| - F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.   | Embedded                 |
| - F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.  | Emerging                 |
| - 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. | Not a Middle/High School |

### 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

- |   |             |
|---|-------------|
| - G1: Health screenings.  | No Activity |
| - G2: Health care access.   | Embedded    |
| - G3: Employee flu immunization clinics.  | Embedded    |
| - 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    |
| - G5: Awareness of the Employee Assistance Program Services.  | Emerging    |
| - G6: Staff celebrations that offer and encourage healthy choices for food and beverages.   | Emerging    |

### Section H – Family and Community Involvement

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

- |  |          |
|--|----------|
| - H1: Established a wellness committee to implement activities that support the wellness policy. | Emerging |
|--|----------|

# 2017-2018 School Wellness Survey Responses

## Wakefield Forest Elementary

- H2: Includes a non-staff, family, or community member in our school's wellness committee. Emerging

Question: Please share how your wellness committee encourages involvement from families and community members in promoting wellness in your school.

- ""

### Section I – Food and Nutrition General

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

- I1: All students have at least 20 minutes to eat after sitting down for lunch. Embedded
- 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
- I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities. Embedded
- I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals. Embedded
- I5: Encourages the use of non-food items for classroom celebrations. Embedded
- I6: Withholding access to food is not used as a disciplinary action. Embedded
- I7: Potable water is available to all our students at no cost. Embedded
- I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS). No Activity
- I9: Allows students to possess personal containers for drinking water. Embedded
- I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible. Emerging

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

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

# 2017-2018 School Wellness Survey Responses

## Wakefield Forest Elementary

- J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day. Embedded

### Section K – Nutritional Guidelines

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

- K1: Sodas and sports drinks are not offered for sale to students at any time during the school day. Embedded
- K2: Healthy food and beverage options are encouraged at school-related events outside the school day. Embedded
- K3: Implements appropriate precautions against severe food allergies. Embedded

### Section L – Ideas/Comments/Suggestions

Question: Please list any wellness events or activities your school has undertaken or will undertake this school year.

- Mindfulness in all classrooms, mindfulness afterschool sessions for staff monthly, yoga class for staff

Question: 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.

- (No Response)

Question: Please provide any questions or comments you have with regard to FCPS’ Student and Staff Health and Wellness policy, regulation, or these wellness survey items.

- (No Response)

### Summary Tables:

The following graph and table visually summarize your school’s responses provided above. Questions in the graph are represented by bars corresponding to the self-reported wellness score. Questions in the table are grouped together according to their self-reported wellness score (e.g., all questions recorded as “embedded” are grouped together, etc.).

\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2017-2018 School Wellness Survey Responses

## Wakefield Forest Elementary



# 2017-2018 School Wellness Survey Responses

## Wakefield Forest Elementary

### Survey Questions Grouped by Wellness Score

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

# 2017-2018 School Wellness Survey Responses

## Waples Mill Elementary

### Section A – Physical Education

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218.	Embedded
- A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.	Embedded

### Section B – Physical Activity

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- B1: Withholding recess or physical education is not used as a disciplinary action.	No Activity
- B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess.	Not an Elementary School

Question: Please highlight any activities or best practices used to promote student's physical activity.

- " "

### Section C – Health Education

<u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u>	<u>Response</u>
- C1: Promoting Healthy Lifestyles.	Embedded
- C2: Stress Management.	Embedded
- C3: Coping Skills.	Embedded
- C4: Depression.	Embedded
- C5: Suicide Prevention and Awareness.	Embedded
- C6: Mental Health Issues (general).	Embedded
- C7: Relationship of Healthy Sleep to Mental Health.	Embedded

# 2017-2018 School Wellness Survey Responses

## Waples Mill Elementary

- C8: Substance Abuse Prevention. Embedded

### Section D – Health Services

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

- D1: FCPS' protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others. Embedded
- D2: Students have regular access to public health nurses to address health, safety, and psychological issues. Embedded
- D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia. Embedded
- D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102. Embedded

### Section E – Healthy and Safe School Environment

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

- E1: Encourages children to safely walk or bike to and from school. Emerging
- E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults. Embedded
- E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560. Embedded
- E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152. Embedded

Question: Please share any school or community specific barriers to promoting a healthy and safe school environment for students.

- “ ”

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

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

- 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

# 2017-2018 School Wellness Survey Responses

## Waples Mill Elementary

- |   |                          |
|---|--------------------------|
| - 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                 |
| - F3: Implements programs that foster social and emotional health and wellness of students and staff.   | Embedded                 |
| - F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.   | Embedded                 |
| - F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.  | Emerging                 |
| - 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. | Not a Middle/High School |

### 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

- |   |               |
|---|---------------|
| - G1: Health screenings.  | Transitioning |
| - G2: Health care access.   | Embedded      |
| - G3: Employee flu immunization clinics.  | Embedded      |
| - 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. | Embedded      |
| - G5: Awareness of the Employee Assistance Program Services.  | Embedded      |
| - G6: Staff celebrations that offer and encourage healthy choices for food and beverages.   | Embedded      |

### Section H – Family and Community Involvement

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

- |  |          |
|--|----------|
| - H1: Established a wellness committee to implement activities that support the wellness policy. | Embedded |
|--|----------|

# 2017-2018 School Wellness Survey Responses

## Waples Mill Elementary

- H2: Includes a non-staff, family, or community member in our school's wellness committee. Exploring

Question: Please share how your wellness committee encourages involvement from families and community members in promoting wellness in your school.

- ""

### Section I – Food and Nutrition General

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- I1: All students have at least 20 minutes to eat after sitting down for lunch.	Embedded
- 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
- I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities.	Embedded
- I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals.	Embedded
- I5: Encourages the use of non-food items for classroom celebrations.	Emerging
- I6: Withholding access to food is not used as a disciplinary action.	No Activity
- I7: Potable water is available to all our students at no cost.	Embedded
- I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS).	Exploring
- I9: Allows students to possess personal containers for drinking water.	Embedded
- I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible.	Exploring

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

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

# 2017-2018 School Wellness Survey Responses

## Waples Mill Elementary

- J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day. Embedded

### Section K – Nutritional Guidelines

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

- K1: Sodas and sports drinks are not offered for sale to students at any time during the school day. Embedded
- K2: Healthy food and beverage options are encouraged at school-related events outside the school day. Embedded
- K3: Implements appropriate precautions against severe food allergies. Embedded

### Section L – Ideas/Comments/Suggestions

Question: Please list any wellness events or activities your school has undertaken or will undertake this school year.

- Ola Ala fitness challenge, flu shot clinic

Question: 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.

- (No Response)

Question: Please provide any questions or comments you have with regard to FCPS’ Student and Staff Health and Wellness policy, regulation, or these wellness survey items.

- (No Response)

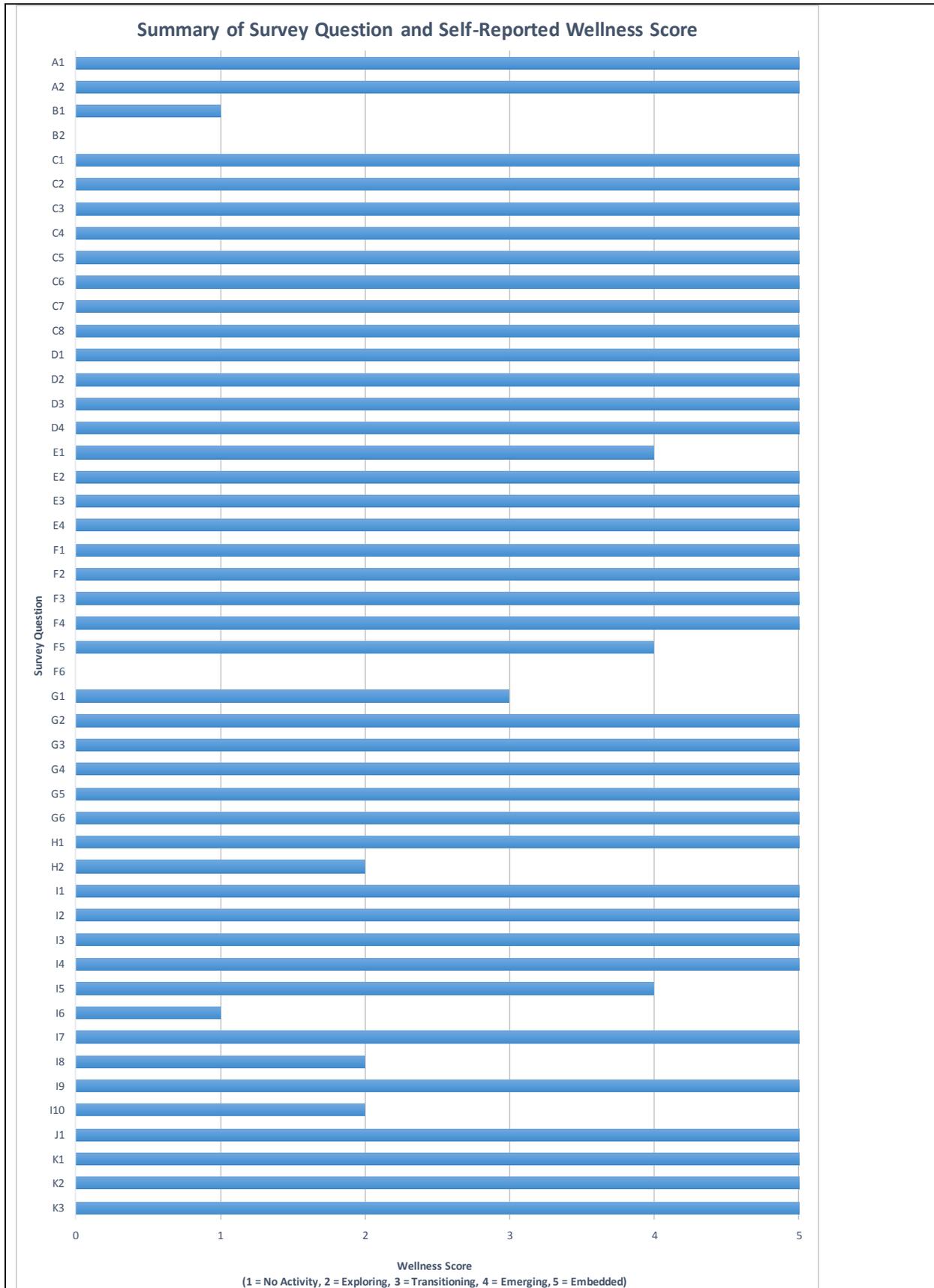
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\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2017-2018 School Wellness Survey Responses

## Waples Mill Elementary



# 2017-2018 School Wellness Survey Responses

## Waples Mill Elementary

### Survey Questions Grouped by Wellness Score

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

# 2017-2018 School Wellness Survey Responses

## Washington Mill Elementary

### Section A – Physical Education

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218.	Embedded
- A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.	Embedded

### Section B – Physical Activity

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- B1: Withholding recess or physical education is not used as a disciplinary action.	Emerging
- B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess.	Embedded

Question: Please highlight any activities or best practices used to promote student's physical activity.

- " "

### Section C – Health Education

<u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u>	<u>Response</u>
- C1: Promoting Healthy Lifestyles.	Emerging
- C2: Stress Management.	Emerging
- C3: Coping Skills.	Emerging
- C4: Depression.	Emerging
- C5: Suicide Prevention and Awareness.	Emerging
- C6: Mental Health Issues (general).	Emerging
- C7: Relationship of Healthy Sleep to Mental Health.	Emerging

# 2017-2018 School Wellness Survey Responses

## Washington Mill Elementary

- C8: Substance Abuse Prevention. Transitioning

### Section D – Health Services

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- D1: FCPS' protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others.	Embedded
- D2: Students have regular access to public health nurses to address health, safety, and psychological issues.	Embedded
- D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia.	Embedded
- D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102.	Embedded

### Section E – Healthy and Safe School Environment

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- E1: Encourages children to safely walk or bike to and from school.	Emerging
- E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults.	Embedded
- E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560.	Embedded
- E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152.	Embedded

Question: Please share any school or community specific barriers to promoting a healthy and safe school environment for students.

- “ ”

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

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- 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

# 2017-2018 School Wellness Survey Responses

## Washington Mill Elementary

- |   |                          |
|---|--------------------------|
| - 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                 |
| - F3: Implements programs that foster social and emotional health and wellness of students and staff.   | Emerging                 |
| - F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.   | Emerging                 |
| - F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.  | Emerging                 |
| - 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. | Not a Middle/High School |

### 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

- |   |          |
|---|----------|
| - G1: Health screenings.  | Emerging |
| - G2: Health care access.   | Emerging |
| - G3: Employee flu immunization clinics.  | Embedded |
| - 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 |
| - G5: Awareness of the Employee Assistance Program Services.  | Emerging |
| - G6: Staff celebrations that offer and encourage healthy choices for food and beverages.   | Emerging |

### Section H – Family and Community Involvement

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

- |  |          |
|--|----------|
| - H1: Established a wellness committee to implement activities that support the wellness policy. | Emerging |
|--|----------|

# 2017-2018 School Wellness Survey Responses

## Washington Mill Elementary

- H2: Includes a non-staff, family, or community member in our school's wellness committee. Emerging

Question: Please share how your wellness committee encourages involvement from families and community members in promoting wellness in your school.

- “ ”

### Section I – Food and Nutrition General

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

- I1: All students have at least 20 minutes to eat after sitting down for lunch. Embedded
- 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. Emerging
- I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities. Emerging
- I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals. Emerging
- I5: Encourages the use of non-food items for classroom celebrations. Emerging
- I6: Withholding access to food is not used as a disciplinary action. Embedded
- I7: Potable water is available to all our students at no cost. Embedded
- I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS). Transitioning
- I9: Allows students to possess personal containers for drinking water. Embedded
- I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible. Embedded

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

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

# 2017-2018 School Wellness Survey Responses

## Washington Mill Elementary

- J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day. Emerging

### Section K – Nutritional Guidelines

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

- K1: Sodas and sports drinks are not offered for sale to students at any time during the school day. Embedded
- K2: Healthy food and beverage options are encouraged at school-related events outside the school day. Embedded
- K3: Implements appropriate precautions against severe food allergies. Embedded

### Section L – Ideas/Comments/Suggestions

Question: Please list any wellness events or activities your school has undertaken or will undertake this school year.

- Running Club, Fall Frolic, Spring Fling, Afterschool sports

Question: 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.

- Alliance for a Healthier Generation

Question: Please provide any questions or comments you have with regard to FCPS’ Student and Staff Health and Wellness policy, regulation, or these wellness survey items.

- (No Response)

### Summary Tables:

The following graph and table visually summarize your school’s responses provided above. Questions in the graph are represented by bars corresponding to the self-reported wellness score. Questions in the table are grouped together according to their self-reported wellness score (e.g., all questions recorded as “embedded” are grouped together, etc.).

\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2017-2018 School Wellness Survey Responses

## Washington Mill Elementary



# 2017-2018 School Wellness Survey Responses

## Washington Mill Elementary

### Survey Questions Grouped by Wellness Score

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

# 2017-2018 School Wellness Survey Responses

## Waynewood Elementary

### Section A – Physical Education

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218.	Embedded
- A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.	Embedded

### Section B – Physical Activity

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- B1: Withholding recess or physical education is not used as a disciplinary action.	Embedded
- B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess.	Embedded

Question: Please highlight any activities or best practices used to promote student's physical activity.

- “ ”

### Section C – Health Education

<u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u>	<u>Response</u>
- C1: Promoting Healthy Lifestyles.	Emerging
- C2: Stress Management.	Emerging
- C3: Coping Skills.	Emerging
- C4: Depression.	Emerging
- C5: Suicide Prevention and Awareness.	Emerging
- C6: Mental Health Issues (general).	Emerging
- C7: Relationship of Healthy Sleep to Mental Health.	Emerging

# 2017-2018 School Wellness Survey Responses

## Waynewood Elementary

- C8: Substance Abuse Prevention. Emerging

### Section D – Health Services

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

- D1: FCPS’ protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others. Embedded
- D2: Students have regular access to public health nurses to address health, safety, and psychological issues. Transitioning
- D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia. Embedded
- D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102. Embedded

### Section E – Healthy and Safe School Environment

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

- E1: Encourages children to safely walk or bike to and from school. Embedded
- E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults. Transitioning
- E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560. Embedded
- E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS’ Policy 4419 and Regulation 2152. Embedded

Question: Please share any school or community specific barriers to promoting a healthy and safe school environment for students.

- “Under renovation; can make it challenging at times”

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

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

- 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

# 2017-2018 School Wellness Survey Responses

## Waynewood Elementary

- |   |                          |
|---|--------------------------|
| - 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                 |
| - F3: Implements programs that foster social and emotional health and wellness of students and staff.   | Emerging                 |
| - F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.   | Embedded                 |
| - F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.  | Emerging                 |
| - 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. | Not a Middle/High School |

### 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

- |   |               |
|---|---------------|
| - G1: Health screenings.  | Exploring     |
| - G2: Health care access.   | Exploring     |
| - G3: Employee flu immunization clinics.  | Embedded      |
| - 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. | Transitioning |
| - G5: Awareness of the Employee Assistance Program Services.  | Embedded      |
| - G6: Staff celebrations that offer and encourage healthy choices for food and beverages.   | Transitioning |

### Section H – Family and Community Involvement

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

- |  |          |
|--|----------|
| - H1: Established a wellness committee to implement activities that support the wellness policy. | Emerging |
|--|----------|

# 2017-2018 School Wellness Survey Responses

## Waynewood Elementary

- H2: Includes a non-staff, family, or community member in our school's wellness committee. No Activity

Question: Please share how your wellness committee encourages involvement from families and community members in promoting wellness in your school.

- ""

### Section I – Food and Nutrition General

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

Response

- I1: All students have at least 20 minutes to eat after sitting down for lunch. Embedded
- 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
- I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities. Embedded
- I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals. Embedded
- I5: Encourages the use of non-food items for classroom celebrations. Transitioning
- I6: Withholding access to food is not used as a disciplinary action. Embedded
- I7: Potable water is available to all our students at no cost. Embedded
- I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS). No Activity
- I9: Allows students to possess personal containers for drinking water. Embedded
- I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible. Emerging

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

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

Response

# 2017-2018 School Wellness Survey Responses

## Waynewood Elementary

- J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day. Embedded

### Section K – Nutritional Guidelines

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

- K1: Sodas and sports drinks are not offered for sale to students at any time during the school day. Embedded
- K2: Healthy food and beverage options are encouraged at school-related events outside the school day. Embedded
- K3: Implements appropriate precautions against severe food allergies. Embedded

### Section L – Ideas/Comments/Suggestions

Question: Please list any wellness events or activities your school has undertaken or will undertake this school year.

- Gobbler Gallop Fun Run

Question: 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.

- (No Response)

Question: Please provide any questions or comments you have with regard to FCPS’ Student and Staff Health and Wellness policy, regulation, or these wellness survey items.

- (No Response)

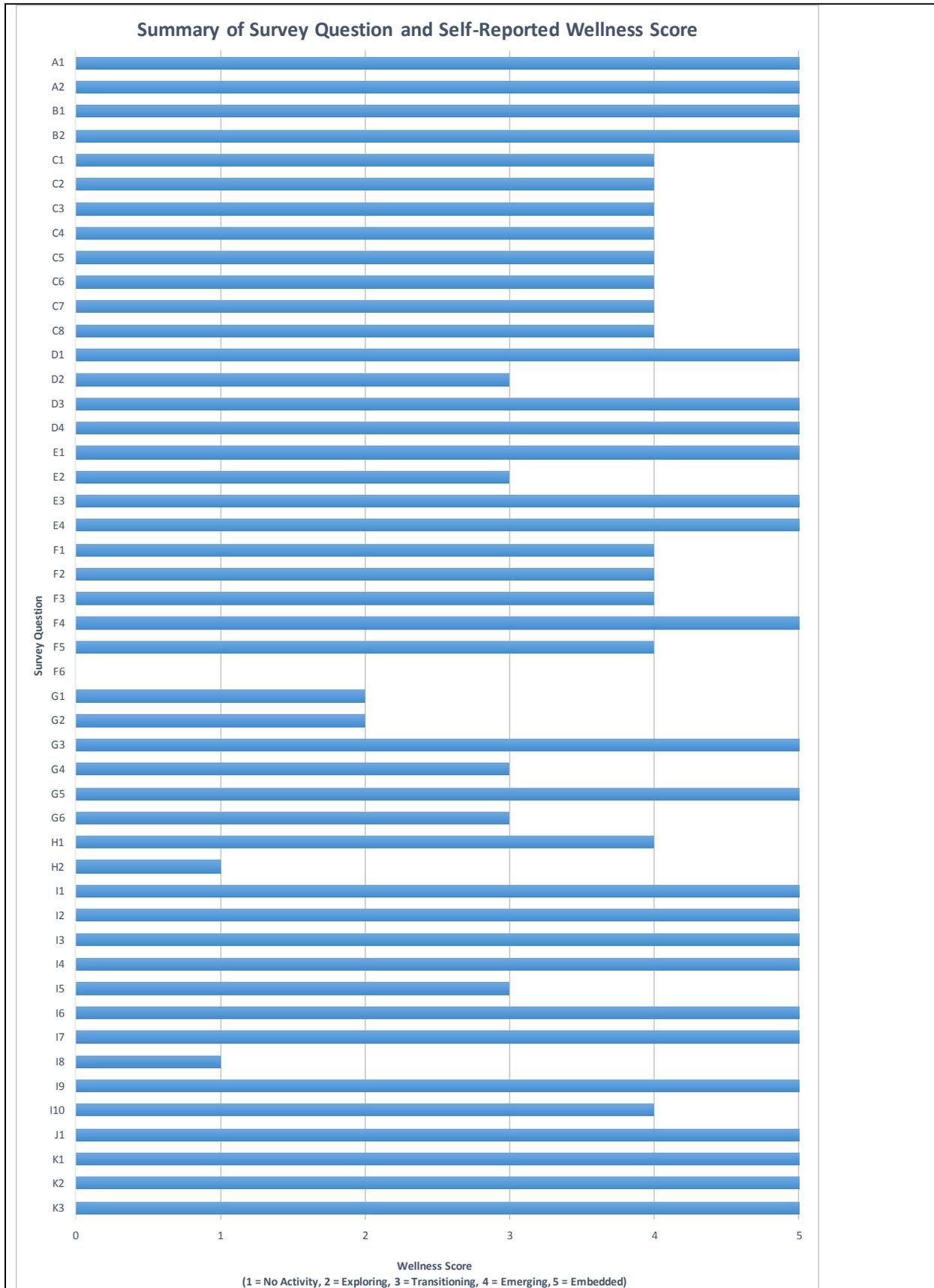
### Summary Tables:

The following graph and table visually summarize your school’s responses provided above. Questions in the graph are represented by bars corresponding to the self-reported wellness score. Questions in the table are grouped together according to their self-reported wellness score (e.g., all questions recorded as “embedded” are grouped together, etc.).

\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2017-2018 School Wellness Survey Responses

## Waynewood Elementary



# 2017-2018 School Wellness Survey Responses

## Waynewood Elementary

### Survey Questions Grouped by Wellness Score

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
H2, I8	G1,G2	D2, E2, G4,G6, I5	C1,C2,C3,C4,C5, C6,C7,C8, F1,F2, F3,F5, H1, I10	A1,A2, B1,B2, D1,D3,D4, E1,E3 ,E4, F4, G3,G5, I1,I2,I3,I4,I6,I7,I 9, J1, K1,K2,K3

# 2017-2018 School Wellness Survey Responses

## West Springfield Elementary

### Section A – Physical Education

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218.	Embedded
- A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.	Embedded

### Section B – Physical Activity

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- B1: Withholding recess or physical education is not used as a disciplinary action.	No Activity
- B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess.	Embedded

Question: Please highlight any activities or best practices used to promote student's physical activity.

- “ ”

### Section C – Health Education

<u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u>	<u>Response</u>
- C1: Promoting Healthy Lifestyles.	Emerging
- C2: Stress Management.	Emerging
- C3: Coping Skills.	Emerging
- C4: Depression.	Exploring
- C5: Suicide Prevention and Awareness.	No Activity
- C6: Mental Health Issues (general).	Exploring
- C7: Relationship of Healthy Sleep to Mental Health.	Transitioning

# 2017-2018 School Wellness Survey Responses

## West Springfield Elementary

- C8: Substance Abuse Prevention. Exploring

### Section D – Health Services

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- D1: FCPS' protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others.	Embedded
- D2: Students have regular access to public health nurses to address health, safety, and psychological issues.	Embedded
- D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia.	Embedded
- D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102.	Embedded

### Section E – Healthy and Safe School Environment

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- E1: Encourages children to safely walk or bike to and from school.	Embedded
- E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults.	Embedded
- E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560.	Embedded
- E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152.	Embedded

Question: Please share any school or community specific barriers to promoting a healthy and safe school environment for students.

- “ ”

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

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- 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

# 2017-2018 School Wellness Survey Responses

## West Springfield Elementary

- |   |                          |
|---|--------------------------|
| - 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.   | Transitioning            |
| - F3: Implements programs that foster social and emotional health and wellness of students and staff.   | Emerging                 |
| - F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.   | Embedded                 |
| - F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.  | Transitioning            |
| - 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. | Not a Middle/High School |

### 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

- |   |             |
|---|-------------|
| - G1: Health screenings.  | No Activity |
| - G2: Health care access.   | No Activity |
| - G3: Employee flu immunization clinics.  | Embedded    |
| - 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. | Embedded    |
| - G5: Awareness of the Employee Assistance Program Services.  | No Activity |
| - G6: Staff celebrations that offer and encourage healthy choices for food and beverages.   | Emerging    |

### Section H – Family and Community Involvement

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

Response

- |  |               |
|--|---------------|
| - H1: Established a wellness committee to implement activities that support the wellness policy. | Transitioning |
|--|---------------|

# 2017-2018 School Wellness Survey Responses

## West Springfield Elementary

- H2: Includes a non-staff, family, or community member in our school's wellness committee. Transitioning

Question: Please share how your wellness committee encourages involvement from families and community members in promoting wellness in your school.

- “ ”

### Section I – Food and Nutrition General

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- I1: All students have at least 20 minutes to eat after sitting down for lunch.	Embedded
- 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
- I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities.	Embedded
- I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals.	Embedded
- I5: Encourages the use of non-food items for classroom celebrations.	Transitioning
- I6: Withholding access to food is not used as a disciplinary action.	Embedded
- I7: Potable water is available to all our students at no cost.	Exploring
- I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS).	No Activity
- I9: Allows students to possess personal containers for drinking water.	Embedded
- I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible.	Embedded

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

# 2017-2018 School Wellness Survey Responses

## West Springfield Elementary

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day.	Embedded

### Section K – Nutritional Guidelines

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- K1: Sodas and sports drinks are not offered for sale to students at any time during the school day.	Embedded
- K2: Healthy food and beverage options are encouraged at school-related events outside the school day.	Embedded
- K3: Implements appropriate precautions against severe food allergies.	Embedded

### Section L – Ideas/Comments/Suggestions

Question: Please list any wellness events or activities your school has undertaken or will undertake this school year.

- (No Response)

Question: 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.

- (No Response)

Question: Please provide any questions or comments you have with regard to FCPS’ Student and Staff Health and Wellness policy, regulation, or these wellness survey items.

- (No Response)

### Summary Tables:

The following graph and table visually summarize your school’s responses provided above. Questions in the graph are represented by bars corresponding to the self-reported wellness score. Questions in the table are grouped together according to their self-reported wellness score (e.g., all questions recorded as “embedded” are grouped together, etc.).

\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2017-2018 School Wellness Survey Responses

## West Springfield Elementary



# 2017-2018 School Wellness Survey Responses

## West Springfield Elementary

### Survey Questions Grouped by Wellness Score

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

# 2017-2018 School Wellness Survey Responses

## Westbriar Elementary

### Section A – Physical Education

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218.	Embedded
- A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.	Emerging

### Section B – Physical Activity

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- B1: Withholding recess or physical education is not used as a disciplinary action.	Emerging
- B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess.	Embedded

Question: Please highlight any activities or best practices used to promote student's physical activity.

- "Walkers club, Girls on the Run, Westbriar 5k run"

### Section C – Health Education

<u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u>	<u>Response</u>
- C1: Promoting Healthy Lifestyles.	Embedded
- C2: Stress Management.	Exploring
- C3: Coping Skills.	Exploring
- C4: Depression.	Exploring
- C5: Suicide Prevention and Awareness.	Exploring
- C6: Mental Health Issues (general).	Exploring
- C7: Relationship of Healthy Sleep to Mental Health.	Exploring

# 2017-2018 School Wellness Survey Responses

## Westbriar Elementary

- C8: Substance Abuse Prevention. Exploring

### Section D – Health Services

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

- D1: FCPS' protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others. Exploring
- D2: Students have regular access to public health nurses to address health, safety, and psychological issues. Transitioning
- D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia. Embedded
- D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102. Embedded

### Section E – Healthy and Safe School Environment

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

- E1: Encourages children to safely walk or bike to and from school. Transitioning
- E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults. Emerging
- E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560. Embedded
- E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152. Embedded

Question: Please share any school or community specific barriers to promoting a healthy and safe school environment for students.

- "lack of staff, lack of training and support"

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

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

- 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. Exploring

# 2017-2018 School Wellness Survey Responses

## Westbriar Elementary

- |   |                          |
|---|--------------------------|
| - 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.   | Transitioning            |
| - F3: Implements programs that foster social and emotional health and wellness of students and staff.   | Transitioning            |
| - F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.   | Exploring                |
| - F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.  | Exploring                |
| - 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. | Not a Middle/High School |

### 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

- |   |               |
|---|---------------|
| - G1: Health screenings.  | No Activity   |
| - G2: Health care access.   | No Activity   |
| - G3: Employee flu immunization clinics.  | Embedded      |
| - 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. | Transitioning |
| - G5: Awareness of the Employee Assistance Program Services.  | No Activity   |
| - G6: Staff celebrations that offer and encourage healthy choices for food and beverages.   | Transitioning |

### Section H – Family and Community Involvement

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

Response

- |  |             |
|--|-------------|
| - H1: Established a wellness committee to implement activities that support the wellness policy. | No Activity |
|--|-------------|

# 2017-2018 School Wellness Survey Responses

## Westbriar Elementary

- H2: Includes a non-staff, family, or community member in our school's wellness committee. No Activity

Question: Please share how your wellness committee encourages involvement from families and community members in promoting wellness in your school.

- ""

### Section I – Food and Nutrition General

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- I1: All students have at least 20 minutes to eat after sitting down for lunch.	Embedded
- 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
- I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities.	Embedded
- I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals.	Embedded
- I5: Encourages the use of non-food items for classroom celebrations.	Exploring
- I6: Withholding access to food is not used as a disciplinary action.	Embedded
- I7: Potable water is available to all our students at no cost.	Embedded
- I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS).	No Activity
- I9: Allows students to possess personal containers for drinking water.	Embedded
- I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible.	Transitioning

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

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

# 2017-2018 School Wellness Survey Responses

## Westbriar Elementary

- J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day. Embedded

### Section K – Nutritional Guidelines

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- K1: Sodas and sports drinks are not offered for sale to students at any time during the school day.	Embedded
- K2: Healthy food and beverage options are encouraged at school-related events outside the school day.	Transitioning
- K3: Implements appropriate precautions against severe food allergies.	Embedded

### Section L – Ideas/Comments/Suggestions

Question: Please list any wellness events or activities your school has undertaken or will undertake this school year.

- flu shot, massages available for teachers, walkers club, 5k

Question: 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.

- more info on what schools should be doing, such as a wellness committee

Question: 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 was not aware of schools providing a wellness committee, would like more info available or training for this

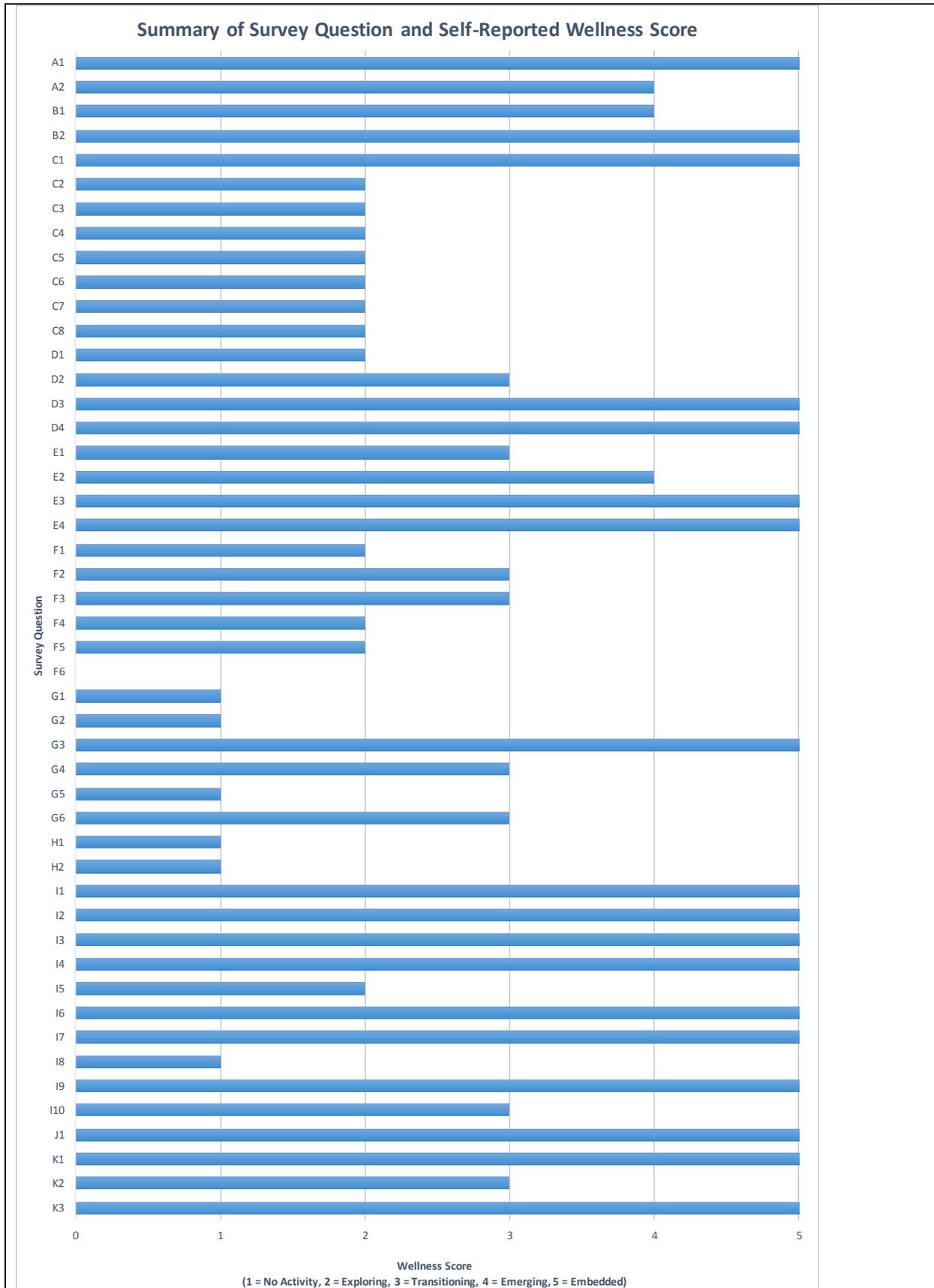
### Summary Tables:

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\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2017-2018 School Wellness Survey Responses

## Westbriar Elementary



# 2017-2018 School Wellness Survey Responses

## Westbriar Elementary

### Survey Questions Grouped by Wellness Score

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

# 2017-2018 School Wellness Survey Responses

## Westgate Elementary

### Section A – Physical Education

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218.	Embedded
- A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.	Embedded

### Section B – Physical Activity

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- B1: Withholding recess or physical education is not used as a disciplinary action.	Embedded
- B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess.	Embedded

Question: Please highlight any activities or best practices used to promote student's physical activity.

- " "

### Section C – Health Education

<u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u>	<u>Response</u>
- C1: Promoting Healthy Lifestyles.	Embedded
- C2: Stress Management.	Embedded
- C3: Coping Skills.	Embedded
- C4: Depression.	Embedded
- C5: Suicide Prevention and Awareness.	Embedded
- C6: Mental Health Issues (general).	Embedded
- C7: Relationship of Healthy Sleep to Mental Health.	Embedded

# 2017-2018 School Wellness Survey Responses

## Westgate Elementary

- C8: Substance Abuse Prevention. Embedded

### Section D – Health Services

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

- D1: FCPS' protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others. Embedded
- D2: Students have regular access to public health nurses to address health, safety, and psychological issues. Embedded
- D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia. Embedded
- D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102. Embedded

### Section E – Healthy and Safe School Environment

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

- E1: Encourages children to safely walk or bike to and from school. Embedded
- E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults. Emerging
- E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560. Embedded
- E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152. Embedded

Question: Please share any school or community specific barriers to promoting a healthy and safe school environment for students.

- “ ”

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

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

- 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

# 2017-2018 School Wellness Survey Responses

## Westgate Elementary

- |   |                          |
|---|--------------------------|
| - 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                 |
| - F3: Implements programs that foster social and emotional health and wellness of students and staff.   | Embedded                 |
| - F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.   | Embedded                 |
| - F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.  | Emerging                 |
| - 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. | Not a Middle/High School |

### 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

- |   |               |
|---|---------------|
| - G1: Health screenings.  | Transitioning |
| - G2: Health care access.   | Exploring     |
| - G3: Employee flu immunization clinics.  | Embedded      |
| - 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. | Exploring     |
| - G5: Awareness of the Employee Assistance Program Services.  | Exploring     |
| - G6: Staff celebrations that offer and encourage healthy choices for food and beverages.   | Embedded      |

### Section H – Family and Community Involvement

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

Response

- |  |               |
|--|---------------|
| - H1: Established a wellness committee to implement activities that support the wellness policy. | Transitioning |
|--|---------------|

# 2017-2018 School Wellness Survey Responses

## Westgate Elementary

- H2: Includes a non-staff, family, or community member in our school's wellness committee. Exploring

Question: Please share how your wellness committee encourages involvement from families and community members in promoting wellness in your school.

- “ ”

### Section I – Food and Nutrition General

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- I1: All students have at least 20 minutes to eat after sitting down for lunch.	Embedded
- 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
- I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities.	Embedded
- I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals.	Embedded
- I5: Encourages the use of non-food items for classroom celebrations.	Embedded
- I6: Withholding access to food is not used as a disciplinary action.	Embedded
- I7: Potable water is available to all our students at no cost.	Embedded
- I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS).	Exploring
- I9: Allows students to possess personal containers for drinking water.	Embedded
- I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible.	Exploring

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

# 2017-2018 School Wellness Survey Responses

## Westgate Elementary

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day.	Embedded

### Section K – Nutritional Guidelines

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- K1: Sodas and sports drinks are not offered for sale to students at any time during the school day.	Embedded
- K2: Healthy food and beverage options are encouraged at school-related events outside the school day.	Transitioning
- K3: Implements appropriate precautions against severe food allergies.	Embedded

### Section L – Ideas/Comments/Suggestions

Question: Please list any wellness events or activities your school has undertaken or will undertake this school year.

- (No Response)

Question: 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.

- (No Response)

Question: Please provide any questions or comments you have with regard to FCPS’ Student and Staff Health and Wellness policy, regulation, or these wellness survey items.

- (No Response)

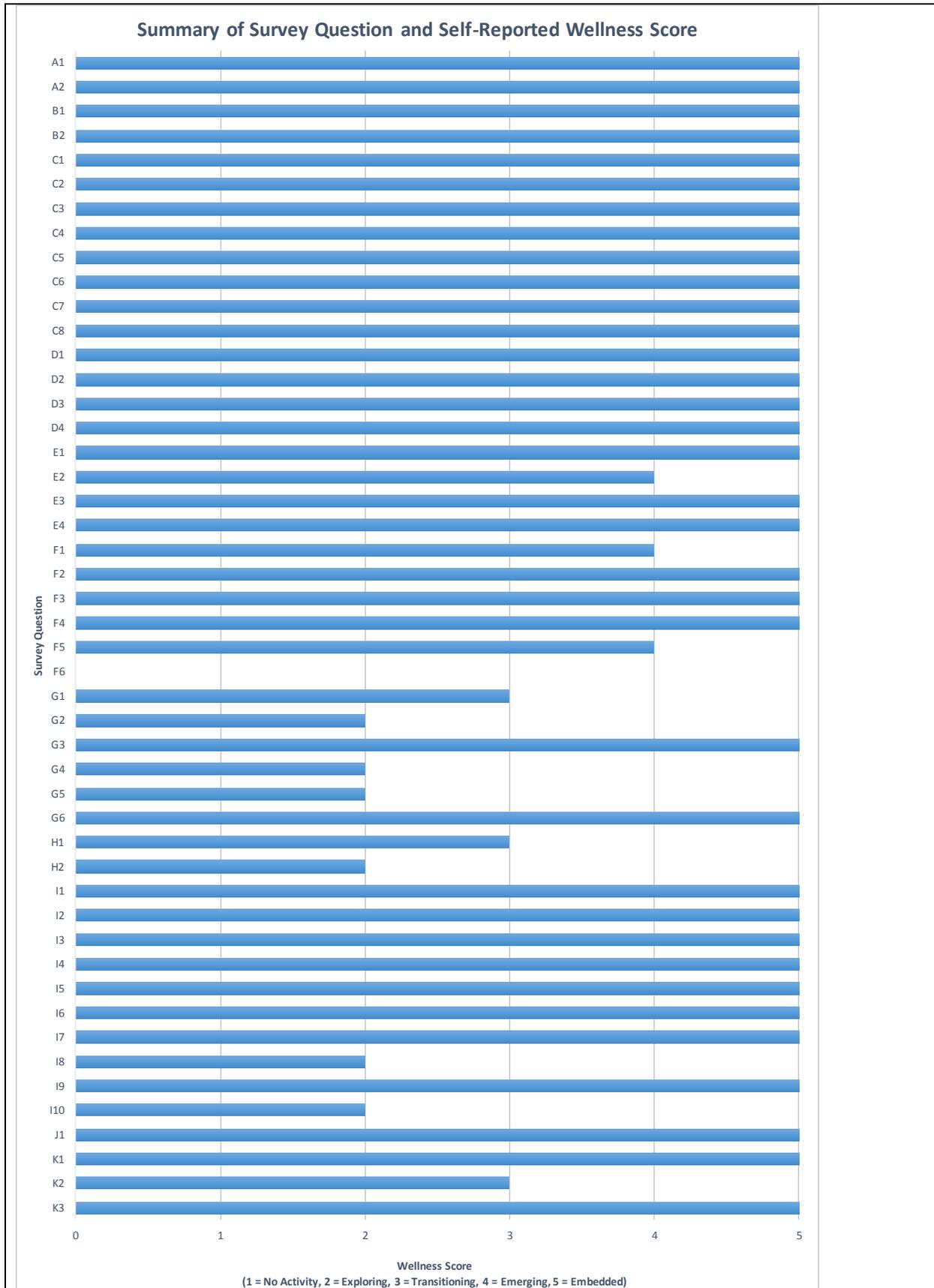
### Summary Tables:

The following graph and table visually summarize your school’s responses provided above. Questions in the graph are represented by bars corresponding to the self-reported wellness score. Questions in the table are grouped together according to their self-reported wellness score (e.g., all questions recorded as “embedded” are grouped together, etc.).

\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2017-2018 School Wellness Survey Responses

## Westgate Elementary



# 2017-2018 School Wellness Survey Responses

## Westgate Elementary

### Survey Questions Grouped by Wellness Score

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
	G2,G4,G5, H2, I 8,I10	G1, H1, K2	E2, F1,F5	A1,A2, B1,B2, C 1,C2,C3,C4,C5,C 6,C7,C8, D1,D2, D3,D4, E1,E3,E4 , F2,F3,F4, G3, G6, I1,I2,I3,I4,I5 ,I6,I7,I9, J1, K1, K3

# 2017-2018 School Wellness Survey Responses

## Westlawn Elementary

### Section A – Physical Education

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218.	Embedded
- A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.	Embedded

### Section B – Physical Activity

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- B1: Withholding recess or physical education is not used as a disciplinary action.	Embedded
- B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess.	Embedded

Question: Please highlight any activities or best practices used to promote student's physical activity.

- “ ”

### Section C – Health Education

<u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u>	<u>Response</u>
- C1: Promoting Healthy Lifestyles.	Embedded
- C2: Stress Management.	Emerging
- C3: Coping Skills.	Emerging
- C4: Depression.	Emerging
- C5: Suicide Prevention and Awareness.	Emerging
- C6: Mental Health Issues (general).	Embedded
- C7: Relationship of Healthy Sleep to Mental Health.	Emerging

# 2017-2018 School Wellness Survey Responses

## Westlawn Elementary

- C8: Substance Abuse Prevention. Exploring

### Section D – Health Services

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- D1: FCPS' protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others.	Embedded
- D2: Students have regular access to public health nurses to address health, safety, and psychological issues.	Embedded
- D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia.	Embedded
- D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102.	Embedded

### Section E – Healthy and Safe School Environment

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- E1: Encourages children to safely walk or bike to and from school.	Embedded
- E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults.	Embedded
- E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560.	Embedded
- E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152.	Embedded

Question: Please share any school or community specific barriers to promoting a healthy and safe school environment for students.

- “ ”

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

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- 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

# 2017-2018 School Wellness Survey Responses

## Westlawn Elementary

- |   |                          |
|---|--------------------------|
| - 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                 |
| - F3: Implements programs that foster social and emotional health and wellness of students and staff.   | Emerging                 |
| - F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.   | Embedded                 |
| - F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.  | Emerging                 |
| - 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. | Not a Middle/High School |

### 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

- |   |          |
|---|----------|
| - G1: Health screenings.  | Emerging |
| - G2: Health care access.   | Embedded |
| - G3: Employee flu immunization clinics.  | Embedded |
| - 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. | Embedded |
| - G5: Awareness of the Employee Assistance Program Services.  | Embedded |
| - G6: Staff celebrations that offer and encourage healthy choices for food and beverages.   | Embedded |

### Section H – Family and Community Involvement

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

- |  |          |
|--|----------|
| - H1: Established a wellness committee to implement activities that support the wellness policy. | Embedded |
|--|----------|

# 2017-2018 School Wellness Survey Responses

## Westlawn Elementary

- H2: Includes a non-staff, family, or community member in our school's wellness committee. Exploring

Question: Please share how your wellness committee encourages involvement from families and community members in promoting wellness in your school.

- ""

### Section I – Food and Nutrition General

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

- I1: All students have at least 20 minutes to eat after sitting down for lunch. Embedded
- 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
- I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities. Embedded
- I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals. Embedded
- I5: Encourages the use of non-food items for classroom celebrations. Transitioning
- I6: Withholding access to food is not used as a disciplinary action. Embedded
- I7: Potable water is available to all our students at no cost. Embedded
- I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS). No Activity
- I9: Allows students to possess personal containers for drinking water. Embedded
- I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible. Embedded

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

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

# 2017-2018 School Wellness Survey Responses

## Westlawn Elementary

- J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day. Embedded

### Section K – Nutritional Guidelines

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

- K1: Sodas and sports drinks are not offered for sale to students at any time during the school day. Embedded
- K2: Healthy food and beverage options are encouraged at school-related events outside the school day. Embedded
- K3: Implements appropriate precautions against severe food allergies. Embedded

### Section L – Ideas/Comments/Suggestions

Question: Please list any wellness events or activities your school has undertaken or will undertake this school year.

- (No Response)

Question: 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.

- (No Response)

Question: Please provide any questions or comments you have with regard to FCPS’ Student and Staff Health and Wellness policy, regulation, or these wellness survey items.

- (No Response)

### Summary Tables:

The following graph and table visually summarize your school’s responses provided above. Questions in the graph are represented by bars corresponding to the self-reported wellness score. Questions in the table are grouped together according to their self-reported wellness score (e.g., all questions recorded as “embedded” are grouped together, etc.).

\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2017-2018 School Wellness Survey Responses

## Westlawn Elementary



# 2017-2018 School Wellness Survey Responses

## Westlawn Elementary

### Survey Questions Grouped by Wellness Score

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
18	C8, H2	I5	C2,C3,C4,C5,C7, F1,F3,F5, G1	A1,A2, B1,B2, C 1,C6, D1,D2,D3, D4, E1,E2,E3,E4, F2,F4, G2,G3,G 4,G5,G6, H1, I1 ,I2,I3,I4,I6,I7,I9,I 10, J1, K1,K2,K 3

# 2017-2018 School Wellness Survey Responses

## Weyanoke Elementary

### Section A – Physical Education

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218.	Embedded
- A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.	Embedded

### Section B – Physical Activity

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- B1: Withholding recess or physical education is not used as a disciplinary action.	Embedded
- B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess.	Embedded

Question: Please highlight any activities or best practices used to promote student's physical activity.

- " "

### Section C – Health Education

<u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u>	<u>Response</u>
- C1: Promoting Healthy Lifestyles.	Transitioning
- C2: Stress Management.	Transitioning
- C3: Coping Skills.	Transitioning
- C4: Depression.	Transitioning
- C5: Suicide Prevention and Awareness.	Transitioning
- C6: Mental Health Issues (general).	Transitioning
- C7: Relationship of Healthy Sleep to Mental Health.	Transitioning

# 2017-2018 School Wellness Survey Responses

## Weyanoke Elementary

- C8: Substance Abuse Prevention. Exploring

### Section D – Health Services

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- D1: FCPS' protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others.	Embedded
- D2: Students have regular access to public health nurses to address health, safety, and psychological issues.	Embedded
- D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia.	Embedded
- D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102.	Embedded

### Section E – Healthy and Safe School Environment

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- E1: Encourages children to safely walk or bike to and from school.	Embedded
- E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults.	Embedded
- E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560.	Embedded
- E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152.	Embedded

Question: Please share any school or community specific barriers to promoting a healthy and safe school environment for students.

- “ ”

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

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- 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

# 2017-2018 School Wellness Survey Responses

## Weyanoke Elementary

- |   |                          |
|---|--------------------------|
| - 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                 |
| - F3: Implements programs that foster social and emotional health and wellness of students and staff.   | Emerging                 |
| - F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.   | Embedded                 |
| - F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.  | Transitioning            |
| - 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. | Not a Middle/High School |

### 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

- |   |               |
|---|---------------|
| - G1: Health screenings.  | No Activity   |
| - G2: Health care access.   | No Activity   |
| - G3: Employee flu immunization clinics.  | Embedded      |
| - 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      |
| - G5: Awareness of the Employee Assistance Program Services.  | Transitioning |
| - G6: Staff celebrations that offer and encourage healthy choices for food and beverages.   | No Activity   |

### Section H – Family and Community Involvement

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

Response

- |  |             |
|--|-------------|
| - H1: Established a wellness committee to implement activities that support the wellness policy. | No Activity |
|--|-------------|

# 2017-2018 School Wellness Survey Responses

## Weyanoke Elementary

- H2: Includes a non-staff, family, or community member in our school's wellness committee. No Activity

Question: Please share how your wellness committee encourages involvement from families and community members in promoting wellness in your school.

- ""

### Section I – Food and Nutrition General

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

- I1: All students have at least 20 minutes to eat after sitting down for lunch. Embedded
- 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
- I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities. Embedded
- I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals. Embedded
- I5: Encourages the use of non-food items for classroom celebrations. Emerging
- I6: Withholding access to food is not used as a disciplinary action. Embedded
- I7: Potable water is available to all our students at no cost. No Activity
- I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS). No Activity
- I9: Allows students to possess personal containers for drinking water. Emerging
- I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible. No Activity

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

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

# 2017-2018 School Wellness Survey Responses

## Weyanoke Elementary

- J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day. Embedded

### Section K – Nutritional Guidelines

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

- K1: Sodas and sports drinks are not offered for sale to students at any time during the school day. Embedded
- K2: Healthy food and beverage options are encouraged at school-related events outside the school day. Emerging
- K3: Implements appropriate precautions against severe food allergies. Embedded

### Section L – Ideas/Comments/Suggestions

Question: Please list any wellness events or activities your school has undertaken or will undertake this school year.

- We had a Zumba class at our school. We have had several staff training on mental health topics this school year.

Question: 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.

- (No Response)

Question: Please provide any questions or comments you have with regard to FCPS’ Student and Staff Health and Wellness policy, regulation, or these wellness survey items.

- (No Response)

### Summary Tables:

The following graph and table visually summarize your school’s responses provided above. Questions in the graph are represented by bars corresponding to the self-reported wellness score. Questions in the table are grouped together according to their self-reported wellness score (e.g., all questions recorded as “embedded” are grouped together, etc.).

\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2017-2018 School Wellness Survey Responses

## Weyanoke Elementary



# 2017-2018 School Wellness Survey Responses

## Weyanoke Elementary

### Survey Questions Grouped by Wellness Score

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

# 2017-2018 School Wellness Survey Responses

## White Oaks Elementary

### Section A – Physical Education

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218.	Embedded
- A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.	Embedded

### Section B – Physical Activity

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- B1: Withholding recess or physical education is not used as a disciplinary action.	Embedded
- B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess.	Embedded

Question: Please highlight any activities or best practices used to promote student's physical activity.

- “ ”

### Section C – Health Education

<u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u>	<u>Response</u>
- C1: Promoting Healthy Lifestyles.	Embedded
- C2: Stress Management.	Emerging
- C3: Coping Skills.	Emerging
- C4: Depression.	Embedded
- C5: Suicide Prevention and Awareness.	Embedded
- C6: Mental Health Issues (general).	Embedded
- C7: Relationship of Healthy Sleep to Mental Health.	Emerging

# 2017-2018 School Wellness Survey Responses

## White Oaks Elementary

- C8: Substance Abuse Prevention. Embedded

### Section D – Health Services

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

- D1: FCPS' protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others. Embedded
- D2: Students have regular access to public health nurses to address health, safety, and psychological issues. Embedded
- D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia. Embedded
- D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102. Embedded

### Section E – Healthy and Safe School Environment

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

- E1: Encourages children to safely walk or bike to and from school. Embedded
- E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults. Embedded
- E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560. Embedded
- E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152. Embedded

Question: Please share any school or community specific barriers to promoting a healthy and safe school environment for students.

- “ ”

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

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

- 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

# 2017-2018 School Wellness Survey Responses

## White Oaks Elementary

- |   |                          |
|---|--------------------------|
| - 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                 |
| - F3: Implements programs that foster social and emotional health and wellness of students and staff.   | Emerging                 |
| - F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.   | Embedded                 |
| - F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.  | Emerging                 |
| - 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. | Not a Middle/High School |

### 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

- |   |               |
|---|---------------|
| - G1: Health screenings.  | No Activity   |
| - G2: Health care access.   | No Activity   |
| - G3: Employee flu immunization clinics.  | Embedded      |
| - 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      |
| - G5: Awareness of the Employee Assistance Program Services.  | No Activity   |
| - G6: Staff celebrations that offer and encourage healthy choices for food and beverages.   | Transitioning |

### Section H – Family and Community Involvement

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

Response

- |  |           |
|--|-----------|
| - H1: Established a wellness committee to implement activities that support the wellness policy. | Exploring |
|--|-----------|

# 2017-2018 School Wellness Survey Responses

## White Oaks Elementary

- H2: Includes a non-staff, family, or community member in our school's wellness committee. No Activity

Question: Please share how your wellness committee encourages involvement from families and community members in promoting wellness in your school.

- ""

### Section I – Food and Nutrition General

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- I1: All students have at least 20 minutes to eat after sitting down for lunch.	Embedded
- 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
- I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities.	Embedded
- I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals.	Embedded
- I5: Encourages the use of non-food items for classroom celebrations.	Transitioning
- I6: Withholding access to food is not used as a disciplinary action.	Embedded
- I7: Potable water is available to all our students at no cost.	Embedded
- I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS).	Emerging
- I9: Allows students to possess personal containers for drinking water.	Embedded
- I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible.	Transitioning

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

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

# 2017-2018 School Wellness Survey Responses

## White Oaks Elementary

- J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day. No Activity

### Section K – Nutritional Guidelines

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- K1: Sodas and sports drinks are not offered for sale to students at any time during the school day.	Embedded
- K2: Healthy food and beverage options are encouraged at school-related events outside the school day.	Exploring
- K3: Implements appropriate precautions against severe food allergies.	Embedded

### Section L – Ideas/Comments/Suggestions

Question: Please list any wellness events or activities your school has undertaken or will undertake this school year.

- (No Response)

Question: 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.

- (No Response)

Question: Please provide any questions or comments you have with regard to FCPS’ Student and Staff Health and Wellness policy, regulation, or these wellness survey items.

- (No Response)

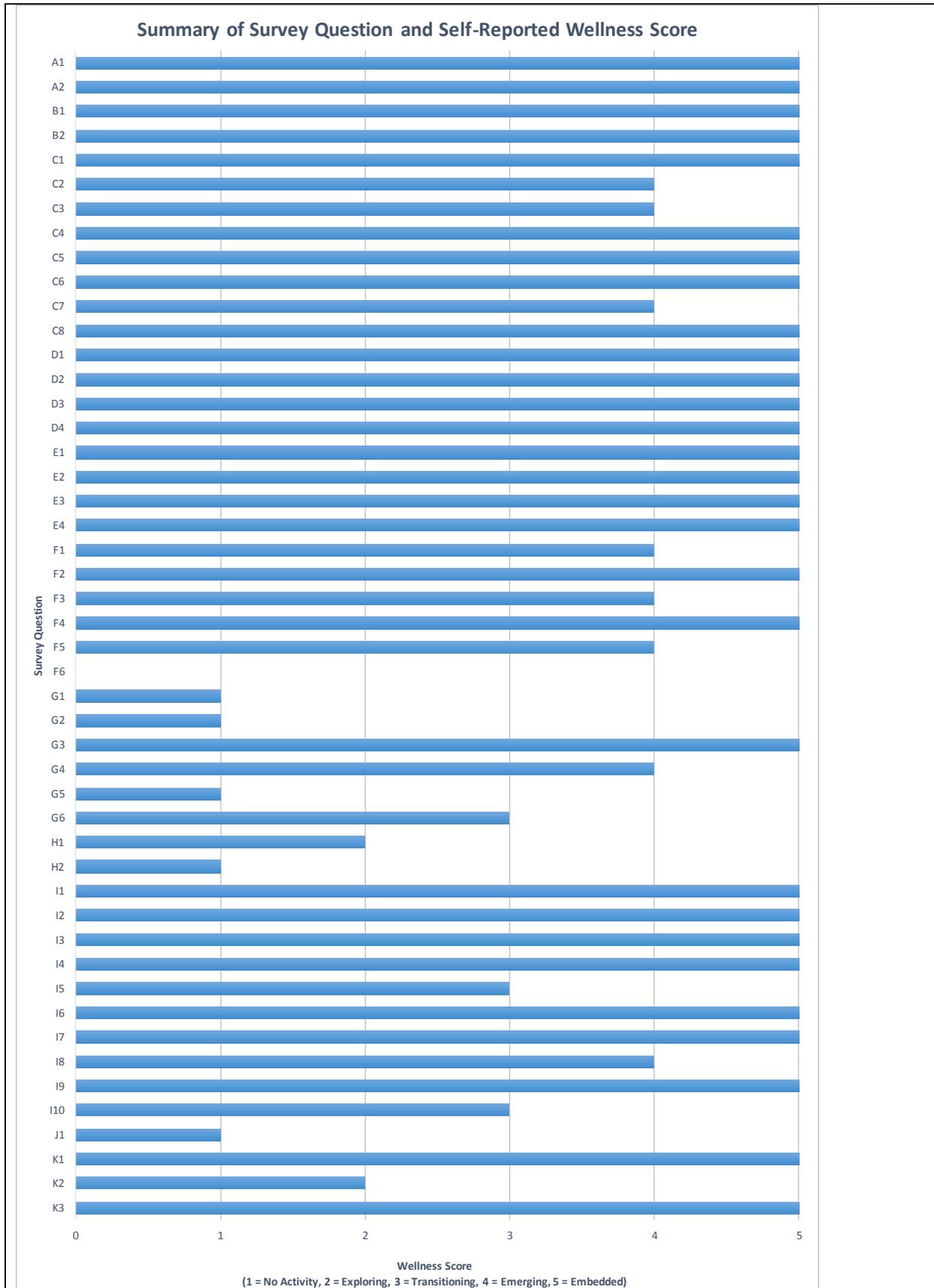
### Summary Tables:

The following graph and table visually summarize your school’s responses provided above. Questions in the graph are represented by bars corresponding to the self-reported wellness score. Questions in the table are grouped together according to their self-reported wellness score (e.g., all questions recorded as “embedded” are grouped together, etc.).

\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2017-2018 School Wellness Survey Responses

## White Oaks Elementary



# 2017-2018 School Wellness Survey Responses

## White Oaks Elementary

### Survey Questions Grouped by Wellness Score

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
G1,G2,G5, H2, J 1	H1, K2	G6, I5,I10	C2,C3,C7, F1,F3, F5, G4, I8	A1,A2, B1,B2, C 1,C4,C5,C6,C8, D1,D2,D3,D4, E 1,E2,E3,E4, F2,F 4, G3, I1,I2,I3,I 4,I6,I7,I9, K1,K3

# 2017-2018 School Wellness Survey Responses

## Willow Springs Elementary

### Section A – Physical Education

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218.	Embedded
- A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.	Embedded

### Section B – Physical Activity

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- B1: Withholding recess or physical education is not used as a disciplinary action.	Emerging
- B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess.	Embedded

Question: Please highlight any activities or best practices used to promote student's physical activity.

- "After school clubs (running, etc/)"

### Section C – Health Education

<u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u>	<u>Response</u>
- C1: Promoting Healthy Lifestyles.	Emerging
- C2: Stress Management.	Transitioning
- C3: Coping Skills.	Emerging
- C4: Depression.	Exploring
- C5: Suicide Prevention and Awareness.	Exploring
- C6: Mental Health Issues (general).	Transitioning
- C7: Relationship of Healthy Sleep to Mental Health.	Exploring

# 2017-2018 School Wellness Survey Responses

## Willow Springs Elementary

- C8: Substance Abuse Prevention. Transitioning

### Section D – Health Services

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- D1: FCPS' protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others.	Embedded
- D2: Students have regular access to public health nurses to address health, safety, and psychological issues.	Embedded
- D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia.	Embedded
- D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102.	Embedded

### Section E – Healthy and Safe School Environment

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- E1: Encourages children to safely walk or bike to and from school.	Embedded
- E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults.	Emerging
- E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560.	Embedded
- E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152.	Embedded

Question: Please share any school or community specific barriers to promoting a healthy and safe school environment for students.

- “ ”

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

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- 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.	Transitioning

# 2017-2018 School Wellness Survey Responses

## Willow Springs Elementary

- |   |                          |
|---|--------------------------|
| - 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.   | Transitioning            |
| - F3: Implements programs that foster social and emotional health and wellness of students and staff.   | Transitioning            |
| - F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.   | Embedded                 |
| - F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.  | Emerging                 |
| - 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. | Not a Middle/High School |

### 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

- |   |               |
|---|---------------|
| - G1: Health screenings.  | Transitioning |
| - G2: Health care access.   | Transitioning |
| - G3: Employee flu immunization clinics.  | Embedded      |
| - 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      |
| - G5: Awareness of the Employee Assistance Program Services.  | Emerging      |
| - G6: Staff celebrations that offer and encourage healthy choices for food and beverages.   | Emerging      |

### Section H – Family and Community Involvement

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

Response

- |  |          |
|--|----------|
| - H1: Established a wellness committee to implement activities that support the wellness policy. | Emerging |
|--|----------|

# 2017-2018 School Wellness Survey Responses

## Willow Springs Elementary

- H2: Includes a non-staff, family, or community member in our school's wellness committee. No Activity

Question: Please share how your wellness committee encourages involvement from families and community members in promoting wellness in your school.

- "Weekly messages from principal including activities, articles on mental health, trauma, screentime, depression, etc. Clubs"

### Section I – Food and Nutrition General

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

Response

- I1: All students have at least 20 minutes to eat after sitting down for lunch. Embedded
- 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
- I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities. Embedded
- I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals. Embedded
- I5: Encourages the use of non-food items for classroom celebrations. Embedded
- I6: Withholding access to food is not used as a disciplinary action. Embedded
- I7: Potable water is available to all our students at no cost. Embedded
- I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS). No Activity
- I9: Allows students to possess personal containers for drinking water. Embedded
- I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible. Emerging

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

# 2017-2018 School Wellness Survey Responses

## Willow Springs Elementary

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day.	Emerging

### Section K – Nutritional Guidelines

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- K1: Sodas and sports drinks are not offered for sale to students at any time during the school day.	Embedded
- K2: Healthy food and beverage options are encouraged at school-related events outside the school day.	Embedded
- K3: Implements appropriate precautions against severe food allergies.	Embedded

### Section L – Ideas/Comments/Suggestions

Question: Please list any wellness events or activities your school has undertaken or will undertake this school year.

- (No Response)

Question: 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.

- (No Response)

Question: Please provide any questions or comments you have with regard to FCPS’ Student and Staff Health and Wellness policy, regulation, or these wellness survey items.

- (No Response)

### Summary Tables:

The following graph and table visually summarize your school’s responses provided above. Questions in the graph are represented by bars corresponding to the self-reported wellness score. Questions in the table are grouped together according to their self-reported wellness score (e.g., all questions recorded as “embedded” are grouped together, etc.).

\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2017-2018 School Wellness Survey Responses

## Willow Springs Elementary



# 2017-2018 School Wellness Survey Responses

## Willow Springs Elementary

### Survey Questions Grouped by Wellness Score

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

# 2017-2018 School Wellness Survey Responses

## Wolftrap Elementary

### Section A – Physical Education

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218.	Embedded
- A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.	Embedded

### Section B – Physical Activity

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- B1: Withholding recess or physical education is not used as a disciplinary action.	Embedded
- B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess.	Embedded

Question: Please highlight any activities or best practices used to promote student's physical activity.

- "recess is 25 minutes at our school"

### Section C – Health Education

<u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u>	<u>Response</u>
- C1: Promoting Healthy Lifestyles.	Embedded
- C2: Stress Management.	Embedded
- C3: Coping Skills.	Embedded
- C4: Depression.	Embedded
- C5: Suicide Prevention and Awareness.	Emerging
- C6: Mental Health Issues (general).	Embedded
- C7: Relationship of Healthy Sleep to Mental Health.	Embedded

# 2017-2018 School Wellness Survey Responses

## Wolftrap Elementary

- C8: Substance Abuse Prevention. Embedded

### Section D – Health Services

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

- D1: FCPS' protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others. Embedded
- D2: Students have regular access to public health nurses to address health, safety, and psychological issues. Embedded
- D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia. Embedded
- D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102. Embedded

### Section E – Healthy and Safe School Environment

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

- E1: Encourages children to safely walk or bike to and from school. Embedded
- E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults. Emerging
- E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560. Embedded
- E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152. Embedded

Question: Please share any school or community specific barriers to promoting a healthy and safe school environment for students.

- “ ”

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

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

- 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

# 2017-2018 School Wellness Survey Responses

## Wolftrap Elementary

- |   |                          |
|---|--------------------------|
| - 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                 |
| - F3: Implements programs that foster social and emotional health and wellness of students and staff.   | Embedded                 |
| - F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.   | Embedded                 |
| - F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.  | Embedded                 |
| - 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. | Not a Middle/High School |

### 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

- |   |          |
|---|----------|
| - G1: Health screenings.  | Embedded |
| - G2: Health care access.   | Embedded |
| - G3: Employee flu immunization clinics.  | Embedded |
| - 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 |
| - G5: Awareness of the Employee Assistance Program Services.  | Embedded |
| - G6: Staff celebrations that offer and encourage healthy choices for food and beverages.   | Embedded |

### Section H – Family and Community Involvement

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

- |  |               |
|--|---------------|
| - H1: Established a wellness committee to implement activities that support the wellness policy. | Transitioning |
|--|---------------|

# 2017-2018 School Wellness Survey Responses

## Wolftrap Elementary

- H2: Includes a non-staff, family, or community member in our school's wellness committee. Exploring

Question: Please share how your wellness committee encourages involvement from families and community members in promoting wellness in your school.

- “ ”

### Section I – Food and Nutrition General

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

- I1: All students have at least 20 minutes to eat after sitting down for lunch. Embedded
- 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
- I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities. Embedded
- I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals. Embedded
- I5: Encourages the use of non-food items for classroom celebrations. Embedded
- I6: Withholding access to food is not used as a disciplinary action. Embedded
- I7: Potable water is available to all our students at no cost. Embedded
- I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS). Embedded
- I9: Allows students to possess personal containers for drinking water. Emerging
- I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible. Embedded

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

# 2017-2018 School Wellness Survey Responses

## Wolftrap Elementary

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day.	Embedded

### Section K – Nutritional Guidelines

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- K1: Sodas and sports drinks are not offered for sale to students at any time during the school day.	Embedded
- K2: Healthy food and beverage options are encouraged at school-related events outside the school day.	Embedded
- K3: Implements appropriate precautions against severe food allergies.	Embedded

### Section L – Ideas/Comments/Suggestions

Question: Please list any wellness events or activities your school has undertaken or will undertake this school year.

- (No Response)

Question: 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.

- (No Response)

Question: Please provide any questions or comments you have with regard to FCPS’ Student and Staff Health and Wellness policy, regulation, or these wellness survey items.

- (No Response)

### Summary Tables:

The following graph and table visually summarize your school’s responses provided above. Questions in the graph are represented by bars corresponding to the self-reported wellness score. Questions in the table are grouped together according to their self-reported wellness score (e.g., all questions recorded as “embedded” are grouped together, etc.).

\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2017-2018 School Wellness Survey Responses

## Wolftrap Elementary



# 2017-2018 School Wellness Survey Responses

## Wolftrap Elementary

### Survey Questions Grouped by Wellness Score

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
	H2	H1	C5, E2, G4, I9	A1,A2, B1,B2, C 1,C2,C3,C4,C6,C 7,C8, D1,D2,D3, D4, E1,E3,E4, F 1,F2,F3,F4,F5, G 1,G2,G3,G5,G6, I1,I2,I3,I4,I5,I6,I7 ,I8,I10, J1, K1,K 2,K3

# 2017-2018 School Wellness Survey Responses

## Woodburn Elementary

### Section A – Physical Education

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218.	Embedded
- A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.	Embedded

### Section B – Physical Activity

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- B1: Withholding recess or physical education is not used as a disciplinary action.	Transitioning
- B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess.	Embedded

Question: Please highlight any activities or best practices used to promote student's physical activity.

- " "

### Section C – Health Education

<u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u>	<u>Response</u>
- C1: Promoting Healthy Lifestyles.	Embedded
- C2: Stress Management.	Transitioning
- C3: Coping Skills.	Transitioning
- C4: Depression.	Transitioning
- C5: Suicide Prevention and Awareness.	Transitioning
- C6: Mental Health Issues (general).	Transitioning
- C7: Relationship of Healthy Sleep to Mental Health.	Transitioning

# 2017-2018 School Wellness Survey Responses

## Woodburn Elementary

- C8: Substance Abuse Prevention. Embedded

### Section D – Health Services

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

- D1: FCPS' protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others. Embedded
- D2: Students have regular access to public health nurses to address health, safety, and psychological issues. Emerging
- D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia. Embedded
- D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102. Embedded

### Section E – Healthy and Safe School Environment

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

- E1: Encourages children to safely walk or bike to and from school. Embedded
- E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults. Embedded
- E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560. Embedded
- E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152. Embedded

Question: Please share any school or community specific barriers to promoting a healthy and safe school environment for students.

- “ ”

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

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

- 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

# 2017-2018 School Wellness Survey Responses

## Woodburn Elementary

- |   |                          |
|---|--------------------------|
| - 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                 |
| - F3: Implements programs that foster social and emotional health and wellness of students and staff.   | Emerging                 |
| - F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.   | Embedded                 |
| - F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.  | Exploring                |
| - 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. | Not a Middle/High School |

### 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

- |   |               |
|---|---------------|
| - G1: Health screenings.  | No Activity   |
| - G2: Health care access.   | No Activity   |
| - G3: Employee flu immunization clinics.  | Embedded      |
| - 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      |
| - G5: Awareness of the Employee Assistance Program Services.  | Emerging      |
| - G6: Staff celebrations that offer and encourage healthy choices for food and beverages.   | Transitioning |

### Section H – Family and Community Involvement

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

- |  |           |
|--|-----------|
| - H1: Established a wellness committee to implement activities that support the wellness policy. | Exploring |
|--|-----------|

# 2017-2018 School Wellness Survey Responses

## Woodburn Elementary

- H2: Includes a non-staff, family, or community member in our school's wellness committee. Exploring

Question: Please share how your wellness committee encourages involvement from families and community members in promoting wellness in your school.

- "Each year, we sponsor a Fun Run which encourages participation from families with their children."

### Section I – Food and Nutrition General

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

- I1: All students have at least 20 minutes to eat after sitting down for lunch. Transitioning
- 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
- I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities. Embedded
- I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals. Embedded
- I5: Encourages the use of non-food items for classroom celebrations. Transitioning
- I6: Withholding access to food is not used as a disciplinary action. Embedded
- I7: Potable water is available to all our students at no cost. Embedded
- I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS). Exploring
- I9: Allows students to possess personal containers for drinking water. Embedded
- I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible. Emerging

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

# 2017-2018 School Wellness Survey Responses

## Woodburn Elementary

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day.	Embedded

### Section K – Nutritional Guidelines

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- K1: Sodas and sports drinks are not offered for sale to students at any time during the school day.	Embedded
- K2: Healthy food and beverage options are encouraged at school-related events outside the school day.	Emerging
- K3: Implements appropriate precautions against severe food allergies.	Embedded

### Section L – Ideas/Comments/Suggestions

Question: Please list any wellness events or activities your school has undertaken or will undertake this school year.

- Health and Fitness Fair, Fitness Walk

Question: 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.

- (No Response)

Question: Please provide any questions or comments you have with regard to FCPS’ Student and Staff Health and Wellness policy, regulation, or these wellness survey items.

- (No Response)

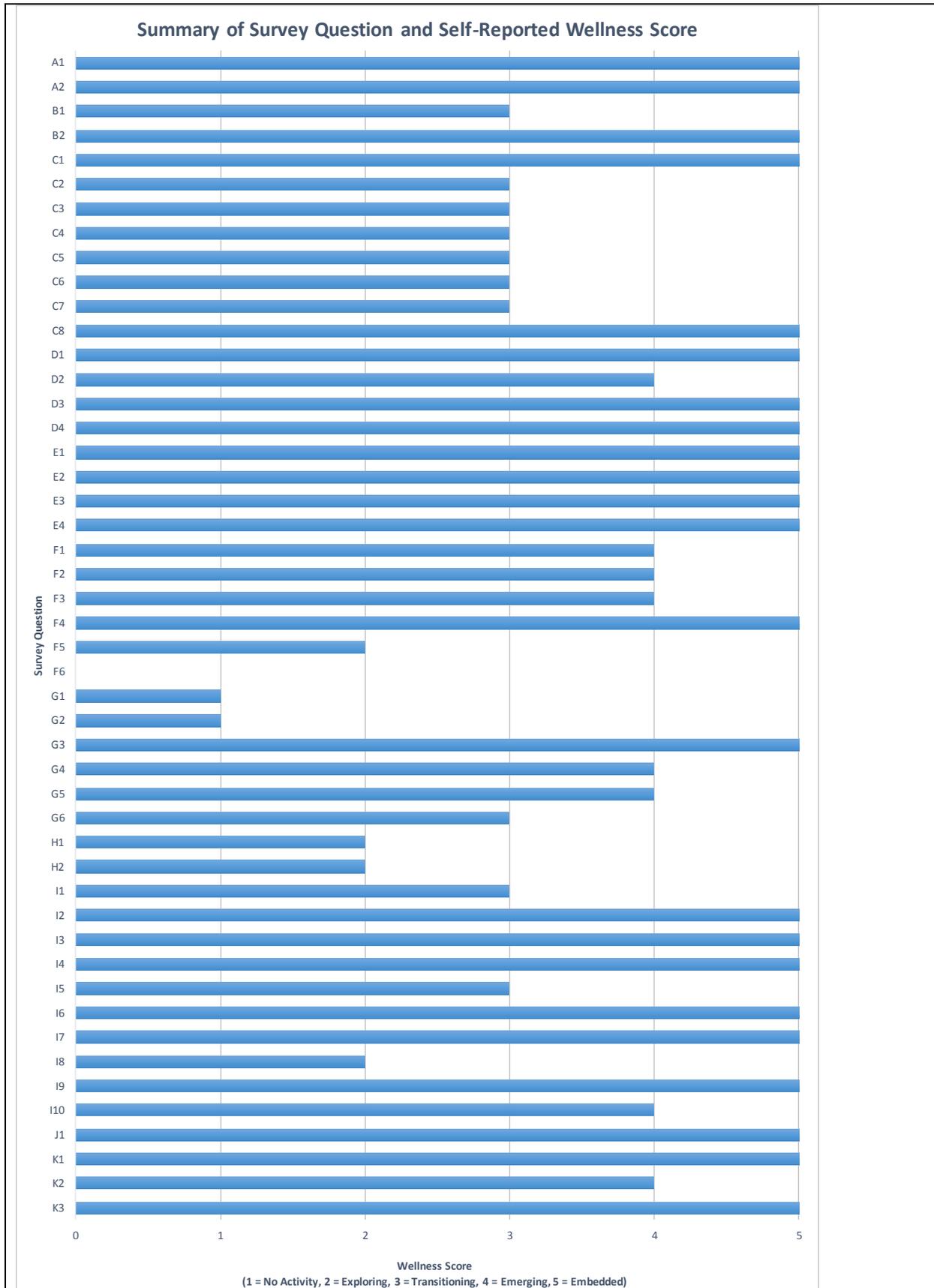
### Summary Tables:

The following graph and table visually summarize your school’s responses provided above. Questions in the graph are represented by bars corresponding to the self-reported wellness score. Questions in the table are grouped together according to their self-reported wellness score (e.g., all questions recorded as “embedded” are grouped together, etc.).

\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2017-2018 School Wellness Survey Responses

## Woodburn Elementary



# 2017-2018 School Wellness Survey Responses

## Woodburn Elementary

### Survey Questions Grouped by Wellness Score

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
G1,G2	F5, H1,H2, I8	B1, C2,C3,C4,C5 ,C6,C7, G6, I1,I 5	D2, F1,F2,F3, G 4,G5, I10, K2	A1,A2, B2, C1,C 8, D1,D3,D4, E1 ,E2,E3,E4, F4, G 3, I2,I3,I4,I6,I7,I 9, J1, K1,K3

# 2017-2018 School Wellness Survey Responses

## Woodlawn Elementary

### Section A – Physical Education

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218.	Embedded
- A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.	Embedded

### Section B – Physical Activity

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- B1: Withholding recess or physical education is not used as a disciplinary action.	Embedded
- B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess.	Embedded

Question: Please highlight any activities or best practices used to promote student's physical activity.

- "120 hours of PE per week, 20 min of recess per day"

### Section C – Health Education

<u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u>	<u>Response</u>
- C1: Promoting Healthy Lifestyles.	Emerging
- C2: Stress Management.	Emerging
- C3: Coping Skills.	Emerging
- C4: Depression.	Emerging
- C5: Suicide Prevention and Awareness.	Transitioning
- C6: Mental Health Issues (general).	Emerging
- C7: Relationship of Healthy Sleep to Mental Health.	Emerging

# 2017-2018 School Wellness Survey Responses

## Woodlawn Elementary

- C8: Substance Abuse Prevention. Exploring

### Section D – Health Services

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- D1: FCPS' protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others.	Embedded
- D2: Students have regular access to public health nurses to address health, safety, and psychological issues.	Embedded
- D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia.	Embedded
- D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102.	Embedded

### Section E – Healthy and Safe School Environment

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- E1: Encourages children to safely walk or bike to and from school.	No Activity
- E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults.	Transitioning
- E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560.	Embedded
- E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152.	Embedded

Question: Please share any school or community specific barriers to promoting a healthy and safe school environment for students.

- "Most of our students bus to school"

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

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- 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

# 2017-2018 School Wellness Survey Responses

## Woodlawn Elementary

- |   |                          |
|---|--------------------------|
| - 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                 |
| - F3: Implements programs that foster social and emotional health and wellness of students and staff.   | Emerging                 |
| - F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.   | Embedded                 |
| - F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.  | Embedded                 |
| - 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. | Not a Middle/High School |

### 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

- |   |          |
|---|----------|
| - G1: Health screenings.  | Embedded |
| - G2: Health care access.   | Embedded |
| - G3: Employee flu immunization clinics.  | Embedded |
| - 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 |
| - G5: Awareness of the Employee Assistance Program Services.  | Embedded |
| - G6: Staff celebrations that offer and encourage healthy choices for food and beverages.   | Embedded |

### Section H – Family and Community Involvement

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

- |  |          |
|--|----------|
| - H1: Established a wellness committee to implement activities that support the wellness policy. | Emerging |
|--|----------|

# 2017-2018 School Wellness Survey Responses

## Woodlawn Elementary

- H2: Includes a non-staff, family, or community member in our school's wellness committee. Emerging

Question: Please share how your wellness committee encourages involvement from families and community members in promoting wellness in your school.

- "We send home healthy weekend snacks in our care packages and only healthy snacks can come to school"

### Section I – Food and Nutrition General

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

- I1: All students have at least 20 minutes to eat after sitting down for lunch. Embedded
- 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
- I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities. Embedded
- I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals. Embedded
- I5: Encourages the use of non-food items for classroom celebrations. Embedded
- I6: Withholding access to food is not used as a disciplinary action. Embedded
- I7: Potable water is available to all our students at no cost. Embedded
- I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS). Embedded
- I9: Allows students to possess personal containers for drinking water. Transitioning
- I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible. Embedded

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

# 2017-2018 School Wellness Survey Responses

## Woodlawn Elementary

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day.	Embedded

### Section K – Nutritional Guidelines

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- K1: Sodas and sports drinks are not offered for sale to students at any time during the school day.	Embedded
- K2: Healthy food and beverage options are encouraged at school-related events outside the school day.	Emerging
- K3: Implements appropriate precautions against severe food allergies.	Embedded

### Section L – Ideas/Comments/Suggestions

Question: Please list any wellness events or activities your school has undertaken or will undertake this school year.

- Field Day, staff is participating in a 5K run as a group

Question: 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.

- (No Response)

Question: Please provide any questions or comments you have with regard to FCPS’ Student and Staff Health and Wellness policy, regulation, or these wellness survey items.

- (No Response)

### Summary Tables:

The following graph and table visually summarize your school’s responses provided above. Questions in the graph are represented by bars corresponding to the self-reported wellness score. Questions in the table are grouped together according to their self-reported wellness score (e.g., all questions recorded as “embedded” are grouped together, etc.).

\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2017-2018 School Wellness Survey Responses

## Woodlawn Elementary



# 2017-2018 School Wellness Survey Responses

## Woodlawn Elementary

### Survey Questions Grouped by Wellness Score

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

# 2017-2018 School Wellness Survey Responses

## Woodley Hills Elementary

### Section A – Physical Education

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218.	Embedded
- A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.	Embedded

### Section B – Physical Activity

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- B1: Withholding recess or physical education is not used as a disciplinary action.	Emerging
- B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess.	Embedded

Question: Please highlight any activities or best practices used to promote student's physical activity.

- "Physical Activity Breaks in the classroom with a central location on the school server with available activities"

### Section C – Health Education

<u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u>	<u>Response</u>
- C1: Promoting Healthy Lifestyles.	Embedded
- C2: Stress Management.	Emerging
- C3: Coping Skills.	Emerging
- C4: Depression.	Emerging
- C5: Suicide Prevention and Awareness.	Emerging
- C6: Mental Health Issues (general).	Embedded
- C7: Relationship of Healthy Sleep to Mental Health.	Embedded

# 2017-2018 School Wellness Survey Responses

## Woodley Hills Elementary

- C8: Substance Abuse Prevention. Embedded

### Section D – Health Services

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

- D1: FCPS' protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others. Embedded
- D2: Students have regular access to public health nurses to address health, safety, and psychological issues. Embedded
- D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia. Embedded
- D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102. Embedded

### Section E – Healthy and Safe School Environment

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

- E1: Encourages children to safely walk or bike to and from school. Emerging
- E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults. Embedded
- E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560. Embedded
- E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152. Embedded

Question: Please share any school or community specific barriers to promoting a healthy and safe school environment for students.

- “ ”

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

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

# 2017-2018 School Wellness Survey Responses

## Woodley Hills Elementary

- |   |                          |
|---|--------------------------|
| - 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                 |
| - 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                 |
| - F3: Implements programs that foster social and emotional health and wellness of students and staff.   | Emerging                 |
| - F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.   | Emerging                 |
| - F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.  | Emerging                 |
| - 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. | Not a Middle/High School |

### 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

- |   |               |
|---|---------------|
| - G1: Health screenings.  | Transitioning |
| - G2: Health care access.   | Emerging      |
| - G3: Employee flu immunization clinics.  | Embedded      |
| - 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. | Embedded      |
| - G5: Awareness of the Employee Assistance Program Services.  | Emerging      |
| - G6: Staff celebrations that offer and encourage healthy choices for food and beverages.   | Embedded      |

### Section H – Family and Community Involvement

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

# 2017-2018 School Wellness Survey Responses

## Woodley Hills Elementary

- |  |           |
|--|-----------|
| - H1: Established a wellness committee to implement activities that support the wellness policy. | Embedded  |
| - H2: Includes a non-staff, family, or community member in our school's wellness committee.      | Exploring |

Question: Please share how your wellness committee encourages involvement from families and community members in promoting wellness in your school.

- “ ”

### Section I – Food and Nutrition General

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- I1: All students have at least 20 minutes to eat after sitting down for lunch.	Embedded
- 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
- I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities.	Embedded
- I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals.	Embedded
- I5: Encourages the use of non-food items for classroom celebrations.	Exploring
- I6: Withholding access to food is not used as a disciplinary action.	Embedded
- I7: Potable water is available to all our students at no cost.	Embedded
- I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS).	Embedded
- I9: Allows students to possess personal containers for drinking water.	Embedded
- I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible.	Exploring

# 2017-2018 School Wellness Survey Responses

## Woodley Hills Elementary

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

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day.	Embedded

### Section K – Nutritional Guidelines

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- K1: Sodas and sports drinks are not offered for sale to students at any time during the school day.	Embedded
- K2: Healthy food and beverage options are encouraged at school-related events outside the school day.	Embedded
- K3: Implements appropriate precautions against severe food allergies.	Embedded

### Section L – Ideas/Comments/Suggestions

Question: Please list any wellness events or activities your school has undertaken or will undertake this school year.

- Staff running club, After school physical activities for students

Question: 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.

- Available instructors for staff wellness activities

Question: Please provide any questions or comments you have with regard to FCPS’ Student and Staff Health and Wellness policy, regulation, or these wellness survey items.

- (No Response)

### Summary Tables:

The following graph and table visually summarize your school’s responses provided above. Questions in the graph are represented by bars corresponding to the self-reported wellness score. Questions in the table are grouped together according to their self-reported wellness score (e.g., all questions recorded as “embedded” are grouped together, etc.).

\*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

# 2017-2018 School Wellness Survey Responses

## Woodley Hills Elementary



# 2017-2018 School Wellness Survey Responses

## Woodley Hills Elementary

### Survey Questions Grouped by Wellness Score

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
	H2, I5,I10	G1	B1, C2,C3,C4,C5 , E1, F2,F3,F4,F 5, G2,G5	A1,A2, B2, C1,C 6,C7,C8, D1,D2, D3,D4, E2,E3,E4 , F1, G3,G4,G6, H1, I1,I2,I3,I4,I 6,I7,I8,I9, J1, K 1,K2,K3