

2017-2018 School Wellness Survey Responses
by Other Centers

[Bryant Alternative High](#)

[Burke School](#)

[Cedar Lane School](#)

[Davis Center](#)

[Fairfax County Adult High School](#)

[Key Center](#)

[Kilmer Center](#)

[Mountain View Alternative High](#)

[Pulley Center](#)

[Quander Rd School](#)

2017-2018 School Wellness Survey Responses

Bryant Alternative High

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.	No Activity

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

- "We offer open gym and field time to students throughout the week. They can voluntarily choose to participate."

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

Bryant Alternative High

- 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.	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

<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.	Exploring
- 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.	Emerging

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

- "We are not a neighborhood school for any student. We are constantly transitioning students in and out of our program."

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

Bryant Alternative High

- | | |
|---|---------------|
| - 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. | Exploring |
| - 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. | Emerging |
| - 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. | Embedded |

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. | No Activity |
| - 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

2017-2018 School Wellness Survey Responses

Bryant Alternative High

- | | |
|--|-------------|
| - 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.

- "This group was identified midyear and will be making recommendations for the 2018-2019 school 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.	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.	No Activity
- 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.	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.	Embedded
- I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible.	No Activity

2017-2018 School Wellness Survey Responses

Bryant Alternative High

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.	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.	No Activity
- 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.	No Activity

Section L – Ideas/Comments/Suggestions

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

- Student/Staff Sports Competitions: Basketball and Soccer

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.).

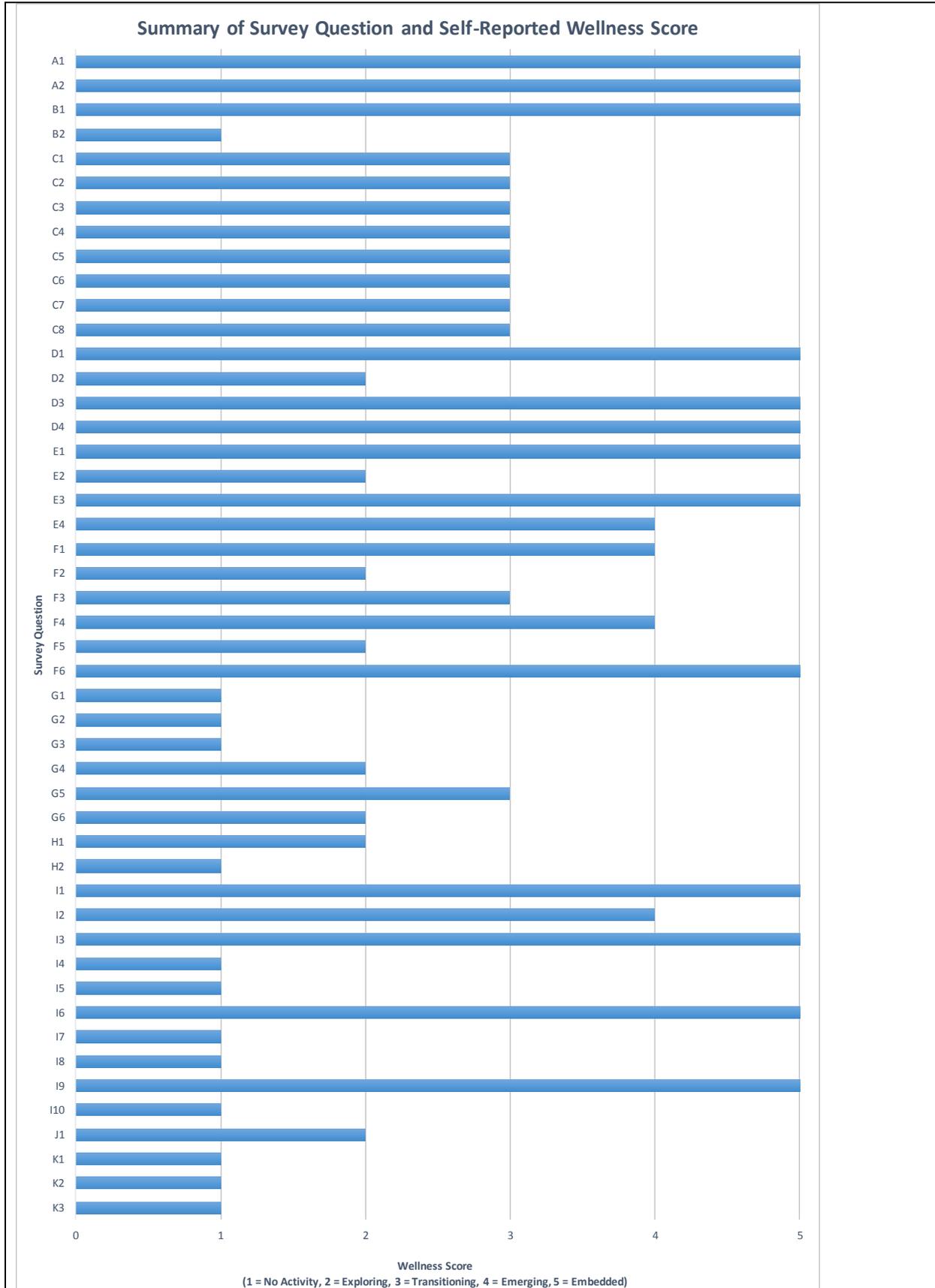
2017-2018 School Wellness Survey Responses

Bryant Alternative High

*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

Bryant Alternative High



2017-2018 School Wellness Survey Responses

Bryant Alternative High

Survey Questions Grouped by Wellness Score

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
B2, G1,G2,G3, H2, I4,I5,I7,I8,I1 0, K1,K2,K3	D2, E2, F2,F5, G4,G6, H1, J1	C1,C2,C3,C4,C5, C6,C7,C8, F3, G 5	E4, F1,F4, I2	A1,A2, B1, D1, D3,D4, E1,E3, F 6, I1,I3,I6,I9

2017-2018 School Wellness Survey Responses

Burke School

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.	Emerging
- C2: Stress Management.	Emerging
- 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

Burke School

- 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.	No Activity
- 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.

- “We have no walkers at Burke School, walking/riding bikes is not possible.”

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

Burke School

- | | |
|---|-------------|
| - 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. | No Activity |

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. | 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

Burke School

- 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. 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.	No Activity
- 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.	No Activity
- I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible.	Embedded

2017-2018 School Wellness Survey Responses

Burke School

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 Clinic, Blood Pressure screening

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

Burke School



2017-2018 School Wellness Survey Responses

Burke School

Survey Questions Grouped by Wellness Score

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

2017-2018 School Wellness Survey Responses

Cedar Lane School

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.	Not an Elementary School

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

- "PBIS Kickball Game, PBIS Soccer, PBIS Flag Football, Non-VHSL School Basketball Team"

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

Cedar Lane School

- 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. No Activity
- 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.

- “We are not a neighborhood school therefore are students cannot safely walk or ride a bike to school”

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

Cedar Lane School

- | | |
|---|----------|
| - 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. | Embedded |

Section G – Health Promotion for Staff Members

- | <u>Question: To what extent does the staff wellness liaison support opportunities for staff members to improve their health and well-being:</u> | <u>Response</u> |
|---|-----------------|
| - 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. | Transitioning |
| - G5: Awareness of the Employee Assistance Program Services. | Embedded |
| - G6: Staff celebrations that offer and encourage healthy choices for food and beverages. | Exploring |

Section H – Family and Community Involvement

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

2017-2018 School Wellness Survey Responses

Cedar Lane School

- 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. Emerging

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

- "We invite parents to help with school beautification day and they volunteer."

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.	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.	Not an Elementary School

2017-2018 School Wellness Survey Responses

Cedar Lane School

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.

- Homeroom Step Challenge, Cedarfest activities

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.

- None at This Time

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.

- None at this time

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

Cedar Lane School

*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

Cedar Lane School



2017-2018 School Wellness Survey Responses

Cedar Lane School

Survey Questions Grouped by Wellness Score

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
E1, G1, I8	G6	G4	H2	A1,A2, B1, C1,C 2,C3,C4,C5,C6,C 7,C8, D1,D2,D3, D4, E2,E3,E4, F 1,F2,F3,F4,F5,F6, G2,G3,G5, H1, I1,I2,I3,I4,I5,I6,I 7,I9, J1, K1,K2, K3

2017-2018 School Wellness Survey Responses

Davis Center

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.	No Activity
- A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.	No Activity

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.

- "PE classes are not available at DCC. Students work in the community for up to 5 hours 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.	Exploring
- C2: Stress Management.	Embedded
- C3: Coping Skills.	Embedded
- C4: Depression.	Embedded
- C5: Suicide Prevention and Awareness.	Exploring
- C6: Mental Health Issues (general).	Embedded
- C7: Relationship of Healthy Sleep to Mental Health.	Exploring

2017-2018 School Wellness Survey Responses

Davis Center

- 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. 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. No Activity
- E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults. Exploring
- 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.

- "DCC class structure does not provide for a "health class.""

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

Davis Center

- | | |
|---|--------------------------|
| - 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. | 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. | 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. | 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

Davis Center

- 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.

- "Our wellness committee is working to improve outreach for staff and community."

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. | No Activity |
| - 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. | Not an Elementary School |

2017-2018 School Wellness Survey Responses

Davis Center

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.

- EAP will be coming in to do a presentation to all staff members, flu 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.

- None at this time.

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.

- Some of these questions are difficult to apply to our specific program due to the nature of our workday in the community.

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

Davis Center

*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

Davis Center



2017-2018 School Wellness Survey Responses

Davis Center

Survey Questions Grouped by Wellness Score

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

2017-2018 School Wellness Survey Responses

Fairfax County Adult High School

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.	No Activity
- A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.	No Activity

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.

- "FCAHS programming does not offer PE classes. Students in Adult High School are not required to complete Health and PE credits at adult high 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.	No Activity
- C2: Stress Management.	No Activity
- C3: Coping Skills.	No Activity
- C4: Depression.	No Activity
- C5: Suicide Prevention and Awareness.	No Activity
- C6: Mental Health Issues (general).	No Activity

2017-2018 School Wellness Survey Responses

Other (Please Specify) Fairfax County Adult High School

- C7: Relationship of Healthy Sleep to Mental Health. No Activity
- 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.	No Activity

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.

- "FCAHS does not have an onsite clinician. Health class is not required. Counselors provide social/emotional resources and support, as needed."

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

Other (Please Specify) Fairfax County Adult High School

- | | |
|---|----------|
| - 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. | 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. | Embedded |

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. | Emerging |
| - 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. | 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

2017-2018 School Wellness Survey Responses

Other (Please Specify) Fairfax County Adult High School

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
- 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.

- "FCAHS supports adult students. Counselors regularly meet with students to support the overall well being of all students."

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. No Activity
- 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. No Activity
- 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. No Activity
- 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. Not an Elementary School

2017-2018 School Wellness Survey Responses

Other (Please Specify) Fairfax County Adult High School

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.	No Activity
- 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.	No Activity

Section L – Ideas/Comments/Suggestions

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

- We are participating in the latest Health and Wellness "Aloha" 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.

- Continued encourage from FCPS and schools for students to participate and remain active in physical and mental well-being 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.

- FCAHS does not have a lunch program. Vending machines at Pimmit are on throughout the day to support an adult population.

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

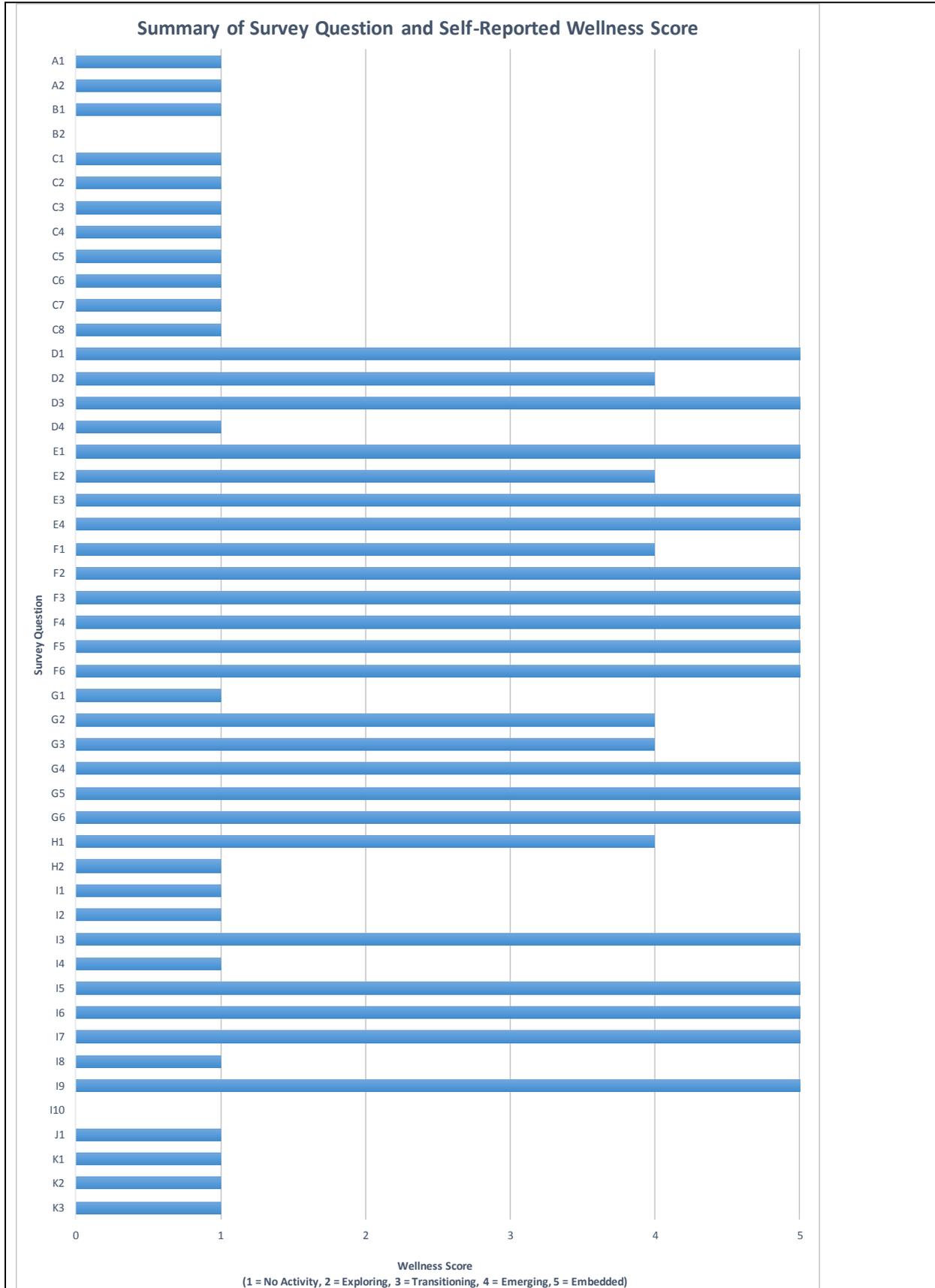
Other (Please Specify)Fairfax County Adult High School

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

Other (Please Specify) Fairfax County Adult High School



2017-2018 School Wellness Survey Responses
 Other (Please Specify)Fairfax County Adult High School

Survey Questions Grouped by Wellness Score

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
A1,A2, B1, C1,C 2,C3,C4,C5,C6,C 7,C8, D4, G1, H2, I1,I2,I4,I8, J 1, K1,K2,K3			D2, E2, F1, G2, G3, H1	D1,D3, E1,E3,E4 , F2,F3,F4,F5,F6, G4,G5,G6, I3,I 5,I6,I7,I9

2017-2018 School Wellness Survey Responses

Key Center

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.	Exploring
- A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.	Exploring

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 opportunities for movement."

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

Key Center

- 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.	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.	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.	Transitioning

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.	No Activity

2017-2018 School Wellness Survey Responses

Key Center

- 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. Emerging
- 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. Emerging

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. 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. 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

Key Center

- 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.

- "Fitness events after school hours."

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. Not an Elementary School

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

Key Center

- 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.

- EAP, Walk and Roll Event, Run Club for students, Walk and Talk (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.

- More Wellness challenges

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

Key Center



2017-2018 School Wellness Survey Responses

Key Center

Survey Questions Grouped by Wellness Score

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

2017-2018 School Wellness Survey Responses

Kilmer Center

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.	No Activity

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.	Not an Elementary School

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

- "walking, games, movement exercises"

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.	No Activity
- C5: Suicide Prevention and Awareness.	No Activity
- C6: Mental Health Issues (general).	No Activity
- C7: Relationship of Healthy Sleep to Mental Health.	Embedded

2017-2018 School Wellness Survey Responses

Kilmer Center

- 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.	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.	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.	No Activity

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

Kilmer Center

- | | |
|---|----------|
| - 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. | Embedded |

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. | No Activity |
|--|-------------|

2017-2018 School Wellness Survey Responses

Kilmer Center

- 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. No Activity
- I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals. No Activity
- 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. No Activity
- 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. Embedded
- I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible. Not an Elementary School

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

Kilmer Center

- 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.

- Twice weekly physical fitness workouts 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)

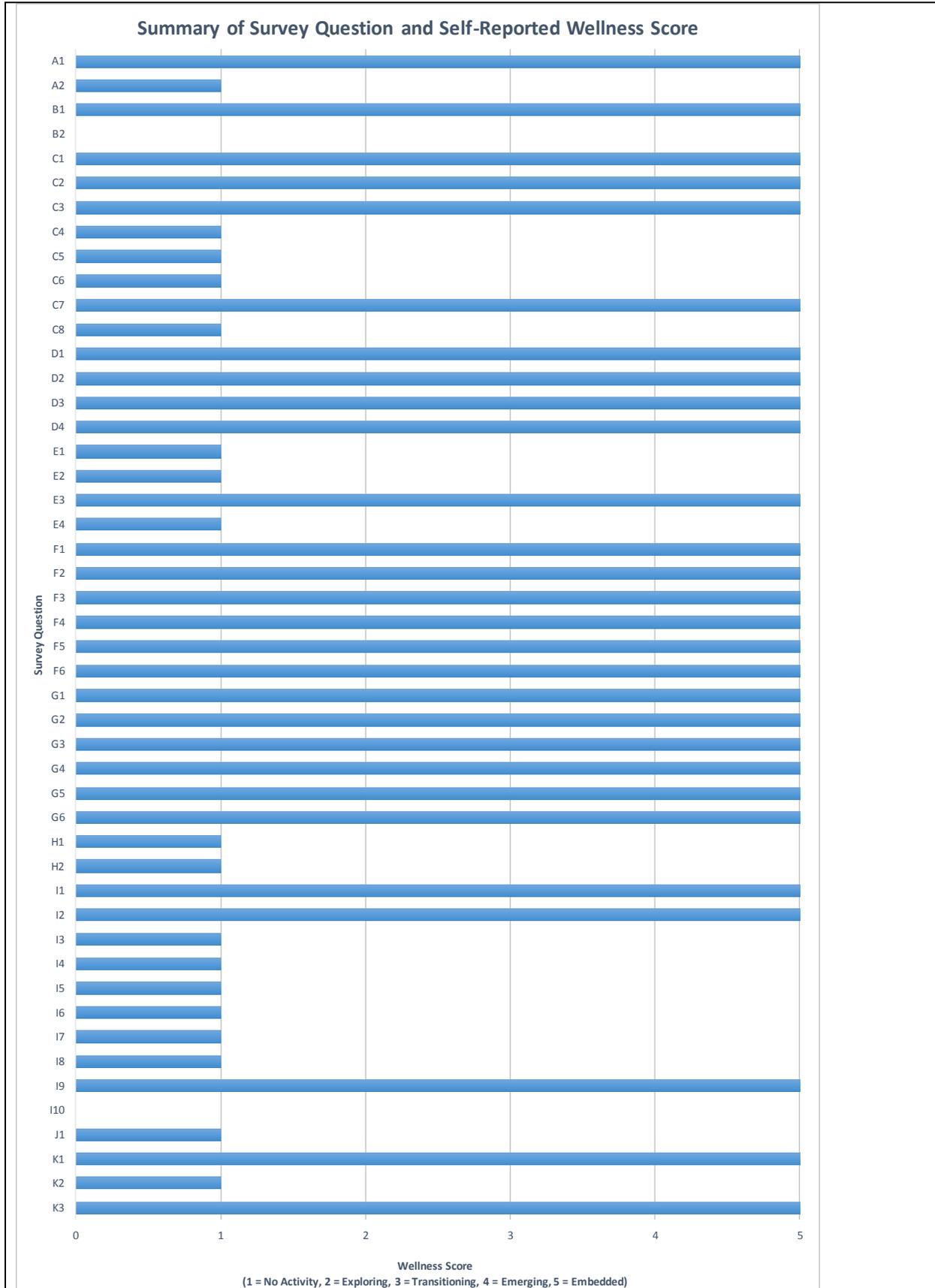
Summary Tables:

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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

Kilmer Center



2017-2018 School Wellness Survey Responses

Kilmer Center

Survey Questions Grouped by Wellness Score

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

2017-2018 School Wellness Survey Responses

Mountain View Alternative High

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.	Not an Elementary School

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

- "Students participate in a walk/jog warm-up each class."

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.	Embedded
- C6: Mental Health Issues (general).	Embedded
- C7: Relationship of Healthy Sleep to Mental Health.	Emerging

2017-2018 School Wellness Survey Responses

Mountain View Alternative High

- 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.	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.	No Activity
- 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.	Transitioning

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

- "The majority of our students are adult aged and smoke regularly."

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

Mountain View Alternative High

- | | |
|---|--------------------------|
| - 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. | 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. | 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. | Exploring |
| - G5: Awareness of the Employee Assistance Program Services. | Exploring |
| - 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. | Emerging |
|--|----------|

2017-2018 School Wellness Survey Responses

Mountain View Alternative High

- 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.

- "We have a wellness/resource fair yearly and make this available to our student families"

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. Transitioning
- 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). Transitioning
- I9: Allows students to possess personal containers for drinking water. Embedded
- I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible. Not an Elementary School

Section J – Nutrition Education, Promotion, and Food Marketing

2017-2018 School Wellness Survey Responses

Mountain View Alternative High

<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.	Transitioning
- 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.

- Wellness Truck on site, wellness fair, walking activity

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)

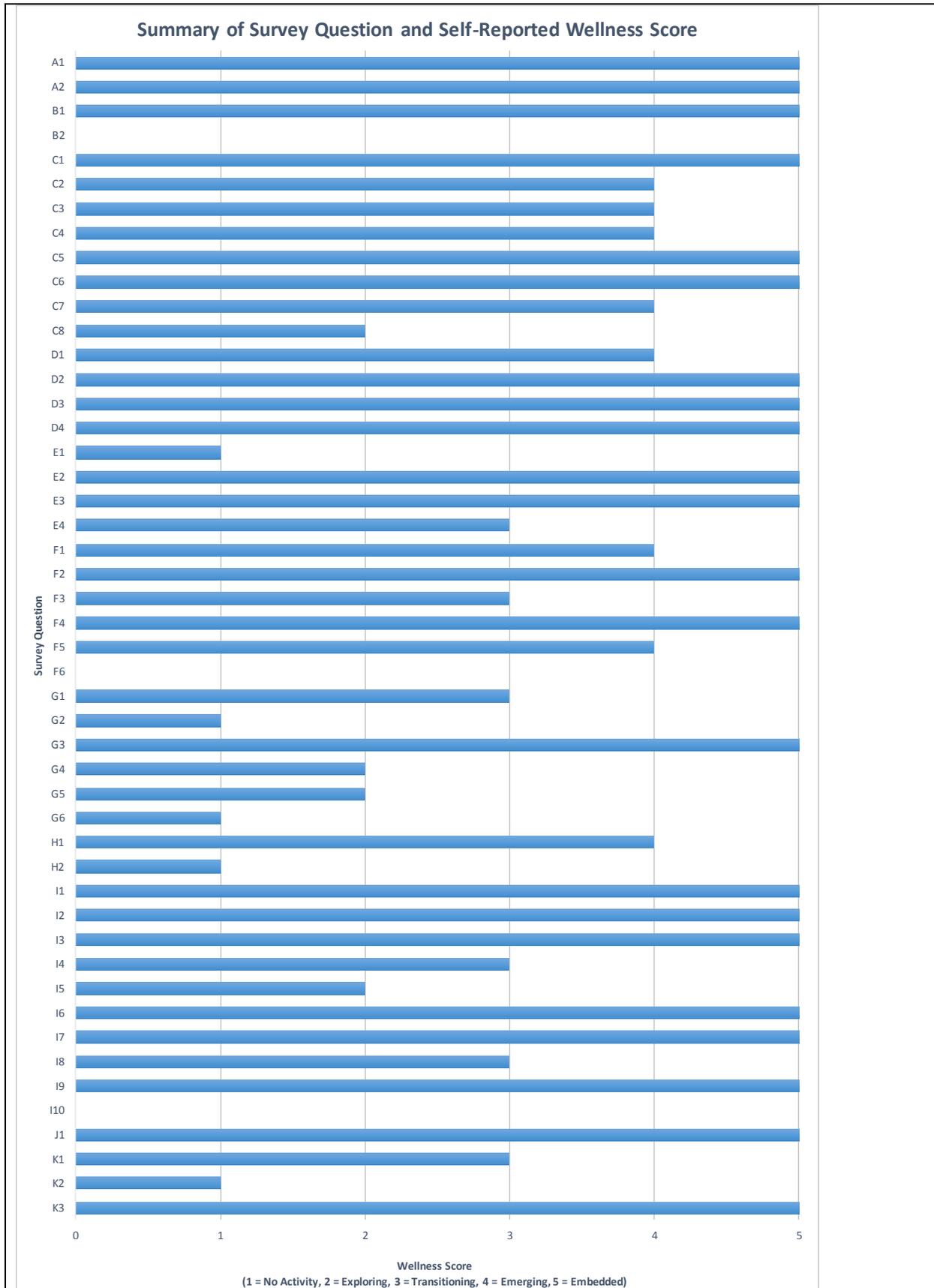
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*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

2017-2018 School Wellness Survey Responses

Mountain View Alternative High



2017-2018 School Wellness Survey Responses

Mountain View Alternative High

Survey Questions Grouped by Wellness Score

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
E1, G2,G6, H2, K2	C8, G4,G5, I5	E4, F3, G1, I4,I 8, K1	C2,C3,C4,C7, D1 , F1,F5, H1	A1,A2, B1, C1,C 5,C6, D2,D3,D4, E2,E3, F2,F4, G3, I1,I2,I3,I6,I7 ,I9, J1, K3

2017-2018 School Wellness Survey Responses

Pulley Center

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.	No Activity
- A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.	No Activity

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.	Not an Elementary School

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

- "PE is not part of our curriculum. We do, however, provide students with opportunities for physical activity daily."

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.	Emerging
- C6: Mental Health Issues (general).	Emerging
- C7: Relationship of Healthy Sleep to Mental Health.	Emerging

2017-2018 School Wellness Survey Responses

Pulley Center

- 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. 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

Pulley Center

- | | |
|---|--------------------------|
| - 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. | No Activity |
| - G2: Health care access. | No Activity |
| - G3: Employee flu immunization clinics. | No Activity |
| - 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. | 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

Pulley Center

- H1: Established a wellness committee to implement activities that support the wellness policy. No Activity
- 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.	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.	Not an Elementary School

2017-2018 School Wellness Survey Responses

Pulley Center

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.	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.	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 Fair; Mindfulness

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.).

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2017-2018 School Wellness Survey Responses

Pulley Center



2017-2018 School Wellness Survey Responses

Pulley Center

Survey Questions Grouped by Wellness Score

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

2017-2018 School Wellness Survey Responses

Quander Rd School

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.

- "HPE courses, Advanced PE electives, intramural sports"

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

Quander Rd School

- 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.

- “Our grounds are not fenced, community walks through back woods daily.”

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

Quander Rd School

- | | |
|---|----------|
| - 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. | Embedded |

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

2017-2018 School Wellness Survey Responses

Quander Rd School

- 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.

- "Parent and community programs featuring specialists on teen anxiety and social media"

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
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- 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. Not an Elementary School

2017-2018 School Wellness Survey Responses

Quander Rd School

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.

- Social/emotional groups, targeted programs for interpersonal relationships/refusal skills

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.

- continue to encourage strong, appropriate peer and adult relationships, continue to program for identified student risks and needs.

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

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2017-2018 School Wellness Survey Responses

Quander Rd School

*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

Quander Rd School



2017-2018 School Wellness Survey Responses

Quander Rd School

Survey Questions Grouped by Wellness Score

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