



2018-2019 School Wellness Survey Responses by Other Centers

[Bryant Alternative Learning Center](#)

[Burke School](#)

[Cedar Lane School](#)

[Davis Career Center](#)

[Fairfax County Adult High School](#)

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[Pulley Career Center](#)

[Quander Road School](#)

2018-2019 School Wellness Survey Responses

ALC at Bryant

Section A – Physical Education

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

Section B – Physical Activity

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

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

- "Student preferred activity time. Student/staff sporting events."

Section C – Health Education

<u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u>	<u>Response</u>
- C1: Promoting Healthy Lifestyles.	Embedded
- C2: Stress Management.	Emerging
- C3: Coping Skills.	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

ALC at Bryant

- C8: Substance Abuse Prevention. Embedded

Section D – Health Services

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

Section E – Healthy and Safe School Environment

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

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

- “Not a neighborhood school so students can't walk and bike to school. Many students come to us with substance abuse issues.”

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

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
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2018-2019 School Wellness Survey Responses

ALC at Bryant

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

Section G – Health Promotion for Staff Members

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

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

Section H – Family and Community Involvement

2018-2019 School Wellness Survey Responses

ALC at Bryant

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- 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.	No Activity

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

- "Not a neighborhood school."

Section I – Food and Nutrition General

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

2018-2019 School Wellness Survey Responses

ALC at Bryant

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. 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.

- (Slam Dunk Wellness Challenge; Monthly Fitness Challenge; Student/Staff Sporting Events; PBL wellness lesson; relaxation/stretching in class time.)

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

- (Staff - The Wellness Team Challenges were effective. Students: promoting activities as incentives.)

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.

- (#4 Reg3218 only elementary. #9 No clinic on campus! #13 Counselors no control start times. #22 No afterschool activities. #23-25 Need counters!)

2018-2019 School Wellness Survey Responses

ALC at Bryant

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

ALC at Bryant



2018-2019 School Wellness Survey Responses

ALC at Bryant

Survey Questions Grouped by Wellness Score

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

2018-2019 School Wellness Survey Responses

Burke School

Section A – Physical Education

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

Section B – Physical Activity

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

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

- "Bicycle Program"

Section C – Health Education

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

2018-2019 School Wellness Survey Responses

Burke School

- C8: Substance Abuse Prevention. Emerging

Section D – Health Services

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

Section E – Healthy and Safe School Environment

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- E1: Encourages children to safely walk or bike to and from school.	No Activity
- E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults.	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

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
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2018-2019 School Wellness Survey Responses

Burke School

- F1: Monitors school climate and other factors that may contribute to student stress, symptoms of anxiety and depression, and peer and academic pressures and substance use. Embedded
- F2: Our staff has received required suicide prevention training, as well as training that includes recognition of, and response to, mental and behavioral health needs. Embedded
- F3: Implements programs that foster social and emotional health and wellness of students and staff. Embedded
- F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments. Embedded
- F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance. 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. 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. Embedded
- 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

Burke School

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

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

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

- "Annual two mile community Coco Dash, and staff Basketball"

Section I – Food and Nutrition General

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

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

2018-2019 School Wellness Survey Responses

Burke School

Section J – Nutrition Education, Promotion, and Food Marketing

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

Section K – Nutritional Guidelines

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

Section L – Ideas/Comments/Suggestions

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

- (Bicycle program for students)

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

- (A venue to debrief after a stressful situation)

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

Burke School

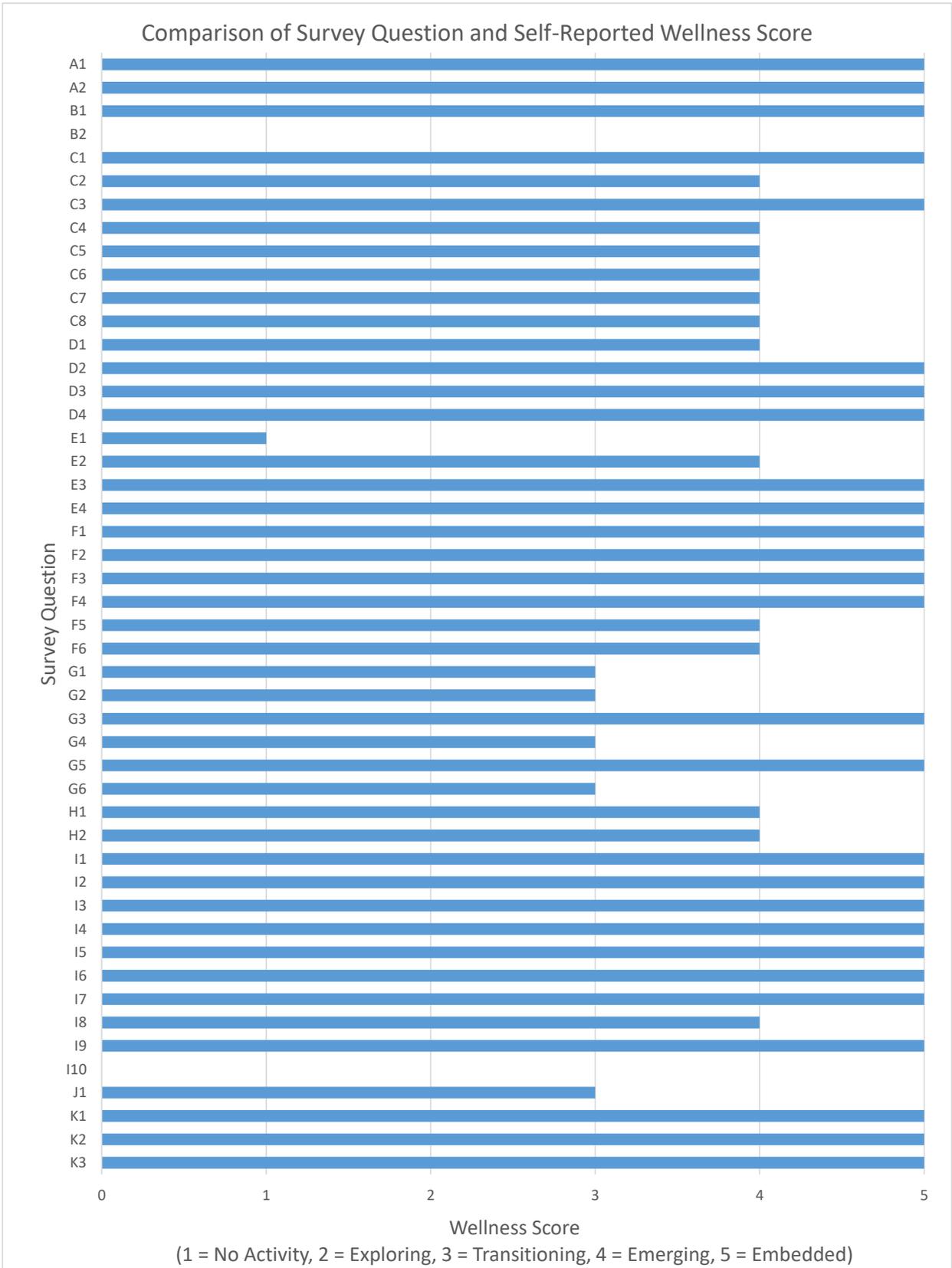
Summary Tables:

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

2018-2019 School Wellness Survey Responses

Burke School



2018-2019 School Wellness Survey Responses

Burke School

Survey Questions Grouped by Wellness Score

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

2018-2019 School Wellness Survey Responses

Cedar Lane School

Section A – Physical Education

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

Section B – Physical Activity

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

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

- "Basketball Team, Gym open during lunch 3 days a week, school kick ball games"

Section C – Health Education

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

2018-2019 School Wellness Survey Responses

Cedar Lane School

- C8: Substance Abuse Prevention. Embedded

Section D – Health Services

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

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

Section E – Healthy and Safe School Environment

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

- E1: Encourages children to safely walk or bike to and from school. No Activity
- E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults. Embedded
- E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560. Embedded
- E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS’ Policy 4419 and Regulation 2152. Embedded

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

- “Because Cedar Lane is a Center, we rarely have students who can walk or bike to school.”

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

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

2018-2019 School Wellness Survey Responses

Cedar Lane School

- F1: Monitors school climate and other factors that may contribute to student stress, symptoms of anxiety and depression, and peer and academic pressures and substance use. Embedded
- F2: Our staff has received required suicide prevention training, as well as training that includes recognition of, and response to, mental and behavioral health needs. Embedded
- F3: Implements programs that foster social and emotional health and wellness of students and staff. Embedded
- F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments. Embedded
- F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance. Embedded
- F6: MIDDLE AND HIGH SCHOOLS ONLY: Academic advising encourages flexibility in course scheduling to promote adequate sleep and healthy sleep patterns to affect student mental health, wellness, and attendance. Embedded

Section G – Health Promotion for Staff Members

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

Response

- G1: Health screenings. No Activity
- G2: Health care access. Embedded
- G3: Employee flu immunization clinics. Embedded
- G4: Wellness opportunities for staff, such as fitness challenges, fitness classes, mobile health screenings, wellness walks, workshops, or health fairs that emphasize work/life balance. Transitioning
- 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

Cedar Lane School

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

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

2018-2019 School Wellness Survey Responses

Cedar Lane School

Section J – Nutrition Education, Promotion, and Food Marketing

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

Section K – Nutritional Guidelines

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

Section L – Ideas/Comments/Suggestions

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

- (Teaching Healthy recipes)

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.

- (Utilize gourmet foods classroom to video healthy cooking options)

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

Cedar Lane School

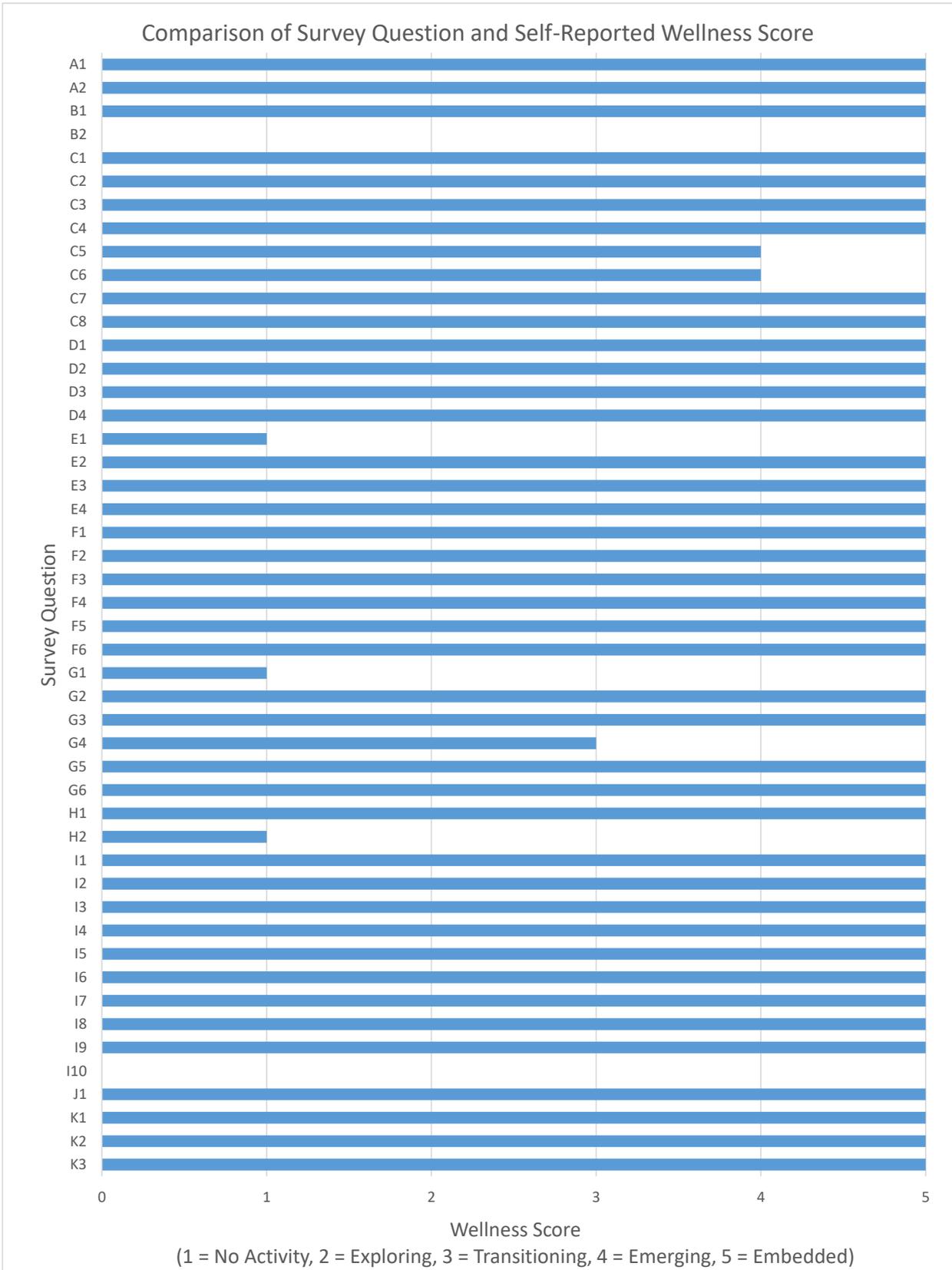
Summary Tables:

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

2018-2019 School Wellness Survey Responses

Cedar Lane School



2018-2019 School Wellness Survey Responses

Cedar Lane School

Survey Questions Grouped by Wellness Score

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

2018-2019 School Wellness Survey Responses

Davis Career Center

Section A – Physical Education

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218.	No Activity
- A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.	No Activity

Section B – Physical Activity

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

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

- "Students at Davis Center work in the community engaging in physical tasks."

Section C – Health Education

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

2018-2019 School Wellness Survey Responses

Davis Career Center

- C8: Substance Abuse Prevention. Exploring

Section D – Health Services

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

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

Section E – Healthy and Safe School Environment

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

- E1: Encourages children to safely walk or bike to and from school. No Activity
- E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults. Exploring
- E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560. Embedded
- E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152. Embedded

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

- "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

Davis Career Center

- | | |
|---|--------------------------|
| - F1: Monitors school climate and other factors that may contribute to student stress, symptoms of anxiety and depression, and peer and academic pressures and substance use. | Embedded |
| - F2: Our staff has received required suicide prevention training, as well as training that includes recognition of, and response to, mental and behavioral health needs. | Embedded |
| - F3: Implements programs that foster social and emotional health and wellness of students and staff. | Embedded |
| - F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments. | Embedded |
| - F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance. | Embedded |
| - F6: MIDDLE AND HIGH SCHOOLS ONLY: Academic advising encourages flexibility in course scheduling to promote adequate sleep and healthy sleep patterns to affect student mental health, wellness, and attendance. | Not a Middle/High School |

Section G – Health Promotion for Staff Members

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

- | | |
|---|-------------|
| - G1: Health screenings. | 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. | 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

Davis Career Center

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- 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.	No Activity

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

- "We engage our Davis Family Partnership in promoting community wellness"

Section I – Food and Nutrition General

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

2018-2019 School Wellness Survey Responses

Davis Career Center

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.

- (Flu clinic, Student Depression Screen, student dances, Student Employee of the Month)

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

Davis Career Center

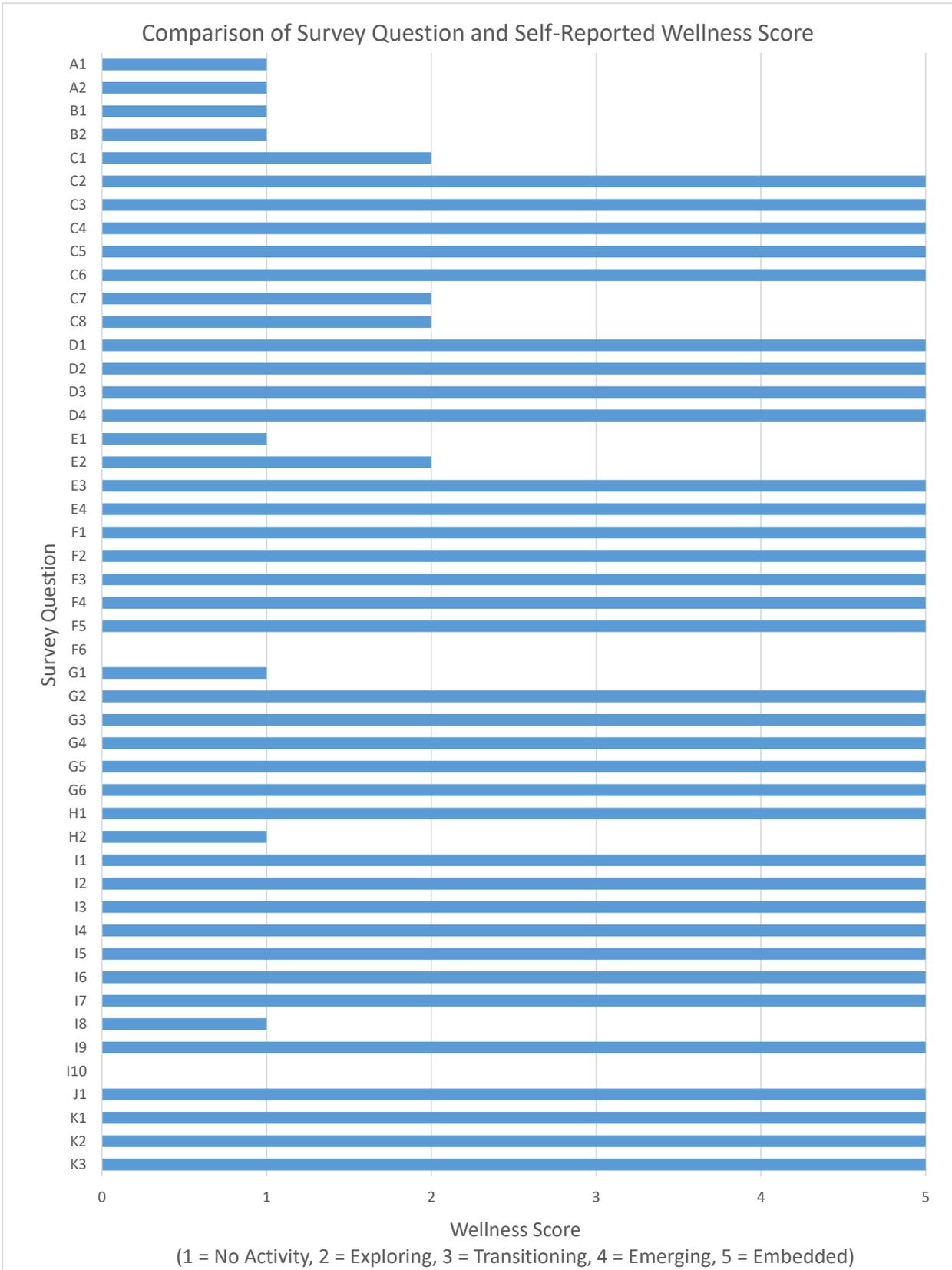
Summary Tables:

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

Davis Career Center



2018-2019 School Wellness Survey Responses

Davis Career Center

Survey Questions Grouped by Wellness Score

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

2018-2019 School Wellness Survey Responses

Fairfax County Adult High

Section A – Physical Education

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218.	No Activity
- A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.	No Activity

Section B – Physical Activity

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

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

- "none"

Section C – Health Education

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

2018-2019 School Wellness Survey Responses

Fairfax County Adult High

- C8: Substance Abuse Prevention. No Activity

Section D – Health Services

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

Section E – Healthy and Safe School Environment

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

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

- “FCAHS is an adult high school and has no clinic.”

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

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

2018-2019 School Wellness Survey Responses

Fairfax County Adult 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. | 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. | 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

Fairfax County Adult High

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- 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.	No Activity

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

- "Partnership with Rotary Clubs and universities and ACE. Family involvement only with student consent."

Section I – Food and Nutrition General

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

2018-2019 School Wellness Survey Responses

Fairfax County Adult 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. No Activity

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. No Activity
- K2: Healthy food and beverage options are encouraged at school-related events outside the school day. No Activity
- K3: Implements appropriate precautions against severe food allergies. Exploring

Section L – Ideas/Comments/Suggestions

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

- (Participation in county-wide wellness programs. Plan to start a walking club soon.)

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.

- (The program is fine and works well as is.)

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

- (FCAHS dynamic: no lunch program, no clinic, no health/PE program. Center-based vending machine serves healthy and non-healthy food/drink.)

2018-2019 School Wellness Survey Responses

Fairfax County Adult High

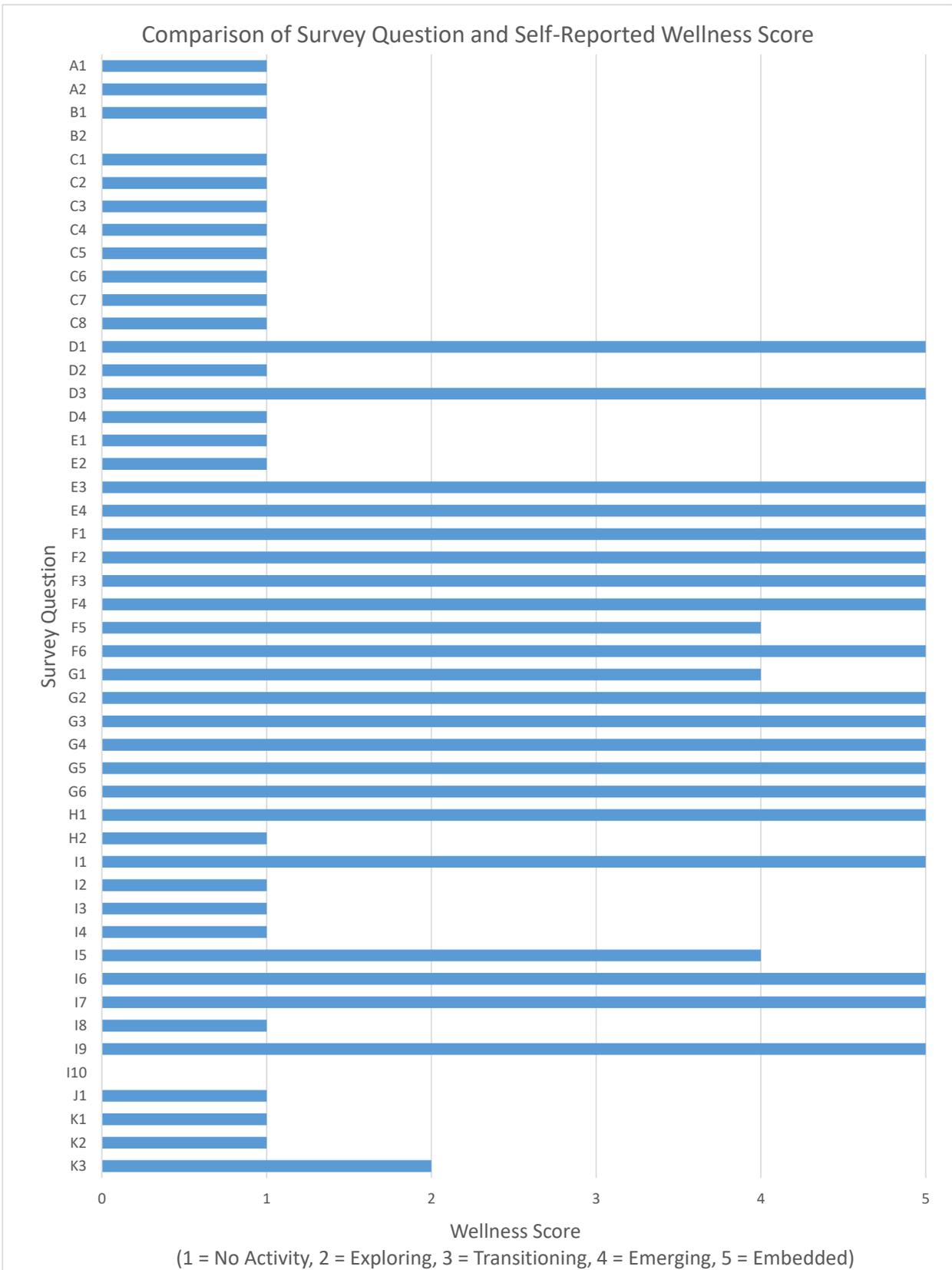
Summary Tables:

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

2018-2019 School Wellness Survey Responses

Fairfax County Adult High



2018-2019 School Wellness Survey Responses

Fairfax County Adult High

Survey Questions Grouped by Wellness Score

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

2018-2019 School Wellness Survey Responses

Interagency Alternative Secondary Center

Section A – Physical Education

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

Section B – Physical Activity

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

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

- "PE curriculum is about lifelong fitness and encourages students physical activity outside of the classroom."

Section C – Health Education

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

2018-2019 School Wellness Survey Responses

Interagency Alternative Secondary Center

- C8: Substance Abuse Prevention. Embedded

Section D – Health Services

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

Section E – Healthy and Safe School Environment

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

- “IAS does not have a PHN nor do we have control over the school buildings/grounds which we reside.”

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

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
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2018-2019 School Wellness Survey Responses

Interagency Alternative Secondary Center

- | | |
|---|---------------|
| - F1: Monitors school climate and other factors that may contribute to student stress, symptoms of anxiety and depression, and peer and academic pressures and substance use. | Embedded |
| - F2: Our staff has received required suicide prevention training, as well as training that includes recognition of, and response to, mental and behavioral health needs. | Embedded |
| - F3: Implements programs that foster social and emotional health and wellness of students and staff. | Emerging |
| - F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments. | Embedded |
| - F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance. | Transitioning |
| - F6: MIDDLE AND HIGH SCHOOLS ONLY: Academic advising encourages flexibility in course scheduling to promote adequate sleep and healthy sleep patterns to affect student mental health, wellness, and attendance. | 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. | 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

Interagency Alternative Secondary Center

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- 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.	No Activity

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

- "Kids at Hope"

Section I – Food and Nutrition General

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- I1: All students have at least 20 minutes to eat after sitting down for lunch.	Embedded
- I2: Students who participate in school meal programs have equal access to the same high-quality food and nutrition as do non-participants who purchase FCPS-provided food.	Exploring
- 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

2018-2019 School Wellness Survey Responses

Interagency Alternative Secondary Center

Section J – Nutrition Education, Promotion, and Food Marketing

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

Section K – Nutritional Guidelines

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

Section L – Ideas/Comments/Suggestions

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

- (Wellness Challenges, Flu clinic, Wellness Grant)

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

- (Continued focus on self care for staff and students)

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.

- (How will the health department support Interagency Alternative Schools?)

2018-2019 School Wellness Survey Responses

Interagency Alternative Secondary Center

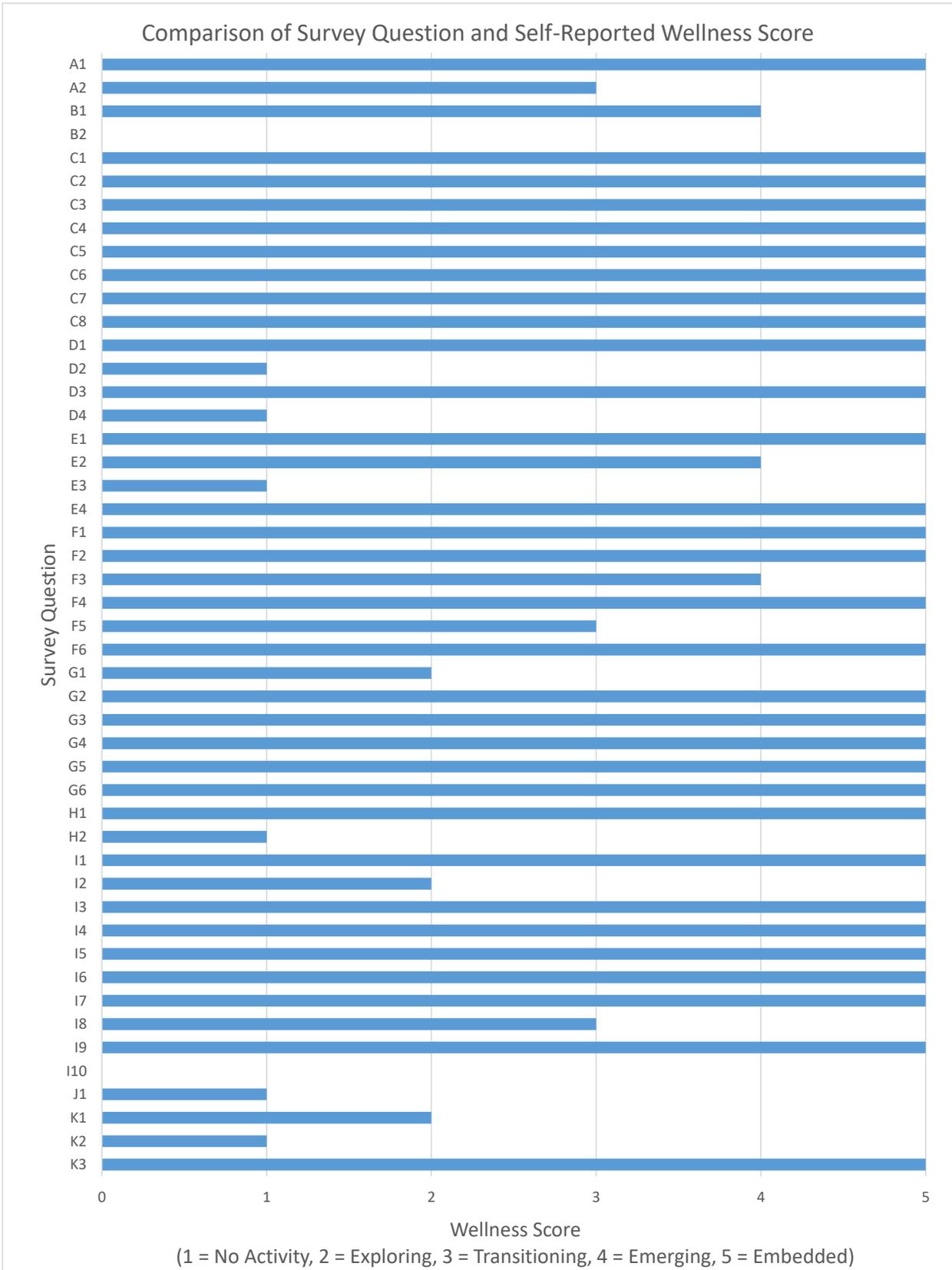
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*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

2018-2019 School Wellness Survey Responses

Interagency Alternative Secondary Center



2018-2019 School Wellness Survey Responses

Interagency Alternative Secondary Center

Survey Questions Grouped by Wellness Score

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

2018-2019 School Wellness Survey Responses

Key Center

Section A – Physical Education

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

Section B – Physical Activity

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

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

- "Run Club, Scheduled Open Gym activities w/specific options opens available, Student mobility is high priority w/daily opportunities "

Section C – Health Education

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

2018-2019 School Wellness Survey Responses

Key Center

- C8: Substance Abuse Prevention. No Activity

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. Embedded
- D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia. Embedded
- D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102. Embedded

Section E – Healthy and Safe School Environment

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

- E1: Encourages children to safely walk or bike to and from school. No Activity
- E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults. No Activity
- E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560. Embedded
- E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS’ Policy 4419 and Regulation 2152. Exploring

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

Key Center

- | | |
|---|-------------|
| - F1: Monitors school climate and other factors that may contribute to student stress, symptoms of anxiety and depression, and peer and academic pressures and substance use. | No Activity |
| - 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. | Exploring |
| - 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. | No Activity |

Section G – Health Promotion for Staff Members

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

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

Section H – Family and Community Involvement

2018-2019 School Wellness Survey Responses

Key Center

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- H1: Established a wellness committee to implement activities that support the wellness policy.	Embedded
- H2: Includes a non-staff, family, or community member in our school's wellness committee.	Embedded

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

- "We remind PTA members to ensure healthy donations for staff recognition/appreciation events."

Section I – Food and Nutrition General

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

2018-2019 School Wellness Survey Responses

Key Center

Section J – Nutrition Education, Promotion, and Food Marketing

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

Section K – Nutritional Guidelines

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

- (Staff Wellness Lounge was created via Kaiser grant- it will be up for last few weeks of school year.)

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

- (Student population is very involved, we look for/ listen for wellness related concerns regarding students, their family members and staff.)

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.

- (Our students have structured recess & mobility based activities embedded in routines-which is a critical need for their conditions.)

2018-2019 School Wellness Survey Responses

Key Center

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

Key Center



2018-2019 School Wellness Survey Responses

Key Center

Survey Questions Grouped by Wellness Score

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

2018-2019 School Wellness Survey Responses

Kilmer Center

Section A – Physical Education

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

Section B – Physical Activity

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

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

- "none"

Section C – Health Education

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

2018-2019 School Wellness Survey Responses

Kilmer Center

- C8: Substance Abuse Prevention. No Activity

Section D – Health Services

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

Section E – Healthy and Safe School Environment

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

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
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2018-2019 School Wellness Survey Responses

Kilmer Center

- | | |
|---|--------------------------|
| - F1: Monitors school climate and other factors that may contribute to student stress, symptoms of anxiety and depression, and peer and academic pressures and substance use. | Embedded |
| - F2: Our staff has received required suicide prevention training, as well as training that includes recognition of, and response to, mental and behavioral health needs. | Embedded |
| - F3: Implements programs that foster social and emotional health and wellness of students and staff. | Embedded |
| - F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments. | Embedded |
| - F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance. | Embedded |
| - F6: MIDDLE AND HIGH SCHOOLS ONLY: Academic advising encourages flexibility in course scheduling to promote adequate sleep and healthy sleep patterns to affect student mental health, wellness, and attendance. | Not a Middle/High School |

Section G – Health Promotion for Staff Members

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

- | | |
|---|-------------|
| - G1: Health screenings. | Embedded |
| - G2: Health care access. | Embedded |
| - G3: Employee flu immunization clinics. | Embedded |
| - G4: Wellness opportunities for staff, such as fitness challenges, fitness classes, mobile health screenings, wellness walks, workshops, or health fairs that emphasize work/life balance. | Embedded |
| - G5: Awareness of the Employee Assistance Program Services. | Embedded |
| - G6: Staff celebrations that offer and encourage healthy choices for food and beverages. | No Activity |

Section H – Family and Community Involvement

2018-2019 School Wellness Survey Responses

Kilmer Center

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- H1: Established a wellness committee to implement activities that support the wellness policy.	No Activity
- H2: Includes a non-staff, family, or community member in our school's wellness committee.	No Activity

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

- "none"

Section I – Food and Nutrition General

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

Kilmer Center

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. No Activity

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. 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.

- (Exercise stations in the gym two times per week after school for teachers, flu shot sign up)

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

Kilmer Center

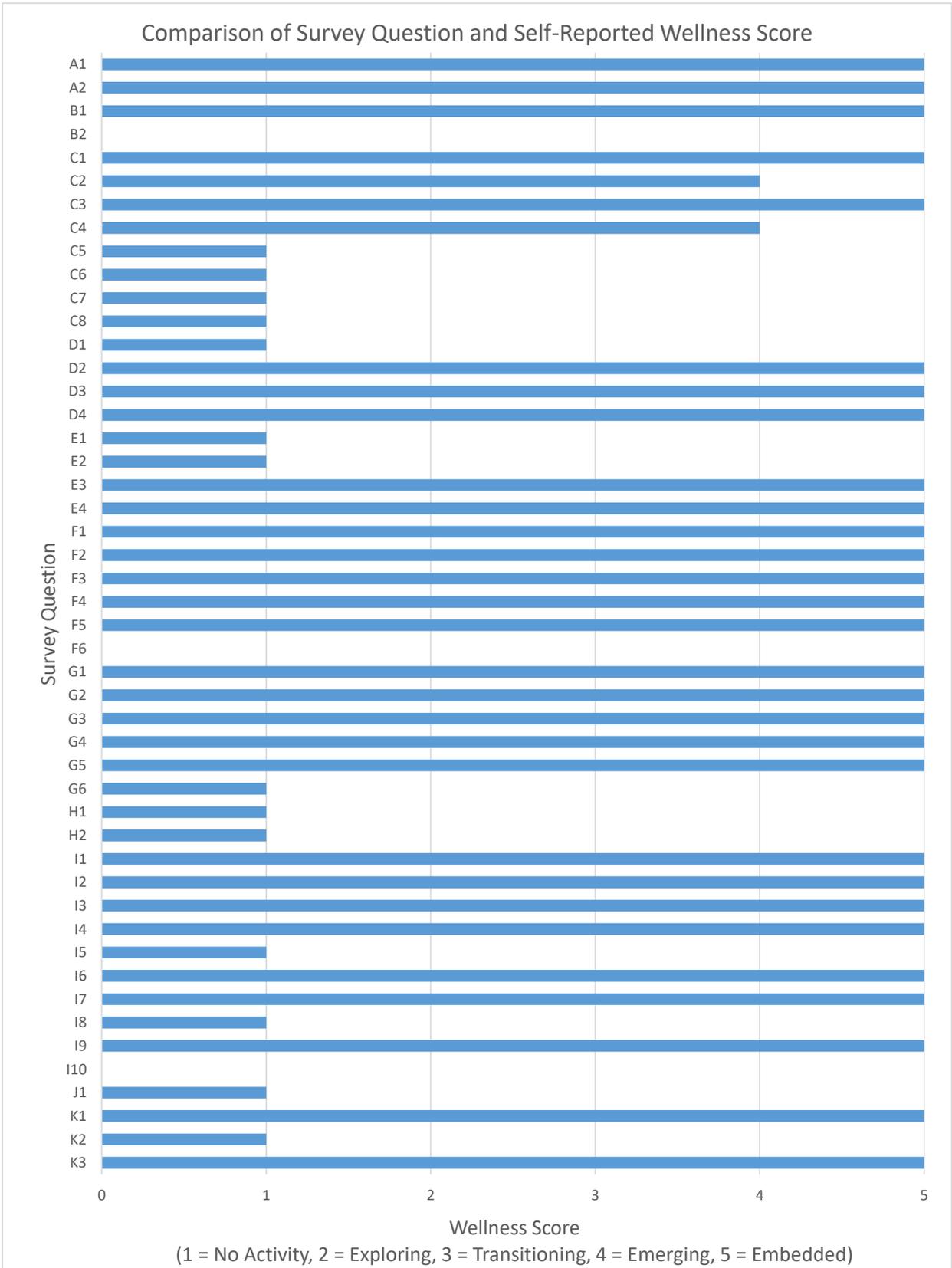
Summary Tables:

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

Kilmer Center



2018-2019 School Wellness Survey Responses

Kilmer Center

Survey Questions Grouped by Wellness Score

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

2018-2019 School Wellness Survey Responses

ALC at Montrose

Section A – Physical Education

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

Section B – Physical Activity

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

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

- "none"

Section C – Health Education

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

2018-2019 School Wellness Survey Responses

ALC at Montrose

- C8: Substance Abuse Prevention. Emerging

Section D – Health Services

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

Section E – Healthy and Safe School Environment

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- E1: Encourages children to safely walk or bike to and from school.	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.

- "Our students are sent here by the Hearings office. They are not allowed to walk or ride a bike"

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

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
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2018-2019 School Wellness Survey Responses

ALC at Montrose

- | | |
|---|----------|
| - F1: Monitors school climate and other factors that may contribute to student stress, symptoms of anxiety and depression, and peer and academic pressures and substance use. | Embedded |
| - F2: Our staff has received required suicide prevention training, as well as training that includes recognition of, and response to, mental and behavioral health needs. | Embedded |
| - F3: Implements programs that foster social and emotional health and wellness of students and staff. | Embedded |
| - F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments. | Embedded |
| - F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance. | Embedded |
| - F6: MIDDLE AND HIGH SCHOOLS ONLY: Academic advising encourages flexibility in course scheduling to promote adequate sleep and healthy sleep patterns to affect student mental health, wellness, and attendance. | Embedded |

Section G – Health Promotion for Staff Members

- | <u>Question: To what extent does the staff wellness liaison support opportunities for staff members to improve their health and well-being:</u> | <u>Response</u> |
|---|-----------------|
| - G1: Health screenings. | Emerging |
| - G2: Health care access. | Embedded |
| - G3: Employee flu immunization clinics. | Emerging |
| - G4: Wellness opportunities for staff, such as fitness challenges, fitness classes, mobile health screenings, wellness walks, workshops, or health fairs that emphasize work/life balance. | Emerging |
| - G5: Awareness of the Employee Assistance Program Services. | Emerging |
| - G6: Staff celebrations that offer and encourage healthy choices for food and beverages. | Transitioning |

Section H – Family and Community Involvement

2018-2019 School Wellness Survey Responses

ALC at Montrose

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. Exploring

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

- "We send home healthy food care packages every Friday."

Section I – Food and Nutrition General

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

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

2018-2019 School Wellness Survey Responses

ALC at Montrose

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. Emerging

Section K – Nutritional Guidelines

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

- K1: Sodas and sports drinks are not offered for sale to students at any time during the school day. Embedded
- K2: Healthy food and beverage options are encouraged at school-related events outside the school day. No Activity
- K3: Implements appropriate precautions against severe food allergies. Embedded

Section L – Ideas/Comments/Suggestions

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

- (No Response)

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

- (No Response)

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

- (No Response)

2018-2019 School Wellness Survey Responses

ALC at Montrose

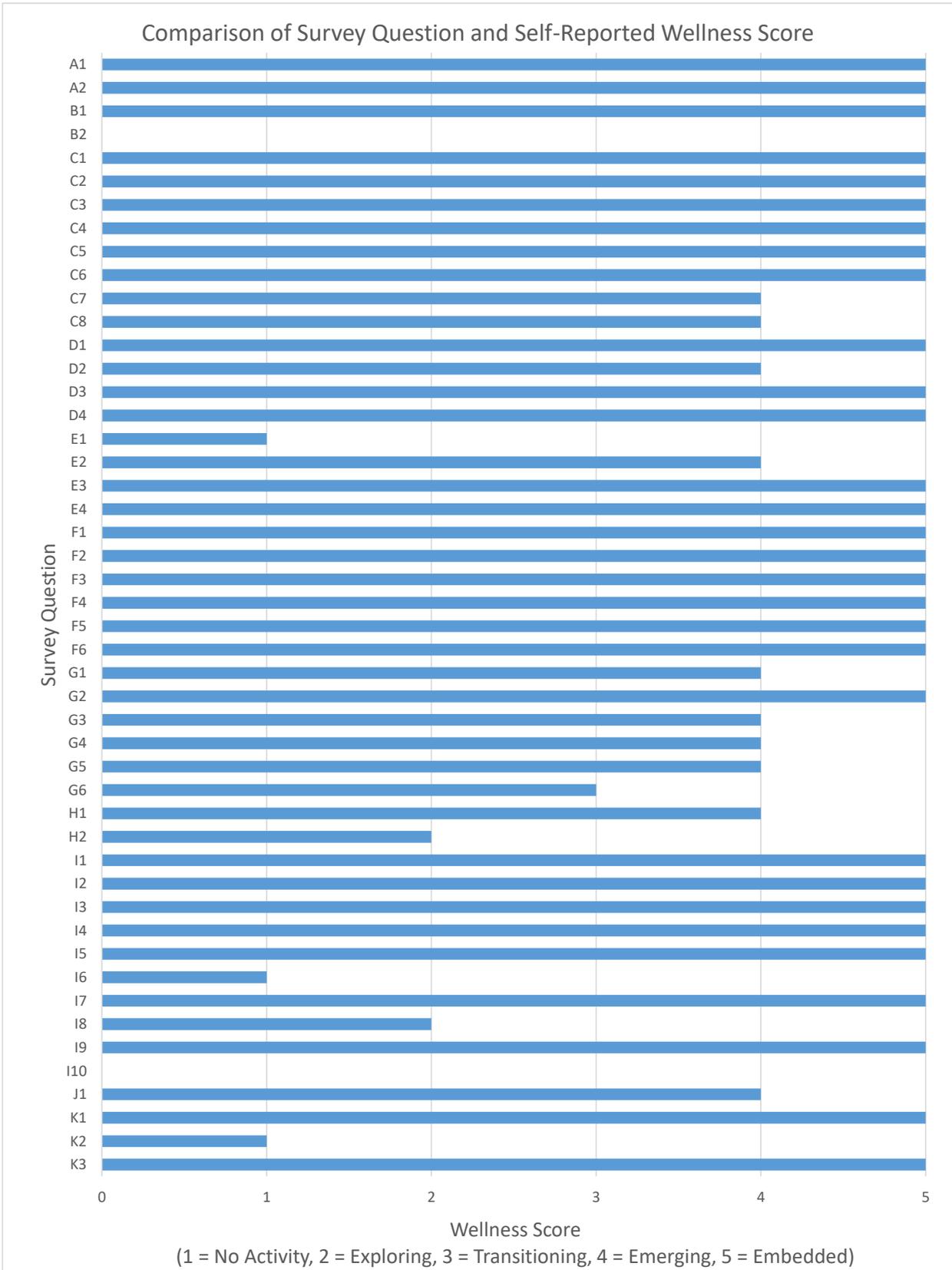
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*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

2018-2019 School Wellness Survey Responses

ALC at Montrose



2018-2019 School Wellness Survey Responses

ALC at Montrose

Survey Questions Grouped by Wellness Score

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

2018-2019 School Wellness Survey Responses

Mountain View High

Section A – Physical Education

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

Section B – Physical Activity

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

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

- "none"

Section C – Health Education

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

2018-2019 School Wellness Survey Responses

Mountain View High

- C8: Substance Abuse Prevention. Embedded

Section D – Health Services

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

Section E – Healthy and Safe School Environment

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

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

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
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2018-2019 School Wellness Survey Responses

Mountain View 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. Embedded

Section G – Health Promotion for Staff Members

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

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

Section H – Family and Community Involvement

2018-2019 School Wellness Survey Responses

Mountain View High

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- 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.	No Activity

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

- "We partner with several community groups to provide support to our specific student population."

Section I – Food and Nutrition General

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

2018-2019 School Wellness Survey Responses

Mountain View High

Section J – Nutrition Education, Promotion, and Food Marketing

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

Section K – Nutritional Guidelines

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

Section L – Ideas/Comments/Suggestions

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

- (Flu clinic, "Lunch and learn" weekly program with medical professionals,)

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/ Family Engagement surveys provide great information.)

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

Mountain View 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

Mountain View High



2018-2019 School Wellness Survey Responses

Mountain View High

Survey Questions Grouped by Wellness Score

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

2018-2019 School Wellness Survey Responses

Pulley Career Center

Section A – Physical Education

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218.	No Activity
- A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.	No Activity

Section B – Physical Activity

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

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

- "Pulley does not have Health and PE as part of our curriculum. We do, however, embed some sort of physical activity in our daily schedules."

Section C – Health Education

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

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Pulley Career Center

- C7: Relationship of Healthy Sleep to Mental Health. No Activity
- C8: Substance Abuse Prevention. No Activity

Section D – Health Services

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

Section E – Healthy and Safe School Environment

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

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

- "none"

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

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

- | | |
|---|--------------------------|
| - F1: Monitors school climate and other factors that may contribute to student stress, symptoms of anxiety and depression, and peer and academic pressures and substance use. | Embedded |
| - F2: Our staff has received required suicide prevention training, as well as training that includes recognition of, and response to, mental and behavioral health needs. | Embedded |
| - F3: Implements programs that foster social and emotional health and wellness of students and staff. | Embedded |
| - F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments. | Embedded |
| - F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance. | Embedded |
| - F6: MIDDLE AND HIGH SCHOOLS ONLY: Academic advising encourages flexibility in course scheduling to promote adequate sleep and healthy sleep patterns to affect student mental health, wellness, and attendance. | Not a Middle/High School |

Section G – Health Promotion for Staff Members

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

- | | |
|---|-------------|
| - G1: Health screenings. | 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. | Emerging |

Section H – Family and Community Involvement

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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. Exploring

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

- "We have a newly formed family partnership group that we hope to engage in healthy topics."

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

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Section J – Nutrition Education, Promotion, and Food Marketing

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

Section K – Nutritional Guidelines

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

Section L – Ideas/Comments/Suggestions

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

- (Wellness Rocks! planned for next year.)

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

- (No Response)

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

- (No Response)

2018-2019 School Wellness Survey Responses

Pulley Career Center

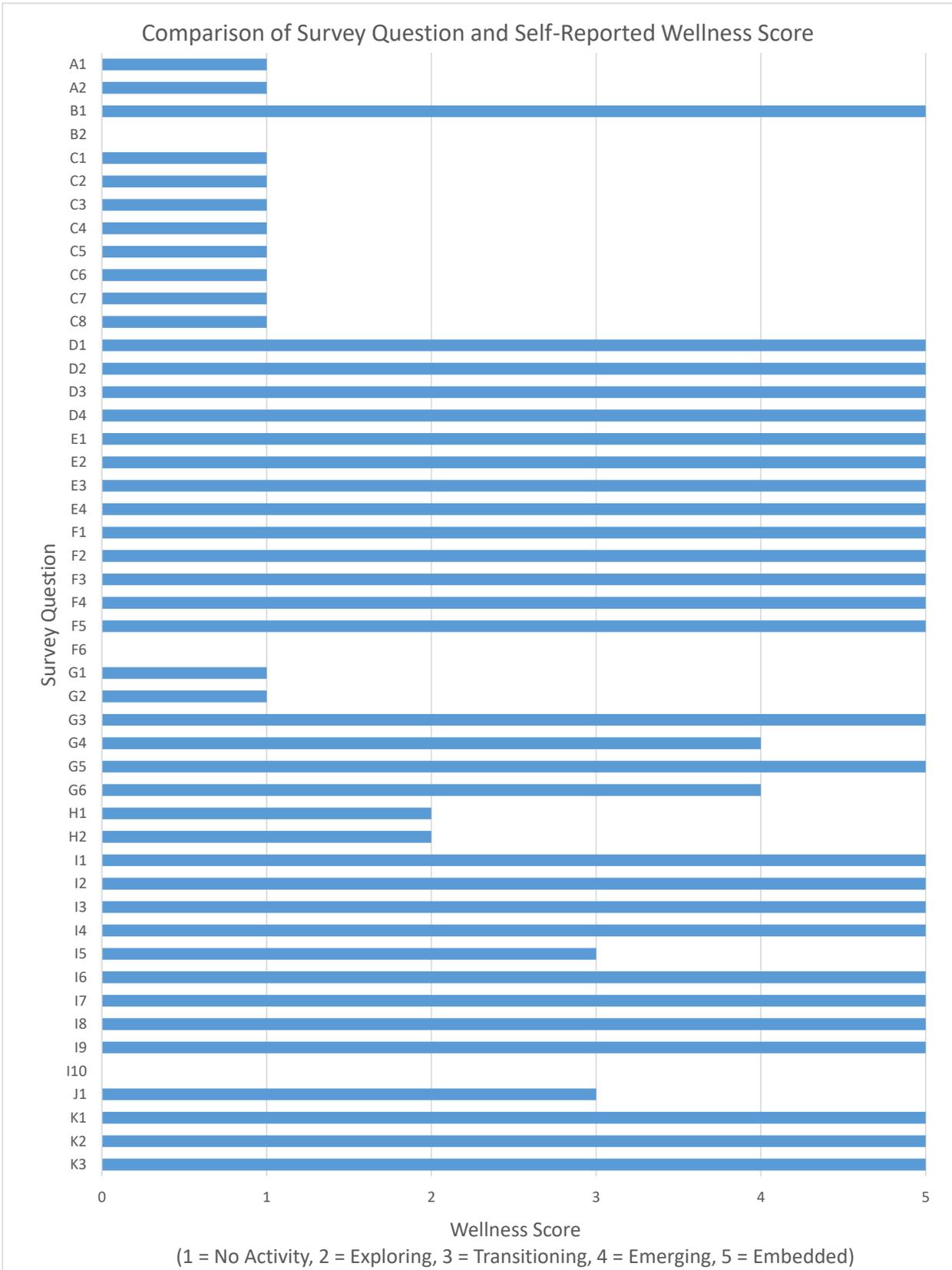
Summary Tables:

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.

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Survey Questions Grouped by Wellness Score

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

2018-2019 School Wellness Survey Responses

Quander Road School

Section A – Physical Education

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

Section B – Physical Activity

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

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

- "none"

Section C – Health Education

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

2018-2019 School Wellness Survey Responses

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- C8: Substance Abuse Prevention. No Activity

Section D – Health Services

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

Section E – Healthy and Safe School Environment

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

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

- “none”

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

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
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2018-2019 School Wellness Survey Responses

Quander Road School

- | | |
|---|----------|
| - F1: Monitors school climate and other factors that may contribute to student stress, symptoms of anxiety and depression, and peer and academic pressures and substance use. | Embedded |
| - F2: Our staff has received required suicide prevention training, as well as training that includes recognition of, and response to, mental and behavioral health needs. | 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. | Emerging |
| - G2: Health care access. | Emerging |
| - G3: Employee flu immunization clinics. | Embedded |
| - G4: Wellness opportunities for staff, such as fitness challenges, fitness classes, mobile health screenings, wellness walks, workshops, or health fairs that emphasize work/life balance. | Embedded |
| - G5: Awareness of the Employee Assistance Program Services. | Emerging |
| - G6: Staff celebrations that offer and encourage healthy choices for food and beverages. | Embedded |

Section H – Family and Community Involvement

2018-2019 School Wellness Survey Responses

Quander Road School

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

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- I1: All students have at least 20 minutes to eat after sitting down for lunch.	Embedded
- I2: Students who participate in school meal programs have equal access to the same high-quality food and nutrition as do non-participants who purchase FCPS-provided food.	Embedded
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- I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals.	Embedded
- I5: Encourages the use of non-food items for classroom celebrations.	Embedded
- I6: Withholding access to food is not used as a disciplinary action.	Embedded
- I7: Potable water is available to all our students at no cost.	Embedded
- I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS).	Embedded
- I9: Allows students to possess personal containers for drinking water.	Embedded
- I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible.	Not an Elementary School

2018-2019 School Wellness Survey Responses

Quander Road School

Section J – Nutrition Education, Promotion, and Food Marketing

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

Section K – Nutritional Guidelines

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

Section L – Ideas/Comments/Suggestions

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

- (Flu immunization clinic, Walking lunch for staff, Literature distributed to staff)

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

- (No Response)

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

- (No Response)

2018-2019 School Wellness Survey Responses

Quander Road School

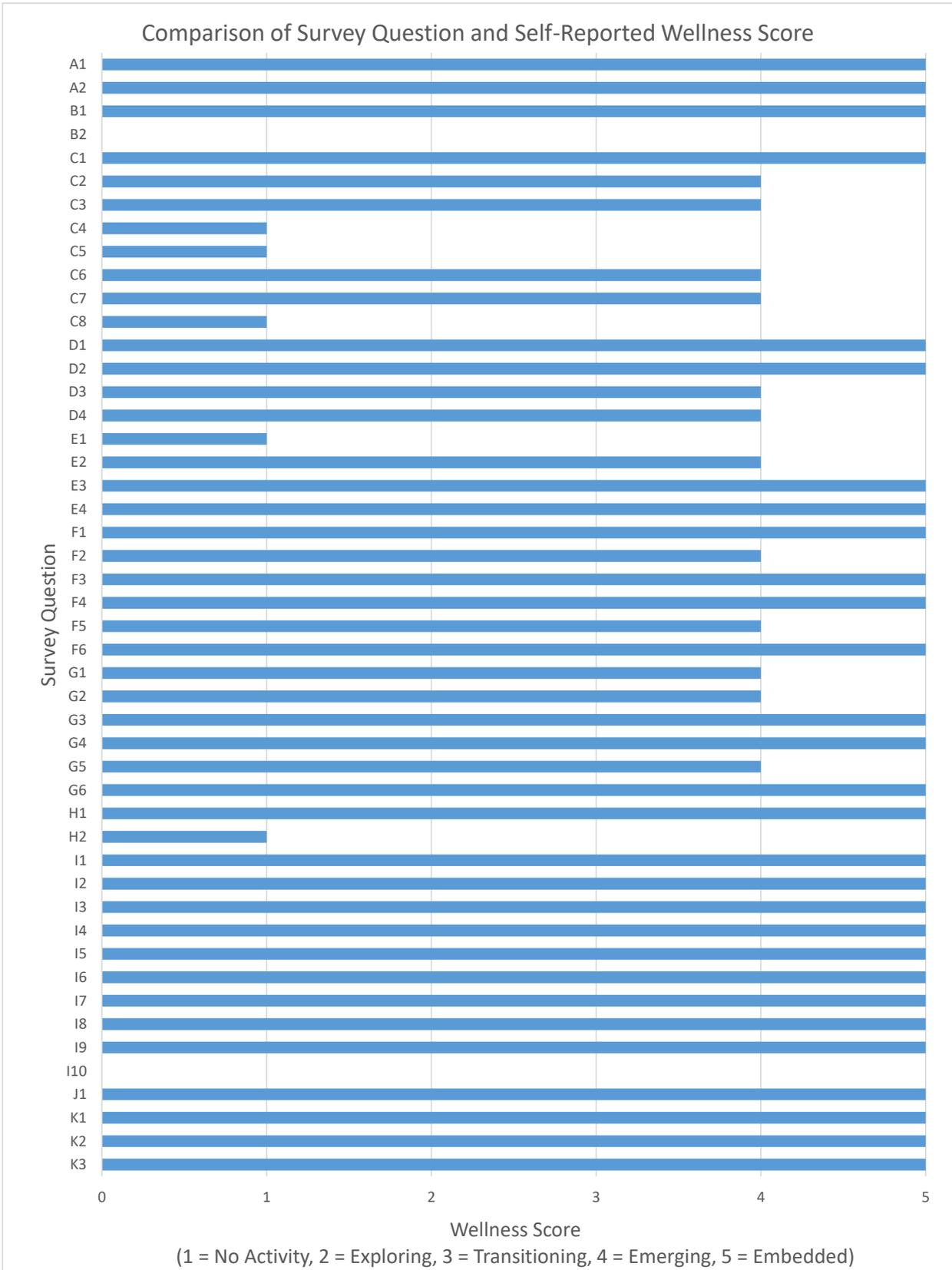
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2018-2019 School Wellness Survey Responses

Quander Road School



2018-2019 School Wellness Survey Responses

Quander Road School

Survey Questions Grouped by Wellness Score

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