2018-2019 School Wellness Survey Responses by High School

Annandale High
Bryant High
Centreville High
Chantilly High
Edison High
Fairfax High
Falls Church High
Herndon High
Thomas Jefferson High School for Science and Technology
Justice High
Langley High
Lee High
Madison High
Marshall High
McLean High
Mount Vernon High
Oakton High
South County High
South Lakes High
West Potomac High
West Springfield High
Westfield High
Woodson High
2018-2019 School Wellness Survey Responses
Annandale High

Section A – Physical Education

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

- A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218.

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

Section B – Physical Activity

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

- B1: Withholding recess or physical education is not used as a disciplinary action.

- B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess.

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

- “Enrollment in HPE classes including Personal Fitness and Advanced PE”

Section C – Health Education

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

- C1: Promoting Healthy Lifestyles.

- C2: Stress Management.

- C3: Coping Skills.

- C4: Depression.

- C5: Suicide Prevention and Awareness.

- C6: Mental Health Issues (general).

- C7: Relationship of Healthy Sleep to Mental Health.
Section D – Health Services

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

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

Section E – Healthy and Safe School Environment

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

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

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

- "none"
2018-2019 School Wellness Survey Responses

Annandale 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. **Emerging**

- **F3:** Implements programs that foster social and emotional health and wellness of students and staff. **Emerging**

- **F4:** Staff are prepared to effectively implement FCPS’ protocol when conducting suicide-risk screenings and assessments. **Emerging**

- **F5:** Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance. **Emerging**

- **F6:** MIDDLE AND HIGH SCHOOLS ONLY: Academic advising encourages flexibility in course scheduling to promote adequate sleep and healthy sleep patterns to affect student mental health, wellness, and attendance. **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. **Transitioning**

- **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. **Transitioning**

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

- **G6:** Staff celebrations that offer and encourage healthy choices for food and beverages. **Transitioning**

**Section H – Family and Community Involvement**
2018-2019 School Wellness Survey Responses
Annandale High

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

Response

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

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

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

- “none”

Section I – Food and Nutrition General

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

Response

- I1: All students have at least 20 minutes to eat after sitting down for lunch. Embedded

- I2: Students who participate in school meal programs have equal access to the same high-quality food and nutrition as do non-participants who purchase FCPS-provided food. Embedded

- I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities. Embedded

- I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals. Embedded

- I5: Encourages the use of non-food items for classroom celebrations. Transitioning

- I6: Withholding access to food is not used as a disciplinary action. Embedded

- I7: Potable water is available to all our students at no cost. Embedded

- I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS). 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

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

Section K – Nutritional Guidelines

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

Section L – Ideas/Comments/Suggestions

*Question: Please list any wellness events or activities your school has undertaken or will undertake this school year.*
  
- ((No Response))

*Question: Please provide any suggestions, best practices, or tools that you believe would be helpful in evaluating and supporting student and staff health and wellness within FCPS.*
  
- ((No Response))

*Question: Please provide any questions or comments you have with regard to FCPS’ Student and Staff Health and Wellness policy, regulation, or these wellness survey items.*
  
- ((No Response))
Summary Tables:

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

*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.
2018-2019 School Wellness Survey Responses
Annandale High

Comparison of Survey Question and Self-Reported Wellness Score

Wellness Score:
1 = No Activity, 2 = Exploring, 3 = Transitioning, 4 = Emerging, 5 = Embedded
### 2018-2019 School Wellness Survey Responses

**Annandale High**

#### Survey Questions Grouped by Wellness Score

<table>
<thead>
<tr>
<th>No Activity  (Score = 1)</th>
<th>Exploring  (Score = 2)</th>
<th>Transitioning  (Score =3)</th>
<th>Emerging  (Score =4)</th>
<th>Embedded  (Score =5)</th>
</tr>
</thead>
<tbody>
<tr>
<td>C1, C2, C3, C7, C5, C6, C8, E1, E2, E3, G1, G4, G6, G2, G3, G5, H1, H2, I1, I2, I3, I4, I5, I6, I7, I8, I9, I10, K1, K2, K3,</td>
<td>C5, C6, C8, E4, F1, F2, F3, F4, F5, F6, G2, G3, G5, K3, L1, L2, L3, L4, L5, L6, L7, L8, L9, L10, M1, M2, M3, M4, M5, M6, M7, M8, M9, M10, N1, N2, N3, N4, N5, N6, N7, N8, N9, N10, O1, O2, O3, O4, O5, O6, O7, O8, O9, O10, P1, P2, P3, P4, P5, P6, P7, P8, P9, P10, Q1, Q2, Q3, Q4, Q5, Q6, Q7, Q8, Q9, Q10, R1, R2, R3, R4, R5, R6, R7, R8, R9, R10, S1, S2, S3, S4, S5, S6, S7, S8, S9, S10, T1, T2, T3, T4, T5, T6, T7, T8, T9, T10, U1, U2, U3, U4, U5, U6, U7, U8, U9, U10, V1, V2, V3, V4, V5, V6, V7, V8, V9, V10, W1, W2, W3, W4, W5, W6, W7, W8, W9, W10, X1, X2, X3, X4, X5, X6, X7, X8, X9, X10, Y1, Y2, Y3, Y4, Y5, Y6, Y7, Y8, Y9, Y10, Z1, Z2, Z3, Z4, Z5, Z6, Z7, Z8, Z9, Z10,</td>
<td>A1, A2, A3, B1, B2, B3, B4, B5, B6, B7, B8, B9, B10, C1, C2, C3, C4, C5, C6, C7, C8, C9, C10, D1, D2, D3, D4, D5, D6, D7, D8, D9, D10, E1, E2, E3, E4, E5, E6, E7, E8, E9, E10, F1, F2, F3, F4, F5, F6, F7, F8, F9, F10, G1, G2, G3, G4, G5, G6, G7, G8, G9, G10, H1, H2, H3, H4, H5, H6, H7, H8, H9, H10, I1, I2, I3, I4, I5, I6, I7, I8, I9, I10, J1, J2, J3, J4, J5, J6, J7, J8, J9, J10, K1, K2, K3, K4, K5, K6, K7, K8, K9, K10, L1, L2, L3, L4, L5, L6, L7, L8, L9, L10, M1, M2, M3, M4, M5, M6, M7, M8, M9, M10, N1, N2, N3, N4, N5, N6, N7, N8, N9, N10, O1, O2, O3, O4, O5, O6, O7, O8, O9, O10, P1, P2, P3, P4, P5, P6, P7, P8, P9, P10, Q1, Q2, Q3, Q4, Q5, Q6, Q7, Q8, Q9, Q10, R1, R2, R3, R4, R5, R6, R7, R8, R9, R10, S1, S2, S3, S4, S5, S6, S7, S8, S9, S10, T1, T2, T3, T4, T5, T6, T7, T8, T9, T10, U1, U2, U3, U4, U5, U6, U7, U8, U9, U10, V1, V2, V3, V4, V5, V6, V7, V8, V9, V10, W1, W2, W3, W4, W5, W6, W7, W8, W9, W10, X1, X2, X3, X4, X5, X6, X7, X8, X9, X10, Y1, Y2, Y3, Y4, Y5, Y6, Y7, Y8, Y9, Y10, Z1, Z2, Z3, Z4, Z5, Z6, Z7, Z8, Z9, Z10,</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Section A – Physical Education

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

- 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

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

- 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.*

- “Open Activity Period on various Fridays; Open lunch period with basketball and soccer. Pre-SOL spirit health and wellness week.”

Section C – Health Education

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

- C1: Promoting Healthy Lifestyles.
  - Exploring

- C2: Stress Management.
  - Emerging

- C3: Coping Skills.
  - Emerging

- C4: Depression.
  - Transitioning

- C5: Suicide Prevention and Awareness.
  - Transitioning

- C6: Mental Health Issues (general).
  - Transitioning

- C7: Relationship of Healthy Sleep to Mental Health.
  - Exploring
2018-2019 School Wellness Survey Responses
Bryant High

- C8: Substance Abuse Prevention. Emerging

Section D – Health Services

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

- D1: FCPS’ protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others. Emerging

- D2: Students have regular access to public health nurses to address health, safety, and psychological issues. No Activity

- D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia. Embedded

- D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102. Embedded

Section E – Healthy and Safe School Environment

*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. Transitioning

- E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560. Embedded

- E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS’ Policy 4419 and Regulation 2152. Embedded

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

- “No clinic aide and no substance abuse counselor”

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

*Question: To what extent does your school implement the following practices:* Response
2018-2019 School Wellness Survey Responses
Bryant 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.  
  Embedded

- F2: Our staff has received required suicide prevention training, as well as training that includes recognition of, and response to, mental and behavioral health needs.  
  Transitioning

- F3: Implements programs that foster social and emotional health and wellness of students and staff.  
  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:

- 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.  
  Exploring

- G6: Staff celebrations that offer and encourage healthy choices for food and beverages.  
  Exploring

Section H – Family and Community Involvement
## 2018-2019 School Wellness Survey Responses

### Bryant High

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

<table>
<thead>
<tr>
<th>Response</th>
<th>Practice Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exploring</td>
<td>H1: Established a wellness committee to implement activities that support the wellness policy.</td>
</tr>
<tr>
<td>No Activity</td>
<td>H2: Includes a non-staff, family, or community member in our school’s wellness committee.</td>
</tr>
</tbody>
</table>

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

- “none”

### Section I – Food and Nutrition General

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

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

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

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

Response  

Section K – Nutritional Guidelines

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

- K1: Sodas and sports drinks are not offered for sale to students at any time during the school day.  

Response  

- 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.  

- (Student and Staff Wellness Week; Student-Faculty Basketball/Soccer Game)

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.  

- (Bryant is still without a full time clinic aide which is a safety and wellness issue. This is also an issue of equity.)
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.
Comparison of Survey Question and Self-Reported Wellness Score

Wellness Score
(1 = No Activity, 2 = Exploring, 3 = Transitioning, 4 = Emerging, 5 = Embedded)
### Survey Questions Grouped by Wellness Score

<table>
<thead>
<tr>
<th>No Activity  (Score = 1)</th>
<th>Exploring (Score = 2)</th>
<th>Transitioning (Score =3)</th>
<th>Emerging (Score =4)</th>
<th>Embedded (Score =5)</th>
</tr>
</thead>
<tbody>
<tr>
<td>D2, E1, G1, G2, G3, H2, I8, K2</td>
<td>C1, C7, F5, G4, G5, G6, H1</td>
<td>C4, C5, C6, E2, F2, F3</td>
<td>C2, C3, C8, D1, F4</td>
<td>A1, A2, B1, D3, D4, E3, E4, F1, F6, I1, I2, I3, I4, I5, I6, I7, I9, J1, K1, K3</td>
</tr>
</tbody>
</table>
2018-2019 School Wellness Survey Responses
Centreville High

Section A – Physical Education

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

Section B – Physical Activity

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

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

- "Teaming with other teachers, using technology to improve activity levels, teacher involvement with activities."

Section C – Health Education

*Question: To what extent does your school effectively impart the following topics in FCPS’s health education curriculum:*  
- **C1:** Promoting Healthy Lifestyles.  
- **C2:** Stress Management.  
- **C3:** Coping Skills.  
- **C4:** Depression.  
- **C5:** Suicide Prevention and Awareness.  
- **C6:** Mental Health Issues (general).  
- **C7:** Relationship of Healthy Sleep to Mental Health.
2018-2019 School Wellness Survey Responses
Centreville High

- C8: Substance Abuse Prevention.

Section D – Health Services

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

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

Section E – Healthy and Safe School Environment

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

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

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

- “We are in desperate need of a renovation and are severely lacking space.”

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

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

Response
- F1: Monitors school climate and other factors that may contribute to student stress, symptoms of anxiety and depression, and peer and academic pressures and substance use.

- 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.

- F3: Implements programs that foster social and emotional health and wellness of students and staff.

- F4: Staff are prepared to effectively implement FCPS’ protocol when conducting suicide-risk screenings and assessments.

- F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.

- 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.

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:*

- G1: Health screenings.

- G2: Health care access.

- G3: Employee flu immunization clinics.

- 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.

- G5: Awareness of the Employee Assistance Program Services.

- G6: Staff celebrations that offer and encourage healthy choices for food and beverages.

Section H – Family and Community Involvement
Question: To what extent does your school implement the following practices:

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

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

- “none”

Section I – Food and Nutrition General

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

- 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). 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

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

Section K – Nutritional Guidelines

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

Section L – Ideas/Comments/Suggestions

*Question: Please list any wellness events or activities your school has undertaken or will undertake this school year.*  
- (FCPS Wellness slam dunk, fitness winter challenge, health awareness lunch incentive)

*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.*  
- (Mapping a trail around the school, biometrics track in the fall trough FCPS)

*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.
Comparison of Survey Question and Self-Reported Wellness Score

Survey Question

Wellness Score

(1 = No Activity, 2 = Exploring, 3 = Transitioning, 4 = Emerging, 5 = Embedded)
### 2018-2019 School Wellness Survey Responses

**Centreville High**

#### Survey Questions Grouped by Wellness Score

<table>
<thead>
<tr>
<th>No Activity (Score = 1)</th>
<th>Exploring (Score = 2)</th>
<th>Transitioning (Score =3)</th>
<th>Emerging (Score =4)</th>
<th>Embedded (Score =5)</th>
</tr>
</thead>
<tbody>
<tr>
<td>H2</td>
<td>G1</td>
<td>G6, H1, I8</td>
<td>F6, G2, G5</td>
<td>A1, A2, B1, C1, C2, C3, C4, C5, C6, C7, C8, D1, D2, D3, D4, E1, E2, E3, E4, E5, F1, F2, F3, F4, F5, G3, G4, I1, I2, I3, I4, I5, I6, I7, I9, J1, K1, K2, K3</td>
</tr>
</tbody>
</table>

```
Section A – Physical Education

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

Section B – Physical Activity

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

*Question: Please highlight any activities or best practices used to promote student’s physical activity.*  
  
  - “Physical education classes, weight room, team sports, tournaments against faculty and make up gym classes during intervention time.”  

Section C – Health Education

*Question: To what extent does your school effectively impart the following topics in FCPS’s health education curriculum:*  
  
  - C1: Promoting Healthy Lifestyles.  
  
  - C2: Stress Management.  
  
  - C3: Coping Skills.  
  
  - C4: Depression.  
  
  - C5: Suicide Prevention and Awareness.  
  
  - C6: Mental Health Issues (general).  
  
  - C7: Relationship of Healthy Sleep to Mental Health.
2018-2019 School Wellness Survey Responses
Chantilly High

- C8: Substance Abuse Prevention.

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.

- D2: Students have regular access to public health nurses to address health, safety, and psychological issues.

- D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia.

- D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102.

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.

- E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults.

- E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560.

- E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS’ Policy 4419 and Regulation 2152.

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

- “none”

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

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

Response
2018-2019 School Wellness Survey Responses

Chantilly 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.

- 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.

- F3: Implements programs that foster social and emotional health and wellness of students and staff.

- F4: Staff are prepared to effectively implement FCPS’ protocol when conducting suicide-risk screenings and assessments.

- F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.

- 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.

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.

- G2: Health care access.

- G3: Employee flu immunization clinics.

- 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.

- G5: Awareness of the Employee Assistance Program Services.

- G6: Staff celebrations that offer and encourage healthy choices for food and beverages.

Section H – Family and Community Involvement
### 2018-2019 School Wellness Survey Responses

**Chantilly High**

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

<table>
<thead>
<tr>
<th>Practice Description</th>
<th>Response</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Established a wellness committee to implement activities that support the wellness policy.</td>
<td>Transitioning</td>
</tr>
<tr>
<td>- Includes a non-staff, family, or community member in our school’s wellness committee.</td>
<td>Exploring</td>
</tr>
</tbody>
</table>

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

- “none”

### Section I – Food and Nutrition General

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

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

*Not an Elementary School*
Section J – Nutrition Education, Promotion, and Food Marketing

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

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

Section K – Nutritional Guidelines

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

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

Section L – Ideas/Comments/Suggestions

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

- (Faculty/Student kickball game, Flu Clinic, Mental Health events)

*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.*

- (Student and staff surveys, incentives, pedometer 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.
# 2018-2019 School Wellness Survey Responses

**Chantilly High**

## Survey Questions Grouped by Wellness Score

<table>
<thead>
<tr>
<th>No Activity (Score = 1)</th>
<th>Exploring (Score = 2)</th>
<th>Transitioning (Score =3)</th>
<th>Emerging (Score =4)</th>
<th>Embedded (Score =5)</th>
</tr>
</thead>
<tbody>
<tr>
<td>G1, G2, G4, H2, I8</td>
<td>H1</td>
<td>G5</td>
<td>A1, A2, B1, C1, C2, C3, C4, C5, C6, C7, C8, D1, D2, D3, D4, E1, E2, E3, E4, F1, F2, F3, F4, F5, F6, G3, G6, I1, I2, I3, I4, I5, I6, I7, I9, J1, K1, K2, K3</td>
<td></td>
</tr>
</tbody>
</table>
Section A – Physical Education

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

- 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.

Section B – Physical Activity

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

- 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 are given choices of activities.”

Section C – Health Education

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

- C1: Promoting Healthy Lifestyles.
  
  Embedded

- C2: Stress Management.
  
  Emerging

- C3: Coping Skills.
  
  Emerging

- C4: Depression.
  
  Transitioning

- C5: Suicide Prevention and Awareness.
  
  Emerging

- C6: Mental Health Issues (general).
  
  Transitioning

- C7: Relationship of Healthy Sleep to Mental Health.
  
  Emerging
Section D – Health Services

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

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

Section E – Healthy and Safe School Environment

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

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

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

- “none”

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

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

- C8: Substance Abuse Prevention.
2018-2019 School Wellness Survey Responses

Edison 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. Emerging

- 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. 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. Exploring

- G2: Health care access. Exploring

- 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. Exploring

- G5: Awareness of the Employee Assistance Program Services. Transitioning

- G6: Staff celebrations that offer and encourage healthy choices for food and beverages. No Activity

Section H – Family and Community Involvement
2018-2019 School Wellness Survey Responses

Edison High

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

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

- **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.

- “none”

**Section I – Food and Nutrition General**

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

- **I1:** All students have at least 20 minutes to eat after sitting down for lunch.  
  **Embedded**

- **I2:** Students who participate in school meal programs have equal access to the same high-quality food and nutrition as do non-participants who purchase FCPS-provided food.  
  **Embedded**

- **I3:** Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities.  
  **Embedded**

- **I4:** Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals.  
  **Embedded**

- **I5:** Encourages the use of non-food items for classroom celebrations.  
  **Transitioning**

- **I6:** Withholding access to food is not used as a disciplinary action.  
  **Embedded**

- **I7:** Potable water is available to all our students at no cost.  
  **Embedded**

- **I8:** Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS).  
  **Exploring**

- **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:  

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

Response

Embedded

Section K – Nutritional Guidelines

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

- K1: Sodas and sports drinks are not offered for sale to students at anytime during the school day.  

Response

Embedded

- K2: Healthy food and beverage options are encouraged at school-related events outside the school day.  

Response

No Activity

- K3: Implements appropriate precautions against severe food allergies.  

Response

Embedded

Section L – Ideas/Comments/Suggestions

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

- (Flu shot for staff, yoga, mind matters)

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)
2018-2019 School Wellness Survey Responses

Edison High

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.
## 2018-2019 School Wellness Survey Responses

### Edison High

<table>
<thead>
<tr>
<th>Survey Question</th>
<th>Comparison of Survey Question and Self-Reported Wellness Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>A1</td>
<td></td>
</tr>
<tr>
<td>A2</td>
<td></td>
</tr>
<tr>
<td>B1</td>
<td></td>
</tr>
<tr>
<td>B2</td>
<td></td>
</tr>
<tr>
<td>C1</td>
<td></td>
</tr>
<tr>
<td>C2</td>
<td></td>
</tr>
<tr>
<td>C3</td>
<td></td>
</tr>
<tr>
<td>C4</td>
<td></td>
</tr>
<tr>
<td>C5</td>
<td></td>
</tr>
<tr>
<td>C6</td>
<td></td>
</tr>
<tr>
<td>C7</td>
<td></td>
</tr>
<tr>
<td>C8</td>
<td></td>
</tr>
<tr>
<td>D1</td>
<td></td>
</tr>
<tr>
<td>D2</td>
<td></td>
</tr>
<tr>
<td>D3</td>
<td></td>
</tr>
<tr>
<td>D4</td>
<td></td>
</tr>
<tr>
<td>E1</td>
<td></td>
</tr>
<tr>
<td>E2</td>
<td></td>
</tr>
<tr>
<td>E3</td>
<td></td>
</tr>
<tr>
<td>E4</td>
<td></td>
</tr>
<tr>
<td>F1</td>
<td></td>
</tr>
<tr>
<td>F2</td>
<td></td>
</tr>
<tr>
<td>F3</td>
<td></td>
</tr>
<tr>
<td>F4</td>
<td></td>
</tr>
<tr>
<td>F5</td>
<td></td>
</tr>
<tr>
<td>F6</td>
<td></td>
</tr>
<tr>
<td>G1</td>
<td></td>
</tr>
<tr>
<td>G2</td>
<td></td>
</tr>
<tr>
<td>G3</td>
<td></td>
</tr>
<tr>
<td>G4</td>
<td></td>
</tr>
<tr>
<td>G5</td>
<td></td>
</tr>
<tr>
<td>G6</td>
<td></td>
</tr>
<tr>
<td>H1</td>
<td></td>
</tr>
<tr>
<td>H2</td>
<td></td>
</tr>
<tr>
<td>I1</td>
<td></td>
</tr>
<tr>
<td>I2</td>
<td></td>
</tr>
<tr>
<td>I3</td>
<td></td>
</tr>
<tr>
<td>I4</td>
<td></td>
</tr>
<tr>
<td>I5</td>
<td></td>
</tr>
<tr>
<td>I6</td>
<td></td>
</tr>
<tr>
<td>I7</td>
<td></td>
</tr>
<tr>
<td>I8</td>
<td></td>
</tr>
<tr>
<td>I9</td>
<td></td>
</tr>
<tr>
<td>I10</td>
<td></td>
</tr>
<tr>
<td>J1</td>
<td></td>
</tr>
<tr>
<td>K1</td>
<td></td>
</tr>
<tr>
<td>K2</td>
<td></td>
</tr>
<tr>
<td>K3</td>
<td></td>
</tr>
</tbody>
</table>

Wellness Score:

(1 = No Activity, 2 = Exploring, 3 = Transitioning, 4 = Emerging, 5 = Embedded)
2018-2019 School Wellness Survey Responses
Edison High

Survey Questions Grouped by Wellness Score

<table>
<thead>
<tr>
<th>No Activity (Score = 1)</th>
<th>Exploring (Score = 2)</th>
<th>Transitioning (Score =3)</th>
<th>Emerging (Score =4)</th>
<th>Embedded (Score =5)</th>
</tr>
</thead>
<tbody>
<tr>
<td>G6, H2, K2</td>
<td>G1, G2, G4, H1, I8</td>
<td>C4, C6, E1, G5, I5</td>
<td>C2, C3, C5, C7, E2, F1, F2, F5, G3</td>
<td>A1, A2, B1, C1, C8, D1, D2, D3, D4, E3, E4, F3, F4, F6, I1, I2, I3, I4, I6, I7, I9, J1, K1, K3</td>
</tr>
</tbody>
</table>

G6, G2, G4, H1, I8, C4, C6, E1, G5, I5, C2, C3, C5, C7, E2, F1, F2, F5, G3, A1, A2, B1, C1, C8, D1, D2, D3, D4, E3, E4, F3, F4, F6, I1, I2, I3, I4, I6, I7, I9, J1, K1, K3
Section A – Physical Education

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

- A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218.  
- A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.

Section B – Physical Activity

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

- B1: Withholding recess or physical education is not used as a disciplinary action.
- 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.

- “Wellness Wednesdays, Wellness Week, Walk-the-Track during Intervention Time”

Section C – Health Education

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

- 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
2018-2019 School Wellness Survey Responses

Fairfax High

- C8: Substance Abuse Prevention.

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.
- D2: Students have regular access to public health nurses to address health, safety, and psychological issues.
- D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia.
- D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102.

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

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

- “none”

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

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

Response
2018-2019 School Wellness Survey Responses
Fairfax 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.

- 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.

- F3: Implements programs that foster social and emotional health and wellness of students and staff.

- F4: Staff are prepared to effectively implement FCPS’ protocol when conducting suicide-risk screenings and assessments.

- F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.

- 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.

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:

- G1: Health screenings. Emerging

- G2: Health care access. Transitioning

- G3: Employee flu immunization clinics. Embedded

- G4: Wellness opportunities for staff, such as fitness challenges, fitness classes, mobile health screenings, wellness walks, workshops, or health fairs that emphasize work/life balance. Emerging

- G5: Awareness of the Employee Assistance Program Services. Embedded

- G6: Staff celebrations that offer and encourage healthy choices for food and beverages. Emerging

Section H – Family and Community Involvement
### 2018-2019 School Wellness Survey Responses

**Fairfax High**

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

<table>
<thead>
<tr>
<th>Practice</th>
<th>Response</th>
</tr>
</thead>
<tbody>
<tr>
<td>- H1: Established a wellness committee to implement activities that support the wellness policy.</td>
<td>Emerging</td>
</tr>
<tr>
<td>- H2: Includes a non-staff, family, or community member in our school’s wellness committee.</td>
<td>No Activity</td>
</tr>
</tbody>
</table>

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

- “Hold monthly coffees, invite community members (local wellness experts) to attend parent nights specifically on topics surrounding wellness”

**Section I – Food and Nutrition General**

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

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

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

Section K – Nutritional Guidelines

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

Section L – Ideas/Comments/Suggestions

*Question: Please list any wellness events or activities your school has undertaken or will undertake this school year.*  
- (Wellness Wednesdays, Wellness Week, Fitness Challenge, FluShot Clinic)

*Question: Please provide any suggestions, best practices, or tools that you believe would be helpful in evaluating and supporting student and staff health and wellness within FCPS.*  
- (No Response)

*Question: Please provide any questions or comments you have with regard to FCPS’ Student and Staff Health and Wellness policy, regulation, or these wellness survey items.*  
- (No Response)
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.
2018-2019 School Wellness Survey Responses
Fairfax High

Comparison of Survey Question and Self-Reported Wellness Score

Wellness Score (1 = No Activity, 2 = Exploring, 3 = Transitioning, 4 = Emerging, 5 = Embedded)
## 2018-2019 School Wellness Survey Responses

**Fairfax High**

### Survey Questions Grouped by Wellness Score

<table>
<thead>
<tr>
<th>No Activity (Score = 1)</th>
<th>Exploring (Score = 2)</th>
<th>Transitioning (Score =3)</th>
<th>Emerging (Score =4)</th>
<th>Embedded (Score =5)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>G2, I5, I8, K2</td>
<td>E1, G1, G4, G6, H1</td>
<td>A1, A2, B1, C1, C2, C3, C4, C5, C6, C7, C8, D1, D2, D3, D4, E2, E3, E4, F1, F2, F3, F4, F5, F6, G3, G5, I1, I2, I3, I4, I6, I7, I9, J1, K1, K3</td>
</tr>
<tr>
<td>H2</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
2018-2019 School Wellness Survey Responses
Falls Church High

Section A – Physical Education

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

- A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218. 

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

Section B – Physical Activity

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

- B1: Withholding recess or physical education is not used as a disciplinary action. 

- 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.*

- "Jaguar 5K"

Section C – Health Education

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

- C1: Promoting Healthy Lifestyles. 

- C2: Stress Management. 

- C3: Coping Skills. 

- C4: Depression. 

- C5: Suicide Prevention and Awareness. 

- C6: Mental Health Issues (general). 

- C7: Relationship of Healthy Sleep to Mental Health.
2018-2019 School Wellness Survey Responses
Falls Church High

- C8: Substance Abuse Prevention.

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.
- D2: Students have regular access to public health nurses to address health, safety, and psychological issues.
- D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia.
- D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102.

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

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

- “Vaping devices”

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

*Question: To what extent does your school implement the following practices:*  
*Response*
Falls Church 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.  

- 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.  

- F3: Implements programs that foster social and emotional health and wellness of students and staff.  

- F4: Staff are prepared to effectively implement FCPS’ protocol when conducting suicide-risk screenings and assessments.  

- F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.  

- 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.  

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:

- G1: Health screenings.  
  - No Activity  

- G2: Health care access.  
  - No Activity  

- G3: Employee flu immunization clinics.  
  - Embedded  

- G4: Wellness opportunities for staff, such as fitness challenges, fitness classes, mobile health screenings, wellness walks, workshops, or health fairs that emphasize work/life balance.  
  - No Activity  

- G5: Awareness of the Employee Assistance Program Services.  
  - Embedded  

- G6: Staff celebrations that offer and encourage healthy choices for food and beverages.  
  - No Activity  

Section H – Family and Community Involvement
2018-2019 School Wellness Survey Responses
Falls Church High

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

<table>
<thead>
<tr>
<th>Practice</th>
<th>Response</th>
</tr>
</thead>
<tbody>
<tr>
<td>H1: Established a wellness committee to implement activities that</td>
<td>No Activity</td>
</tr>
<tr>
<td>support the wellness policy.</td>
<td></td>
</tr>
<tr>
<td>H2: Includes a non-staff, family, or community member in our school’s</td>
<td>No Activity</td>
</tr>
<tr>
<td>wellness committee.</td>
<td></td>
</tr>
</tbody>
</table>

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

- “none”

**Section I – Food and Nutrition General**

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

<table>
<thead>
<tr>
<th>Practice</th>
<th>Response</th>
</tr>
</thead>
<tbody>
<tr>
<td>I1: All students have at least 20 minutes to eat after sitting down for</td>
<td>Embedded</td>
</tr>
<tr>
<td>lunch.</td>
<td></td>
</tr>
<tr>
<td>I2: Students who participate in school meal programs have equal access</td>
<td>Embedded</td>
</tr>
<tr>
<td>to the same high-quality food and nutrition as do non-participants who</td>
<td></td>
</tr>
<tr>
<td>purchase FCPS-provided food.</td>
<td></td>
</tr>
<tr>
<td>I3: Student tutoring, meetings, and club activities are not scheduled</td>
<td>Embedded</td>
</tr>
<tr>
<td>during mealtimes unless students may eat during such activities.</td>
<td></td>
</tr>
<tr>
<td>I4: Measures in place to prevent overt identification of students who</td>
<td>Embedded</td>
</tr>
<tr>
<td>are eligible for free and reduced-price school meals.</td>
<td></td>
</tr>
<tr>
<td>I5: Encourages the use of non-food items for classroom celebrations.</td>
<td>Exploring</td>
</tr>
<tr>
<td>I6: Withholding access to food is not used as a disciplinary action.</td>
<td>Embedded</td>
</tr>
<tr>
<td>I7: Potable water is available to all our students at no cost.</td>
<td>Embedded</td>
</tr>
<tr>
<td>I8: Actively solicits student input in selecting foods and meals served</td>
<td>No Activity</td>
</tr>
<tr>
<td>by Food and Nutrition Services (FNS).</td>
<td></td>
</tr>
<tr>
<td>I9: Allows students to possess personal containers for drinking water.</td>
<td>Embedded</td>
</tr>
<tr>
<td>I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow</td>
<td>Not an Elementary School</td>
</tr>
<tr>
<td>recess whenever possible.</td>
<td></td>
</tr>
</tbody>
</table>
Section J – Nutrition Education, Promotion, and Food Marketing

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

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

Section K – Nutritional Guidelines

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

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

Section L – Ideas/Comments/Suggestions

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

- (Jaguar 5K; RULER; social events)

*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.
2018-2019 School Wellness Survey Responses
Falls Church High

Comparison of Survey Question and Self-Reported Wellness Score
(1 = No Activity, 2 = Exploring, 3 = Transitioning, 4 = Emerging, 5 = Embedded)
2018-2019 School Wellness Survey Responses
Falls Church High

Survey Questions Grouped by Wellness Score

<table>
<thead>
<tr>
<th>Score</th>
<th>G1, G2, G4, G6, H1, H2, I8</th>
<th>I5</th>
<th>K1, K2</th>
<th>A1, A2, B1, C1, C2, C3, C4, C5, C6, C7, C8, D1, D2, D3, D4, E1, E2, E3, E4, F1, F2, F3, F4, F5, F6, G3, G5, I1, I2, I3, I4, I6, I7, I9, J1, K3</th>
</tr>
</thead>
<tbody>
<tr>
<td>No Activity</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(Score = 1)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Exploring</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(Score = 2)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Transitioning</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(Score = 3)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Emerging</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(Score = 4)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Embedded</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(Score = 5)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Section A – Physical Education

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

- 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

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

- 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.

- “Teacher participation in activities with students, including activities that are encouraging and engaging for all students”

Section C – Health Education

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

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

- D1: FCPS’ protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others.

- D2: Students have regular access to public health nurses to address health, safety, and psychological issues.

- D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia.

- D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102.

Section E – Healthy and Safe School Environment

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

- E1: Encourages children to safely walk or bike to and from school.

- E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults.

- E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560.

- E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS’ Policy 4419 and Regulation 2152.

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

- “none”

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

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

- C8: Substance Abuse Prevention.

Embedded
2018-2019 School Wellness Survey Responses
Herndon 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.  
  
- 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.  
  
- F3: Implements programs that foster social and emotional health and wellness of students and staff.  
  
- F4: Staff are prepared to effectively implement FCPS’ protocol when conducting suicide-risk screenings and assessments.  
  
- F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.  
  
- 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.  

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:

- **G1:** Health screenings.  
  
  Transitioning

- **G2:** Health care access.  
  
  Transitioning

- **G3:** Employee flu immunization clinics.  
  
  Embedded

- **G4:** Wellness opportunities for staff, such as fitness challenges, fitness classes, mobile health screenings, wellness walks, workshops, or health fairs that emphasize work/life balance.  
  
  Embedded

- **G5:** Awareness of the Employee Assistance Program Services.  
  
  Embedded

- **G6:** Staff celebrations that offer and encourage healthy choices for food and beverages.  
  
  Emerging

Section H – Family and Community Involvement
2018-2019 School Wellness Survey Responses
Herndon High

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

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

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

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

- “none"

Section I – Food and Nutrition General

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

- I1: All students have at least 20 minutes to eat after sitting down for lunch. Embedded

- I2: Students who participate in school meal programs have equal access to the same high-quality food and nutrition as do non-participants who purchase FCPS-provided food. Embedded

- I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities. Embedded

- I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals. Embedded

- I5: Encourages the use of non-food items for classroom celebrations. Emerging

- I6: Withholding access to food is not used as a disciplinary action. Embedded

- I7: Potable water is available to all our students at no cost. Embedded

- I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS). Exploring

- 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:

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

Section K – Nutritional Guidelines

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

- K1: Sodas and sports drinks are not offered for sale to students at any time during the school day.

- K2: Healthy food and beverage options are encouraged at school-related events outside the school day.

- K3: Implements appropriate precautions against severe food allergies.

Section L – Ideas/Comments/Suggestions

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

- (Fitness opportunities: Yoga classes, Zumba classes, Tabata workouts)

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.
Comparison of Survey Question and Self-Reported Wellness Score

Wellness Score
(1 = No Activity, 2 = Exploring, 3 = Transitioning, 4 = Emerging, 5 = Embedded)
### 2018-2019 School Wellness Survey Responses

#### Herndon High

**Survey Questions Grouped by Wellness Score**

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

**Note:**
- I8, G1, G2, H2, E2, G6, I5, K2, A1, A2, B1, C1, C2, C3, C4, C5, C6, C7, C8, D1, D2, D3, D4, E1, E2, E3, E4, F1, F2, F3, F4, F5, G3, G4, G5, H1, I1, I2, I3, I4, I6, I7, I9, J1, K1, K3

**Explanation:**
- **No Activity (Score = 1):** No specific survey questions are listed for this score.
- **Exploring (Score = 2):** Questions I8, G1, G2, and H2 are included.
- **Transitioning (Score =3):** Questions E2, G6, I5, and K2 are included.
- **Emerging (Score =4):** Questions from A1 to K3 are included.
- **Embedded (Score =5):** All questions from A1 to K3 are included.
Section A – Physical Education

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

- A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218.

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

Section B – Physical Activity

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

- B1: Withholding recess or physical education is not used as a disciplinary action.

- B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess.

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

- “Wide range of activities during 8th period: ballroom dancing, frisbee, ping pong, intramurals, basketball/volleyball tournaments, etc.”

Section C – Health Education

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

- C1: Promoting Healthy Lifestyles.

- C2: Stress Management.

- C3: Coping Skills.

- C4: Depression.

- C5: Suicide Prevention and Awareness.

- C6: Mental Health Issues (general).

- C7: Relationship of Healthy Sleep to Mental Health.
Section D – Health Services

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

- **D1:** FCPS’ protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others. **Embedded**

- **D2:** Students have regular access to public health nurses to address health, safety, and psychological issues. **Emerging**

- **D3:** Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia. **Embedded**

- **D4:** Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102. **Embedded**

Section E – Healthy and Safe School Environment

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

- **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.

- “FCPS does not fully fund TJ with a fulltime SOSA, psychologist, social worker needed to support these initiatives.”

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

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

Response
- F1: Monitors school climate and other factors that may contribute to student stress, symptoms of anxiety and depression, and peer and academic pressures and substance use. 

- 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. 

- F3: Implements programs that foster social and emotional health and wellness of students and staff. 

- F4: Staff are prepared to effectively implement FCPS’ protocol when conducting suicide-risk screenings and assessments. 

- F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance. 

- 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.

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:* 

- G1: Health screenings. 

- G2: Health care access. 

- G3: Employee flu immunization clinics. 

- 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. 

- G5: Awareness of the Employee Assistance Program Services. 

- G6: Staff celebrations that offer and encourage healthy choices for food and beverages.

Section H – Family and Community Involvement
## 2018-2019 School Wellness Survey Responses

### JEFFERSON SCI TECH HIGH

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

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
</table>
| - | H1: Established a wellness committee to implement activities that support the wellness policy.  
- | H2: Includes a non-staff, family, or community member in our school’s wellness committee.  
|   |   |

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

- “PTSA/student wellness committees meet monthly, Challenge Success initiatives, therapy dogs, meditation, yoga, healthy snacks, etc.”

### Section I – Food and Nutrition General

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

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

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

Section K – Nutritional Guidelines

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

Section L – Ideas/Comments/Suggestions

Question: Please list any wellness events or activities your school has undertaken or will undertake this school year.  
- (No Response)

Question: Please provide any suggestions, best practices, or tools that you believe would be helpful in evaluating and supporting student and staff health and wellness within FCPS.
- (Provide full funding for clinical services and support)

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.
2018-2019 School Wellness Survey Responses

JEFFERSON SCI TECH HIGH

Survey Questions Grouped by Wellness Score

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

Justice High

Section A – Physical Education

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

- A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218.

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

Section B – Physical Activity

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

- B1: Withholding recess or physical education is not used as a disciplinary action.

- B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess.

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

- "none"

Section C – Health Education

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

- C1: Promoting Healthy Lifestyles.

- C2: Stress Management.

- C3: Coping Skills.

- C4: Depression.

- C5: Suicide Prevention and Awareness.

- C6: Mental Health Issues (general).

- C7: Relationship of Healthy Sleep to Mental Health.
2018-2019 School Wellness Survey Responses
Justice High

- C8: Substance Abuse Prevention. Emerging

Section D – Health Services

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

- D1: FCPS’ protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others. Embedded

- D2: Students have regular access to public health nurses to address health, safety, and psychological issues. Embedded

- D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia. Embedded

- D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102. Embedded

Section E – Healthy and Safe School Environment

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

- E1: Encourages children to safely walk or bike to and from school. Embedded

- E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults. Embedded

- E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560. Embedded

- E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS’ Policy 4419 and Regulation 2152. Embedded

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

- “none”

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

*Question: To what extent does your school implement the following practices:* Response
2018-2019 School Wellness Survey Responses
Justice 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.

- 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.

- F3: Implements programs that foster social and emotional health and wellness of students and staff.

- F4: Staff are prepared to effectively implement FCPS’ protocol when conducting suicide-risk screenings and assessments.

- F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.

- 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.

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:

- G1: Health screenings.

- G2: Health care access.

- G3: Employee flu immunization clinics.

- 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.

- G5: Awareness of the Employee Assistance Program Services.

- G6: Staff celebrations that offer and encourage healthy choices for food and beverages.

Section H – Family and Community Involvement
Question: To what extent does your school implement the following practices:

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

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

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

- “We do this through our weekly school wide lessons as well as our weekly community newsletter”

Section I – Food and Nutrition General

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

- I1: All students have at least 20 minutes to eat after sitting down for lunch.  
  Response: 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.  
  Response: Embedded

- I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities.  
  Response: Embedded

- I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals.  
  Response: Embedded

- I5: Encourages the use of non-food items for classroom celebrations.  
  Response: Embedded

- I6: Withholding access to food is not used as a disciplinary action.  
  Response: Embedded

- I7: Potable water is available to all our students at no cost.  
  Response: Embedded

- I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS).  
  Response: Embedded

- I9: Allows students to possess personal containers for drinking water.  
  Response: Embedded

- I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible.  
  Response: Not an Elementary School
Section J – Nutrition Education, Promotion, and Food Marketing

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

Section K – Nutritional Guidelines

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

Section L – Ideas/Comments/Suggestions

*Question: Please list any wellness events or activities your school has undertaken or will undertake this school year.*  
- (Healthy Challenges for staff and students)

*Question: Please provide any suggestions, best practices, or tools that you believe would be helpful in evaluating and supporting student and staff health and wellness within FCPS.*  
- (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.
2018-2019 School Wellness Survey Responses
Justice High

Comparison of Survey Question and Self-Reported Wellness Score

Wellness Score:
1 = No Activity, 2 = Exploring, 3 = Transitioning, 4 = Emerging, 5 = Embedded
### 2018-2019 School Wellness Survey Responses

**Justice High**

#### Survey Questions Grouped by Wellness Score

<table>
<thead>
<tr>
<th>No Activity  (Score = 1)</th>
<th>Exploring  (Score = 2)</th>
<th>Transitioning  (Score =3)</th>
<th>Emerging  (Score =4)</th>
<th>Embedded  (Score =5)</th>
</tr>
</thead>
<tbody>
<tr>
<td>H2</td>
<td>C5, K1</td>
<td>C7, C8, F2, F3, G1, G2, G3, G4, G5, G6, H1</td>
<td>A1, A2, B1, C1, C2, C3, C4, C6, D1, D2, D3, D4, E1, E2, E3, E4, F1, F4, F5, F6, I1, I2, I3, I4, I5, I6, I7, I8, I9, J1, K2, K3</td>
<td></td>
</tr>
</tbody>
</table>
Section A – Physical Education

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

- A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218.  
  Response: Embedded
- A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.  
  Response: Embedded

Section B – Physical Activity

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

- B1: Withholding recess or physical education is not used as a disciplinary action.  
  Response: No Activity
- B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess.  
  Response: No Activity

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

- "none"

Section C – Health Education

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

- C1: Promoting Healthy Lifestyles.  
  Response: Embedded
- C2: Stress Management.  
  Response: Embedded
- C3: Coping Skills.  
  Response: Embedded
- C4: Depression.  
  Response: Embedded
- C5: Suicide Prevention and Awareness.  
  Response: Embedded
- C6: Mental Health Issues (general).  
  Response: Embedded
- C7: Relationship of Healthy Sleep to Mental Health.  
  Response: Embedded
Section D – Health Services

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

- D1: FCPS’ protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others.

- D2: Students have regular access to public health nurses to address health, safety, and psychological issues.

- D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia.

- D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102.

Section E – Healthy and Safe School Environment

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

- 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.

- E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560.

- E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS’ Policy 4419 and Regulation 2152.

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

- “We have few walkers and bikers.”

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

Question: To what extent does your school implement the following practices:
2018-2019 School Wellness Survey Responses

Langley 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. Transitioning

- F2: Our staff has received required suicide prevention training, as well as training that includes recognition of, and response to, mental and behavioral health needs. Emerging

- F3: Implements programs that foster social and emotional health and wellness of students and staff. Transitioning

- F4: Staff are prepared to effectively implement FCPS’ protocol when conducting suicide-risk screenings and assessments. Embedded

- F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance. 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. 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. Exploring

- G2: Health care access. Exploring

- G3: Employee flu immunization clinics. Embedded

- G4: Wellness opportunities for staff, such as fitness challenges, fitness classes, mobile health screenings, wellness walks, workshops, or health fairs that emphasize work/life balance. Exploring

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

- G6: Staff celebrations that offer and encourage healthy choices for food and beverages. Exploring

Section H – Family and Community Involvement
2018-2019 School Wellness Survey Responses

Langley High

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

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

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

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

- “none”

**Section I – Food and Nutrition General**

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

- **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
2018-2019 School Wellness Survey Responses
Langley High

Section J – Nutrition Education, Promotion, and Food Marketing

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

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

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.

- K2: Healthy food and beverage options are encouraged at school-related events outside the school day.

- K3: Implements appropriate precautions against severe food allergies.

Section L – Ideas/Comments/Suggestions

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

- (No Response)

*Question: Please provide any suggestions, best practices, or tools that you believe would be helpful in evaluating and supporting student and staff health and wellness within FCPS.*

- (No Response)

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

- (No Response)
Summary Tables:

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

*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.
### 2018-2019 School Wellness Survey Responses

#### Langley High

#### Comparison of Survey Question and Self-Reported Wellness Score

<table>
<thead>
<tr>
<th>Survey Question</th>
<th>Wellness Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>A1</td>
<td>5</td>
</tr>
<tr>
<td>A2</td>
<td>5</td>
</tr>
<tr>
<td>B1</td>
<td>5</td>
</tr>
<tr>
<td>B2</td>
<td>5</td>
</tr>
<tr>
<td>C1</td>
<td>5</td>
</tr>
<tr>
<td>C2</td>
<td>5</td>
</tr>
<tr>
<td>C3</td>
<td>5</td>
</tr>
<tr>
<td>C4</td>
<td>5</td>
</tr>
<tr>
<td>C5</td>
<td>5</td>
</tr>
<tr>
<td>C6</td>
<td>5</td>
</tr>
<tr>
<td>C7</td>
<td>5</td>
</tr>
<tr>
<td>C8</td>
<td>5</td>
</tr>
<tr>
<td>D1</td>
<td>5</td>
</tr>
<tr>
<td>D2</td>
<td>5</td>
</tr>
<tr>
<td>D3</td>
<td>5</td>
</tr>
<tr>
<td>D4</td>
<td>5</td>
</tr>
<tr>
<td>E1</td>
<td>5</td>
</tr>
<tr>
<td>E2</td>
<td>5</td>
</tr>
<tr>
<td>E3</td>
<td>5</td>
</tr>
<tr>
<td>E4</td>
<td>5</td>
</tr>
<tr>
<td>F1</td>
<td>5</td>
</tr>
<tr>
<td>F2</td>
<td>5</td>
</tr>
<tr>
<td>F3</td>
<td>5</td>
</tr>
<tr>
<td>F4</td>
<td>5</td>
</tr>
<tr>
<td>F5</td>
<td>5</td>
</tr>
<tr>
<td>F6</td>
<td>5</td>
</tr>
<tr>
<td>G1</td>
<td>5</td>
</tr>
<tr>
<td>G2</td>
<td>5</td>
</tr>
<tr>
<td>G3</td>
<td>5</td>
</tr>
<tr>
<td>G4</td>
<td>5</td>
</tr>
<tr>
<td>G5</td>
<td>5</td>
</tr>
<tr>
<td>G6</td>
<td>5</td>
</tr>
<tr>
<td>H1</td>
<td>5</td>
</tr>
<tr>
<td>H2</td>
<td>5</td>
</tr>
<tr>
<td>I1</td>
<td>5</td>
</tr>
<tr>
<td>I2</td>
<td>5</td>
</tr>
<tr>
<td>I3</td>
<td>5</td>
</tr>
<tr>
<td>I4</td>
<td>5</td>
</tr>
<tr>
<td>I5</td>
<td>5</td>
</tr>
<tr>
<td>I6</td>
<td>5</td>
</tr>
<tr>
<td>I7</td>
<td>5</td>
</tr>
<tr>
<td>I8</td>
<td>5</td>
</tr>
<tr>
<td>I9</td>
<td>5</td>
</tr>
<tr>
<td>I10</td>
<td>5</td>
</tr>
<tr>
<td>J1</td>
<td>3</td>
</tr>
<tr>
<td>J2</td>
<td>3</td>
</tr>
<tr>
<td>J3</td>
<td>3</td>
</tr>
</tbody>
</table>

*Wellness Score: (1 = No Activity, 2 = Exploring, 3 = Transitioning, 4 = Emerging, 5 = Embedded)*
## 2018-2019 School Wellness Survey Responses
### Langley High

### Survey Questions Grouped by Wellness Score

<table>
<thead>
<tr>
<th>No Activity</th>
<th>Exploring</th>
<th>Transitioning</th>
<th>Emerging</th>
<th>Embedded</th>
</tr>
</thead>
<tbody>
<tr>
<td>B1, B2, E1, H2, I8</td>
<td>G1, G2, G4, G5, G6</td>
<td>F1, F3, H1, K2</td>
<td>F2, F5</td>
<td>A1, A2, C1, C2, C3, C4, C5, C6, C7, C8, D1, D2, D3, D4, E2, E3, E4, F4, F6, G3, I1, I2, I3, I4, I5, I6, I7, I9, J1, K1, K3</td>
</tr>
</tbody>
</table>
Section A – Physical Education

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

- A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218. 
- A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity. 

Section B – Physical Activity

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

- B1: Withholding recess or physical education is not used as a disciplinary action. 
- B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess. 

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

- “Students participating in personal data tracking” 

Section C – Health Education

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

- C1: Promoting Healthy Lifestyles. 
- C2: Stress Management. 
- C3: Coping Skills. 
- C4: Depression. 
- C5: Suicide Prevention and Awareness. 
- C6: Mental Health Issues (general). 
- C7: Relationship of Healthy Sleep to Mental Health.
2018-2019 School Wellness Survey Responses

Lee High

- C8: Substance Abuse Prevention.

Section D – Health Services

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

- **D1:** FCPS’ protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others.

- **D2:** Students have regular access to public health nurses to address health, safety, and psychological issues.

- **D3:** Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia.

- **D4:** Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102.

Section E – Healthy and Safe School Environment

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

- **E1:** Encourages children to safely walk or bike to and from school.

- **E2:** Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults.

- **E3:** School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560.

- **E4:** Maintains a comprehensive tobacco-free policy in accordance with FCPS’ Policy 4419 and Regulation 2152.

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

- “Accessibility to mall makes it difficult to prevent some students from leaving for lunch.”

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

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

Response
2018-2019 School Wellness Survey Responses

Lee 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.

- 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.

- F3: Implements programs that foster social and emotional health and wellness of students and staff.

- F4: Staff are prepared to effectively implement FCPS’ protocol when conducting suicide-risk screenings and assessments.

- F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.

- 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.

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:

- 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. Exploring
- G5: Awareness of the Employee Assistance Program Services. Transitioning
- G6: Staff celebrations that offer and encourage healthy choices for food and beverages. Transitioning

Section H – Family and Community Involvement
2018-2019 School Wellness Survey Responses
Lee High

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

<table>
<thead>
<tr>
<th>Practice</th>
<th>Response</th>
</tr>
</thead>
<tbody>
<tr>
<td>H1: Established a wellness committee to implement activities that</td>
<td>Transitioning</td>
</tr>
<tr>
<td>support the wellness policy.</td>
<td></td>
</tr>
<tr>
<td>H2: Includes a non-staff, family, or community member in our school’s</td>
<td>Exploring</td>
</tr>
<tr>
<td>wellness committee.</td>
<td></td>
</tr>
</tbody>
</table>

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

- “Keep In Touch Invites”

Section I – Food and Nutrition General

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

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

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

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

Section K – Nutritional Guidelines

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

- K1: Sodas and sports drinks are not offered for sale to students at any time during the school day.

- K2: Healthy food and beverage options are encouraged at school-related events outside the school day.

- K3: Implements appropriate precautions against severe food allergies.

Section L – Ideas/Comments/Suggestions

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

- (Flu Shots, EAP Presentation to Admin (plan for staff), Ragnar Team)

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.

- (Access to online boot camps/nutrition counseling services. Could schedule around school hours better.)

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.
2018-2019 School Wellness Survey Responses
Lee High

Comparison of Survey Question and Self-Reported Wellness Score

Wellness Score
(1 = No Activity, 2 = Exploring, 3 = Transitioning, 4 = Emerging, 5 = Embedded)
## 2018-2019 School Wellness Survey Responses

**Lee High**

### Survey Questions Grouped by Wellness Score

<table>
<thead>
<tr>
<th>No Activity (Score = 1)</th>
<th>Exploring (Score = 2)</th>
<th>Transitioning (Score =3)</th>
<th>Emerging (Score =4)</th>
<th>Embedded (Score =5)</th>
</tr>
</thead>
<tbody>
<tr>
<td>G1</td>
<td>E1, G4, H2, I8</td>
<td>G5, G6, H1, K2</td>
<td>F5, I5</td>
<td>A1, A2, B1, C1, C2, C3, C4, C5, C6, C7, C8, D1, D2, D3, D4, E2, E3, E4, F1, F2, F3, F4, F6, G2, G3, I1, I2, I3, I4, I6, I7, I9, J1, K1, K3</td>
</tr>
</tbody>
</table>


Section A – Physical Education

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

- A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218. Emerging

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

Section B – Physical Activity

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

- 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.

- ”none”

Section C – Health Education

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

- 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
Section D – Health Services

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

- 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:

- E1: Encourages children to safely walk or bike to and from school. Emerging

- E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults. Embedded

- E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560. Embedded

- E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS’ Policy 4419 and Regulation 2152. Embedded

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

- “none”

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

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

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:

- G1: Health screenings. Transitioning
- G2: Health care access. Emerging
- G3: Employee flu immunization clinics. Embedded
- G4: Wellness opportunities for staff, such as fitness challenges, fitness classes, mobile health screenings, wellness walks, workshops, or health fairs that emphasize work/life balance. Transitioning
- G5: Awareness of the Employee Assistance Program Services. Embedded
- G6: Staff celebrations that offer and encourage healthy choices for food and beverages. Emerging
Question: To what extent does your school implement the following practices:

- 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. Exploring

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

- "We have invited several members of our community to help promote wellness during our bi-annual Wellness Weeks."

Section I – Food and Nutrition General

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

- I1: All students have at least 20 minutes to eat after sitting down for lunch. Embedded
- I2: Students who participate in school meal programs have equal access to the same high-quality food and nutrition as do non-participants who purchase FCPS-provided food. Embedded
- I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities. Embedded
- I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals. Embedded
- I5: Encourages the use of non-food items for classroom celebrations. Emerging
- I6: Withholding access to food is not used as a disciplinary action. Embedded
- I7: Potable water is available to all our students at no cost. Embedded
- I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS). 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

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

Section K – Nutritional Guidelines

*Question: To what extent does your school implement the following practices:*  
- K1: Sodas and sports drinks are not offered for sale to students at any time during the school day.  
   *Response: Embedded*

- K2: Healthy food and beverage options are encouraged at school-related events outside the school day.  
   *Response: Transitioning*

- K3: Implements appropriate precautions against severe food allergies.  
   *Response: Emerging*

Section L – Ideas/Comments/Suggestions

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

- (Twice a year we conduct school-wide Wellness Weeks that encourage and promote healthy living and de-stressing 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.*

- (Soliciting input from the students and parents is essential.)

*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.
2018-2019 School Wellness Survey Responses

Madison High

Comparison of Survey Question and Self-Reported Wellness Score

Survey Question

Wellness Score

(1 = No Activity, 2 = Exploring, 3 = Transitioning, 4 = Emerging, 5 = Embedded)
## 2018-2019 School Wellness Survey Responses
### Madison High

### Survey Questions Grouped by Wellness Score

<table>
<thead>
<tr>
<th>No Activity (Score = 1)</th>
<th>Exploring (Score = 2)</th>
<th>Transitioning (Score =3)</th>
<th>Emerging (Score =4)</th>
<th>Embedded (Score =5)</th>
</tr>
</thead>
<tbody>
<tr>
<td>B2</td>
<td>H1, H2</td>
<td>G1, G4, I8, K2</td>
<td>A1, A2, E1, G2, G6, I5, J1, K3</td>
<td>B1, C1, C2, C3, C4, C5, C6, C7, C8, D1, D2, D3, D4, E2, E3, E4, F1, F2, F3, F4, F5, F6, G3, G5, I1, I2, I3, I4, I6, I7, I9, K1</td>
</tr>
</tbody>
</table>
2018-2019 School Wellness Survey Responses
Marshall High

Section A – Physical Education

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

- 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

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

- 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.*

- “We promote soccer and volleyball games or open gym during our LEARN period at various times throughout the school year.”

Section C – Health Education

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

- C1: Promoting Healthy Lifestyles.  
  Embedded

- C2: Stress Management.  
  Embedded

- C3: Coping Skills.  
  Emerging

- C4: Depression.  
  Emerging

- C5: Suicide Prevention and Awareness.  
  Emerging

- C6: Mental Health Issues (general).  
  Embedded

- C7: Relationship of Healthy Sleep to Mental Health.  
  Embedded
Section D – Health Services

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

- 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:

- E1: Encourages children to safely walk or bike to and from school.  
  Emerging

- E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults.  
  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.

- “none”

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

Question: To what extent does your school implement the following practices:
2018-2019 School Wellness Survey Responses
Marshall 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. 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. 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. Transitioning

- G2: Health care access. Transitioning

- G3: Employee flu immunization clinics. Embedded

- G4: Wellness opportunities for staff, such as fitness challenges, fitness classes, mobile health screenings, wellness walks, workshops, or health fairs that emphasize work/life balance. Exploring

- 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
2018-2019 School Wellness Survey Responses

Marshall High

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

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

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

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

- “Discuss at PTSA meetings, write in newsletters and announcements, encourage school-home partnership.”

Section I – Food and Nutrition General

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

- I1: All students have at least 20 minutes to eat after sitting down for lunch. Embedded

- I2: Students who participate in school meal programs have equal access to the same high-quality food and nutrition as do non-participants who purchase FCPS-provided food. Embedded

- I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities. Embedded

- I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals. Embedded

- I5: Encourages the use of non-food items for classroom celebrations. Embedded

- I6: Withholding access to food is not used as a disciplinary action. Embedded

- I7: Potable water is available to all our students at no cost. Embedded

- I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS). Emerging

- I9: Allows students to possess personal containers for drinking water. Embedded

- I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible. Not an Elementary School
Section J – Nutrition Education, Promotion, and Food Marketing

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

Section K – Nutritional Guidelines

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

Section L – Ideas/Comments/Suggestions

Question: Please list any wellness events or activities your school has undertaken or will undertake this school year.  
- (No Response)

Question: Please provide any suggestions, best practices, or tools that you believe would be helpful in evaluating and supporting student and staff health and wellness within FCPS.  
- (No Response)

Question: Please provide any questions or comments you have with regard to FCPS’ Student and Staff Health and Wellness policy, regulation, or these wellness survey items.  
- (No Response)
Summary Tables:

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

*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.
2018-2019 School Wellness Survey Responses
Marshall High

Comparison of Survey Question and Self-Reported Wellness Score

(1 = No Activity, 2 = Exploring, 3 = Transitioning, 4 = Emerging, 5 = Embedded)
# 2018-2019 School Wellness Survey Responses

## Marshall High

### Survey Questions Grouped by Wellness Score

<table>
<thead>
<tr>
<th>No Activity (Score = 1)</th>
<th>Exploring (Score = 2)</th>
<th>Transitioning (Score =3)</th>
<th>Emerging (Score =4)</th>
<th>Embedded (Score =5)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>G4, H2</td>
<td>F5, G1, G2, G6, H1</td>
<td>C3, C4, C5, C8, E1, E2, F1, F3, F4, G5, I8</td>
<td>A1, A2, B1, C1, C2, C6, C7, D1, D2, D3, D4, E3, E4, F2, F6, G3, I1, I2, I3, I4, I5, I6, I7, I9, J1, K1, K2, K3</td>
</tr>
</tbody>
</table>


Section A – Physical Education

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

- A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218.

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

Section B – Physical Activity

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

- B1: Withholding recess or physical education is not used as a disciplinary action.

- B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess.

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

- “Instant activity, fitness concepts embedded into game play, elective classes offered that include PA”

Section C – Health Education

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

- C1: Promoting Healthy Lifestyles.

- C2: Stress Management.

- C3: Coping Skills.

- C4: Depression.

- C5: Suicide Prevention and Awareness.

- C6: Mental Health Issues (general).

- C7: Relationship of Healthy Sleep to Mental Health.
Section D – Health Services

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

- D1: FCPS’ protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others.

- D2: Students have regular access to public health nurses to address health, safety, and psychological issues.

- D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia.

- D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102.

Section E – Healthy and Safe School Environment

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

- E1: Encourages children to safely walk or bike to and from school.

- E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults.

- E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560.

- E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS’ Policy 4419 and Regulation 2152.

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

- “none”

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

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

- C8: Substance Abuse Prevention.
2018-2019 School Wellness Survey Responses

McLean 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.  
  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:

- G1: Health screenings.  
  Transitioning

- G2: Health care access.  
  Transitioning

- G3: Employee flu immunization clinics.  
  Embedded

- G4: Wellness opportunities for staff, such as fitness challenges, fitness classes, mobile health screenings, wellness walks, workshops, or health fairs that emphasize work/life balance.  
  Transitioning

- G5: Awareness of the Employee Assistance Program Services.  
  Transitioning

- G6: Staff celebrations that offer and encourage healthy choices for food and beverages.  
  Exploring

Section H – Family and Community Involvement
2018-2019 School Wellness Survey Responses
McLean High

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

<table>
<thead>
<tr>
<th>Practice</th>
<th>Response</th>
</tr>
</thead>
<tbody>
<tr>
<td>H1: Established a wellness committee to implement activities that</td>
<td>Emerging</td>
</tr>
<tr>
<td>support the wellness policy.</td>
<td></td>
</tr>
<tr>
<td>H2: Includes a non-staff, family, or community member in our school’s</td>
<td>Exploring</td>
</tr>
<tr>
<td>wellness committee.</td>
<td></td>
</tr>
</tbody>
</table>

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

- “none”

**Section I – Food and Nutrition General**

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

<table>
<thead>
<tr>
<th>Practice</th>
<th>Response</th>
</tr>
</thead>
<tbody>
<tr>
<td>I1: All students have at least 20 minutes to eat after sitting down for</td>
<td>Emerging</td>
</tr>
<tr>
<td>lunch.</td>
<td></td>
</tr>
<tr>
<td>I2: Students who participate in school meal programs have equal access</td>
<td>Embedded</td>
</tr>
<tr>
<td>to the same high-quality food and nutrition as do non-participants who</td>
<td></td>
</tr>
<tr>
<td>purchase FCPS-provided food.</td>
<td></td>
</tr>
<tr>
<td>I3: Student tutoring, meetings, and club activities are not scheduled</td>
<td>Embedded</td>
</tr>
<tr>
<td>during mealtimes unless students may eat during such activities.</td>
<td></td>
</tr>
<tr>
<td>I4: Measures in place to prevent overt identification of students who</td>
<td>Embedded</td>
</tr>
<tr>
<td>are eligible for free and reduced-price school meals.</td>
<td></td>
</tr>
<tr>
<td>I5: Encourages the use of non-food items for classroom celebrations.</td>
<td>Transitioning</td>
</tr>
<tr>
<td>I6: Withholding access to food is not used as a disciplinary action.</td>
<td>Embedded</td>
</tr>
<tr>
<td>I7: Potable water is available to all our students at no cost.</td>
<td>Embedded</td>
</tr>
<tr>
<td>I8: Actively solicits student input in selecting foods and meals served</td>
<td>Emerging</td>
</tr>
<tr>
<td>by Food and Nutrition Services (FNS).</td>
<td></td>
</tr>
<tr>
<td>I9: Allows students to possess personal containers for drinking water.</td>
<td>Embedded</td>
</tr>
<tr>
<td>I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess</td>
<td>Not an Elementary School</td>
</tr>
<tr>
<td>whenever possible.</td>
<td></td>
</tr>
</tbody>
</table>
Section J – Nutrition Education, Promotion, and Food Marketing

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

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

Section K – Nutritional Guidelines

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

- **K1:** Sodas and sports drinks are not offered for sale to students at any time during the school day.  
  *Emerging*

- **K2:** Healthy food and beverage options are encouraged at school-related events outside the school day.  
  *Emerging*

- **K3:** Implements appropriate precautions against severe food allergies.  
  *Embedded*

Section L – Ideas/Comments/Suggestions

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

- (No Response)

*Question: Please provide any suggestions, best practices, or tools that you believe would be helpful in evaluating and supporting student and staff health and wellness within FCPS.*

- (No Response)

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

- (No Response)
Summary Tables:

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

*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.
2018-2019 School Wellness Survey Responses
McLean High

Comparison of Survey Question and Self-Reported Wellness Score

(1 = No Activity, 2 = Exploring, 3 = Transitioning, 4 = Emerging, 5 = Embedded)
2018-2019 School Wellness Survey Responses
McLean High

Survey Questions Grouped by Wellness Score

<table>
<thead>
<tr>
<th>No Activity (Score = 1)</th>
<th>Exploring (Score = 2)</th>
<th>Transitioning (Score =3)</th>
<th>Emerging (Score =4)</th>
<th>Embedded (Score =5)</th>
</tr>
</thead>
<tbody>
<tr>
<td>G6, H2</td>
<td>G1, G2, G4, G5, I5</td>
<td>E1, E2, E3, E4, H1, I1, I8, K1, K2</td>
<td>A1, A2, B1, C1, C2, C3, C4, C5, C6, C7, C8, D1, D2, D3, D4, F1, F2, F3, F4, F5, F6, G3, I2, I3, I4, I6, I7, I9, J1, K3</td>
<td></td>
</tr>
</tbody>
</table>
Section A – Physical Education

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

- A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218.  
- A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.

Section B – Physical Activity

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

- B1: Withholding recess or physical education is not used as a disciplinary action.  
- B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess.

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

- “Social Media, parent nights”

Section C – Health Education

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

- C1: Promoting Healthy Lifestyles.  
- C2: Stress Management.  
- C3: Coping Skills.  
- C4: Depression.  
- C5: Suicide Prevention and Awareness.  
- C6: Mental Health Issues (general).  
- C7: Relationship of Healthy Sleep to Mental Health.
2018-2019 School Wellness Survey Responses
Mount Vernon High

- C8: Substance Abuse Prevention.

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.

- D2: Students have regular access to public health nurses to address health, safety, and psychological issues.

- D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia.

- D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102.

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.

- E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults.

- E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560.

- E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS’ Policy 4419 and Regulation 2152.

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

- “none”

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

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

Response
2018-2019 School Wellness Survey Responses

Mount Vernon 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.

- **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.

- **F3:** Implements programs that foster social and emotional health and wellness of students and staff.

- **F4:** Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.

- **F5:** Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.

- **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.

**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.

- **G2:** Health care access.

- **G3:** Employee flu immunization clinics.

- **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.

- **G5:** Awareness of the Employee Assistance Program Services.

- **G6:** Staff celebrations that offer and encourage healthy choices for food and beverages.

**Section H – Family and Community Involvement**
2018-2019 School Wellness Survey Responses
Mount Vernon High

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

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

- **H2:** Includes a non-staff, family, or community member in our school’s wellness committee.  
  
  **Response**

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

- “We do fun runs, promote wellness nights.”

**Section I – Food and Nutrition General**

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

- **I1:** All students have at least 20 minutes to eat after sitting down for lunch.  
  
  **Response**

- **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.  
  
  **Response**

- **I3:** Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities.  
  
  **Response**

- **I4:** Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals.  
  
  **Response**

- **I5:** Encourages the use of non-food items for classroom celebrations.  
  
  **Response**

- **I6:** Withholding access to food is not used as a disciplinary action.  
  
  **Response**

- **I7:** Potable water is available to all our students at no cost.  
  
  **Response**

- **I8:** Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS).  
  
  **Response**

- **I9:** Allows students to possess personal containers for drinking water.  
  
  **Response**

- **I10:** ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible.  
  
  **Response**

- **Not an Elementary School**
2018-2019 School Wellness Survey Responses
Mount Vernon High

Section J – Nutrition Education, Promotion, and Food Marketing

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

Section K – Nutritional Guidelines

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

Section L – Ideas/Comments/Suggestions

*Question: Please list any wellness events or activities your school has undertaken or will undertake this school year.*  
- (Staff Yoga, mindfulness trainings, staff wellness days)

*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.
2018-2019 School Wellness Survey Responses
Mount Vernon High

Comparison of Survey Question and Self-Reported Wellness Score

(1 = No Activity, 2 = Exploring, 3 = Transitioning, 4 = Emerging, 5 = Embedded)
2018-2019 School Wellness Survey Responses
Mount Vernon High

Survey Questions Grouped by Wellness Score

<table>
<thead>
<tr>
<th>No Activity (Score = 1)</th>
<th>Exploring (Score = 2)</th>
<th>Transitioning (Score = 3)</th>
<th>Emerging (Score = 4)</th>
<th>Embedded (Score = 5)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>H2, I5</td>
<td>E3, F6, G1, G2, G5, G6, K2</td>
<td>A1, A2, B1, C1, C2, C3, C4, C5, C6, C7, C8, D1, D2, D3, D4, E1, E2, E4, F1, F2, F3, F4, F5, G3, G4, H1, I1, I2, I3, I4, I6, I7, I8, I9, J1, K1, K3</td>
<td></td>
</tr>
</tbody>
</table>
2018-2019 School Wellness Survey Responses
Oakton High

Section A – Physical Education

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

- A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218.  
- A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.

Section B – Physical Activity

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

- B1: Withholding recess or physical education is not used as a disciplinary action.  
- B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess.  

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

- “Personal Wellness Portfolios, Team and Individual Activities, Lifelong Activities”

Section C – Health Education

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

- C1: Promoting Healthy Lifestyles.  
- C2: Stress Management.  
- C3: Coping Skills.  
- C4: Depression.  
- C5: Suicide Prevention and Awareness.  
- C6: Mental Health Issues (general).  
- C7: Relationship of Healthy Sleep to Mental Health.
Section D – Health Services

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

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

Section E – Healthy and Safe School Environment

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

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

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

- “none”

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

Question: To what extent does your school implement the following practices:
- 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.  
- 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.  
- F3: Implements programs that foster social and emotional health and wellness of students and staff.  
- F4: Staff are prepared to effectively implement FCPS’ protocol when conducting suicide-risk screenings and assessments.  
- F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.  
- 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.

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:

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

Section H – Family and Community Involvement
# 2018-2019 School Wellness Survey Responses

## Oakton High

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

<table>
<thead>
<tr>
<th>Practice</th>
<th>Response</th>
</tr>
</thead>
<tbody>
<tr>
<td>H1: Established a wellness committee to implement activities that support the wellness policy.</td>
<td>Embedded</td>
</tr>
<tr>
<td>H2: Includes a non-staff, family, or community member in our school’s wellness committee.</td>
<td>Exploring</td>
</tr>
</tbody>
</table>

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

- “none”

## Section I – Food and Nutrition General

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

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

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

- (Flu Shots for staff, Therapy Dogs, Yoga sessions, Stress relievers during lunches)

*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.*

- (We would welcome suggestions on how to get the parents more involved)

*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.
Comparison of Survey Question and Self-Reported Wellness Score

Wellness Score
(1 = No Activity, 2 = Exploring, 3 = Transitioning, 4 = Emerging, 5 = Embedded)
### 2018-2019 School Wellness Survey Responses

**Oakton High**

**Survey Questions Grouped by Wellness Score**

<table>
<thead>
<tr>
<th>No Activity (Score = 1)</th>
<th>Exploring (Score = 2)</th>
<th>Transitioning (Score =3)</th>
<th>Emerging (Score =4)</th>
<th>Embedded (Score =5)</th>
</tr>
</thead>
<tbody>
<tr>
<td>G1, H2, I5</td>
<td>E1, G2, G6</td>
<td>E3, F5, F6, I4, I8, K2</td>
<td>G4, I6, I7, I9, J1, K1, K3</td>
<td></td>
</tr>
</tbody>
</table>
Section A – Physical Education

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

- **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

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

- **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 as a warm-up activity”

Section C – Health Education

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

- **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**
2018-2019 School Wellness Survey Responses
South County High

- C8: Substance Abuse Prevention.

Section D – Health Services

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

- D1: FCPS’ protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others.

- D2: Students have regular access to public health nurses to address health, safety, and psychological issues.

- D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia.

- D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102.

Section E – Healthy and Safe School Environment

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

- E1: Encourages children to safely walk or bike to and from school.

- E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults.

- E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560.

- E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS’ Policy 4419 and Regulation 2152.

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

- “none”

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

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

Response
2018-2019 School Wellness Survey Responses

South County 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.  
  Embedded

- F2: Our staff has received required suicide prevention training, as well as training that includes recognition of, and response to, mental and behavioral health needs.  
  Embedded

- F3: Implements programs that foster social and emotional health and wellness of students and staff.  
  Embedded

- F4: Staff are prepared to effectively implement FCPS’ protocol when conducting suicide-risk screenings and assessments.  
  Embedded

- F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.  
  Emerging

- F6: MIDDLE AND HIGH SCHOOLS ONLY: Academic advising encourages flexibility in course scheduling to promote adequate sleep and healthy sleep patterns to affect student mental health, wellness, and attendance.  
  Not a Middle/High School

Section G – Health Promotion for Staff Members

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

- G1: Health screenings.  
  Emerging

- G2: Health care access.  
  Embedded

- G3: Employee flu immunization clinics.  
  Embedded

- G4: Wellness opportunities for staff, such as fitness challenges, fitness classes, mobile health screenings, wellness walks, workshops, or health fairs that emphasize work/life balance.  
  Embedded

- G5: Awareness of the Employee Assistance Program Services.  
  Embedded

- G6: Staff celebrations that offer and encourage healthy choices for food and beverages.  
  Embedded

Section H – Family and Community Involvement
2018-2019 School Wellness Survey Responses
South County High

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. Emerging

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

- “The wellness committee has partnered with school wide/community events such as 5K walk/runs and school Zumba activities during the year.”

Section I – Food and Nutrition General

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

Response

- I1: All students have at least 20 minutes to eat after sitting down for lunch. Embedded

- I2: Students who participate in school meal programs have equal access to the same high-quality food and nutrition as do non-participants who purchase FCPS-provided food. Embedded

- I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities. Embedded

- I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals. Embedded

- I5: Encourages the use of non-food items for classroom celebrations. Emerging

- I6: Withholding access to food is not used as a disciplinary action. Embedded

- I7: Potable water is available to all our students at no cost. Embedded

- I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS). Emerging

- I9: Allows students to possess personal containers for drinking water. Embedded

- I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible. Not an Elementary School
Section J – Nutrition Education, Promotion, and Food Marketing

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

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

Section K – Nutritional Guidelines

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

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

Section L – Ideas/Comments/Suggestions

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

- (5K Run Walk, After-school Zumba, Staff walks, student walks )

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.

- (Providing a monthly checklist/reminder that wellness is important so schools can keep this in the forefront of planning.)

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.
2018-2019 School Wellness Survey Responses
South County High

Survey Questions Grouped by Wellness Score

<table>
<thead>
<tr>
<th>No Activity (Score = 1)</th>
<th>Exploring (Score = 2)</th>
<th>Transitioning (Score =3)</th>
<th>Emerging (Score =4)</th>
<th>Embedded (Score =5)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>K1, K2</td>
<td>F5, G1, H1, H2, I5, I8</td>
<td>A1, A2, B1, C1, C2, C3, C4, C5, C6, C7, C8, D1, D2, D3, D4, E1, E2, E3, E4, F1, F2, F3, F4, G2, G3, G4, G5, G6, I1, I2, I3, I4, I6, I7, I9, J1, K3</td>
<td></td>
</tr>
</tbody>
</table>
2018-2019 School Wellness Survey Responses
South Lakes High

Section A – Physical Education

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

- A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218.  
  
- A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.

Section B – Physical Activity

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

- B1: Withholding recess or physical education is not used as a disciplinary action.  
  
- 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.*

- “none”

Section C – Health Education

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

- C1: Promoting Healthy Lifestyles.  
  
- C2: Stress Management.  
  
- C3: Coping Skills.  
  
- C4: Depression.  
  
- C5: Suicide Prevention and Awareness.  
  
- C6: Mental Health Issues (general).  
  
- C7: Relationship of Healthy Sleep to Mental Health.
2018-2019 School Wellness Survey Responses
South Lakes High

- C8: Substance Abuse Prevention.

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.

- D2: Students have regular access to public health nurses to address health, safety, and psychological issues.

- D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia.

- D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102.

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.

- E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults.

- E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560.

- E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS’ Policy 4419 and Regulation 2152.

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

- “none”

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

*Question: To what extent does your school implement the following practices:*  
*Response*
2018-2019 School Wellness Survey Responses
South Lakes 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.

- 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.

- F3: Implements programs that foster social and emotional health and wellness of students and staff.

- F4: Staff are prepared to effectively implement FCPS’ protocol when conducting suicide-risk screenings and assessments.

- F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.

- 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.

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:

- G1: Health screenings.

- G2: Health care access.

- G3: Employee flu immunization clinics.

- 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.

- G5: Awareness of the Employee Assistance Program Services.

- G6: Staff celebrations that offer and encourage healthy choices for food and beverages.

Section H – Family and Community Involvement
### 2018-2019 School Wellness Survey Responses

#### South Lakes High

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

<table>
<thead>
<tr>
<th>Practice</th>
<th>Response</th>
</tr>
</thead>
<tbody>
<tr>
<td>H1: Established a wellness committee to implement activities that</td>
<td>Emerging</td>
</tr>
<tr>
<td>support the wellness policy.</td>
<td></td>
</tr>
<tr>
<td>H2: Includes a non-staff, family, or community member in our school’s</td>
<td>Emerging</td>
</tr>
<tr>
<td>wellness committee.</td>
<td></td>
</tr>
</tbody>
</table>

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

- “none”

#### Section I – Food and Nutrition General

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

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

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

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

- (Fitness Challenges, Indoor Mile, Flu Shots, Zumba, Yoga, Self-Care, Walking for Wellness)

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.

- (Health & Wellness Rep come to SL to better support our initiatives and develop our individualized school plan.)

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.
2018-2019 School Wellness Survey Responses
South Lakes High

Comparison of Survey Question and Self-Reported Wellness Score

(1 = No Activity, 2 = Exploring, 3 = Transitioning, 4 = Emerging, 5 = Embedded)
# 2018-2019 School Wellness Survey Responses

## South Lakes High

**Survey Questions Grouped by Wellness Score**

<table>
<thead>
<tr>
<th>No Activity (Score = 1)</th>
<th>Exploring (Score = 2)</th>
<th>Transitioning (Score = 3)</th>
<th>Emerging (Score = 4)</th>
<th>Embedded (Score = 5)</th>
</tr>
</thead>
<tbody>
<tr>
<td>I5</td>
<td>E1, E2, G2</td>
<td>I8</td>
<td>G6, H1, H2</td>
<td>A1, A2, B1, C1, C2, C3, C4, C5, C6, C7, C8, D1, D2, D3, D4, E3, E4, F1, F2, F3, F4, F5, F6, G1, G3, G4, G5, I1, I2, I3, I4, I6, I7, I9, J1, K1, K2, K3</td>
</tr>
</tbody>
</table>
2018-2019 School Wellness Survey Responses
West Potomac High

Section A – Physical Education

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

- **A1:** Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218.  
  **Response:** Embedded

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

Section B – Physical Activity

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

- **B1:** Withholding recess or physical education is not used as a disciplinary action.  
  **Response:** No Activity

- **B2:** ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess.  
  **Response:** Not an Elementary School

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

- "none"

Section C – Health Education

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

- **C1:** Promoting Healthy Lifestyles.  
  **Response:** Embedded

- **C2:** Stress Management.  
  **Response:** Embedded

- **C3:** Coping Skills.  
  **Response:** Embedded

- **C4:** Depression.  
  **Response:** No Activity

- **C5:** Suicide Prevention and Awareness.  
  **Response:** No Activity

- **C6:** Mental Health Issues (general).  
  **Response:** Embedded

- **C7:** Relationship of Healthy Sleep to Mental Health.  
  **Response:** Embedded
2018-2019 School Wellness Survey Responses
West Potomac High

- C8: Substance Abuse Prevention.

Section D – Health Services

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

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

Section E – Healthy and Safe School Environment

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

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

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

- “none”

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

Question: To what extent does your school implement the following practices:
2018-2019 School Wellness Survey Responses
West Potomac 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.  
   Embedded

- F3: Implements programs that foster social and emotional health and wellness of students and staff.  
   Emerging

- F4: Staff are prepared to effectively implement FCPS’ protocol when conducting suicide-risk screenings and assessments.  
   Embedded

- F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.  
   Emerging

- F6: MIDDLE AND HIGH SCHOOLS ONLY: Academic advising encourages flexibility in course scheduling to promote adequate sleep and healthy sleep patterns to affect student mental health, wellness, and attendance.  
   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.  
  Embedded

- G4: Wellness opportunities for staff, such as fitness challenges, fitness classes, mobile health screenings, wellness walks, workshops, or health fairs that emphasize work/life balance.  
  Emerging

- G5: Awareness of the Employee Assistance Program Services.  
  Embedded

- G6: Staff celebrations that offer and encourage healthy choices for food and beverages.  
  Embedded

Section H – Family and Community Involvement
2018-2019 School Wellness Survey Responses
West Potomac High

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

<table>
<thead>
<tr>
<th>Practice</th>
<th>Response</th>
</tr>
</thead>
<tbody>
<tr>
<td>- H1: Established a wellness committee to implement activities that</td>
<td>No Activity</td>
</tr>
<tr>
<td>support the wellness policy.</td>
<td></td>
</tr>
<tr>
<td>- H2: Includes a non-staff, family, or community member in our school’s</td>
<td>No Activity</td>
</tr>
<tr>
<td>wellness committee.</td>
<td></td>
</tr>
</tbody>
</table>

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

- “none”

**Section I – Food and Nutrition General**

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

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

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

Section K – Nutritional Guidelines

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

Section L – Ideas/Comments/Suggestions

*Question: Please list any wellness events or activities your school has undertaken or will undertake this school year.*  
- (Student and Staff Yoga)

*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)
2018-2019 School Wellness Survey Responses
West Potomac High

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.
Comparison of Survey Question and Self-Reported Wellness Score

Survey Question

Wellness Score

(1 = No Activity, 2 = Exploring, 3 = Transitioning, 4 = Emerging, 5 = Embedded)
### 2018-2019 School Wellness Survey Responses
### West Potomac High

#### Survey Questions Grouped by Wellness Score

<table>
<thead>
<tr>
<th>No Activity (Score = 1)</th>
<th>Exploring (Score = 2)</th>
<th>Transitioning (Score =3)</th>
<th>Emerging (Score =4)</th>
<th>Embedded (Score =5)</th>
</tr>
</thead>
<tbody>
<tr>
<td>B1, C4, C5, G1, G2, H1, H2, I5, I8</td>
<td>E1, F1, F3, F5, G4</td>
<td>A1, A2, C1, C2, C3, C6, C7, C8, D1, D2, D3, D4, E2, E3, E4, E2, F2, F4, F6, G3, G5, G6, I1, I2, I3, I4, I6, I7, I9, J1, K1, K2, K3</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
2018-2019 School Wellness Survey Responses
West Springfield High

Section A – Physical Education

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

- A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218.

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

Section B – Physical Activity

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

- B1: Withholding recess or physical education is not used as a disciplinary action.

- B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess.

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

- “Our HPE staff has worked to create performance based assessment to promote full engagement over compliance behavior.”

Section C – Health Education

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

- C1: Promoting Healthy Lifestyles.

- C2: Stress Management.

- C3: Coping Skills.

- C4: Depression.

- C5: Suicide Prevention and Awareness.

- C6: Mental Health Issues (general).

- C7: Relationship of Healthy Sleep to Mental Health.
Section D – Health Services

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

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

Section E – Healthy and Safe School Environment

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

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

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

- “none”

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

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

- C8: Substance Abuse Prevention.
2018-2019 School Wellness Survey Responses
West Springfield 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.  

- 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.  

- F3: Implements programs that foster social and emotional health and wellness of students and staff.  

- F4: Staff are prepared to effectively implement FCPS’ protocol when conducting suicide-risk screenings and assessments.  

- F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.  

- 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.  

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:*  

- G1: Health screenings.  

- G2: Health care access.  

- G3: Employee flu immunization clinics.  

- 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.  

- G5: Awareness of the Employee Assistance Program Services.  

- G6: Staff celebrations that offer and encourage healthy choices for food and beverages.  

Section H – Family and Community Involvement
2018-2019 School Wellness Survey Responses

West Springfield High

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

- 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. Exploring

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

- “none”

Section I – Food and Nutrition General

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

- I1: All students have at least 20 minutes to eat after sitting down for lunch. Embedded

- I2: Students who participate in school meal programs have equal access to the same high-quality food and nutrition as do non-participants who purchase FCPS-provided food. Embedded

- I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities. Embedded

- I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals. Embedded

- I5: Encourages the use of non-food items for classroom celebrations. Exploring

- I6: Withholding access to food is not used as a disciplinary action. Embedded

- I7: Potable water is available to all our students at no cost. Embedded

- I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS). Emerging

- 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

- 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.

- (Staff yoga, staff flu shots, )

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.
2018-2019 School Wellness Survey Responses

West Springfield High

Comparison of Survey Question and Self-Reported Wellness Score

Wellness Score
(1 = No Activity, 2 = Exploring, 3 = Transitioning, 4 = Emerging, 5 = Embedded)
2018-2019 School Wellness Survey Responses
West Springfield High

Survey Questions Grouped by Wellness Score

<table>
<thead>
<tr>
<th>No Activity (Score = 1)</th>
<th>Exploring (Score = 2)</th>
<th>Transitioning (Score =3)</th>
<th>Emerging (Score =4)</th>
<th>Embedded (Score =5)</th>
</tr>
</thead>
<tbody>
<tr>
<td>G1, G2, H1, H2, I5</td>
<td>E1</td>
<td>F3, F5, G5, I8</td>
<td>A1, A2, B1, C1, C2, C3, C4, C5, C6, C7, C8, D1, D2, D3, D4, E2, E3, E4, F1, F2, F4, F6, G3, G4, G6, I1, I2, I3, I4, I6, I7, I9, J1, K1, K2, K3</td>
<td></td>
</tr>
</tbody>
</table>
Section A – Physical Education

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

- A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218.

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

Section B – Physical Activity

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

- B1: Withholding recess or physical education is not used as a disciplinary action.

- B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess.

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

- “Fitness activities are part of every PE class and they complete their own wellness plan encouraging physical activity outside the classroom.”

Section C – Health Education

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

- C1: Promoting Healthy Lifestyles.

- C2: Stress Management.

- C3: Coping Skills.

- C4: Depression.

- C5: Suicide Prevention and Awareness.

- C6: Mental Health Issues (general).
Section D – Health Services

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

- D1: FCPS’ protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others. 
  Response: Embedded

- D2: Students have regular access to public health nurses to address health, safety, and psychological issues.
  Response: Embedded

- D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia.
  Response: Embedded

- D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102.
  Response: Embedded

Section E – Healthy and Safe School Environment

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

- E1: Encourages children to safely walk or bike to and from school.
  Response: No Activity

- E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults.
  Response: Emerging

- E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560.
  Response: Embedded

- E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS’ Policy 4419 and Regulation 2152.
  Response: Embedded

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

- “none”

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

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

- ...
- 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.  

- 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.  

- F3: Implements programs that foster social and emotional health and wellness of students and staff.  

- F4: Staff are prepared to effectively implement FCPS’ protocol when conducting suicide-risk screenings and assessments.  

- F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.  

- 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.  

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?*

- G1: Health screenings.  

- G2: Health care access.  

- G3: Employee flu immunization clinics.  

- 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.  

- G5: Awareness of the Employee Assistance Program Services.  

- G6: Staff celebrations that offer and encourage healthy choices for food and beverages.

Section H – Family and Community Involvement
2018-2019 School Wellness Survey Responses

Westfield 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.  
  Exploring

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

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

- “5K community run, sports have breast cancer games/fun raisers”

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.  
  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.  
  Emerging

- I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS).  
  Emerging

- I9: Allows students to possess personal containers for drinking water.  
  Embedded

- I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible.  
  Not an Elementary School
2018-2019 School Wellness Survey Responses
Westfield High School

Section J – Nutrition Education, Promotion, and Food Marketing

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

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

Section K – Nutritional Guidelines

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

- 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, water challenges, challenges, after school free exercise classes, indoor walking course, free massages, wellness school pd sessions)

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 free classes/activities offered at the school)

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.

- (Would like free & reduce breakfast to be of a better quality protein & less sugar for the students; stop the fruit juices; bottles of water.)
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.
Survey Questions Grouped by Wellness Score

<table>
<thead>
<tr>
<th>No Activity (Score = 1)</th>
<th>Exploring (Score = 2)</th>
<th>Transitioning (Score = 3)</th>
<th>Emerging (Score = 4)</th>
<th>Embedded (Score = 5)</th>
</tr>
</thead>
<tbody>
<tr>
<td>B1, E1</td>
<td>H1</td>
<td>H2, I4</td>
<td>E2, F5, I7, I8, J1, K2</td>
<td>A1, A2, C1, C2, C3, C4, C5, C6, C7, C8, D1, D2, D3, D4, E3, E4, F1, F2, F3, F4, F6, G1, G2, G3, G4, G5, G6, I1, I2, I3, I5, I6, I9, K1, K3</td>
</tr>
</tbody>
</table>
2018-2019 School Wellness Survey Responses
Woodson High

Section A – Physical Education

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

- **A1:** Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218.
- **A2:** At least 50 percent of physical education class-time includes moderate to vigorous physical activity.

Section B – Physical Activity

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

- **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.*

- “Students participate in extracurricular activities, dances, (i.e. peach fuzz), yoga.”

Section C – Health Education

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

- **C1:** Promoting Healthy Lifestyles.
- **C2:** Stress Management.
- **C3:** Coping Skills.
- **C4:** Depression.
- **C5:** Suicide Prevention and Awareness.
- **C6:** Mental Health Issues (general).
- **C7:** Relationship of Healthy Sleep to Mental Health.
Section D – Health Services

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

- D1: FCPS’ protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others.

- D2: Students have regular access to public health nurses to address health, safety, and psychological issues.

- D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia.

- D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102.

Section E – Healthy and Safe School Environment

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

- E1: Encourages children to safely walk or bike to and from school.

- E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults.

- E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560.

- E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS’ Policy 4419 and Regulation 2152.

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

- “We are educating our community on juuling and substance abuse as this is an area of concern and had a guest speaker, Tony M Hoffman”

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

Question: To what extent does your school implement the following practices:
2018-2019 School Wellness Survey Responses
Woodson 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. 
- 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. 
- F3: Implements programs that foster social and emotional health and wellness of students and staff. 
- F4: Staff are prepared to effectively implement FCPS’ protocol when conducting suicide-risk screenings and assessments. 
- F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance. 
- 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. 

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:

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

Section H – Family and Community Involvement
2018-2019 School Wellness Survey Responses

Woodson High

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

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

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

- “Our PTSO helped to sponsor Tony Hoffman, to help parents with substance abuse concerns”

**Section I – Food and Nutrition General**

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

- **I1:** All students have at least 20 minutes to eat after sitting down for lunch.
- **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.
- **I3:** Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities.
- **I4:** Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals.
- **I5:** Encourages the use of non-food items for classroom celebrations.
- **I6:** Withholding access to food is not used as a disciplinary action.
- **I7:** Potable water is available to all our students at no cost.
- **I8:** Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS).
- **I9:** Allows students to possess personal containers for drinking water.
- **I10:** ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible.
2018-2019 School Wellness Survey Responses
Woodson High

Section J – Nutrition Education, Promotion, and Food Marketing

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

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

Section K – Nutritional Guidelines

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

- **K1:** Sodas and sports drinks are not offered for sale to students at any time during the school day.

- **K2:** Healthy food and beverage options are encouraged at school-related events outside the school day.

- **K3:** Implements appropriate precautions against severe food allergies.

Section L – Ideas/Comments/Suggestions

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

- (Therapy Dogs, Stress Less Laugh More, Tony M Hoffman Speaker)

*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.

- (It would be helpful to share more of the guest speaker costs across the county, i.e. Tony M Hoffman)

*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.

- (We would like to have more water fountains with bottle fillers for the water fountains.)
2018-2019 School Wellness Survey Responses
Woodson High

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.
Comparison of Survey Question and Self-Reported Wellness Score

Survey Question

Wellness Score

(1 = No Activity, 2 = Exploring, 3 = Transitioning, 4 = Emerging, 5 = Embedded)
### 2018-2019 School Wellness Survey Responses

**Woodson High**

**Survey Questions Grouped by Wellness Score**

<table>
<thead>
<tr>
<th>No Activity (Score = 1)</th>
<th>Exploring (Score = 2)</th>
<th>Transitioning (Score = 3)</th>
<th>Emerging (Score = 4)</th>
<th>Embedded (Score = 5)</th>
</tr>
</thead>
<tbody>
<tr>
<td>B1</td>
<td></td>
<td>G4, G6</td>
<td>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, G5, H1, H2, I1, I2, I3, I4, I5, I6, I7, I8, I9, J1, K1, K2, K3</td>
<td></td>
</tr>
</tbody>
</table>