



2019-2020 School Wellness Survey Responses by Early Childhood Center

[Bull Run Early Childhood](#)

[Dunn Loring Early Childhood](#)

[Pimmit Early Childhood](#)

[Virginia Hills Early Childhood](#)

2019-2020 School Wellness Survey Responses

Bull Run EC Resource Ctr

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.

- "Daily gross motor activities are embedded within the ECSE curriculum"

Section C – Health Education

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

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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.	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.	Exploring
- E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152.	No Activity

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

- "My staff are working in a modular that is breaking in half with minimum access to running water."

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

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- F1: Monitors school climate and other factors that may contribute to student stress, symptoms of anxiety and depression, and peer and academic pressures and substance use.	Embedded

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- | | |
|---|--------------------------|
| - 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. | No Activity |
| - 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. | Embedded |
| - G5: Awareness of the Employee Assistance Program Services. | Embedded |
| - G6: Staff celebrations that offer and encourage healthy choices for food and beverages. | Embedded |

Section H – Family and Community Involvement

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

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

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

- "N/A"

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

Section J – Nutrition Education, Promotion, and Food Marketing

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

Response

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Bull Run EC Resource Ctr

- | | |
|---|-------------|
| - J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day. | No Activity |
| - J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day. | Activity |
| - J3: We follow FCPS’ policy on fundraisers as outlined in R2100. | 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. | 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. | Embedded |
| - K4: We follow all nutrition guidelines for food and beverage standards, as outlined in FCPS P2100 and R2100. | Activity |

Section L – Ideas/Comments/Suggestions

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

- (none)

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.

- (self care)

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

- (none)

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Bull Run EC Resource Ctr

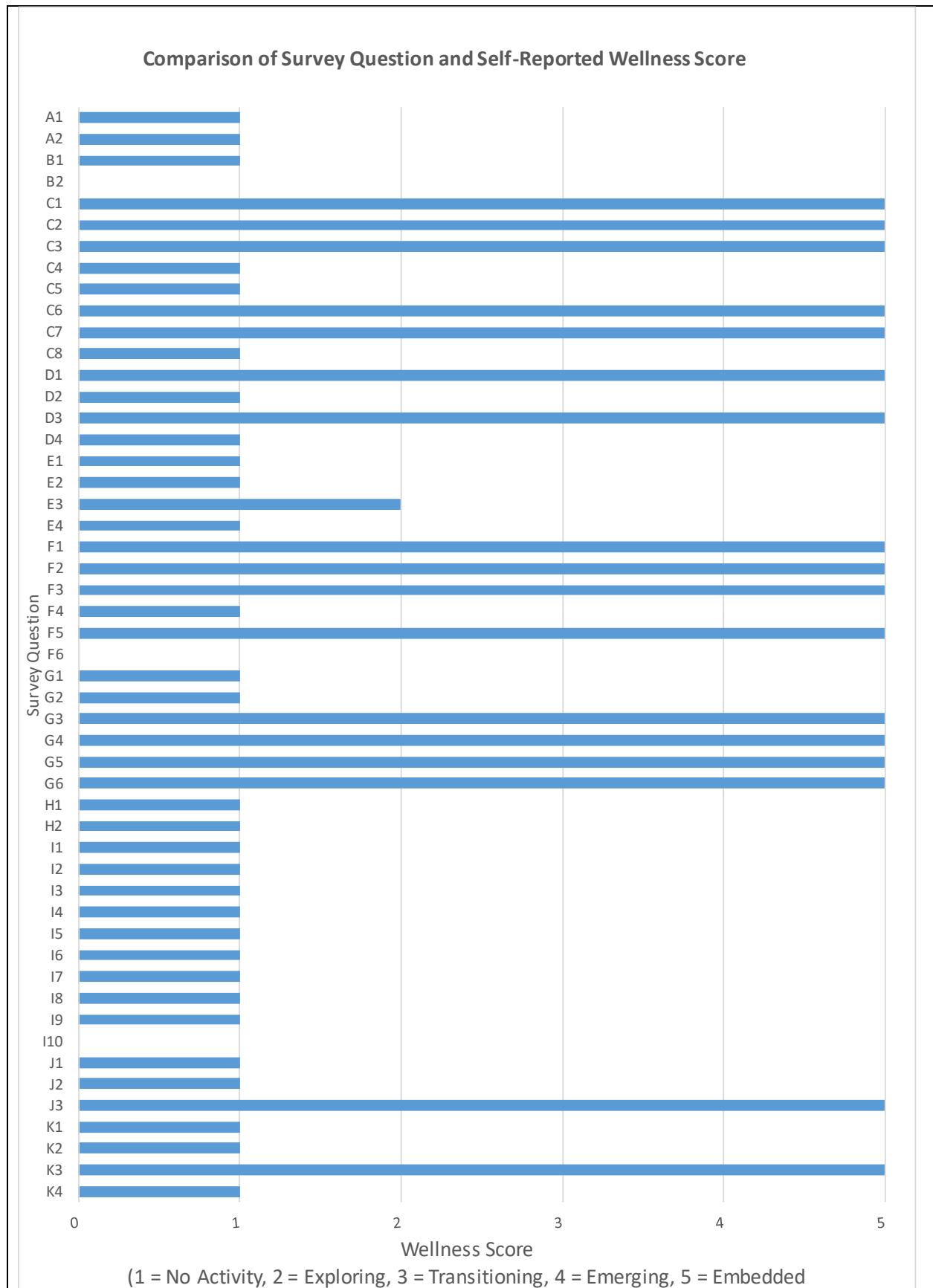
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Bull Run EC Resource Ctr



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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, B1, C4, C5, C8, D2, D4, E1, E2, E4, F4, G1, G2, H1, H2, I1, I2, I3, I4, I5, I6, I7, I8, I9, J1, J2, K1, K2, K4	E3			C1, C2, C3, C6, C7, D1, D3, F1, F2, F3, F5, G3, G4, G5, G6, J3, K3

2019-2020 School Wellness Survey Responses

Dunn Loring EC Resource Ctr

Section A – Physical Education

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

- "daily gross motor activity are embedded in the ECSE curriculum"

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
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Dunn Loring EC Resource Ctr

- 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
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- D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia.	Embedded
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Section E – Healthy and Safe School Environment

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

- "Dunn Loring - has mold in rooms"

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

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- F1: Monitors school climate and other factors that may contribute to student stress, symptoms of anxiety and depression, and peer and academic pressures and substance use.	Embedded

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- | | |
|---|-------------|
| - 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. | No Activity |
| - F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance. | Embedded |
| - F6: MIDDLE AND HIGH SCHOOLS ONLY: Academic advising encourages flexibility in course scheduling to promote adequate sleep and healthy sleep patterns to affect student mental health, wellness, and attendance. | No Activity |

Section G – Health Promotion for Staff Members

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| - 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

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

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| - H1: Established a wellness committee to implement activities that support the wellness policy. | No Activity |
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2019-2020 School Wellness Survey Responses

Dunn Loring EC Resource Ctr

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

- “not applicable”

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

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

Response

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| - J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day. | No Activity |
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Section L – Ideas/Comments/Suggestions

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

- (not applicable)

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.

- (self-care)

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

- (none at this time)

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Dunn Loring EC Resource Ctr

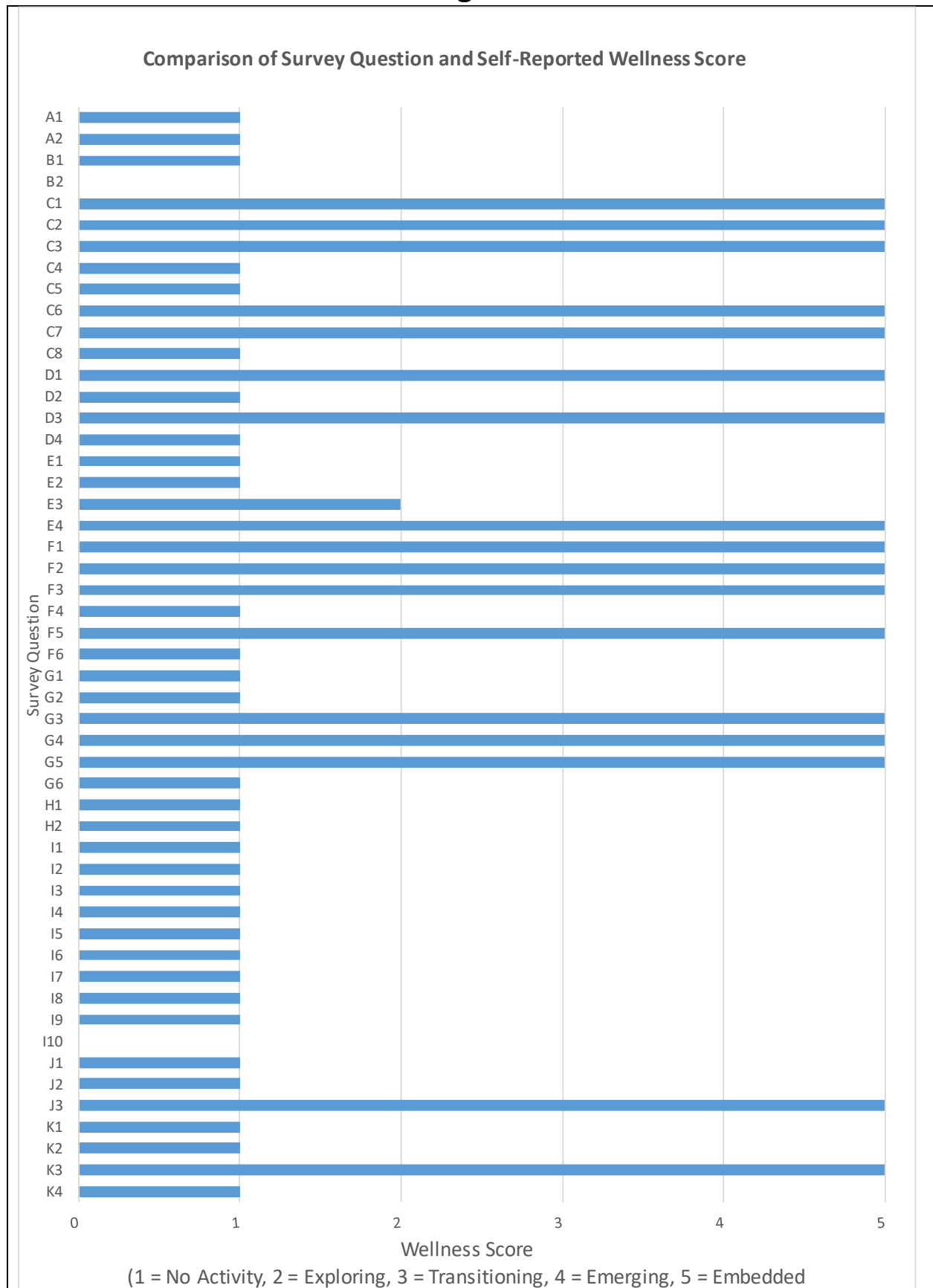
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2019-2020 School Wellness Survey Responses

Pimmit EC Resource Ctr

Section A – Physical Education

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
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- "Daily gross motor activities are embedded within the curriculum"

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>
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- C8: Substance Abuse Prevention. No Activity

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- "The staff are working at a site without an administrator and office staff on site."

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- | | |
|---|--------------------------|
| - 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 |
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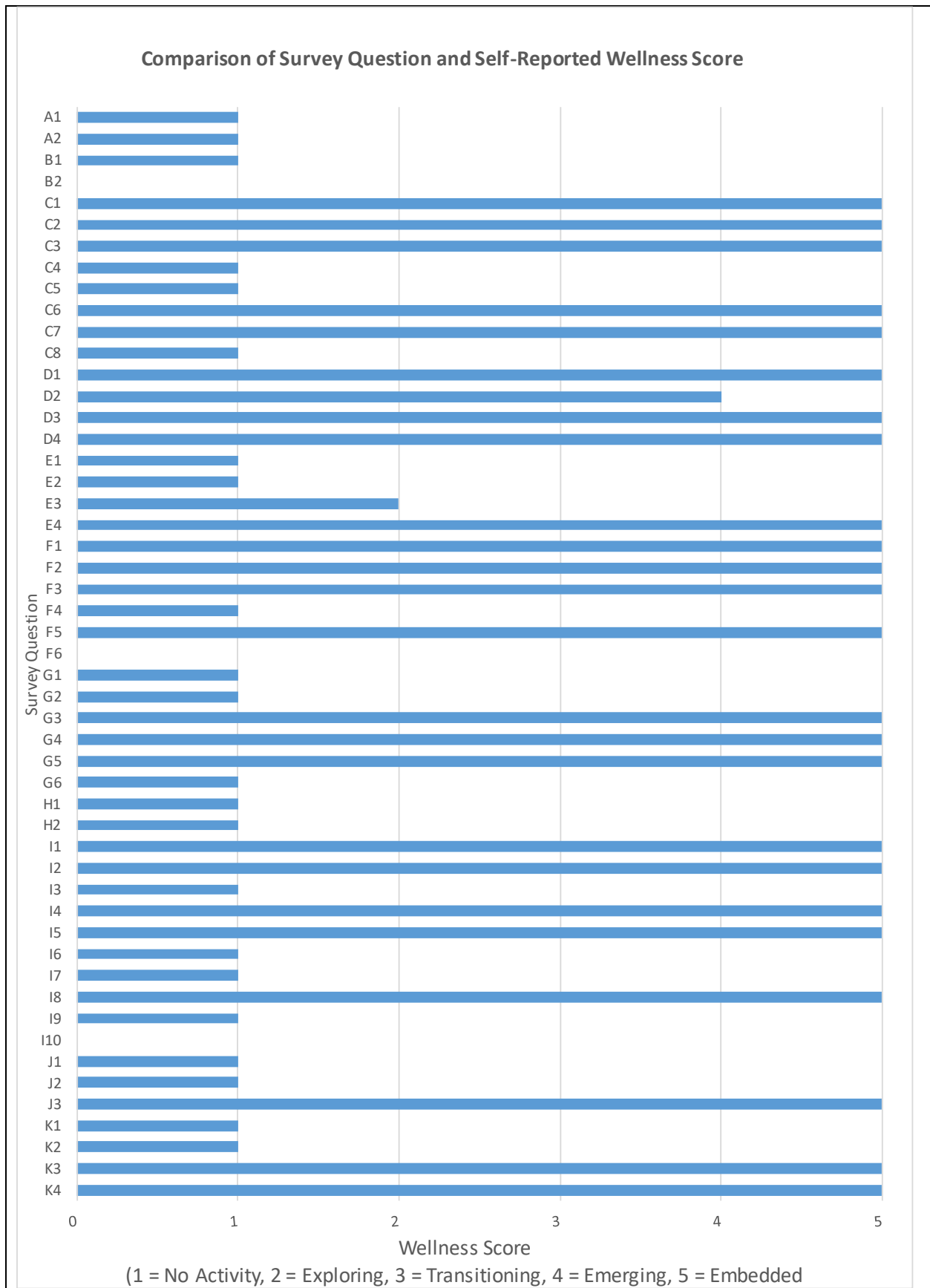
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2019-2020 School Wellness Survey Responses

Virginia Hills EC Resource Ctr

Section A – Physical Education

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- C1: Promoting Healthy Lifestyles.	Embedded
- C2: Stress Management.	Embedded
- C3: Coping Skills.	Embedded
- C4: Depression.	No Activity
- C5: Suicide Prevention and Awareness.	No Activity
- C6: Mental Health Issues (general).	Embedded
- C7: Relationship of Healthy Sleep to Mental Health.	Embedded

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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.	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.	Exploring
- 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.

- "Staff work in a building with window air units and reoccurring mold.."

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

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- F1: Monitors school climate and other factors that may contribute to student stress, symptoms of anxiety and depression, and peer and academic pressures and substance use.	Embedded

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

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

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

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

- "N/A"

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

Section J – Nutrition Education, Promotion, and Food Marketing

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

Response

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- | | |
|---|-------------|
| - J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day. | No Activity |
| - J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day. | Activity |
| - J3: We follow FCPS’ policy on fundraisers as outlined in R2100. | 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.	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.	Embedded
- K4: We follow all nutrition guidelines for food and beverage standards, as outlined in FCPS P2100 and R2100.	Activity

Section L – Ideas/Comments/Suggestions

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

- (Spirit Days and Flu Clinic)

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

- (Self-care)

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

- (None at this time.)

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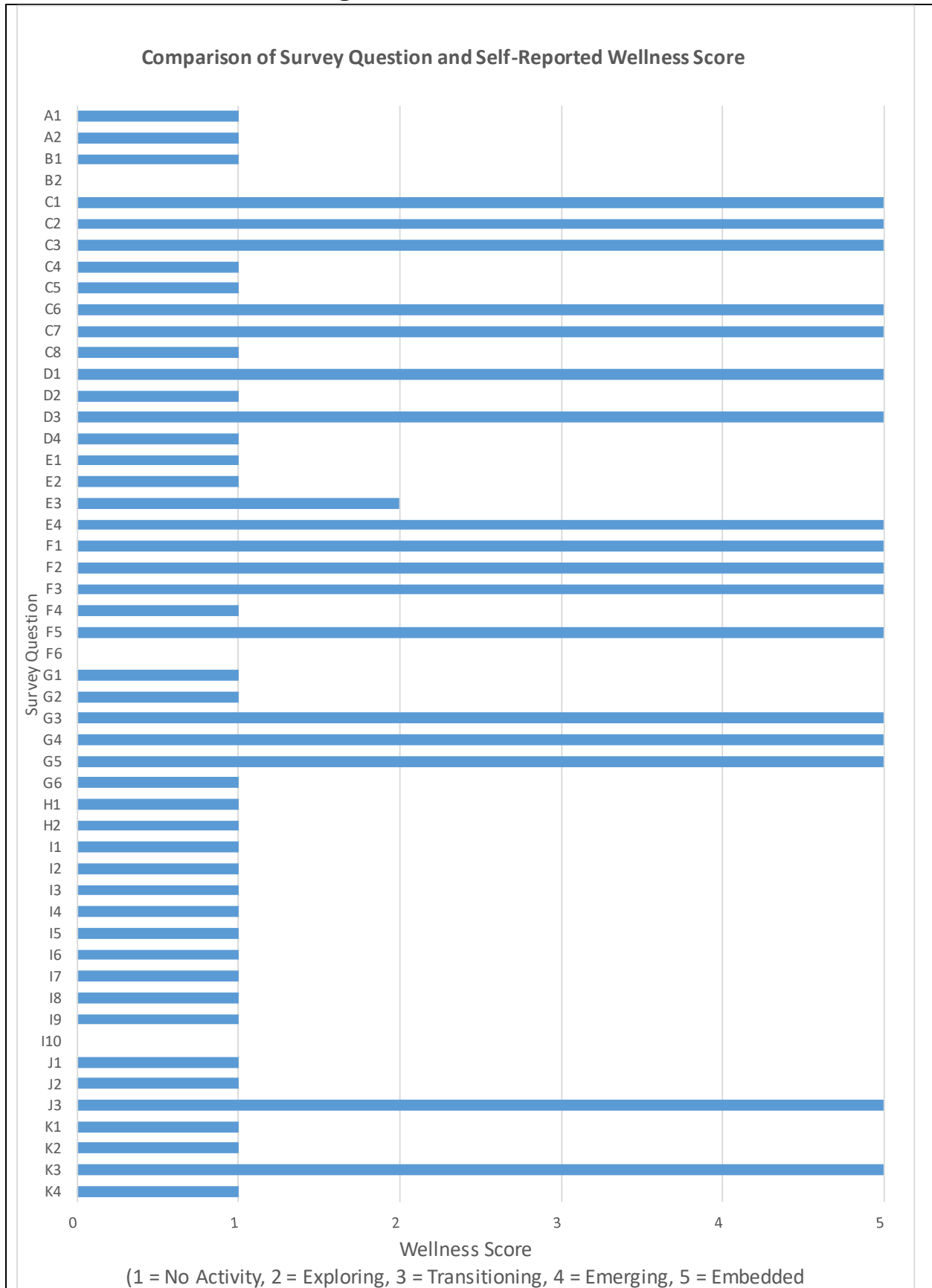
Summary Tables:

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, B1, C4, C5, C8, D2, D4, E1, E2, F4, G1, G2, G6, H1, H2, I1, I2, I3, I4, I5, I6, I7, I8, I9, J1, J2, K1, K2, K4	E3			C1, C2, C3, C6, C7, D1, D3, E4, F1, F2, F3, F5, G3, G4, G5, J3, K3