

2020-2021 School Wellness Survey Responses by Elementary School (S-Z)

[Sangster Elementary](#)

[Saratoga Elementary](#)

[Sherman Elementary](#)

[Shrevewood Elementary](#)

[Silverbrook Elementary](#)

[Sleepy Hollow Elementary](#)

[Spring Hill Elementary](#)

[Springfield Estates Elementary](#)

[Stenwood Elementary](#)

[Stratford Landing Elementary](#)

[Sunrise Valley Elementary](#)

[Terra-Centre Elementary](#)

[Terraset Elementary](#)

[Timber Lane Elementary](#)

[Union Mill Elementary](#)

[Vienna Elementary](#)

[Virginia Run Elementary](#)

[Wakefield Forest Elementary](#)

[Waples Mill Elementary](#)

[Washington Mill Elementary](#)

[Waynewood Elementary](#)

[West Springfield Elementary](#)

[Westbriar Elementary](#)

[Westgate Elementary](#)

[Westlawn Elementary](#)

[Weyanoke Elementary](#)

[White Oaks Elementary](#)

[Willow Springs Elementary](#)

[Wolftrap Elementary](#)

[Woodburn Elementary](#)

[Woodlawn Elementary](#)

[Woodley Hills Elementary](#)

2020-2021 School Wellness Survey Responses

Sangster Elementary

Section A – Physical Education

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

Section B – Physical Activity

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

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

- "30 minute recess, extra outdoor play used as positive incentive for classes"

Section C – Health Education

<u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u>	<u>Response</u>
- C1: Promoting Healthy Lifestyles.	Embedded
- C2: Stress Management.	Embedded
- C3: Coping Skills.	Embedded
- C4: Depression.	Emerging
- C5: Suicide Prevention and Awareness.	No Activity
- C6: Mental Health Issues (general).	No Activity
- C7: Relationship of Healthy Sleep to Mental Health.	No Activity
- C8: Substance Abuse Prevention.	No Activity

2020-2021 School Wellness Survey Responses

Sangster Elementary

Section D – Health Services

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

Section E – Healthy and Safe School Environment

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

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

- "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>
- 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

2020-2021 School Wellness Survey Responses

Sangster Elementary

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

Section G – Health Promotion for Staff Members

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

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

Section H – Family and Community Involvement

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

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

2020-2021 School Wellness Survey Responses

Sangster Elementary

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.	No Activity
- 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.	Embedded

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
- J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day.	Embedded

2020-2021 School Wellness Survey Responses

Sangster Elementary

- J3: We follow FCPS' policy on fundraisers as outlined in R2100. 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
- K4: We follow all nutrition guidelines for food and beverage standards, as outlined in FCPS P2100 and R2100. Embedded

Section L – Ideas/Comments/Suggestions

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

- "We are still developing a plan for wellness, given we paused our initiatives during COVID19."

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.

- "surveys, more opportunities for trainings/PDs on what options there are."

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 questions at this time."

Summary Tables:

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

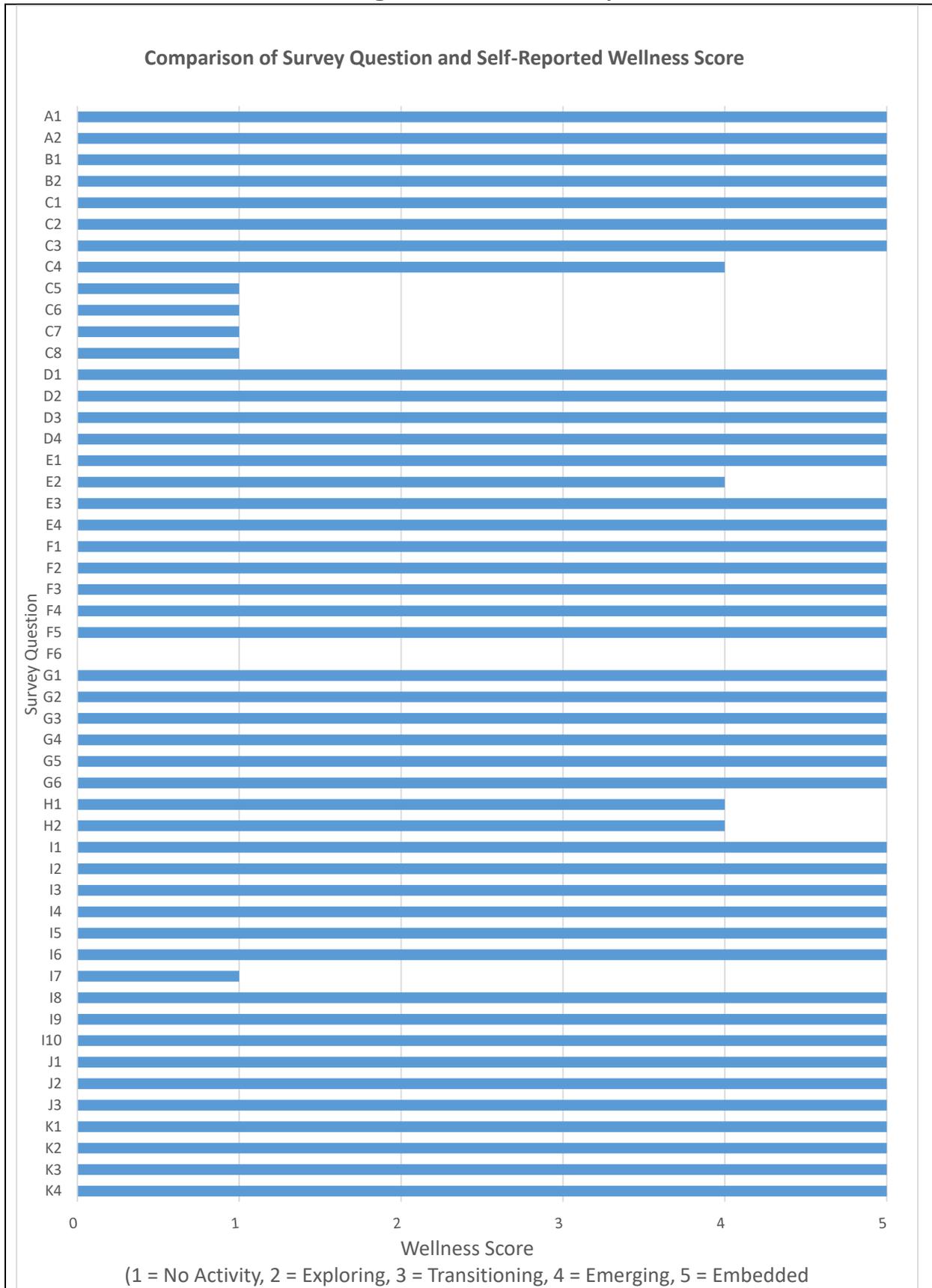
*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

2020-2021 School Wellness Survey Responses

Sangster Elementary

2020-2021 School Wellness Survey Responses

Sangster Elementary



2020-2021 School Wellness Survey Responses

Sangster Elementary

Survey Questions Grouped by Wellness Score

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
C5, C6, C7, C8, 17			C4, E2, H1, H2	A1, A2, B1, B2, C1, C2, C3, D1, D2, D3, D4, E1, E3, E4, F1, F2, F3, F4, F5, G1, G2, G3, G4, G5, G6, I1, I2, I3, I4, I5, I6, I8, I9, I10, J1, J2, J3, K1, K2, K3, K4

2020-2021 School Wellness Survey Responses

Saratoga Elementary

Section A – Physical Education

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

Section B – Physical Activity

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

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

- "Workout Wed-a set of exercises completed each hour; structured active breaks on Wed w/encouragement for daily inclusion"

Section C – Health Education

<u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u>	<u>Response</u>
- C1: Promoting Healthy Lifestyles.	Emerging
- C2: Stress Management.	Emerging
- C3: Coping Skills.	Embedded
- C4: Depression.	Transitioning
- C5: Suicide Prevention and Awareness.	Transitioning
- C6: Mental Health Issues (general).	Emerging
- C7: Relationship of Healthy Sleep to Mental Health.	Transitioning
- C8: Substance Abuse Prevention.	Transitioning

2020-2021 School Wellness Survey Responses

Saratoga Elementary

Section D – Health Services

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

Section E – Healthy and Safe School Environment

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

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

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

2020-2021 School Wellness Survey Responses

Saratoga Elementary

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

Section G – Health Promotion for Staff Members

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

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

Section H – Family and Community Involvement

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

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

2020-2021 School Wellness Survey Responses

Saratoga Elementary

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.	Emerging
- I6: Withholding access to food is not used as a disciplinary action.	Embedded
- I7: Potable water is available to all our students at no cost.	Embedded
- I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS).	Exploring
- I9: Allows students to possess personal containers for drinking water.	Embedded
- I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible.	Transitioning

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
- J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day.	Embedded

2020-2021 School Wellness Survey Responses

Saratoga Elementary

- J3: We follow FCPS' policy on fundraisers as outlined in R2100. Embedded

Section K – Nutritional Guidelines

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

- K1: Sodas and sports drinks are not offered for sale to students at any time during the school day. Embedded
- K2: Healthy food and beverage options are encouraged at school-related events outside the school day. Transitioning
- K3: Implements appropriate precautions against severe food allergies. Embedded
- K4: We follow all nutrition guidelines for food and beverage standards, as outlined in FCPS P2100 and R2100. Embedded

Section L – Ideas/Comments/Suggestions

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

- "Workout Wednesday; other events limited due to COVID"

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

- "No Response"

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

- "No Response"

Summary Tables:

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

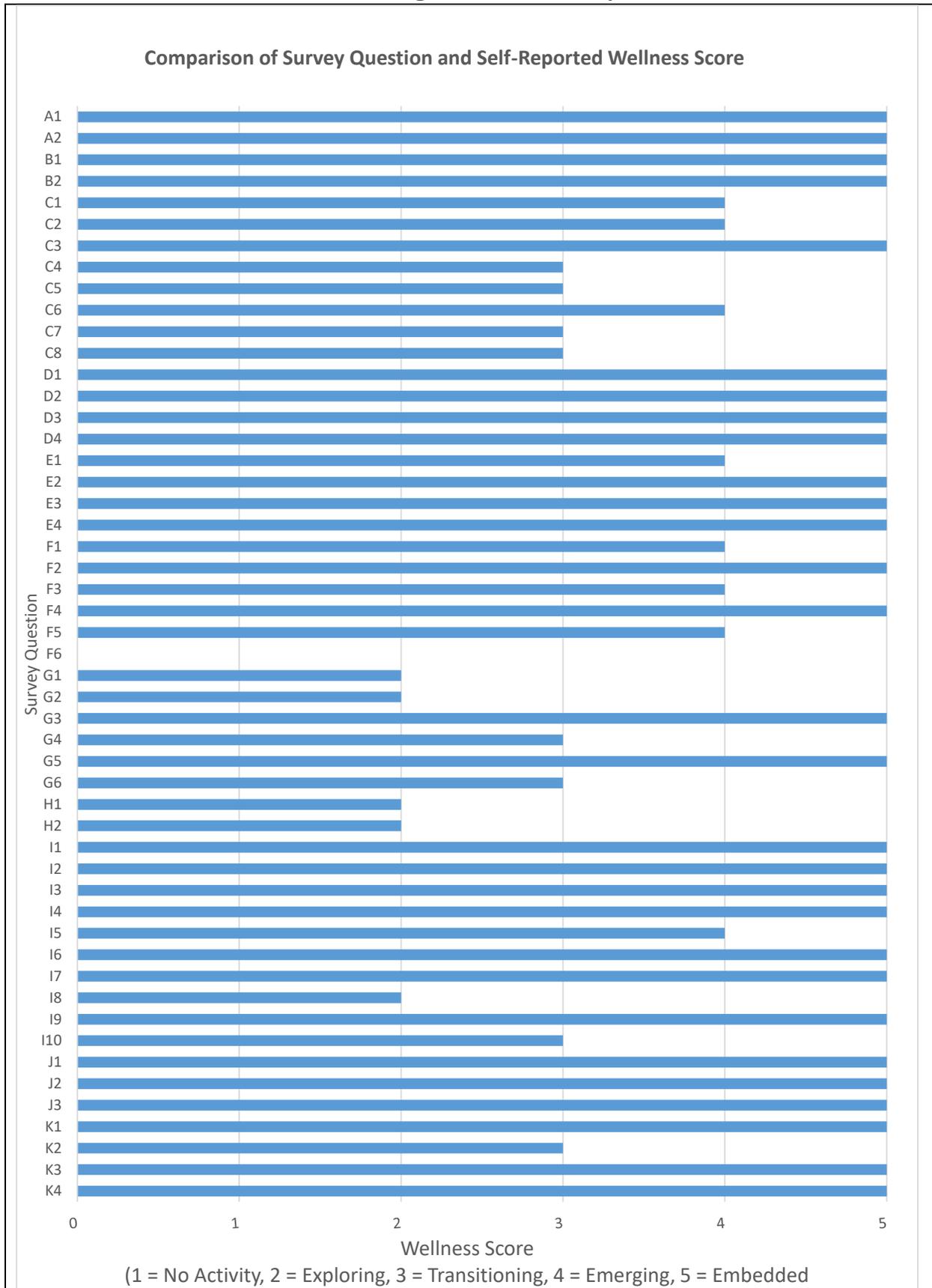
*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

2020-2021 School Wellness Survey Responses

Saratoga Elementary

2020-2021 School Wellness Survey Responses

Saratoga Elementary



2020-2021 School Wellness Survey Responses

Saratoga Elementary

Survey Questions Grouped by Wellness Score

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
	G1, G2, H1, H2, I8	C4, C5, C7, C8, G4, G6, I10, K2	C1, C2, C6, E1, F1, F3, F5, I5	A1, A2, B1, B2, C3, D1, D2, D3, D4, E2, E3, E4, F2, F4, G3, G5, I1, I2, I3, I4, I6, I7, I9, J1, J2, J3, K1, K3, K4

2020-2021 School Wellness Survey Responses

Sherman Elementary

Section A – Physical Education

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

Section B – Physical Activity

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

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

- "We provide 30 minutes of recess daily"

Section C – Health Education

<u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u>	<u>Response</u>
- C1: Promoting Healthy Lifestyles.	Embedded
- C2: Stress Management.	Embedded
- C3: Coping Skills.	Embedded
- C4: Depression.	Emerging
- C5: Suicide Prevention and Awareness.	Emerging
- C6: Mental Health Issues (general).	Embedded
- C7: Relationship of Healthy Sleep to Mental Health.	Embedded
- C8: Substance Abuse Prevention.	Embedded

2020-2021 School Wellness Survey Responses

Sherman Elementary

Section D – Health Services

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

Section E – Healthy and Safe School Environment

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

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

- "We do not have many walkers @ this school. There was limited access to PHN this year."

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
- 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

2020-2021 School Wellness Survey Responses

Sherman Elementary

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

2020-2021 School Wellness Survey Responses

Sherman Elementary

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

- "We have parent ambassadors for each class."

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.	Embedded

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
- J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day.	Embedded

2020-2021 School Wellness Survey Responses

Sherman Elementary

- J3: We follow FCPS' policy on fundraisers as outlined in R2100.

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.
- K2: Healthy food and beverage options are encouraged at school-related events outside the school day.
- K3: Implements appropriate precautions against severe food allergies.
- K4: We follow all nutrition guidelines for food and beverage standards, as outlined in FCPS P2100 and R2100.

Embedded

Embedded

Embedded

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 focus schoolwide in January with a calendar of options, weekly yoga sequences for students & 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.

- "Create a differentiated survey for elementary."

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.

2020-2021 School Wellness Survey Responses

Sherman Elementary

2020-2021 School Wellness Survey Responses

Sherman Elementary



2020-2021 School Wellness Survey Responses

Sherman Elementary

Survey Questions Grouped by Wellness Score

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
D2, G2	H2		C4, C5, E1, E2	A1, A2, B1, B2, C1, C2, C3, C6, C7, C8, D1, D3, D4, E3, E4, F1, F2, F3, F4, F5, G1, G3, G4, G5, G6, H1, I1, I2, I3, I4, I5, I6, I7, I8, I9, I10, J1, J2, J3, K1, K2, K3, K4

2020-2021 School Wellness Survey Responses

Shrevewood Elementary

Section A – Physical Education

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218.	Embedded
- A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.	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.	No Activity
- B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess.	Embedded

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

- "Movement breaks, two 15 minute recesses, sensory pathway during transitions"

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
- C8: Substance Abuse Prevention.	Exploring

2020-2021 School Wellness Survey Responses

Shrevewood Elementary

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>
- 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

2020-2021 School Wellness Survey Responses

Shrevewood Elementary

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

Section G – Health Promotion for Staff Members

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

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

Section H – Family and Community Involvement

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

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

2020-2021 School Wellness Survey Responses

Shrevewood Elementary

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.	Emerging

Section J – Nutrition Education, Promotion, and Food Marketing

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

2020-2021 School Wellness Survey Responses

Shrevewood Elementary

- J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day. Embedded
- J3: We follow FCPS' policy on fundraisers as outlined in R2100.

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
- K4: We follow all nutrition guidelines for food and beverage standards, as outlined in FCPS P2100 and R2100.	Embedded

Section L – Ideas/Comments/Suggestions

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

- "Yoga for staff after school or before school, after school sports clubs for students, implementing two additional outside classrooms"

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

- "No Response"

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

- "No Response"

Summary Tables:

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

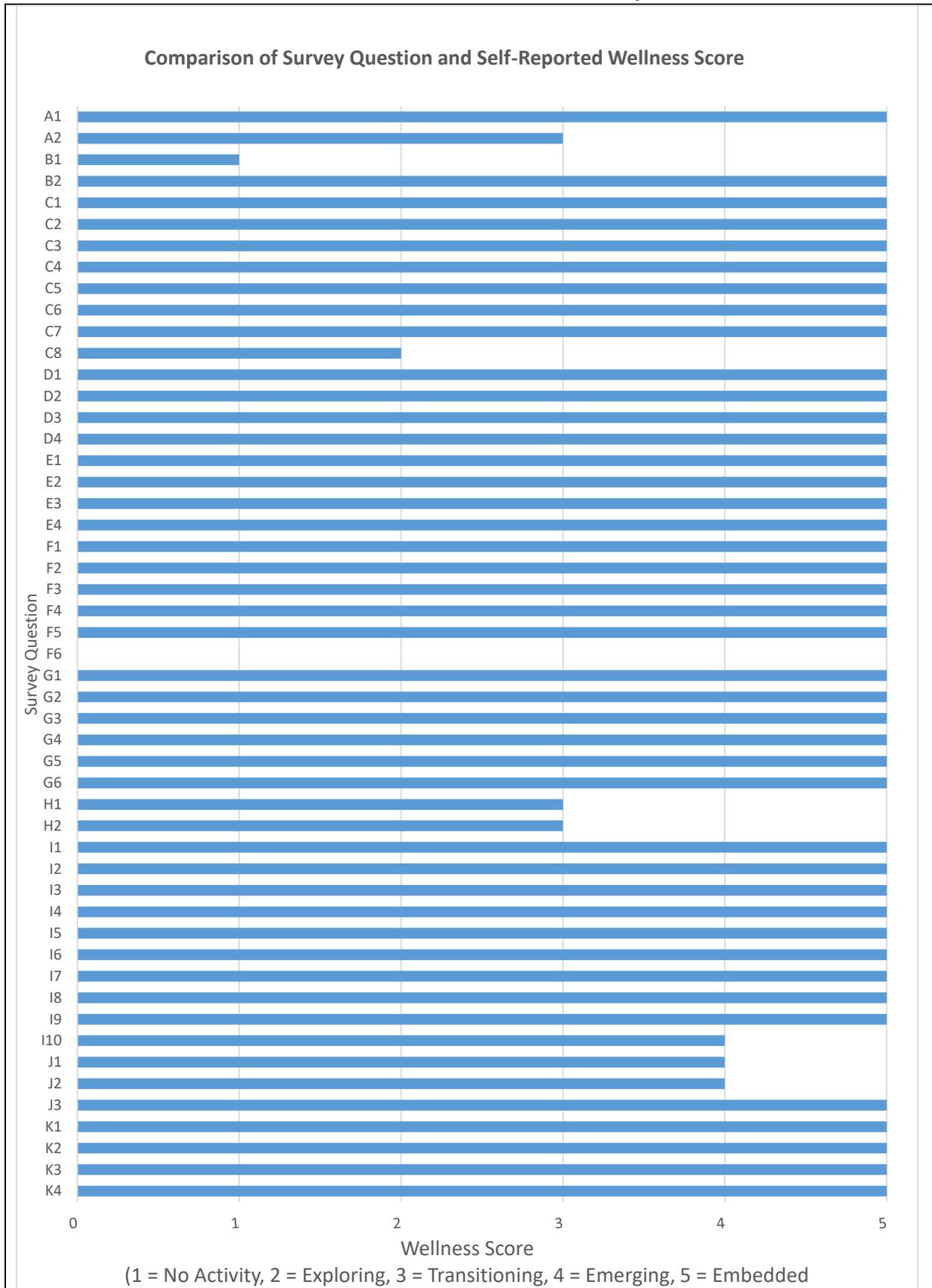
2020-2021 School Wellness Survey Responses

Shreviewood Elementary

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

2020-2021 School Wellness Survey Responses

Shrevewood Elementary



2020-2021 School Wellness Survey Responses

Shrevewood Elementary

Survey Questions Grouped by Wellness Score

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
B1	C8	A2, H1, H2	I10, J1, J2	A1, B2, C1, C2, C3, C4, C5, C6, C7, D1, D2, D3, D4, E1, E2, E3, E4, F1, F2, F3, F4, F5, G1, G2, G3, G4, G5, G6, I1, I2, I3, I4, I5, I6, I7, I8, I9, J3, K1, K2, K3, K4

2020-2021 School Wellness Survey Responses

Silverbrook Elementary

Section A – Physical Education

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218.	Emerging
- 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.	Embedded
- B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess.	Embedded

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

- "vigorous brain breaks throughout the day"

Section C – Health Education

<u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u>	<u>Response</u>
- C1: Promoting Healthy Lifestyles.	Embedded
- C2: Stress Management.	Emerging
- C3: Coping Skills.	Transitioning
- C4: Depression.	Transitioning
- C5: Suicide Prevention and Awareness.	Transitioning
- C6: Mental Health Issues (general).	Transitioning
- C7: Relationship of Healthy Sleep to Mental Health.	Transitioning
- C8: Substance Abuse Prevention.	Transitioning

2020-2021 School Wellness Survey Responses

Silverbrook Elementary

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.	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>
- F1: Monitors school climate and other factors that may contribute to student stress, symptoms of anxiety and depression, and peer and academic pressures and substance use.	Emerging
- F2: Our staff has received required suicide prevention training, as well as training that includes recognition of, and response to, mental and behavioral health needs.	Transitioning

2020-2021 School Wellness Survey Responses

Silverbrook Elementary

- | | |
|---|--------------------------|
| - F3: Implements programs that foster social and emotional health and wellness of students and staff. | Transitioning |
| - F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments. | Embedded |
| - F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance. | Emerging |
| - F6: MIDDLE AND HIGH SCHOOLS ONLY: Academic advising encourages flexibility in course scheduling to promote adequate sleep and healthy sleep patterns to affect student mental health, wellness, and attendance. | Not a Middle/High School |

Section G – Health Promotion for Staff Members

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

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

Section H – Family and Community Involvement

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

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

2020-2021 School Wellness Survey Responses

Silverbrook Elementary

- “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.	Emerging
- I5: Encourages the use of non-food items for classroom celebrations.	Emerging
- I6: Withholding access to food is not used as a disciplinary action.	Embedded
- I7: Potable water is available to all our students at no cost.	Embedded
- I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS).	Exploring
- I9: Allows students to possess personal containers for drinking water.	Embedded
- I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible.	Exploring

Section J – Nutrition Education, Promotion, and Food Marketing

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day.	Emerging
- J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day.	Emerging
- J3: We follow FCPS’ policy on fundraisers as outlined in R2100.	Embedded

Section K – Nutritional Guidelines

2020-2021 School Wellness Survey Responses

Silverbrook Elementary

<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.	Emerging
- 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.	Embedded

Section L – Ideas/Comments/Suggestions

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

- “No Response”

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

- “No Response”

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

- “No Response”

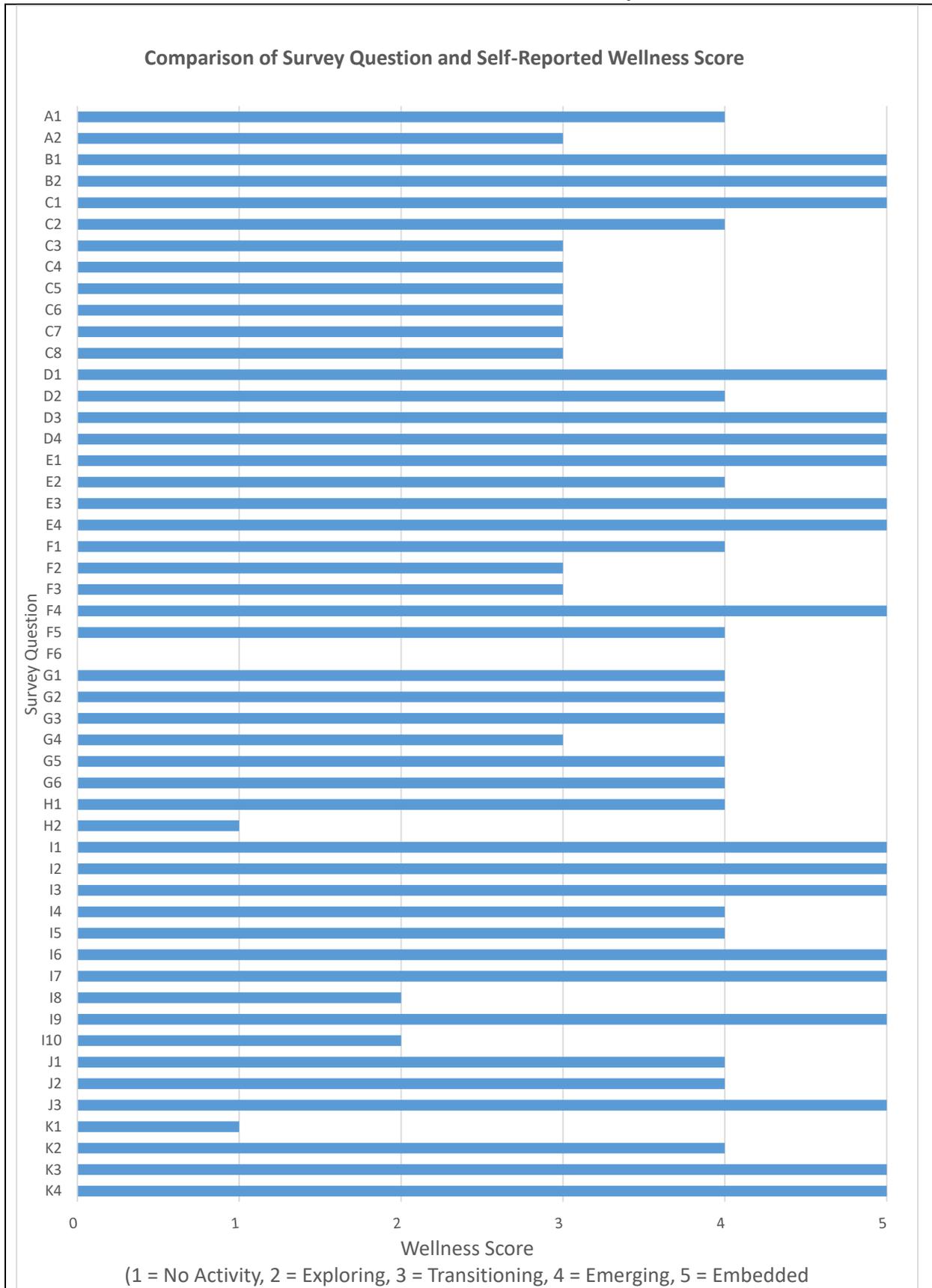
Summary Tables:

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

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

2020-2021 School Wellness Survey Responses

Silverbrook Elementary



2020-2021 School Wellness Survey Responses

Silverbrook Elementary

Survey Questions Grouped by Wellness Score

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
H2, K1	I8, I10	A2, C3, C4, C5, C6, C7, C8, F2, F3, G4	A1, C2, D2, E2, F1, F5, G1, G2, G3, G5, G6, H1, I4, I5, J1, J2, K2	B1, B2, C1, D1, D3, D4, E1, E3, E4, F4, I1, I2, I3, I6, I7, I9, J3, K3, K4

2020-2021 School Wellness Survey Responses

Sleepy Hollow Elementary

Section A – Physical Education

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

Section B – Physical Activity

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

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

- "Students receive 30 minutes of supervised recess per day. Teachers regularly engage their students in energizers and physical brain breaks."

Section C – Health Education

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

2020-2021 School Wellness Survey Responses

Sleepy Hollow Elementary

- C8: Substance Abuse Prevention. No Activity

Section D – Health Services

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

Section E – Healthy and Safe School Environment

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

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

- "We are strengthening our practices around trauma sensitive instruction and mental health support for our students."

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

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

2020-2021 School Wellness Survey Responses

Sleepy Hollow Elementary

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

Section G – Health Promotion for Staff Members

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

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

Section H – Family and Community Involvement

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

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

2020-2021 School Wellness Survey Responses

Sleepy Hollow Elementary

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

- "PTA meetings, "Weekly Wednesday Wellness Walks," mindfulness, and yoga classes"

Section I – Food and Nutrition General

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

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
- J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day.	Embedded

2020-2021 School Wellness Survey Responses

Sleepy Hollow Elementary

- J3: We follow FCPS' policy on fundraisers as outlined in R2100. 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
- K4: We follow all nutrition guidelines for food and beverage standards, as outlined in FCPS P2100 and R2100. Embedded

Section L – Ideas/Comments/Suggestions

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

- “Weekly Wednesday Wellness Walks, mindfulness, yoga, trauma sensitive instruction ”

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.

- “Event ideas and resources provided by FCPS ”

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

- “No Response”

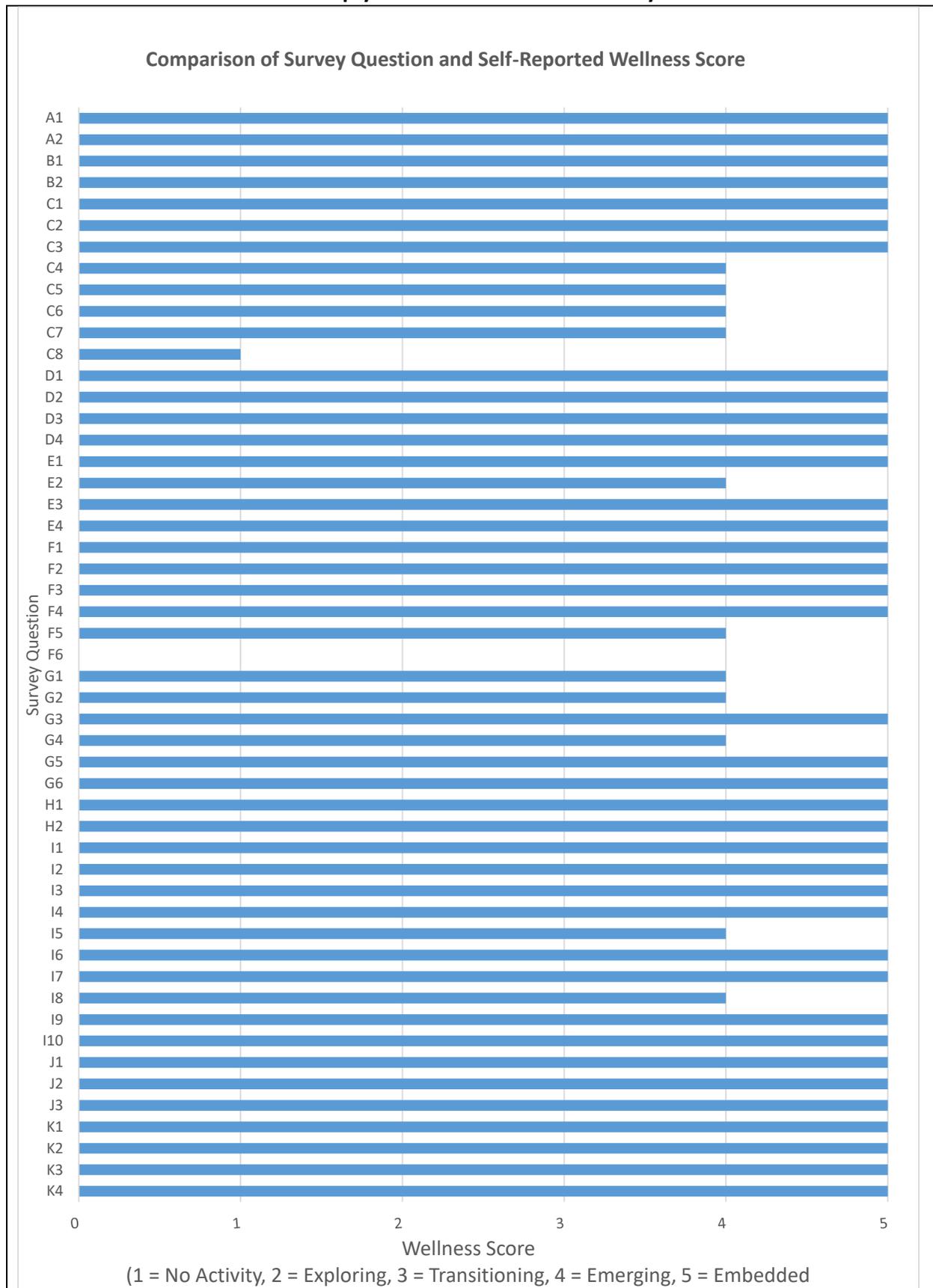
Summary Tables:

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

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

2020-2021 School Wellness Survey Responses

Sleepy Hollow Elementary



2020-2021 School Wellness Survey Responses

Sleepy Hollow Elementary

Survey Questions Grouped by Wellness Score

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
C8			C4, C5, C6, C7, E2, F5, G1, G2, G4, I5, I8	A1, A2, B1, B2, C1, C2, C3, D1, D2, D3, D4, E1, E3, E4, F1, F2, F3, F4, G3, G5, G6, H1, H2, I1, I2, I3, I4, I6, I7, I9, I10, J1, J2, J3, K1, K2, K3, K4

2020-2021 School Wellness Survey Responses

Spring Hill Elementary

Section A – Physical Education

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

Section B – Physical Activity

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

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

- "Teachers promote kickball, basketball, soccer, etc. to get the children playing."

Section C – Health Education

<u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u>	<u>Response</u>
- C1: Promoting Healthy Lifestyles.	Emerging
- C2: Stress Management.	Emerging
- C3: Coping Skills.	Emerging
- C4: Depression.	Emerging
- C5: Suicide Prevention and Awareness.	Emerging
- C6: Mental Health Issues (general).	Emerging
- C7: Relationship of Healthy Sleep to Mental Health.	Emerging
- C8: Substance Abuse Prevention.	Emerging

2020-2021 School Wellness Survey Responses

Spring Hill Elementary

Section D – Health Services

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

Section E – Healthy and Safe School Environment

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- E1: Encourages children to safely walk or bike to and from school.	Emerging
- E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults.	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>
- 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

2020-2021 School Wellness Survey Responses

Spring Hill Elementary

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

Section G – Health Promotion for Staff Members

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

- G1: Health screenings. Emerging
- G2: Health care access. Emerging
- G3: Employee flu immunization clinics. 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. Emerging

Section H – Family and Community Involvement

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

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

2020-2021 School Wellness Survey Responses

Spring Hill Elementary

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).	Transitioning
- I9: Allows students to possess personal containers for drinking water.	Embedded
- I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible.	Transitioning

Section J – Nutrition Education, Promotion, and Food Marketing

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- J1: Only food and beverages that meet the "Smart Snacks" standards are marketed to students on school grounds during the school day.	Emerging
- J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day.	Emerging

2020-2021 School Wellness Survey Responses

Spring Hill Elementary

- J3: We follow FCPS' policy on fundraisers as outlined in R2100. Emerging

Section K – Nutritional Guidelines

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- K1: Sodas and sports drinks are not offered for sale to students at any time during the school day.	Embedded
- K2: Healthy food and beverage options are encouraged at school-related events outside the school day.	Embedded
- K3: Implements appropriate precautions against severe food allergies.	Embedded
- K4: We follow all nutrition guidelines for food and beverage standards, as outlined in FCPS P2100 and R2100.	Embedded

Section L – Ideas/Comments/Suggestions

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

- "Fun Run (if COVID allows)"

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

- "No Response"

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

- "No Response"

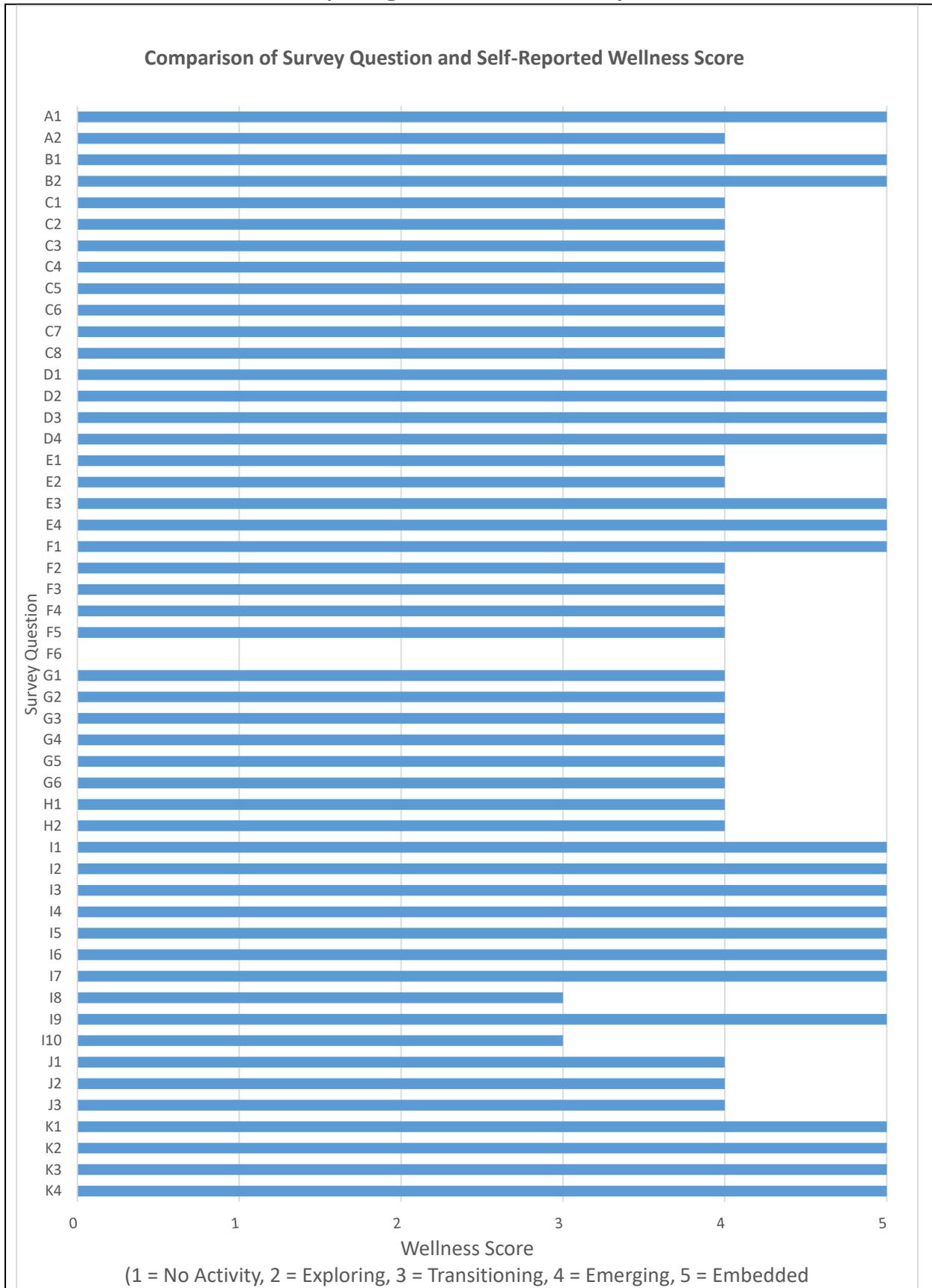
Summary Tables:

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

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

2020-2021 School Wellness Survey Responses

Spring Hill Elementary



2020-2021 School Wellness Survey Responses

Spring Hill Elementary

Survey Questions Grouped by Wellness Score

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
		I8, I10	A2, C1, C2, C3, C4, C5, C6, C7, C8, E1, E2, F2, F3, F4, F5, G1, G2, G3, G4, G5, G6, H1, H2, J1, J2, J3	A1, B1, B2, D1, D2, D3, D4, E3, E4, F1, I1, I2, I3, I4, I5, I6, I7, I9, K1, K2, K3, K4

2020-2021 School Wellness Survey Responses

Springfield Estates Elementary

Section A – Physical Education

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

Section B – Physical Activity

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

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

- "We have workout Wednesday every week. We also have brain/movement breaks for students throughout the day.students"

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.	Embedded
- C8: Substance Abuse Prevention.	Embedded

2020-2021 School Wellness Survey Responses

Springfield Estates Elementary

Section D – Health Services

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

Section E – Healthy and Safe School Environment

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

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

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

2020-2021 School Wellness Survey Responses

Springfield Estates Elementary

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

Section G – Health Promotion for Staff Members

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

- | | |
|---|----------|
| - G1: Health screenings. | 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. | Embedded |
| - G6: Staff celebrations that offer and encourage healthy choices for food and beverages. | Emerging |

Section H – Family and Community Involvement

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

- | | |
|--|----------|
| - 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 |

2020-2021 School Wellness Survey Responses

Springfield Estates Elementary

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

- "This year we had to pause many activities, but we usually have a run club."

Section I – Food and Nutrition General

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

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
- J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day.	Embedded

2020-2021 School Wellness Survey Responses

Springfield Estates Elementary

- J3: We follow FCPS' policy on fundraisers as outlined in R2100. 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
- K4: We follow all nutrition guidelines for food and beverage standards, as outlined in FCPS P2100 and R2100. Embedded

Section L – Ideas/Comments/Suggestions

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

- “We currently have two teams participating in the FCPS wellness challenge”

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

- “No Response”

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

- “No Response”

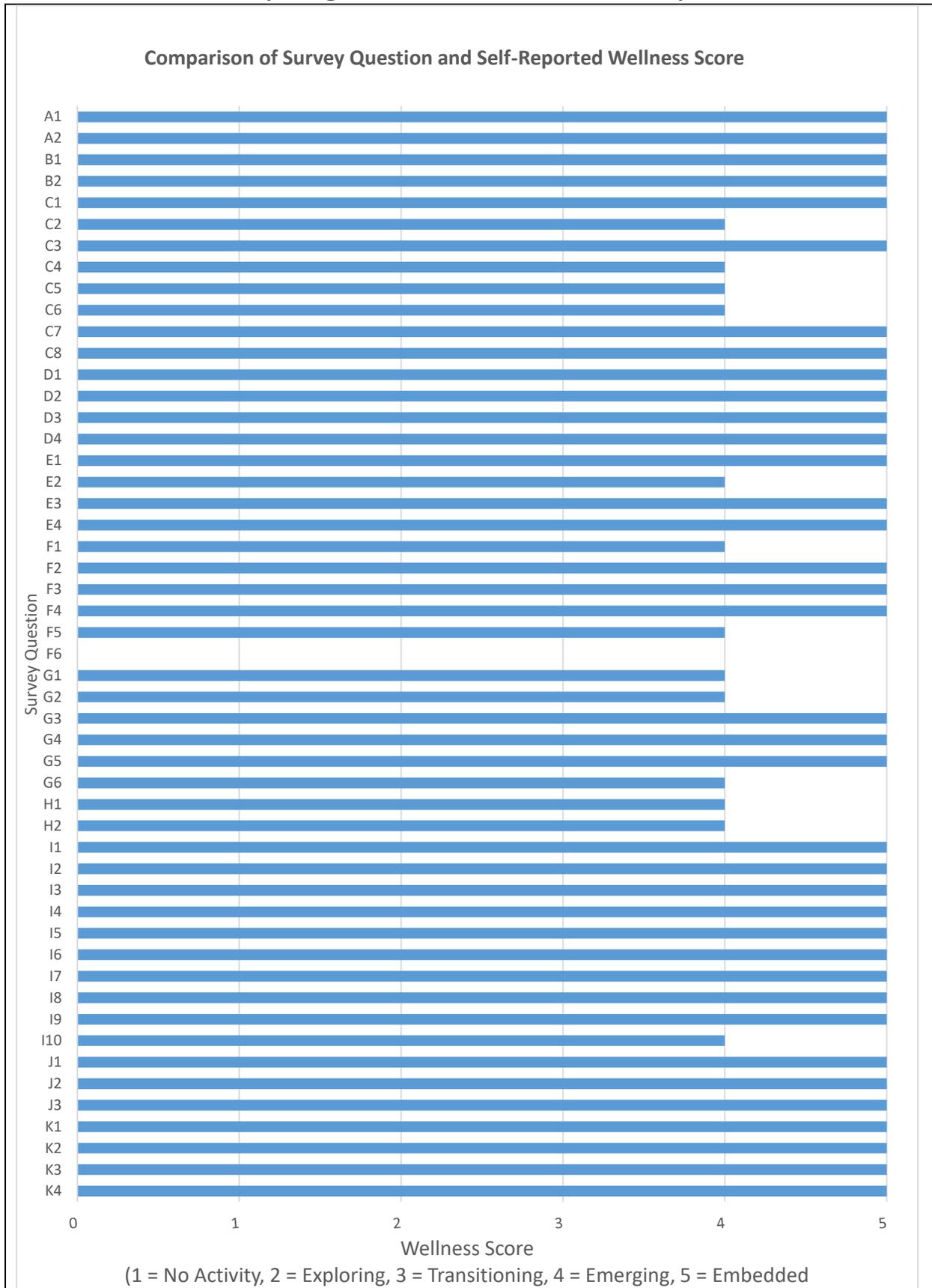
Summary Tables:

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

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

2020-2021 School Wellness Survey Responses

Springfield Estates Elementary



2020-2021 School Wellness Survey Responses

Springfield Estates Elementary

Survey Questions Grouped by Wellness Score

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
			C2, C4, C5, C6, E2, F1, F5, G1, G2, G6, H1, H2, I10	A1, A2, B1, B2, C1, C3, C7, C8, D1, D2, D3, D4, E1, E3, E4, F2, F3, F4, G3, G4, G5, I1, I2, I3, I4, I5, I6, I7, I8, I9, J1, J2, J3, K1, K2, K3, K4

2020-2021 School Wellness Survey Responses

Stenwood Elementary

Section A – Physical Education

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

Section B – Physical Activity

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

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

- "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.	Embedded
- C6: Mental Health Issues (general).	Emerging
- C7: Relationship of Healthy Sleep to Mental Health.	Emerging
- C8: Substance Abuse Prevention.	Transitioning

2020-2021 School Wellness Survey Responses

Stenwood Elementary

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>
- 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

2020-2021 School Wellness Survey Responses

Stenwood Elementary

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

Section H – Family and Community Involvement

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

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

2020-2021 School Wellness Survey Responses

Stenwood Elementary

- “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.	Embedded

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
- J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day.	Embedded
- J3: We follow FCPS’ policy on fundraisers as outlined in R2100.	Embedded

Section K – Nutritional Guidelines

2020-2021 School Wellness Survey Responses

Stenwood Elementary

<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
- K4: We follow all nutrition guidelines for food and beverage standards, as outlined in FCPS P2100 and R2100.	Embedded

Section L – Ideas/Comments/Suggestions

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

- “No Response”

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

- “No Response”

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

- “No Response”

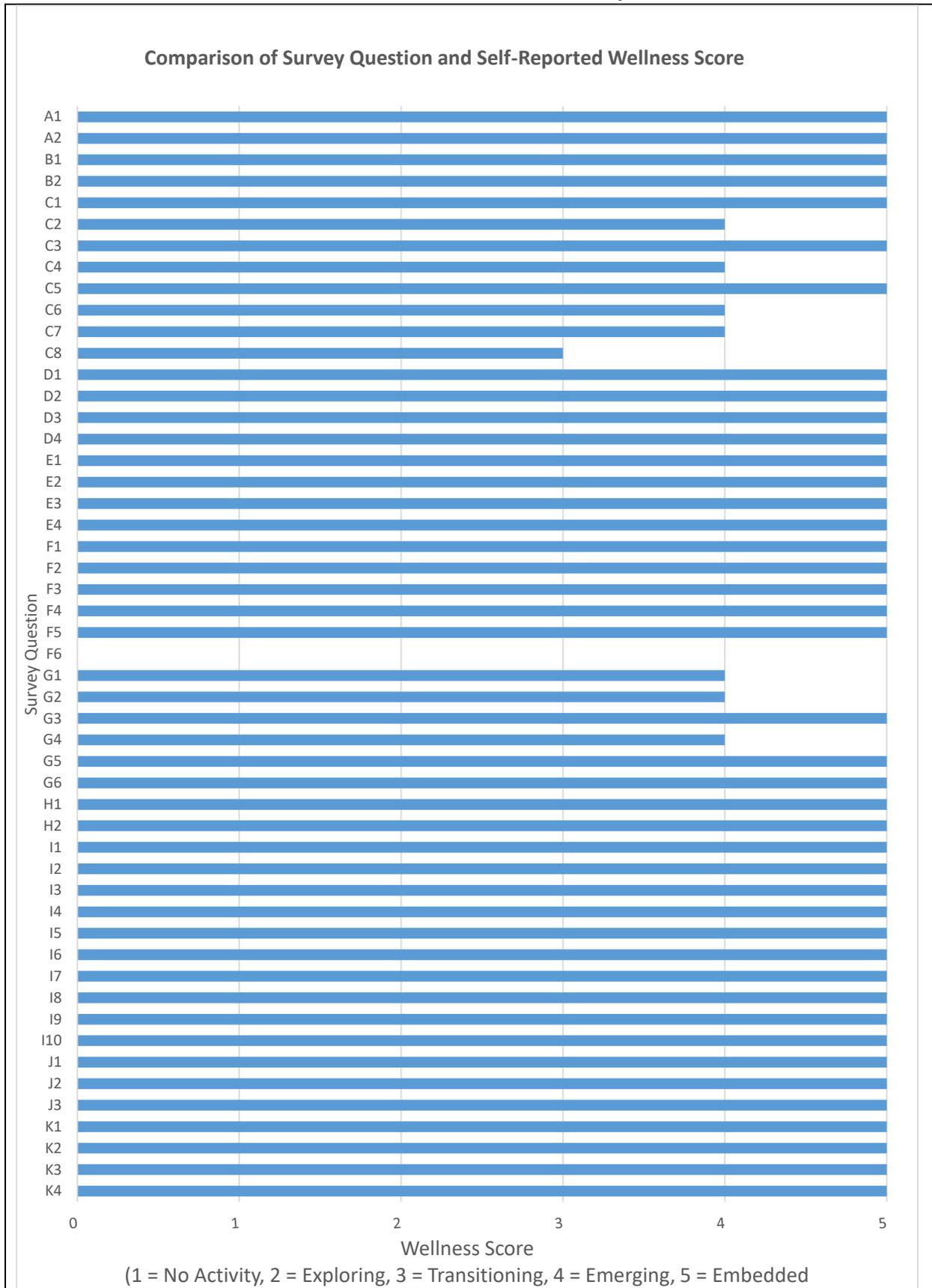
Summary Tables:

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

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

2020-2021 School Wellness Survey Responses

Stenwood Elementary



2020-2021 School Wellness Survey Responses

Stenwood Elementary

Survey Questions Grouped by Wellness Score

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
		C8	C2, C4, C6, C7, G1, G2, G4	A1, A2, B1, B2, C1, C3, C5, D1, D2, D3, D4, E1, E2, E3, E4, F1, F2, F3, F4, F5, G3, G5, G6, H1, H2, I1, I2, I3, I4, I5, I6, I7, I8, I9, I10, J1, J2, J3, K1, K2, K3, K4

2020-2021 School Wellness Survey Responses

Stratford Landing Elementary

Section A – Physical Education

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

Section B – Physical Activity

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

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

- "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.	Emerging
- C2: Stress Management.	Emerging
- C3: Coping Skills.	Emerging
- C4: Depression.	Emerging
- C5: Suicide Prevention and Awareness.	Emerging
- C6: Mental Health Issues (general).	Transitioning
- C7: Relationship of Healthy Sleep to Mental Health.	Transitioning
- C8: Substance Abuse Prevention.	Transitioning

2020-2021 School Wellness Survey Responses

Stratford Landing Elementary

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.	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

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

2020-2021 School Wellness Survey Responses

Stratford Landing Elementary

- F3: Implements programs that foster social and emotional health and wellness of students and staff. Emerging
- F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments. Embedded
- F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance. Transitioning
- F6: MIDDLE AND HIGH SCHOOLS ONLY: Academic advising encourages flexibility in course scheduling to promote adequate sleep and healthy sleep patterns to affect student mental health, wellness, and attendance. Not a Middle/High School

Section G – Health Promotion for Staff Members

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

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

Section H – Family and Community Involvement

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

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

2020-2021 School Wellness Survey Responses

Stratford Landing Elementary

- “Messages from teachers to community; messages from principal to community; Work with PTA”

Section I – Food and Nutrition General

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- I1: All students have at least 20 minutes to eat after sitting down for lunch.	Embedded
- I2: Students who participate in school meal programs have equal access to the same high-quality food and nutrition as do non-participants who purchase FCPS-provided food.	Embedded
- I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities.	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).	Embedded
- I9: Allows students to possess personal containers for drinking water.	Embedded
- I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible.	Emerging

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
- J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day.	Transitioning
- J3: We follow FCPS’ policy on fundraisers as outlined in R2100.	Embedded

Section K – Nutritional Guidelines

2020-2021 School Wellness Survey Responses

Stratford Landing Elementary

<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
- K4: We follow all nutrition guidelines for food and beverage standards, as outlined in FCPS P2100 and R2100.	Emerging

Section L – Ideas/Comments/Suggestions

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

- “No Response”

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

- “No Response”

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

- “No Response”

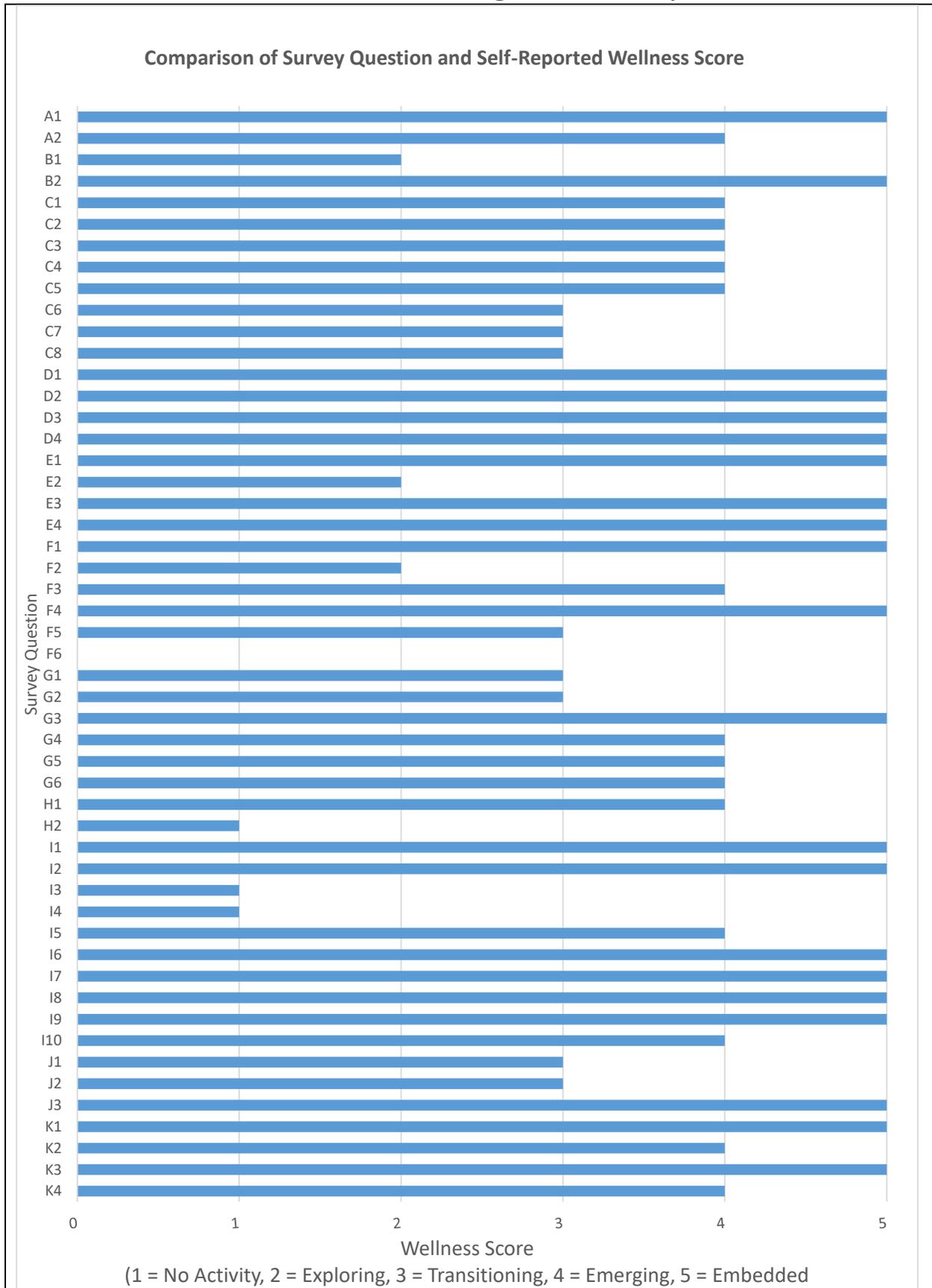
Summary Tables:

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

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

2020-2021 School Wellness Survey Responses

Stratford Landing Elementary



2020-2021 School Wellness Survey Responses

Stratford Landing Elementary

Survey Questions Grouped by Wellness Score

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
H2, I3, I4	B1, E2, F2	C6, C7, C8, F5, G1, G2, J1, J2	A2, C1, C2, C3, C4, C5, F3, G4, G5, G6, H1, I5, I10, K2, K4	A1, B2, D1, D2, D3, D4, E1, E3, E4, F1, F4, G3, I1, I2, I6, I7, I8, I9, J3, K1, K3

2020-2021 School Wellness Survey Responses

Sunrise Valley Elementary

Section A – Physical Education

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

Section B – Physical Activity

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

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

- "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.	Transitioning
- C3: Coping Skills.	Transitioning
- C4: Depression.	Transitioning
- C5: Suicide Prevention and Awareness.	Transitioning
- C6: Mental Health Issues (general).	Transitioning
- C7: Relationship of Healthy Sleep to Mental Health.	Transitioning
- C8: Substance Abuse Prevention.	Transitioning

2020-2021 School Wellness Survey Responses

Sunrise Valley Elementary

Section D – Health Services

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

Section E – Healthy and Safe School Environment

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- E1: Encourages children to safely walk or bike to and from school.	Emerging
- E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults.	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>
- F1: Monitors school climate and other factors that may contribute to student stress, symptoms of anxiety and depression, and peer and academic pressures and substance use.	Emerging
- F2: Our staff has received required suicide prevention training, as well as training that includes recognition of, and response to, mental and behavioral health needs.	Embedded

2020-2021 School Wellness Survey Responses

Sunrise Valley Elementary

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

Section G – Health Promotion for Staff Members

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

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

Section H – Family and Community Involvement

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

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

2020-2021 School Wellness Survey Responses

Sunrise Valley Elementary

- “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.	Embedded

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
- J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day.	No Activity
- J3: We follow FCPS’ policy on fundraisers as outlined in R2100.	Embedded

Section K – Nutritional Guidelines

2020-2021 School Wellness Survey Responses

Sunrise Valley Elementary

<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
- K4: We follow all nutrition guidelines for food and beverage standards, as outlined in FCPS P2100 and R2100.	Embedded

Section L – Ideas/Comments/Suggestions

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

- “No Response”

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

- “No Response”

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

- “No Response”

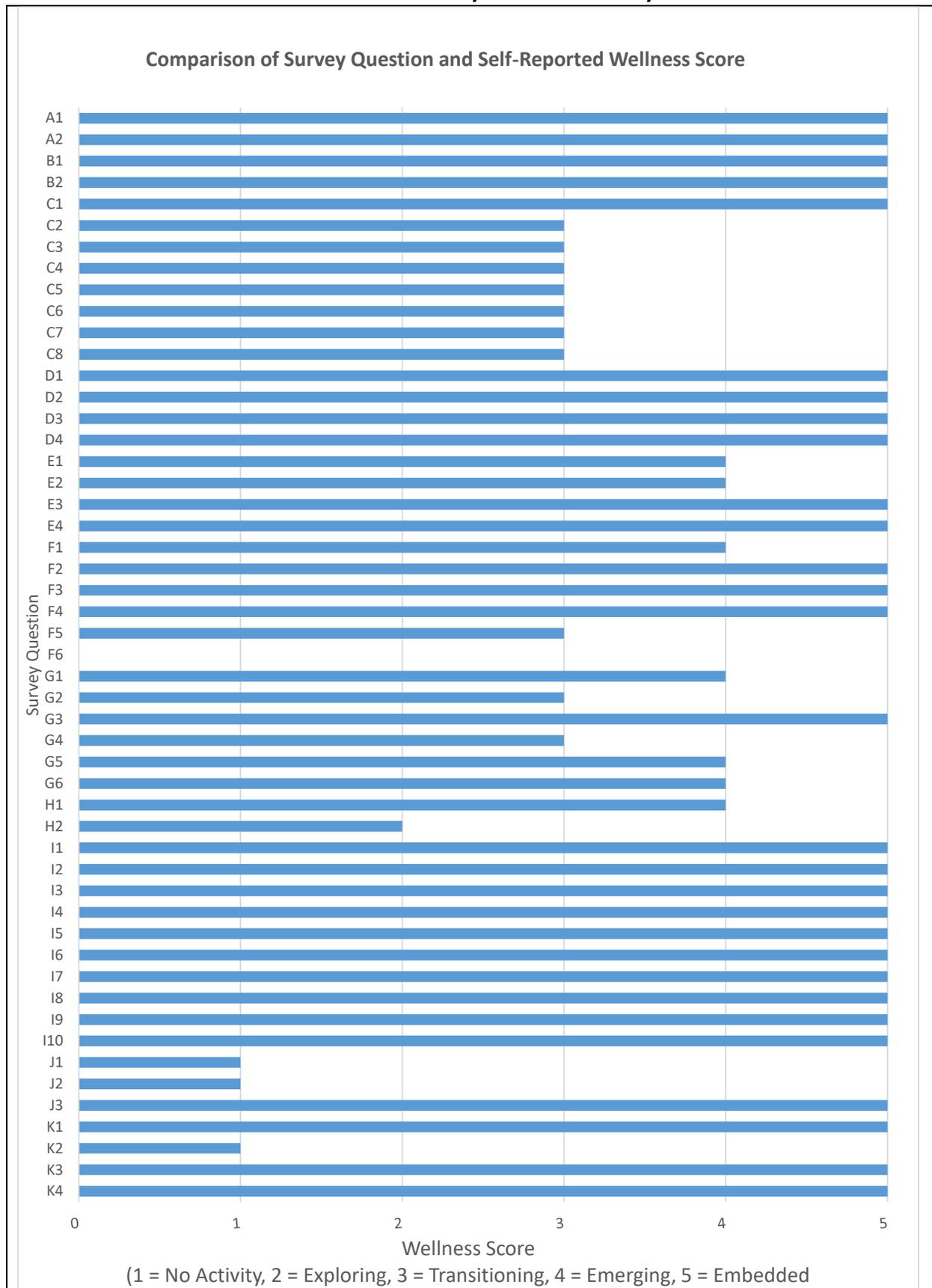
Summary Tables:

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

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

2020-2021 School Wellness Survey Responses

Sunrise Valley Elementary



2020-2021 School Wellness Survey Responses

Sunrise Valley Elementary

Survey Questions Grouped by Wellness Score

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
J1, J2, K2	H2	C2, C3, C4, C5, C6, C7, C8, F5, G2, G4	E1, E2, F1, G1, G5, G6, H1	A1, A2, B1, B2, C1, D1, D2, D3, D4, E3, E4, F2, F3, F4, G3, I1, I2, I3, I4, I5, I6, I7, I8, I9, I10, J3, K1, K3, K4

2020-2021 School Wellness Survey Responses

Terra-Centre Elementary

Section A – Physical Education

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

Section B – Physical Activity

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

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

- "30 min recess daily"

Section C – Health Education

<u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u>	<u>Response</u>
- C1: Promoting Healthy Lifestyles.	Embedded
- C2: Stress Management.	Embedded
- C3: Coping Skills.	Embedded
- C4: Depression.	Emerging
- C5: Suicide Prevention and Awareness.	Transitioning
- C6: Mental Health Issues (general).	Embedded
- C7: Relationship of Healthy Sleep to Mental Health.	Embedded
- C8: Substance Abuse Prevention.	Embedded

2020-2021 School Wellness Survey Responses

Terra-Centre Elementary

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>
- 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

2020-2021 School Wellness Survey Responses

Terra-Centre Elementary

- | | |
|---|--------------------------|
| - F3: Implements programs that foster social and emotional health and wellness of students and staff. | Embedded |
| - F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments. | Embedded |
| - F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance. | Emerging |
| - F6: MIDDLE AND HIGH SCHOOLS ONLY: Academic advising encourages flexibility in course scheduling to promote adequate sleep and healthy sleep patterns to affect student mental health, wellness, and attendance. | Not a Middle/High School |

Section G – Health Promotion for Staff Members

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

- | | |
|---|----------|
| - G1: Health screenings. | 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. | Emerging |
| - G6: Staff celebrations that offer and encourage healthy choices for food and beverages. | Emerging |

Section H – Family and Community Involvement

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

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

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

2020-2021 School Wellness Survey Responses

Terra-Centre Elementary

- “Walk to school event, fitness clubs, sprint to spring break event, parent info sessions, business partner.”

Section I – Food and Nutrition General

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

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
- J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day.	Embedded
- J3: We follow FCPS’ policy on fundraisers as outlined in R2100.	Embedded

Section K – Nutritional Guidelines

2020-2021 School Wellness Survey Responses

Terra-Centre Elementary

<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
- K4: We follow all nutrition guidelines for food and beverage standards, as outlined in FCPS P2100 and R2100.	Embedded

Section L – Ideas/Comments/Suggestions

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

- “Walk to School Day, Sprint to Spring Break, Fitness Clubs in a typical year, staff wellness challenges”

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 training opportunities for Mindfulness in the classroom”

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

- “No Response”

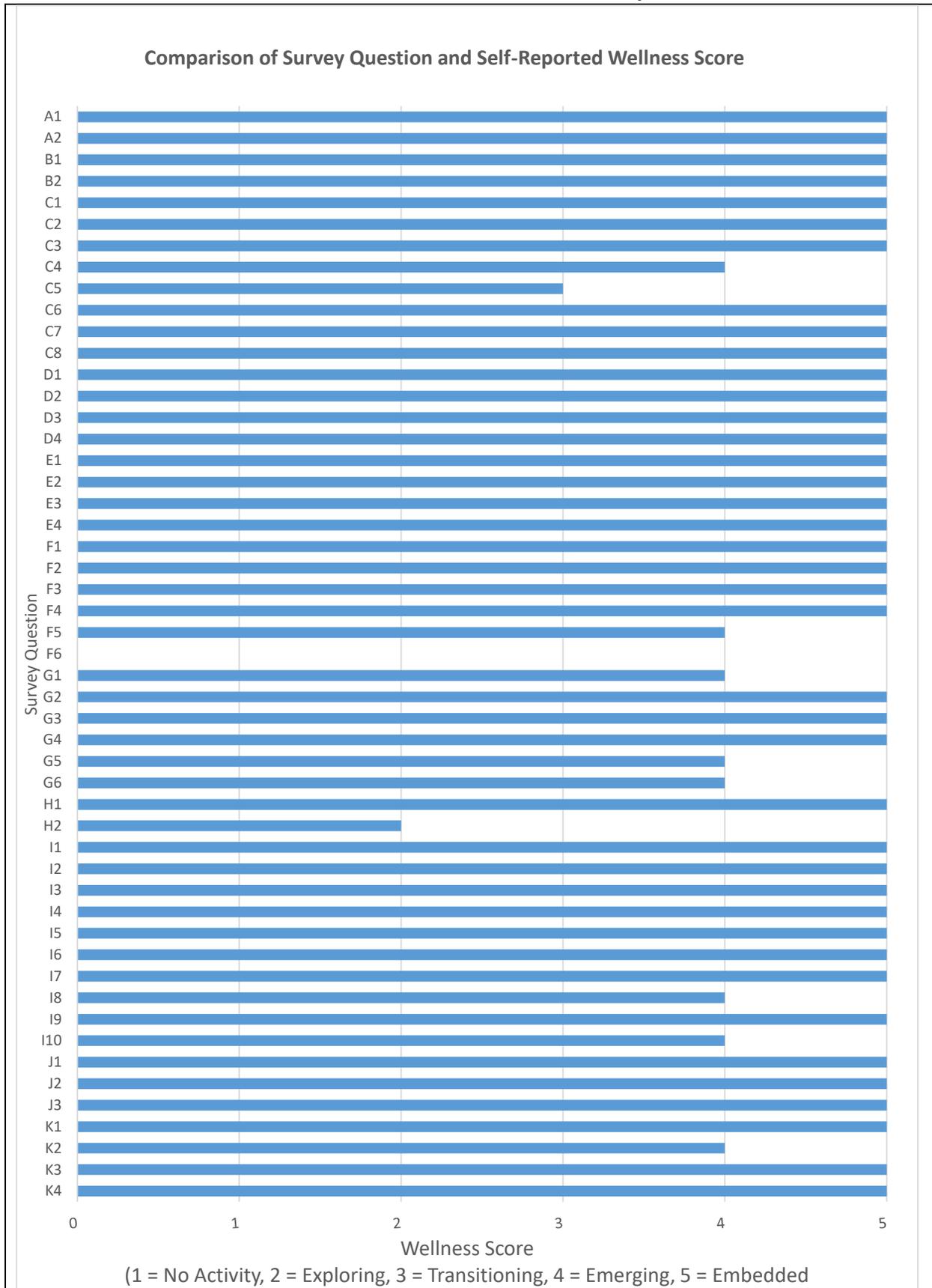
Summary Tables:

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

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

2020-2021 School Wellness Survey Responses

Terra-Centre Elementary



2020-2021 School Wellness Survey Responses

Terra-Centre Elementary

Survey Questions Grouped by Wellness Score

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
	H2	C5	C4, F5, G1, G5, G6, I8, I10, K2	A1, A2, B1, B2, C1, C2, C3, C6, C7, C8, D1, D2, D3, D4, E1, E2, E3, E4, F1, F2, F3, F4, G2, G3, G4, H1, I1, I2, I3, I4, I5, I6, I7, I9, J1, J2, J3, K1, K3, K4

2020-2021 School Wellness Survey Responses

Terraset Elementary

Section A – Physical Education

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

Section B – Physical Activity

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

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

- "Regular rigorous activity in PE. 30 minutes of recess daily."

Section C – Health Education

<u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u>	<u>Response</u>
- C1: Promoting Healthy Lifestyles.	Embedded
- C2: Stress Management.	Emerging
- C3: Coping Skills.	Emerging
- C4: Depression.	Transitioning
- C5: Suicide Prevention and Awareness.	Emerging
- C6: Mental Health Issues (general).	Emerging
- C7: Relationship of Healthy Sleep to Mental Health.	Emerging
- C8: Substance Abuse Prevention.	Emerging

2020-2021 School Wellness Survey Responses

Terraset Elementary

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>
- F1: Monitors school climate and other factors that may contribute to student stress, symptoms of anxiety and depression, and peer and academic pressures and substance use.	Emerging
- F2: Our staff has received required suicide prevention training, as well as training that includes recognition of, and response to, mental and behavioral health needs.	Emerging

2020-2021 School Wellness Survey Responses

Terraset Elementary

- F3: Implements programs that foster social and emotional health and wellness of students and staff. Emerging
- F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments. Embedded
- F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance. Embedded
- F6: MIDDLE AND HIGH SCHOOLS ONLY: Academic advising encourages flexibility in course scheduling to promote adequate sleep and healthy sleep patterns to affect student mental health, wellness, and attendance. Not a Middle/High School

Section G – Health Promotion for Staff Members

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

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

Section H – Family and Community Involvement

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

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

2020-2021 School Wellness Survey Responses

Terraset Elementary

- “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.	Emerging
- I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities.	Embedded
- I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals.	Embedded
- I5: Encourages the use of non-food items for classroom celebrations.	Emerging
- I6: Withholding access to food is not used as a disciplinary action.	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).	Transitioning
- I9: Allows students to possess personal containers for drinking water.	Embedded
- I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible.	Embedded

Section J – Nutrition Education, Promotion, and Food Marketing

<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
- J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day.	Embedded
- J3: We follow FCPS’ policy on fundraisers as outlined in R2100.	Embedded

Section K – Nutritional Guidelines

2020-2021 School Wellness Survey Responses

Terraset Elementary

<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
- K4: We follow all nutrition guidelines for food and beverage standards, as outlined in FCPS P2100 and R2100.	Embedded

Section L – Ideas/Comments/Suggestions

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

- “Walk/Bike to School, Wellness challenges for staff, physical education challenges all year”

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

- “No Response”

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

- “No Response”

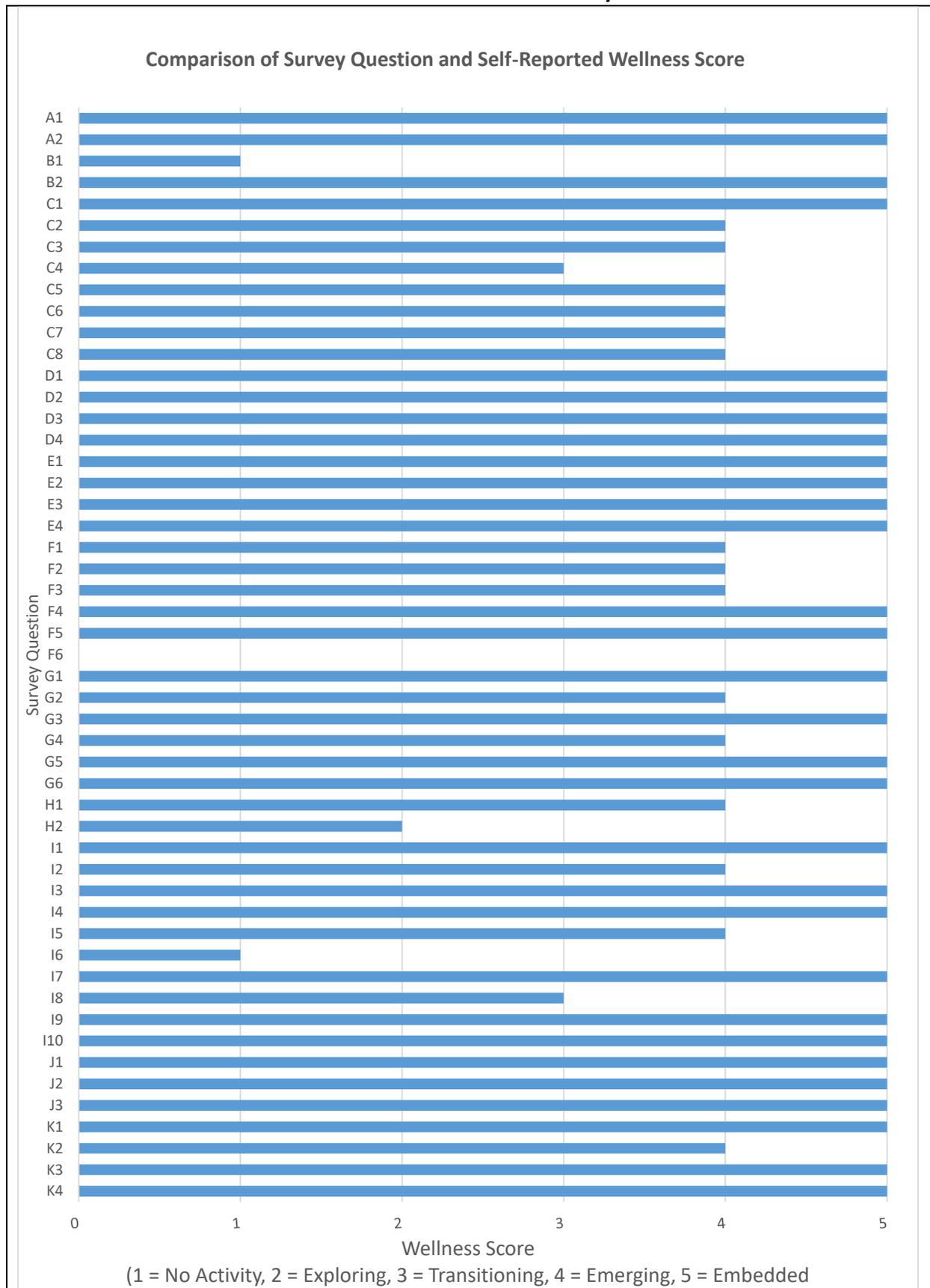
Summary Tables:

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

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

2020-2021 School Wellness Survey Responses

Terraset Elementary



2020-2021 School Wellness Survey Responses

Terraset Elementary

Survey Questions Grouped by Wellness Score

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
B1, I6	H2	C4, I8	C2, C3, C5, C6, C7, C8, F1, F2, F3, G2, G4, H1, I2, I5, K2	A1, A2, B2, C1, D1, D2, D3, D4, E1, E2, E3, E4, F4, F5, G1, G3, G5, G6, I1, I3, I4, I7, I9, I10, J1, J2, J3, K1, K3, K4

2020-2021 School Wellness Survey Responses

Timber Lane Elementary

Section A – Physical Education

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

Section B – Physical Activity

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

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

- "Many teachers utilized movement breaks within academic blocks throughout the day."

Section C – Health Education

<u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u>	<u>Response</u>
- C1: Promoting Healthy Lifestyles.	Embedded
- C2: Stress Management.	Embedded
- C3: Coping Skills.	Embedded
- C4: Depression.	Embedded
- C5: Suicide Prevention and Awareness.	Exploring
- C6: Mental Health Issues (general).	Embedded
- C7: Relationship of Healthy Sleep to Mental Health.	Embedded
- C8: Substance Abuse Prevention.	No Activity

2020-2021 School Wellness Survey Responses

Timber Lane Elementary

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.	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.	Exploring
- 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>
- 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

2020-2021 School Wellness Survey Responses

Timber Lane Elementary

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

Section G – Health Promotion for Staff Members

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

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

Section H – Family and Community Involvement

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

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

2020-2021 School Wellness Survey Responses

Timber Lane Elementary

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.	Emerging
- I6: Withholding access to food is not used as a disciplinary action.	Embedded
- I7: Potable water is available to all our students at no cost.	Embedded
- I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS).	Transitioning
- I9: Allows students to possess personal containers for drinking water.	Embedded
- I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible.	Transitioning

Section J – Nutrition Education, Promotion, and Food Marketing

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day.	Exploring
- J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day.	Embedded

2020-2021 School Wellness Survey Responses

Timber Lane Elementary

- J3: We follow FCPS' policy on fundraisers as outlined in R2100. Embedded

Section K – Nutritional Guidelines

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

- K1: Sodas and sports drinks are not offered for sale to students at any time during the school day. Embedded
- K2: Healthy food and beverage options are encouraged at school-related events outside the school day. Transitioning
- K3: Implements appropriate precautions against severe food allergies. Embedded
- K4: We follow all nutrition guidelines for food and beverage standards, as outlined in FCPS P2100 and R2100. Embedded

Section L – Ideas/Comments/Suggestions

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

- "No Response"

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

- "No Response"

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

- "No Response"

Summary Tables:

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

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

2020-2021 School Wellness Survey Responses

Timber Lane Elementary

2020-2021 School Wellness Survey Responses

Timber Lane Elementary



2020-2021 School Wellness Survey Responses

Timber Lane Elementary

Survey Questions Grouped by Wellness Score

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
B1, C8	C5, E1, H1, H2, J1	I8, I10, K2	D1, D2, E2, F4, G5, G6, I5	A1, A2, B2, C1, C2, C3, C4, C6, C7, D3, D4, E3, E4, F1, F2, F3, F5, G1, G2, G3, G4, I1, I2, I3, I4, I6, I7, I9, J2, J3, K1, K3, K4

2020-2021 School Wellness Survey Responses

Union Mill Elementary

Section A – Physical Education

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

Section B – Physical Activity

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

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

- "30 minutes of recess; typically 2- 55 minute classes of PE for 4-6; 2 50 minute classes of PE for 1-3; 2 40 minute classes of PE for K weekly"

Section C – Health Education

<u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u>	<u>Response</u>
- C1: Promoting Healthy Lifestyles.	Embedded
- C2: Stress Management.	Embedded
- C3: Coping Skills.	Embedded
- C4: Depression.	Emerging
- C5: Suicide Prevention and Awareness.	Transitioning
- C6: Mental Health Issues (general).	Emerging
- C7: Relationship of Healthy Sleep to Mental Health.	Embedded
- C8: Substance Abuse Prevention.	Emerging

2020-2021 School Wellness Survey Responses

Union Mill Elementary

Section D – Health Services

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

Section E – Healthy and Safe School Environment

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

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

- "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>
- 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

2020-2021 School Wellness Survey Responses

Union Mill Elementary

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

Section G – Health Promotion for Staff Members

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

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

Section H – Family and Community Involvement

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

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

2020-2021 School Wellness Survey Responses

Union Mill Elementary

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

- "We need to work on this"

Section I – Food and Nutrition General

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

Response

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

Section J – Nutrition Education, Promotion, and Food Marketing

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

Response

- | | |
|---|----------|
| - J1: Only food and beverages that meet the "Smart Snacks" standards are marketed to students on school grounds during the school day. | Embedded |
| - J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day. | Embedded |

2020-2021 School Wellness Survey Responses

Union Mill Elementary

- J3: We follow FCPS' policy on fundraisers as outlined in R2100. 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
- K4: We follow all nutrition guidelines for food and beverage standards, as outlined in FCPS P2100 and R2100. Embedded

Section L – Ideas/Comments/Suggestions

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

- “regular brain and screen breaks during distance learning;”

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.

- “this is hard to complete during this most unusual year”

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

- “No Response”

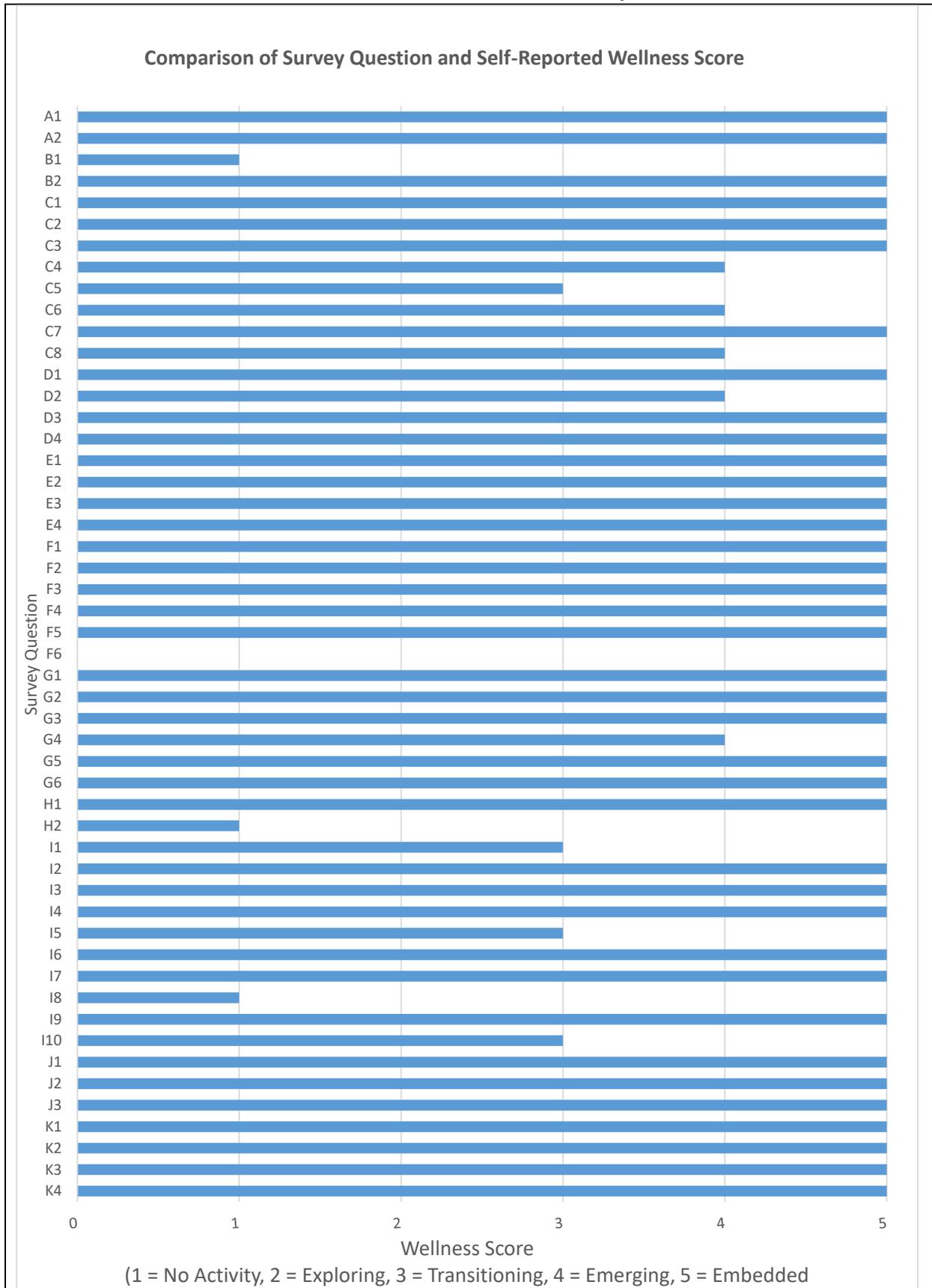
Summary Tables:

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

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

2020-2021 School Wellness Survey Responses

Union Mill Elementary



2020-2021 School Wellness Survey Responses

Union Mill Elementary

Survey Questions Grouped by Wellness Score

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
B1, H2, I8		C5, I1, I5, I10	C4, C6, C8, D2, G4	A1, A2, B2, C1, C2, C3, C7, D1, D3, D4, E1, E2, E3, E4, F1, F2, F3, F4, F5, G1, G2, G3, G5, G6, H1, I2, I3, I4, I6, I7, I9, J1, J2, J3, K1, K2, K3, K4

2020-2021 School Wellness Survey Responses

Vienna Elementary

Section A – Physical Education

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

Section B – Physical Activity

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

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

- "Promote Walking Wednesday's where students walk to school rather than ride the bus or utilize kiss and ride."

Section C – Health Education

<u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u>	<u>Response</u>
- C1: Promoting Healthy Lifestyles.	Emerging
- C2: Stress Management.	Emerging
- C3: Coping Skills.	Emerging
- C4: Depression.	Emerging
- C5: Suicide Prevention and Awareness.	Emerging
- C6: Mental Health Issues (general).	Emerging
- C7: Relationship of Healthy Sleep to Mental Health.	Emerging
- C8: Substance Abuse Prevention.	Emerging

2020-2021 School Wellness Survey Responses

Vienna Elementary

Section D – Health Services

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

Section E – Healthy and Safe School Environment

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

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

- "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>
- 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

2020-2021 School Wellness Survey Responses

Vienna Elementary

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

Section G – Health Promotion for Staff Members

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

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

Section H – Family and Community Involvement

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

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

2020-2021 School Wellness Survey Responses

Vienna Elementary

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).	No Activity
- I9: Allows students to possess personal containers for drinking water.	Embedded
- I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible.	Embedded

Section J – Nutrition Education, Promotion, and Food Marketing

<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
	Embedded

2020-2021 School Wellness Survey Responses

Vienna Elementary

- J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day. Embedded
- J3: We follow FCPS' policy on fundraisers as outlined in R2100.

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
- K4: We follow all nutrition guidelines for food and beverage standards, as outlined in FCPS P2100 and R2100.	Embedded

Section L – Ideas/Comments/Suggestions

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

- "Jump Rope for Heart"

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

- "No Response"

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

- "No Response"

Summary Tables:

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

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

2020-2021 School Wellness Survey Responses

Vienna Elementary

2020-2021 School Wellness Survey Responses

Vienna Elementary



2020-2021 School Wellness Survey Responses

Vienna Elementary

Survey Questions Grouped by Wellness Score

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
G1, G2, I8	H2	G6, H1	C1, C2, C3, C4, C5, C6, C7, C8, E2, F5, G3, G4, G5	A1, A2, B1, B2, D1, D2, D3, D4, E1, E3, E4, F1, F2, F3, F4, I1, I2, I3, I4, I5, I6, I7, I9, I10, J1, J2, J3, K1, K2, K3, K4

2020-2021 School Wellness Survey Responses

Virginia Run Elementary

Section A – Physical Education

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

Section B – Physical Activity

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

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

- "students walk the track during recess. Virtual Field Day for each student. Recess with activities used and not all free play."

Section C – Health Education

<u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u>	<u>Response</u>
- C1: Promoting Healthy Lifestyles.	Embedded
- C2: Stress Management.	Embedded
- C3: Coping Skills.	Emerging
- C4: Depression.	Emerging
- C5: Suicide Prevention and Awareness.	Emerging
- C6: Mental Health Issues (general).	Emerging
- C7: Relationship of Healthy Sleep to Mental Health.	Embedded
- C8: Substance Abuse Prevention.	Emerging

2020-2021 School Wellness Survey Responses

Virginia Run Elementary

Section D – Health Services

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

Section E – Healthy and Safe School Environment

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

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

- "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>
- 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

2020-2021 School Wellness Survey Responses

Virginia Run Elementary

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

Section G – Health Promotion for Staff Members

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

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

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

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

2020-2021 School Wellness Survey Responses

Virginia Run Elementary

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.	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).	Embedded
- I9: Allows students to possess personal containers for drinking water.	Embedded
- I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible.	Emerging

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
- J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day.	Embedded

2020-2021 School Wellness Survey Responses

Virginia Run Elementary

- J3: We follow FCPS' policy on fundraisers as outlined in R2100. 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
- K4: We follow all nutrition guidelines for food and beverage standards, as outlined in FCPS P2100 and R2100. 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 meetings - staff participated in wellness activities. Staff participated in spring and fall FCPS wellness challenge"

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

- "No Response"

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

- "No Response"

Summary Tables:

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

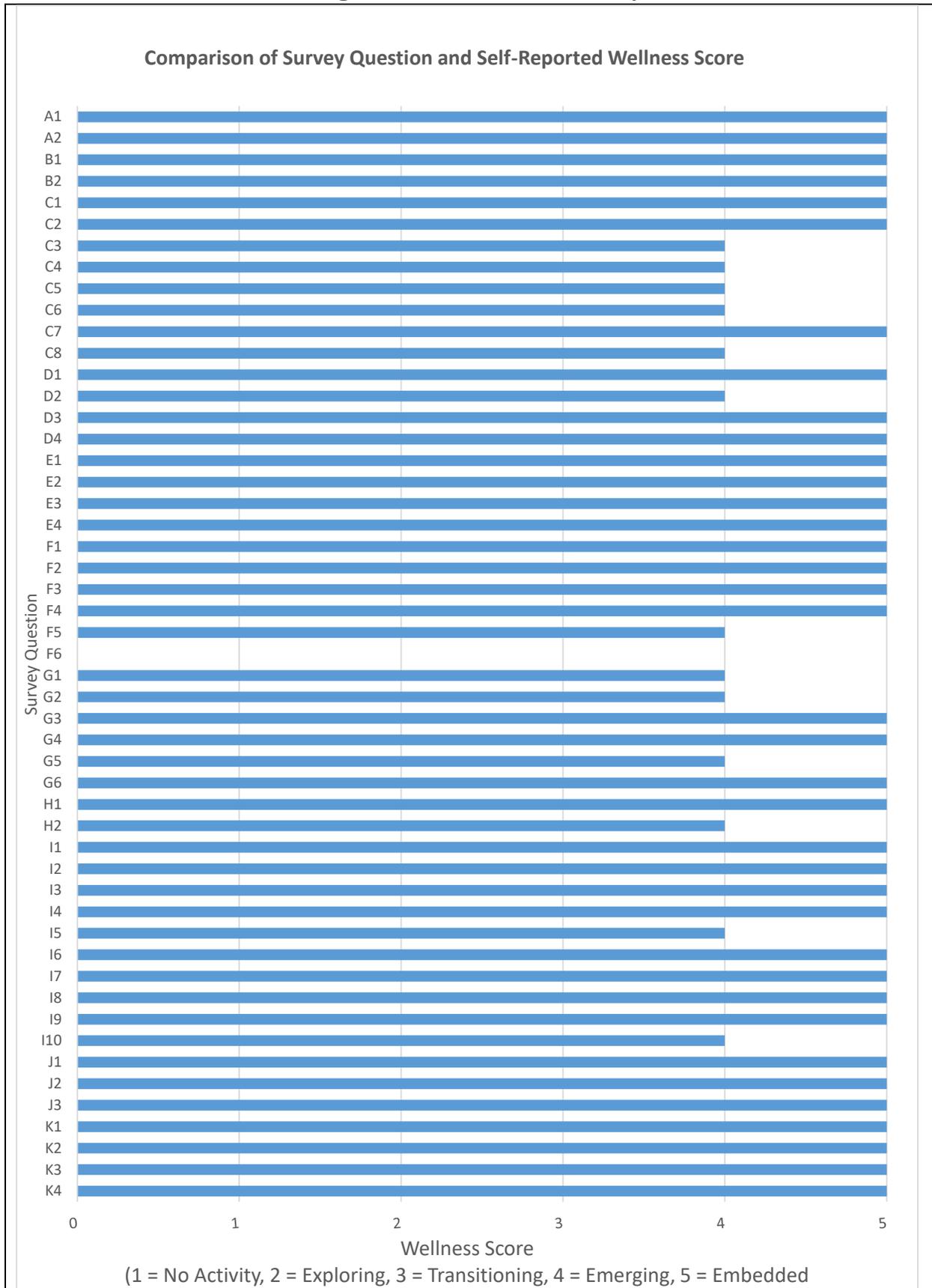
*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

2020-2021 School Wellness Survey Responses

Virginia Run Elementary

2020-2021 School Wellness Survey Responses

Virginia Run Elementary



2020-2021 School Wellness Survey Responses

Virginia Run Elementary

Survey Questions Grouped by Wellness Score

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
			C3, C4, C5, C6, C8, D2, F5, G1, G2, G5, H2, I5, I10	A1, A2, B1, B2, C1, C2, C7, D1, D3, D4, E1, E2, E3, E4, F1, F2, F3, F4, G3, G4, G6, H1, I1, I2, I3, I4, I6, I7, I8, I9, J1, J2, J3, K1, K2, K3, K4

2020-2021 School Wellness Survey Responses

Wakefield Forest Elementary

Section A – Physical Education

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

Section B – Physical Activity

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

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

- "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.	Emerging
- C2: Stress Management.	Embedded
- 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.	Emerging
- C8: Substance Abuse Prevention.	No Activity

2020-2021 School Wellness Survey Responses

Wakefield Forest Elementary

Section D – Health Services

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

Section E – Healthy and Safe School Environment

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- E1: Encourages children to safely walk or bike to and from school.	Emerging
- E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults.	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

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

2020-2021 School Wellness Survey Responses

Wakefield Forest Elementary

- | | |
|---|--------------------------|
| - F3: Implements programs that foster social and emotional health and wellness of students and staff. | Embedded |
| - F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments. | Embedded |
| - F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance. | Emerging |
| - F6: MIDDLE AND HIGH SCHOOLS ONLY: Academic advising encourages flexibility in course scheduling to promote adequate sleep and healthy sleep patterns to affect student mental health, wellness, and attendance. | Not a Middle/High School |

Section G – Health Promotion for Staff Members

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

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

Section H – Family and Community Involvement

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

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

2020-2021 School Wellness Survey Responses

Wakefield Forest Elementary

- “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).	No Activity
- I9: Allows students to possess personal containers for drinking water.	Embedded
- I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible.	Emerging

Section J – Nutrition Education, Promotion, and Food Marketing

<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
- J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day.	Embedded
- J3: We follow FCPS’ policy on fundraisers as outlined in R2100.	Embedded

Section K – Nutritional Guidelines

2020-2021 School Wellness Survey Responses

Wakefield Forest Elementary

<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
- K4: We follow all nutrition guidelines for food and beverage standards, as outlined in FCPS P2100 and R2100.	Embedded

Section L – Ideas/Comments/Suggestions

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

- “No Response”

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

- “No Response”

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

- “No Response”

Summary Tables:

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

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

2020-2021 School Wellness Survey Responses

Wakefield Forest Elementary



2020-2021 School Wellness Survey Responses

Wakefield Forest Elementary

Survey Questions Grouped by Wellness Score

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
C5, C6, C8, G1, G2, H2, I8, K2	E2	F1, G4, G5	C1, C4, C7, E1, F2, F5, G6, I10	A1, A2, B1, B2, C2, C3, D1, D2, D3, D4, E3, E4, F3, F4, G3, H1, I1, I2, I3, I4, I5, I6, I7, I9, J1, J2, J3, K1, K3, K4

2020-2021 School Wellness Survey Responses

Waples Mill Elementary

Section A – Physical Education

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

Section B – Physical Activity

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

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
- C8: Substance Abuse Prevention.	No Activity

2020-2021 School Wellness Survey Responses

Waples Mill Elementary

Section D – Health Services

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

Section E – Healthy and Safe School Environment

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- E1: Encourages children to safely walk or bike to and from school.	Emerging
- E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults.	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>
- 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

2020-2021 School Wellness Survey Responses

Waples Mill Elementary

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

Section H – Family and Community Involvement

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

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

2020-2021 School Wellness Survey Responses

Waples Mill Elementary

- "In past years, we have had a family/community activity bulletin board near the gym. We also have a GOTR team and our PTA usually hosts a fun run."

Section I – Food and Nutrition General

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

Section J – Nutrition Education, Promotion, and Food Marketing

<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
- J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day.	Embedded
- J3: We follow FCPS' policy on fundraisers as outlined in R2100.	Embedded

2020-2021 School Wellness Survey Responses

Waples Mill Elementary

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
- K4: We follow all nutrition guidelines for food and beverage standards, as outlined in FCPS P2100 and R2100.	Embedded

Section L – Ideas/Comments/Suggestions

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

- “No Response”

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

- “No Response”

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

- “No Response”

Summary Tables:

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

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

2020-2021 School Wellness Survey Responses

Waples Mill Elementary



2020-2021 School Wellness Survey Responses

Waples Mill Elementary

Survey Questions Grouped by Wellness Score

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
B1, C8, G1, G2, I8	H2	I10	E1, E2	A1, A2, B2, C1, C2, C3, C4, C5, C6, C7, D1, D2, D3, D4, E3, E4, F1, F2, F3, F4, F5, G3, G4, G5, G6, H1, I1, I2, I3, I4, I5, I6, I7, I9, J1, J2, J3, K1, K2, K3, K4

2020-2021 School Wellness Survey Responses

Washington Mill Elementary

Section A – Physical Education

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

Section B – Physical Activity

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

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

- "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.	Emerging
- C4: Depression.	Emerging
- C5: Suicide Prevention and Awareness.	Embedded
- C6: Mental Health Issues (general).	Embedded
- C7: Relationship of Healthy Sleep to Mental Health.	Emerging
- C8: Substance Abuse Prevention.	Embedded

2020-2021 School Wellness Survey Responses

Washington Mill Elementary

Section D – Health Services

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

Section E – Healthy and Safe School Environment

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

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

- "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>
- F1: Monitors school climate and other factors that may contribute to student stress, symptoms of anxiety and depression, and peer and academic pressures and substance use.	Emerging
- F2: Our staff has received required suicide prevention training, as well as training that includes recognition of, and response to, mental and behavioral health needs.	Emerging

2020-2021 School Wellness Survey Responses

Washington Mill Elementary

- | | |
|---|--------------------------|
| - F3: Implements programs that foster social and emotional health and wellness of students and staff. | Embedded |
| - F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments. | Embedded |
| - F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance. | Emerging |
| - F6: MIDDLE AND HIGH SCHOOLS ONLY: Academic advising encourages flexibility in course scheduling to promote adequate sleep and healthy sleep patterns to affect student mental health, wellness, and attendance. | Not a Middle/High School |

Section G – Health Promotion for Staff Members

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

- | | |
|---|----------|
| - G1: Health screenings. | 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. | Emerging |
| - G6: Staff celebrations that offer and encourage healthy choices for food and beverages. | Embedded |

Section H – Family and Community Involvement

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

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

2020-2021 School Wellness Survey Responses

Washington Mill Elementary

- “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.	Emerging
- I5: Encourages the use of non-food items for classroom celebrations.	Embedded
- I6: Withholding access to food is not used as a disciplinary action.	Embedded
- I7: Potable water is available to all our students at no cost.	Embedded
- I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS).	Emerging
- I9: Allows students to possess personal containers for drinking water.	Embedded
- I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible.	Embedded

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
- J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day.	Embedded
- J3: We follow FCPS’ policy on fundraisers as outlined in R2100.	Embedded

Section K – Nutritional Guidelines

2020-2021 School Wellness Survey Responses

Washington Mill Elementary

<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
- K4: We follow all nutrition guidelines for food and beverage standards, as outlined in FCPS P2100 and R2100.	Embedded

Section L – Ideas/Comments/Suggestions

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

- “No Response”

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

- “No Response”

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

- “No Response”

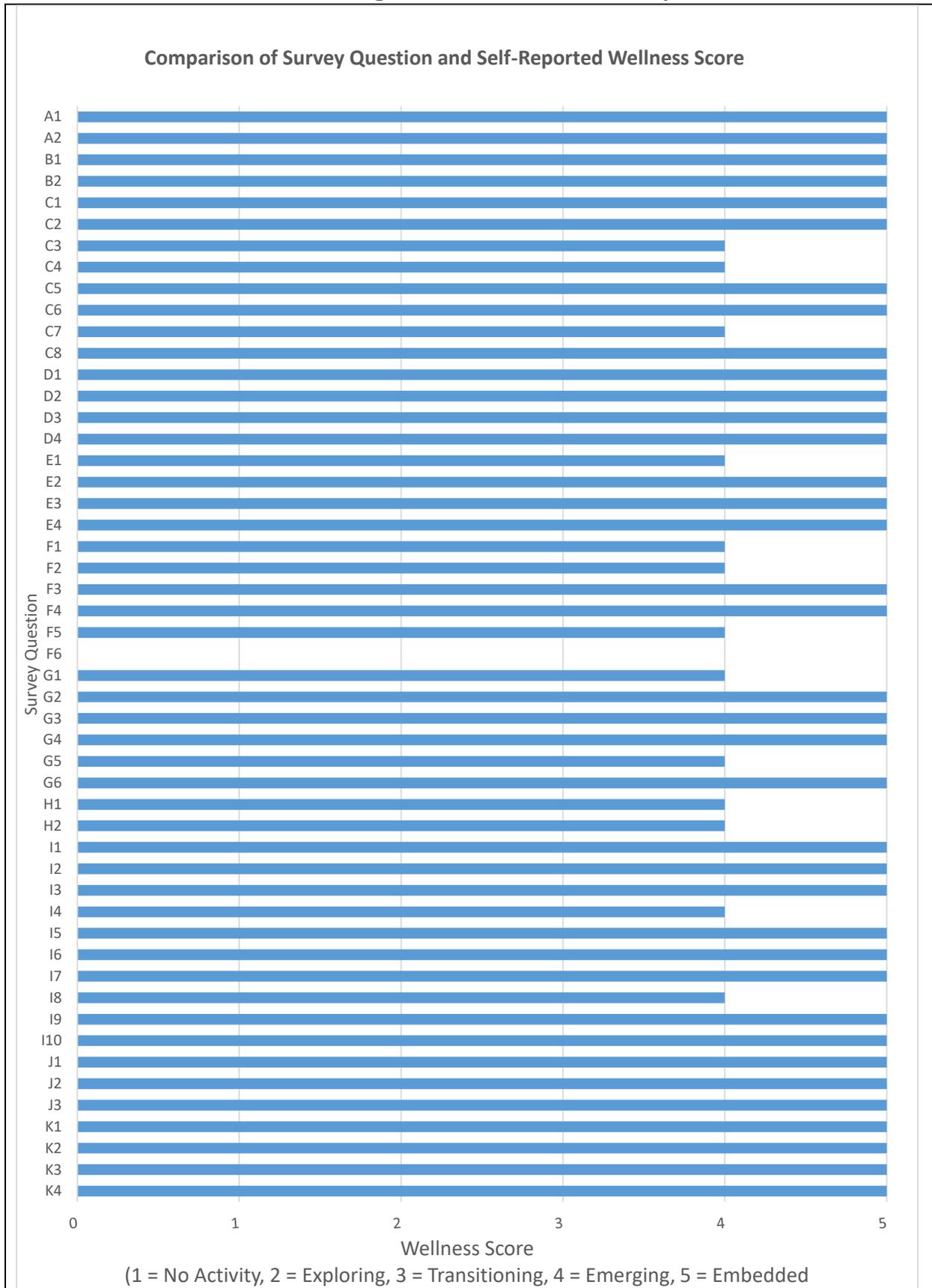
Summary Tables:

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

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

2020-2021 School Wellness Survey Responses

Washington Mill Elementary



2020-2021 School Wellness Survey Responses

Washington Mill Elementary

Survey Questions Grouped by Wellness Score

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
			C3, C4, C7, E1, F1, F2, F5, G1, G5, H1, H2, I4, I8	A1, A2, B1, B2, C1, C2, C5, C6, C8, D1, D2, D3, D4, E2, E3, E4, F3, F4, G2, G3, G4, G6, I1, I2, I3, I5, I6, I7, I9, I10, J1, J2, J3, K1, K2, K3, K4

2020-2021 School Wellness Survey Responses

Waynewood Elementary

Section A – Physical Education

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

Section B – Physical Activity

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

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

- "Movement encouraged in the classroom. Music classes also involve movement. Recess is at least 30 minutes per day."

Section C – Health Education

<u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u>	<u>Response</u>
- C1: Promoting Healthy Lifestyles.	Embedded
- C2: Stress Management.	Embedded
- C3: Coping Skills.	Embedded
- C4: Depression.	Emerging
- C5: Suicide Prevention and Awareness.	Emerging
- C6: Mental Health Issues (general).	Emerging
- C7: Relationship of Healthy Sleep to Mental Health.	Embedded
- C8: Substance Abuse Prevention.	Embedded

2020-2021 School Wellness Survey Responses

Waynewood Elementary

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

2020-2021 School Wellness Survey Responses

Waynewood Elementary

- F2: Our staff has received required suicide prevention training, as well as training that includes recognition of, and response to, mental and behavioral health needs. Emerging
- F3: Implements programs that foster social and emotional health and wellness of students and staff. 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. 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. Emerging

Section H – Family and Community Involvement

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

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

2020-2021 School Wellness Survey Responses

Waynewood Elementary

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

- "Bike/Walk to School Day, Gobbler Gallop Running Event, School Fun Run"

Section I – Food and Nutrition General

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

Section J – Nutrition Education, Promotion, and Food Marketing

<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
- J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day.	Embedded

2020-2021 School Wellness Survey Responses

Waynewood Elementary

- J3: We follow FCPS' policy on fundraisers as outlined in R2100. 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
- K4: We follow all nutrition guidelines for food and beverage standards, as outlined in FCPS P2100 and R2100. Embedded

Section L – Ideas/Comments/Suggestions

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

- “Gobbler Gallop (Turkey Trot), Bike/Walk to School Day, Waynewood Fun Run”

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

- “none at this time”

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

- “none at this time”

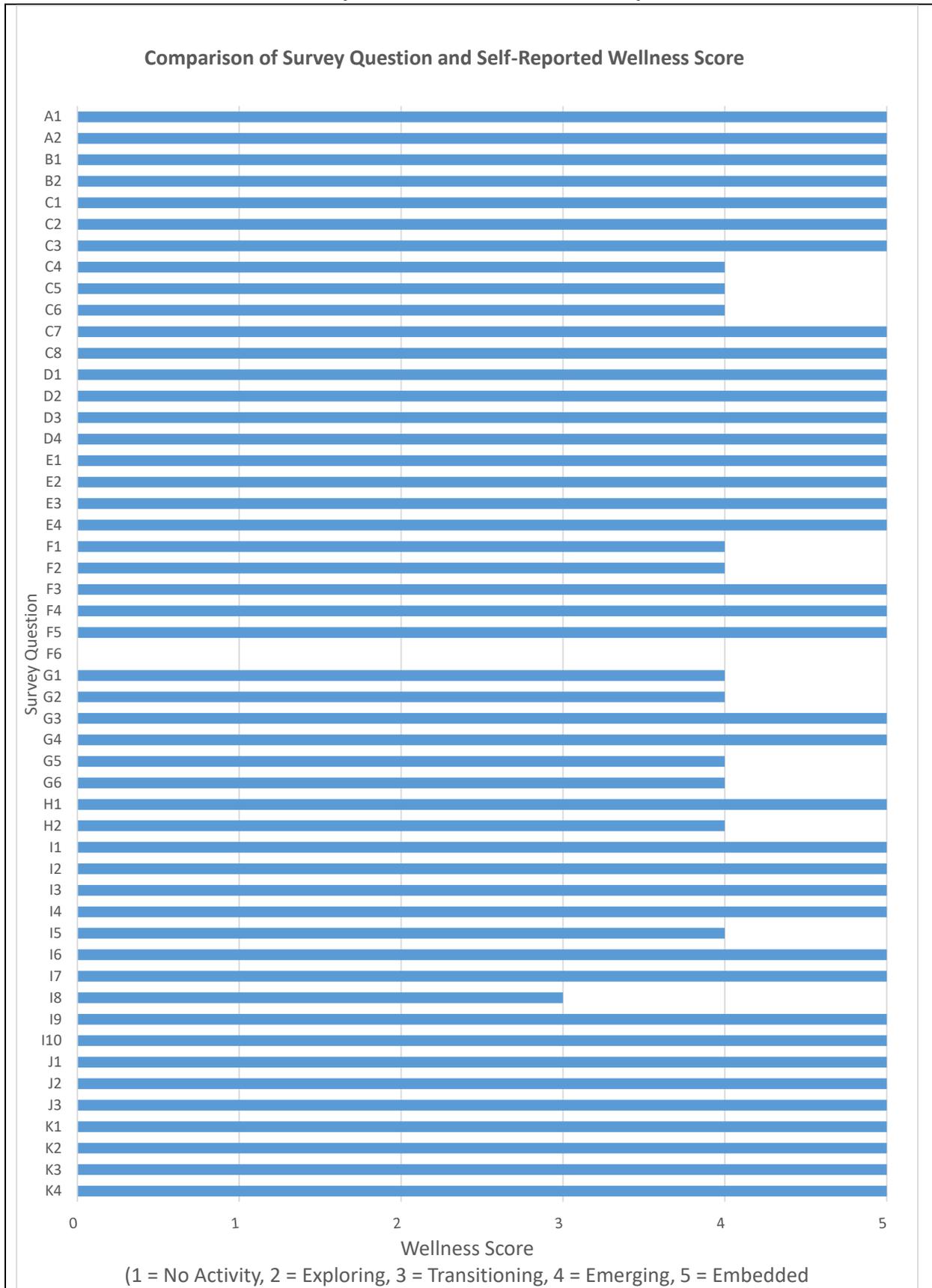
Summary Tables:

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

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

2020-2021 School Wellness Survey Responses

WayneWood Elementary



2020-2021 School Wellness Survey Responses

Waynewood Elementary

Survey Questions Grouped by Wellness Score

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
		I8	C4, C5, C6, F1, F2, G1, G2, G5, G6, H2, I5	A1, A2, B1, B2, C1, C2, C3, C7, C8, D1, D2, D3, D4, E1, E2, E3, E4, F3, F4, F5, G3, G4, H1, I1, I2, I3, I4, I6, I7, I9, I10, J1, J2, J3, K1, K2, K3, K4

2020-2021 School Wellness Survey Responses

West Springfield Elementary

Section A – Physical Education

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

Section B – Physical Activity

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

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

- "30 minute recess, PE twice a week, before school physical activity"

Section C – Health Education

<u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u>	<u>Response</u>
- C1: Promoting Healthy Lifestyles.	Emerging
- C2: Stress Management.	Exploring
- C3: Coping Skills.	Emerging
- C4: Depression.	No Activity
- C5: Suicide Prevention and Awareness.	No Activity
- C6: Mental Health Issues (general).	Transitioning
- C7: Relationship of Healthy Sleep to Mental Health.	Transitioning
- C8: Substance Abuse Prevention.	No Activity

2020-2021 School Wellness Survey Responses

West Springfield Elementary

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

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

- "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>
- F1: Monitors school climate and other factors that may contribute to student stress, symptoms of anxiety and depression, and peer and academic pressures and substance use.	Transitioning
- F2: Our staff has received required suicide prevention training, as well as training that includes recognition of, and response to, mental and behavioral health needs.	Emerging

2020-2021 School Wellness Survey Responses

West Springfield Elementary

- F3: Implements programs that foster social and emotional health and wellness of students and staff. Emerging
- F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments. Emerging
- F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance. Exploring
- F6: MIDDLE AND HIGH SCHOOLS ONLY: Academic advising encourages flexibility in course scheduling to promote adequate sleep and healthy sleep patterns to affect student mental health, wellness, and attendance. Not a Middle/High School

Section G – Health Promotion for Staff Members

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

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

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

2020-2021 School Wellness Survey Responses

West Springfield Elementary

- "Committee took very little initiative this year due to virtual environment"

Section I – Food and Nutrition General

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

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
- J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day.	Embedded
- J3: We follow FCPS' policy on fundraisers as outlined in R2100.	Embedded

Section K – Nutritional Guidelines

2020-2021 School Wellness Survey Responses

West Springfield Elementary

<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.	Emerging
- K4: We follow all nutrition guidelines for food and beverage standards, as outlined in FCPS P2100 and R2100.	Embedded

Section L – Ideas/Comments/Suggestions

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

- “N/A due to virtual environment”

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

- “No Response”

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

- “No Response”

Summary Tables:

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

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

2020-2021 School Wellness Survey Responses

West Springfield Elementary



2020-2021 School Wellness Survey Responses

West Springfield Elementary

Survey Questions Grouped by Wellness Score

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
B1, C4, C5, C8, G1, G2, G5, G6, H1, H2, I4, I6, I7, I8, K2	C2, F5	C6, C7, E2, F1, G4	C1, C3, D1, D2, E1, F2, F3, F4, K3	A1, A2, B2, D3, D4, E3, E4, G3, I1, I2, I3, I5, I9, I10, J1, J2, J3, K1, K4

2020-2021 School Wellness Survey Responses

Westbriar Elementary

Section A – Physical Education

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

Section B – Physical Activity

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

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

- "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.	Emerging
- C6: Mental Health Issues (general).	Embedded
- C7: Relationship of Healthy Sleep to Mental Health.	Embedded
- C8: Substance Abuse Prevention.	Emerging

2020-2021 School Wellness Survey Responses

Westbriar Elementary

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>
- 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

2020-2021 School Wellness Survey Responses

Westbriar Elementary

- | | |
|---|--------------------------|
| - 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. | Emerging |

Section H – Family and Community Involvement

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

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

2020-2021 School Wellness Survey Responses

Westbriar Elementary

- “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.	Embedded

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
- J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day.	Embedded
- J3: We follow FCPS’ policy on fundraisers as outlined in R2100.	Embedded

Section K – Nutritional Guidelines

2020-2021 School Wellness Survey Responses

Westbriar Elementary

<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
- K4: We follow all nutrition guidelines for food and beverage standards, as outlined in FCPS P2100 and R2100.	Embedded

Section L – Ideas/Comments/Suggestions

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

- “No Response”

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

- “No Response”

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

- “No Response”

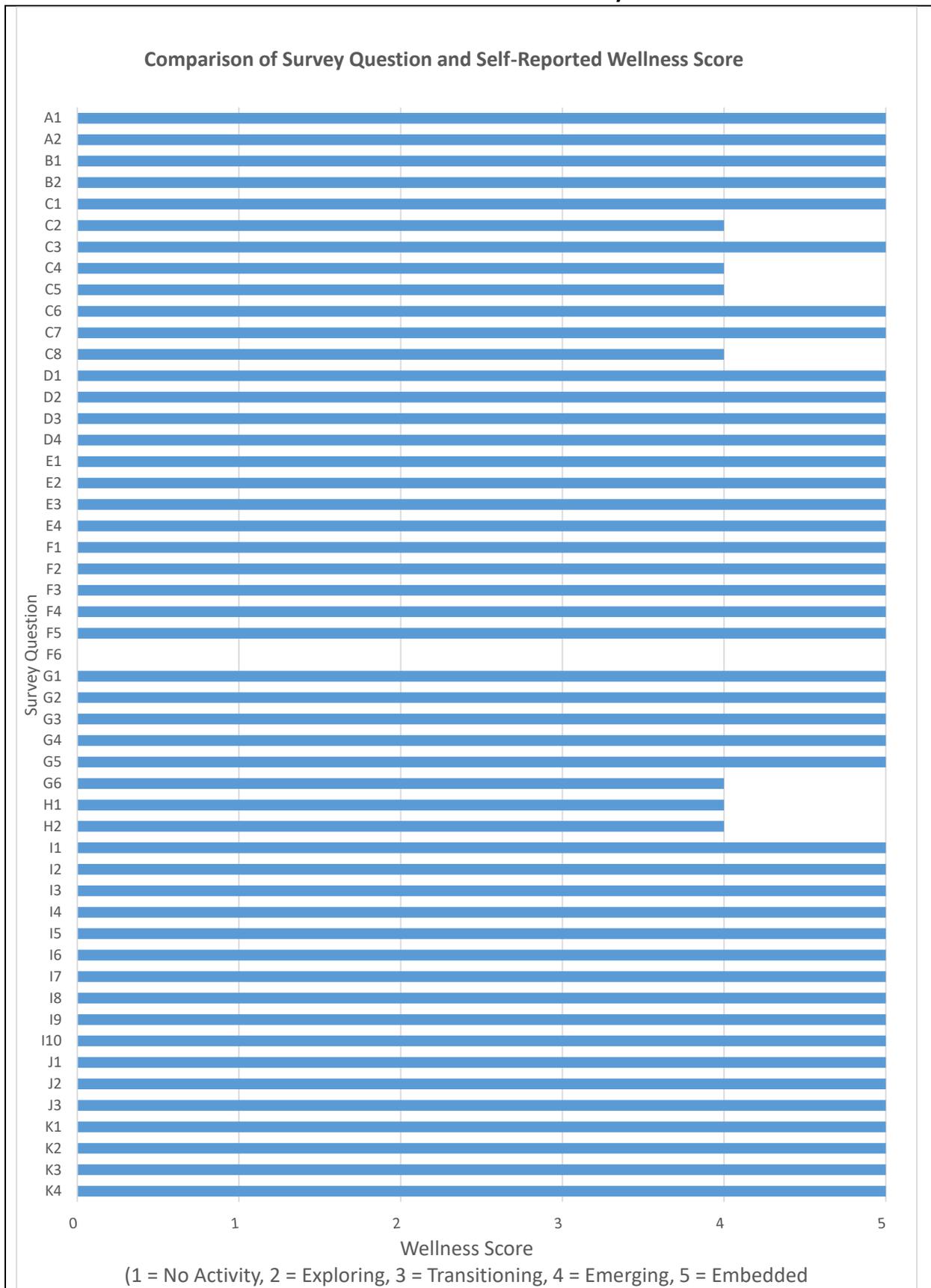
Summary Tables:

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

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

2020-2021 School Wellness Survey Responses

Westbriar Elementary



2020-2021 School Wellness Survey Responses

Westbriar Elementary

Survey Questions Grouped by Wellness Score

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
			C2, C4, C5, C8, G6, H1, H2	A1, A2, B1, B2, C1, C3, C6, C7, D1, D2, D3, D4, E1, E2, E3, E4, F1, F2, F3, F4, F5, G1, G2, G3, G4, G5, I1, I2, I3, I4, I5, I6, I7, I8, I9, I10, J1, J2, J3, K1, K2, K3, K4

2020-2021 School Wellness Survey Responses

Westgate Elementary

Section A – Physical Education

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

Section B – Physical Activity

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

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

- "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.	Transitioning
- C5: Suicide Prevention and Awareness.	Transitioning
- C6: Mental Health Issues (general).	Emerging
- C7: Relationship of Healthy Sleep to Mental Health.	Emerging
- C8: Substance Abuse Prevention.	Transitioning

2020-2021 School Wellness Survey Responses

Westgate Elementary

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>
- 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

2020-2021 School Wellness Survey Responses

Westgate Elementary

- | | |
|---|--------------------------|
| - F3: Implements programs that foster social and emotional health and wellness of students and staff. | Embedded |
| - F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments. | Embedded |
| - F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance. | Embedded |
| - F6: MIDDLE AND HIGH SCHOOLS ONLY: Academic advising encourages flexibility in course scheduling to promote adequate sleep and healthy sleep patterns to affect student mental health, wellness, and attendance. | Not a Middle/High School |

Section G – Health Promotion for Staff Members

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

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

Section H – Family and Community Involvement

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

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

2020-2021 School Wellness Survey Responses

Westgate Elementary

- “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.	Embedded

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
- J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day.	Embedded
- J3: We follow FCPS’ policy on fundraisers as outlined in R2100.	Embedded

Section K – Nutritional Guidelines

2020-2021 School Wellness Survey Responses

Westgate Elementary

<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
- K4: We follow all nutrition guidelines for food and beverage standards, as outlined in FCPS P2100 and R2100.	Embedded

Section L – Ideas/Comments/Suggestions

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

- “No Response”

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

- “No Response”

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

- “No Response”

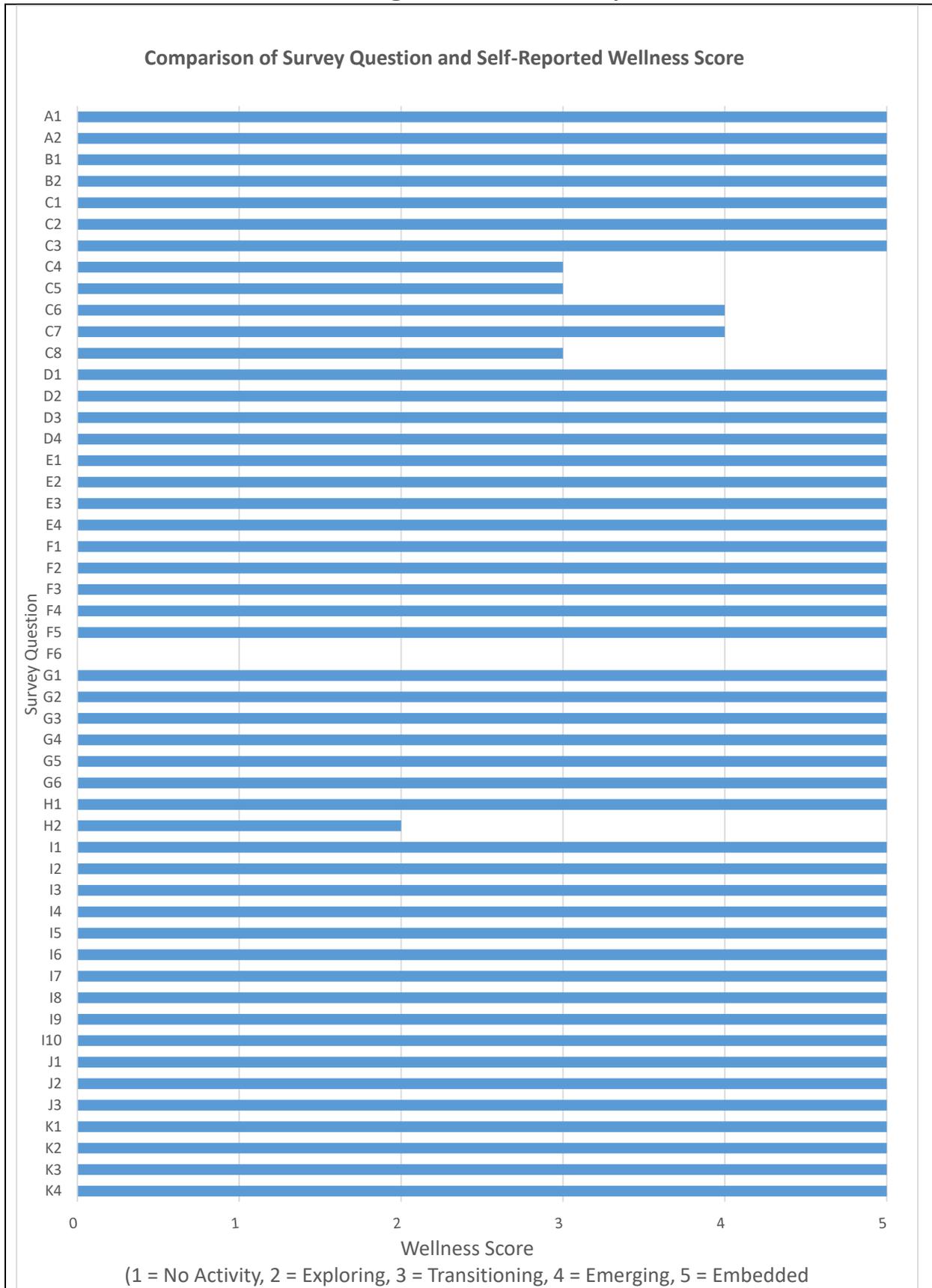
Summary Tables:

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

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

2020-2021 School Wellness Survey Responses

Westgate Elementary



2020-2021 School Wellness Survey Responses

Westgate Elementary

Survey Questions Grouped by Wellness Score

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
	H2	C4, C5, C8	C6, C7	A1, A2, B1, B2, C1, C2, C3, D1, D2, D3, D4, E1, E2, E3, E4, F1, F2, F3, F4, F5, G1, G2, G3, G4, G5, G6, H1, I1, I2, I3, I4, I5, I6, I7, I8, I9, I10, J1, J2, J3, K1, K2, K3, K4

2020-2021 School Wellness Survey Responses

Westlawn Elementary

Section A – Physical Education

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

Section B – Physical Activity

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

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

- "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.	Transitioning
- C3: Coping Skills.	Transitioning
- C4: Depression.	Transitioning
- C5: Suicide Prevention and Awareness.	Transitioning
- C6: Mental Health Issues (general).	Transitioning
- C7: Relationship of Healthy Sleep to Mental Health.	Transitioning
- C8: Substance Abuse Prevention.	Transitioning

2020-2021 School Wellness Survey Responses

Westlawn Elementary

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>
- 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

2020-2021 School Wellness Survey Responses

Westlawn Elementary

- | | |
|---|--------------------------|
| - F3: Implements programs that foster social and emotional health and wellness of students and staff. | Embedded |
| - F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments. | Embedded |
| - F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance. | Embedded |
| - F6: MIDDLE AND HIGH SCHOOLS ONLY: Academic advising encourages flexibility in course scheduling to promote adequate sleep and healthy sleep patterns to affect student mental health, wellness, and attendance. | Not a Middle/High School |

Section G – Health Promotion for Staff Members

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

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

Section H – Family and Community Involvement

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

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

2020-2021 School Wellness Survey Responses

Westlawn Elementary

- “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.	Emerging

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
- J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day.	Embedded
- J3: We follow FCPS’ policy on fundraisers as outlined in R2100.	Embedded

Section K – Nutritional Guidelines

2020-2021 School Wellness Survey Responses

Westlawn Elementary

<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
- K4: We follow all nutrition guidelines for food and beverage standards, as outlined in FCPS P2100 and R2100.	Embedded

Section L – Ideas/Comments/Suggestions

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

- “No Response”

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

- “No Response”

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

- “No Response”

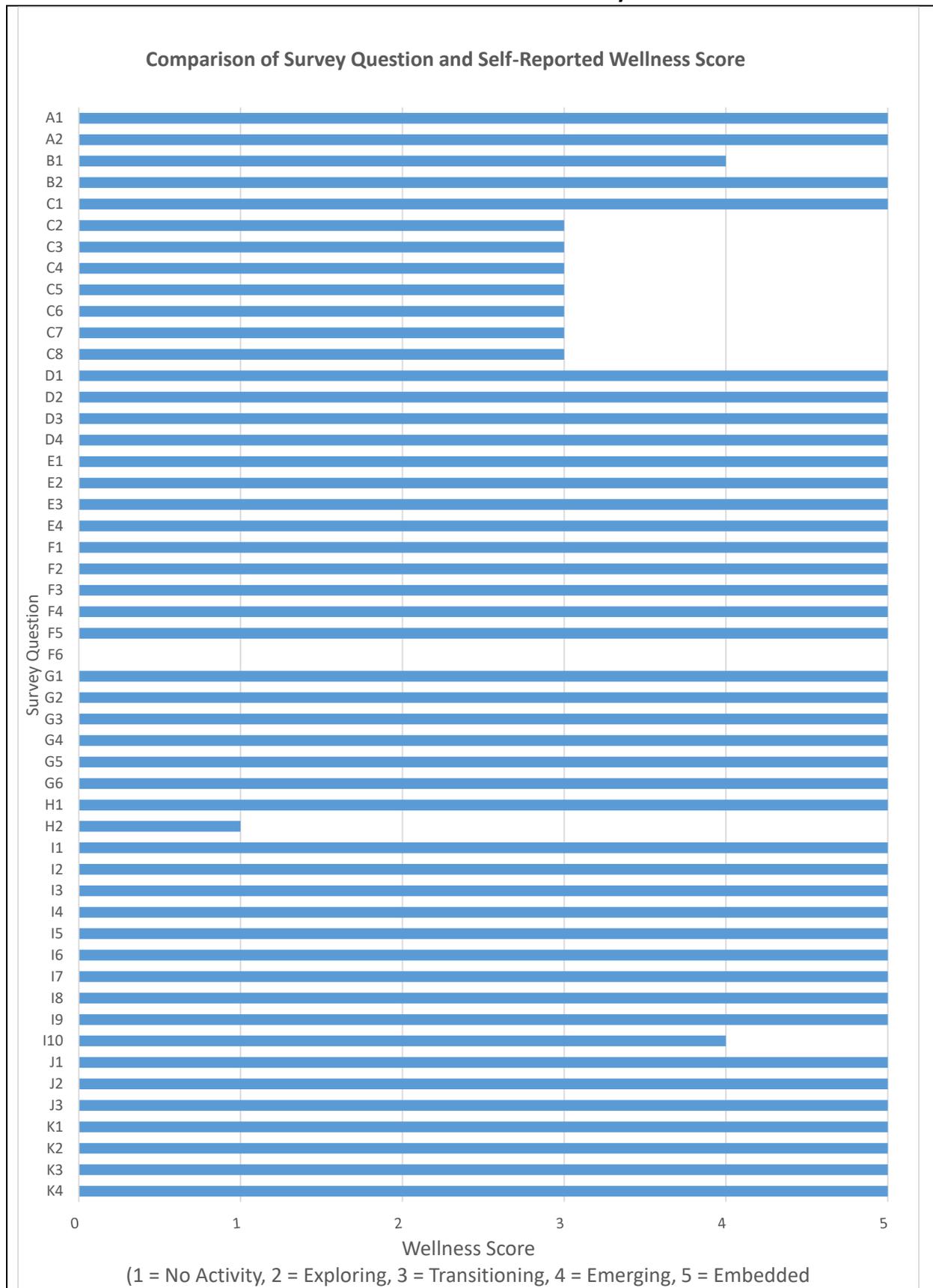
Summary Tables:

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

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

2020-2021 School Wellness Survey Responses

Westlawn Elementary



2020-2021 School Wellness Survey Responses

Westlawn Elementary

Survey Questions Grouped by Wellness Score

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
H2		C2, C3, C4, C5, C6, C7, C8	B1, I10	A1, A2, B2, C1, D1, D2, D3, D4, E1, E2, E3, E4, F1, F2, F3, F4, F5, G1, G2, G3, G4, G5, G6, H1, I1, I2, I3, I4, I5, I6, I7, I8, I9, J1, J2, J3, K1, K2, K3, K4

2020-2021 School Wellness Survey Responses

Weyanoke Elementary

Section A – Physical Education

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

Section B – Physical Activity

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

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

- "30 minutes of recess, daily; PE classes, regular movement breaks "

Section C – Health Education

<u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u>	<u>Response</u>
- C1: Promoting Healthy Lifestyles.	Embedded
- C2: Stress Management.	Embedded
- C3: Coping Skills.	Embedded
- C4: Depression.	Embedded
- C5: Suicide Prevention and Awareness.	Embedded
- C6: Mental Health Issues (general).	Embedded
- C7: Relationship of Healthy Sleep to Mental Health.	Embedded
- C8: Substance Abuse Prevention.	Embedded

2020-2021 School Wellness Survey Responses

Weyanoke Elementary

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>
- 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

2020-2021 School Wellness Survey Responses

Weyanoke Elementary

- | | |
|---|--------------------------|
| - 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. | Exploring |
| - G2: Health care access. | No Activity |
| - G3: Employee flu immunization clinics. | Embedded |
| - G4: Wellness opportunities for staff, such as fitness challenges, fitness classes, mobile health screenings, wellness walks, workshops, or health fairs that emphasize work/life balance. | Transitioning |
| - G5: Awareness of the Employee Assistance Program Services. | Emerging |
| - 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. | 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.

2020-2021 School Wellness Survey Responses

Weyanoke Elementary

- "Health tips in mailings"

Section I – Food and Nutrition General

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

Section J – Nutrition Education, Promotion, and Food Marketing

<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
- J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day.	Embedded
- J3: We follow FCPS' policy on fundraisers as outlined in R2100.	Embedded

Section K – Nutritional Guidelines

2020-2021 School Wellness Survey Responses

Weyanoke Elementary

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- K1: Sodas and sports drinks are not offered for sale to students at any time during the school day.	Embedded
- K2: Healthy food and beverage options are encouraged at school-related events outside the school day.	Transitioning
- K3: Implements appropriate precautions against severe food allergies.	Embedded
- K4: We follow all nutrition guidelines for food and beverage standards, as outlined in FCPS P2100 and R2100.	Embedded

Section L – Ideas/Comments/Suggestions

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

- “field day, international festival”

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

- “No Response”

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

- “No Response”

Summary Tables:

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

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

2020-2021 School Wellness Survey Responses

Weyanoke Elementary



2020-2021 School Wellness Survey Responses

Weyanoke Elementary

Survey Questions Grouped by Wellness Score

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
G2, G6, H2, I8	G1	G4, K2	G5	A1, A2, B1, B2, C1, C2, C3, C4, C5, C6, C7, C8, D1, D2, D3, D4, E1, E2, E3, E4, F1, F2, F3, F4, F5, G3, H1, I1, I2, I3, I4, I5, I6, I7, I9, I10, J1, J2, J3, K1, K3, K4

2020-2021 School Wellness Survey Responses

White Oaks Elementary

Section A – Physical Education

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

Section B – Physical Activity

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

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

- "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
- C8: Substance Abuse Prevention.	Embedded

2020-2021 School Wellness Survey Responses

White Oaks Elementary

Section D – Health Services

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

Section E – Healthy and Safe School Environment

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

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

- "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>
- F1: Monitors school climate and other factors that may contribute to student stress, symptoms of anxiety and depression, and peer and academic pressures and substance use.	Emerging
- F2: Our staff has received required suicide prevention training, as well as training that includes recognition of, and response to, mental and behavioral health needs.	Embedded

2020-2021 School Wellness Survey Responses

White Oaks Elementary

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

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.

2020-2021 School Wellness Survey Responses

White Oaks Elementary

- “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.	Emerging
- I6: Withholding access to food is not used as a disciplinary action.	Embedded
- I7: Potable water is available to all our students at no cost.	Embedded
- I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS).	No Activity
- I9: Allows students to possess personal containers for drinking water.	Embedded
- I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible.	Emerging

Section J – Nutrition Education, Promotion, and Food Marketing

<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
- J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day.	Embedded
- J3: We follow FCPS’ policy on fundraisers as outlined in R2100.	Embedded

Section K – Nutritional Guidelines

2020-2021 School Wellness Survey Responses

White Oaks Elementary

<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
- K4: We follow all nutrition guidelines for food and beverage standards, as outlined in FCPS P2100 and R2100.	Embedded

Section L – Ideas/Comments/Suggestions

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

- “No Response”

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

- “No Response”

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

- “No Response”

Summary Tables:

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

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

2020-2021 School Wellness Survey Responses

White Oaks Elementary



2020-2021 School Wellness Survey Responses

White Oaks Elementary

Survey Questions Grouped by Wellness Score

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
D2, G1, G2, I8, J1		G6	E2, F1, H1, H2, I5, I10, K2	A1, A2, B1, B2, C1, C2, C3, C4, C5, C6, C7, C8, D1, D3, D4, E1, E3, E4, F2, F3, F4, F5, G3, G4, G5, I1, I2, I3, I4, I6, I7, I9, J2, J3, K1, K3, K4

2020-2021 School Wellness Survey Responses

Willow Springs Elementary

Section A – Physical Education

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

Section B – Physical Activity

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

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

- "Running Club, Jump Rope Club"

Section C – Health Education

<u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u>	<u>Response</u>
- C1: Promoting Healthy Lifestyles.	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
- C8: Substance Abuse Prevention.	Emerging

2020-2021 School Wellness Survey Responses

Willow Springs Elementary

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>
- F1: Monitors school climate and other factors that may contribute to student stress, symptoms of anxiety and depression, and peer and academic pressures and substance use.	Emerging
- F2: Our staff has received required suicide prevention training, as well as training that includes recognition of, and response to, mental and behavioral health needs.	Embedded

2020-2021 School Wellness Survey Responses

Willow Springs Elementary

- | | |
|---|--------------------------|
| - F3: Implements programs that foster social and emotional health and wellness of students and staff. | Embedded |
| - F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments. | Embedded |
| - F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance. | Emerging |
| - F6: MIDDLE AND HIGH SCHOOLS ONLY: Academic advising encourages flexibility in course scheduling to promote adequate sleep and healthy sleep patterns to affect student mental health, wellness, and attendance. | Not a Middle/High School |

Section G – Health Promotion for Staff Members

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

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

Section H – Family and Community Involvement

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

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

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

2020-2021 School Wellness Survey Responses

Willow Springs Elementary

- "Staff basketball games, neighborhood run, fun runs, clubs, etc."

Section I – Food and Nutrition General

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

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
- J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day.	Embedded
- J3: We follow FCPS' policy on fundraisers as outlined in R2100.	Embedded

Section K – Nutritional Guidelines

2020-2021 School Wellness Survey Responses

Willow Springs Elementary

<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
- K4: We follow all nutrition guidelines for food and beverage standards, as outlined in FCPS P2100 and R2100.	Embedded

Section L – Ideas/Comments/Suggestions

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

- “Yoga club, running club, fun run”

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

- “A full time psychologist and social worker in all building would be beneficial for student mental health”

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

- “None at this time.”

Summary Tables:

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

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

2020-2021 School Wellness Survey Responses

Willow Springs Elementary



2020-2021 School Wellness Survey Responses

Willow Springs Elementary

Survey Questions Grouped by Wellness Score

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
G1	G2	H2	C2, C4, C5, C6, C7, C8, F1, F5, G6, I8, I10, K2	A1, A2, B1, B2, C1, C3, D1, D2, D3, D4, E1, E2, E3, E4, F2, F3, F4, G3, G4, G5, H1, I1, I2, I3, I4, I5, I6, I7, I9, J1, J2, J3, K1, K3, K4

2020-2021 School Wellness Survey Responses

Wolftrap Elementary

Section A – Physical Education

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

Section B – Physical Activity

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

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

- "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
- C8: Substance Abuse Prevention.	Embedded

2020-2021 School Wellness Survey Responses

Wolftrap Elementary

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>
- 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

2020-2021 School Wellness Survey Responses

Wolftrap Elementary

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

Section H – Family and Community Involvement

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

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

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

2020-2021 School Wellness Survey Responses

Wolftrap Elementary

- “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.	Embedded

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
- J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day.	Embedded
- J3: We follow FCPS’ policy on fundraisers as outlined in R2100.	Embedded

Section K – Nutritional Guidelines

2020-2021 School Wellness Survey Responses

Wolftrap Elementary

<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
- K4: We follow all nutrition guidelines for food and beverage standards, as outlined in FCPS P2100 and R2100.	Embedded

Section L – Ideas/Comments/Suggestions

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

- “No Response”

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

- “No Response”

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

- “No Response”

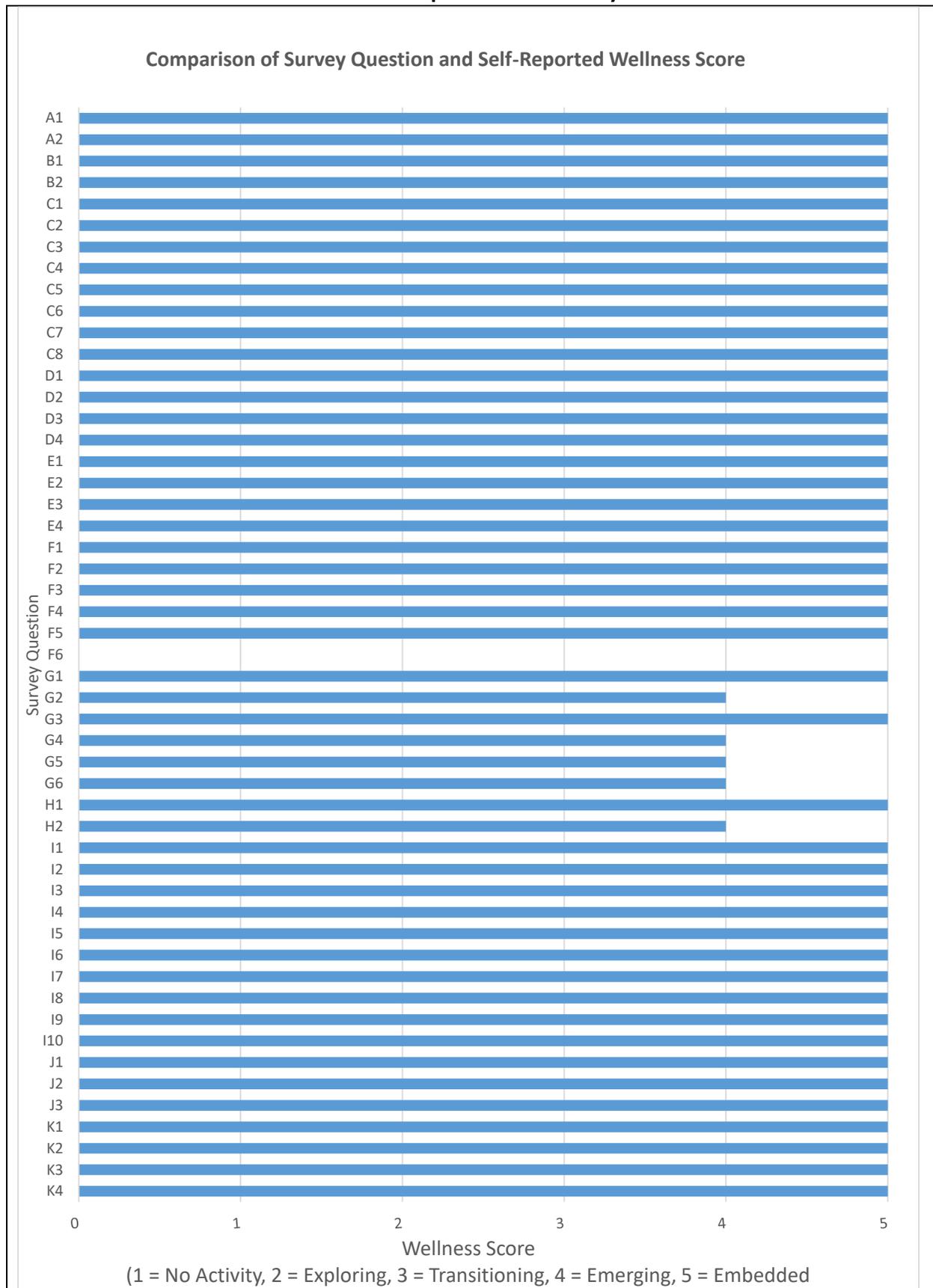
Summary Tables:

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

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

2020-2021 School Wellness Survey Responses

Wolftrap Elementary



2020-2021 School Wellness Survey Responses

Wolftrap Elementary

Survey Questions Grouped by Wellness Score

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
			G2, G4, G5, G6, H2	A1, A2, B1, B2, C1, C2, C3, C4, C5, C6, C7, C8, D1, D2, D3, D4, E1, E2, E3, E4, F1, F2, F3, F4, F5, G1, G3, H1, I1, I2, I3, I4, I5, I6, I7, I8, I9, I10, J1, J2, J3, K1, K2, K3, K4

2020-2021 School Wellness Survey Responses

Woodburn Elementary

Section A – Physical Education

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218.	Transitioning
- 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.	Embedded
- B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess.	Embedded

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

- "Virtual & in person students had two 15 minute movement breaks/recess daily. Wellness Wednesday with students, staff & families."

Section C – Health Education

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

2020-2021 School Wellness Survey Responses

Woodburn Elementary

- C8: Substance Abuse Prevention. Exploring

Section D – Health Services

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

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

Section E – Healthy and Safe School Environment

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

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

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

- "none"

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

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

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

2020-2021 School Wellness Survey Responses

Woodburn Elementary

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

Section G – Health Promotion for Staff Members

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

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

Section H – Family and Community Involvement

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

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

2020-2021 School Wellness Survey Responses

Woodburn Elementary

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

- "Principal newsletter, PTA newsletter, afterschool activities, wellness articles/websites, events, mentoring program"

Section I – Food and Nutrition General

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

Section J – Nutrition Education, Promotion, and Food Marketing

<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
- J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day.	Embedded

2020-2021 School Wellness Survey Responses

Woodburn Elementary

- 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.	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.	Emerging
- K4: We follow all nutrition guidelines for food and beverage standards, as outlined in FCPS P2100 and R2100.	Embedded

Section L – Ideas/Comments/Suggestions

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

- "Healthy Plate afterschool club sponsored by INOVA, FCPS wellness challenges, flu clinic, virtual field day"

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

- "No Response"

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

- "No Response"

Summary Tables:

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

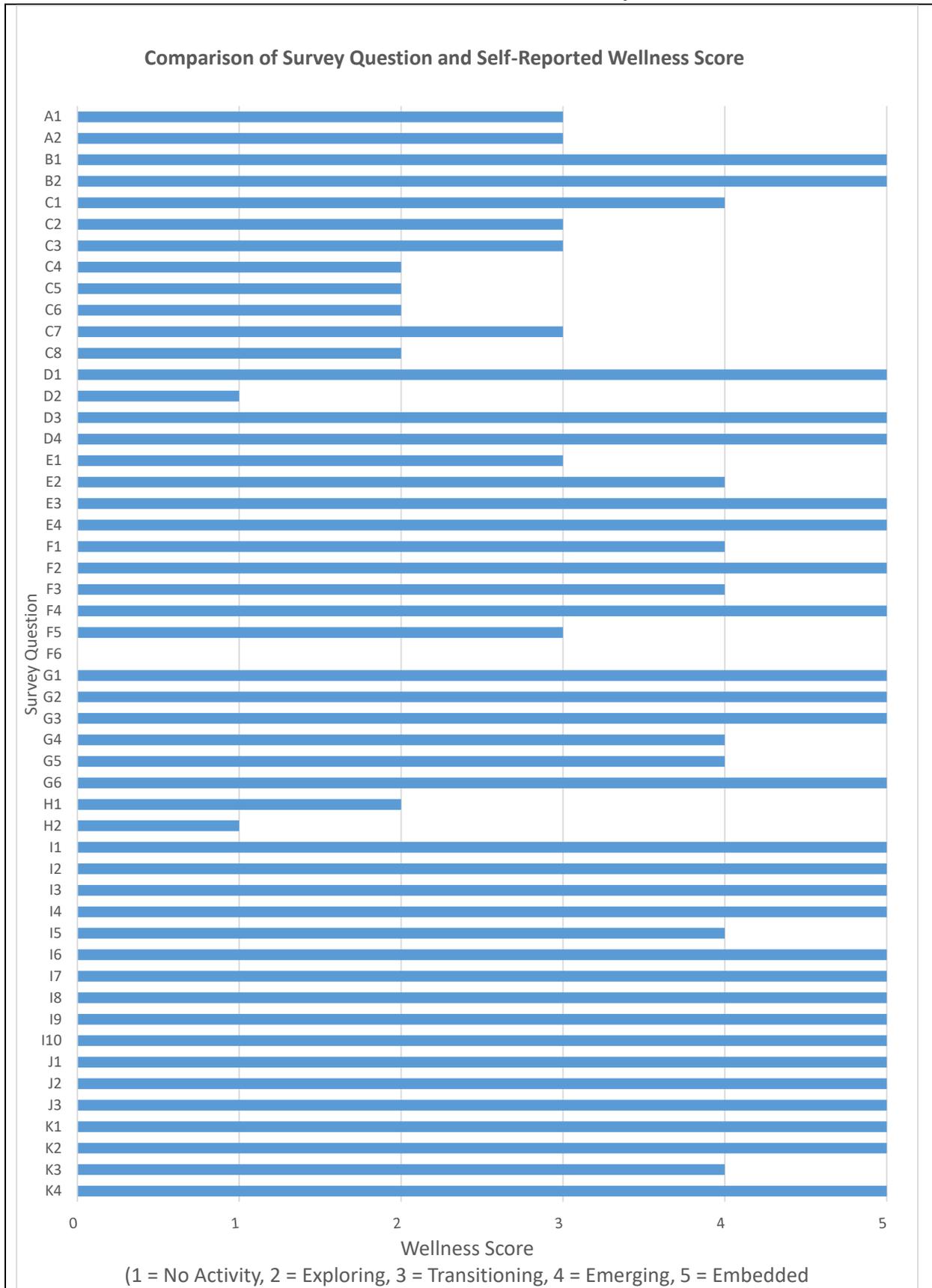
*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

2020-2021 School Wellness Survey Responses

Woodburn Elementary

2020-2021 School Wellness Survey Responses

Woodburn Elementary



2020-2021 School Wellness Survey Responses

Woodburn Elementary

Survey Questions Grouped by Wellness Score

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
D2, H2	C4, C5, C6, C8, H1	A1, A2, C2, C3, C7, E1, F5	C1, E2, F1, F3, G4, G5, I5, K3	B1, B2, D1, D3, D4, E3, E4, F2, F4, G1, G2, G3, G6, I1, I2, I3, I4, I6, I7, I8, I9, I10, J1, J2, J3, K1, K2, K4

2020-2021 School Wellness Survey Responses

Woodlawn Elementary

Section A – Physical Education

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

Section B – Physical Activity

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

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

- "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
- C8: Substance Abuse Prevention.	Embedded

2020-2021 School Wellness Survey Responses

Woodlawn Elementary

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.

- "Students have healthy lunches and breakfast "

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
- 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

2020-2021 School Wellness Survey Responses

Woodlawn Elementary

- F3: Implements programs that foster social and emotional health and wellness of students and staff. Embedded
- F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments. Embedded
- F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance. Embedded
- F6: MIDDLE AND HIGH SCHOOLS ONLY: Academic advising encourages flexibility in course scheduling to promote adequate sleep and healthy sleep patterns to affect student mental health, wellness, and attendance. Not a Middle/High School

Section G – Health Promotion for Staff Members

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

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

Section H – Family and Community Involvement

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

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

2020-2021 School Wellness Survey Responses

Woodlawn Elementary

- “promotes flu clinic every year”

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.	Embedded

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
- J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day.	Embedded
- J3: We follow FCPS’ policy on fundraisers as outlined in R2100.	Embedded

Section K – Nutritional Guidelines

2020-2021 School Wellness Survey Responses

Woodlawn Elementary

<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
- K4: We follow all nutrition guidelines for food and beverage standards, as outlined in FCPS P2100 and R2100.	Embedded

Section L – Ideas/Comments/Suggestions

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

- “N/A”

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.

- “Clean/wash hand during the day and sanitize”

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

- “N/A”

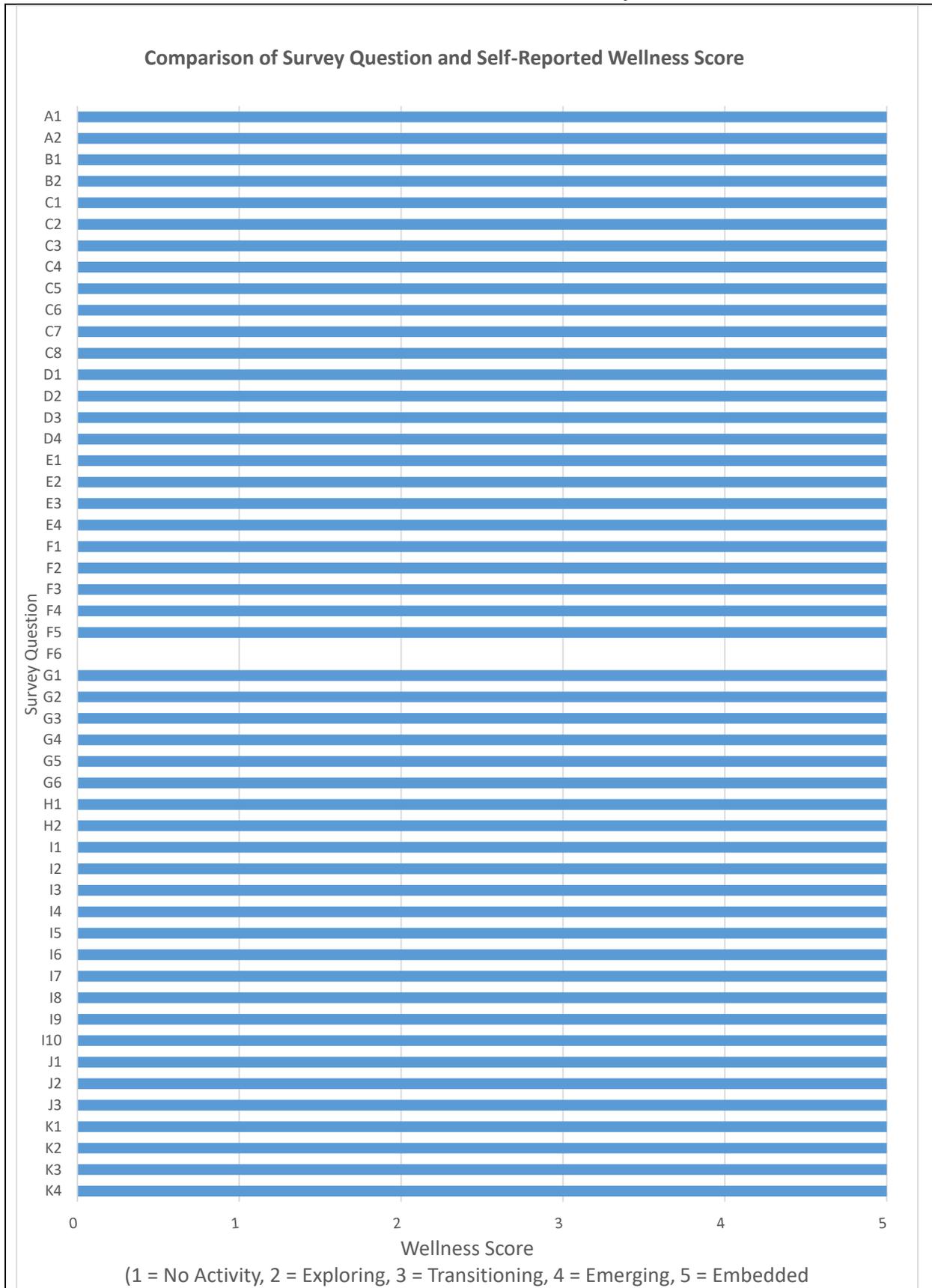
Summary Tables:

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

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

2020-2021 School Wellness Survey Responses

Woodlawn Elementary



2020-2021 School Wellness Survey Responses

Woodlawn Elementary

Survey Questions Grouped by Wellness Score

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
				A1, A2, B1, B2, C1, C2, C3, C4, C5, C6, C7, C8, D1, D2, D3, D4, E1, E2, E3, E4, F1, F2, F3, F4, F5, G1, G2, G3, G4, G5, G6, H1, H2, I1, I2, I3, I4, I5, I6, I7, I8, I9, I10, J1, J2, J3, K1, K2, K3, K4

2020-2021 School Wellness Survey Responses

Woodley Hills Elementary

Section A – Physical Education

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

Section B – Physical Activity

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

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

- "Staff participate in activities with the students; mind/dance breaks by general education teachers; field days; after school clubs, virtual recess"

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.	No Activity
- C6: Mental Health Issues (general).	Embedded
- C7: Relationship of Healthy Sleep to Mental Health.	Embedded

2020-2021 School Wellness Survey Responses

Woodley Hills Elementary

- 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.	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.

- "Most of our students do not live within walking distance. We do not have a crossing guard for some who do."

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

2020-2021 School Wellness Survey Responses

Woodley Hills Elementary

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

Section G – Health Promotion for Staff Members

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

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

Section H – Family and Community Involvement

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

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

2020-2021 School Wellness Survey Responses

Woodley Hills Elementary

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

- “Flyers in the newsletter and Virtual Field Day with the family”

Section I – Food and Nutrition General

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

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
- J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day.	Embedded

2020-2021 School Wellness Survey Responses

Woodley Hills Elementary

- J3: We follow FCPS' policy on fundraisers as outlined in R2100. Embedded

Section K – Nutritional Guidelines

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

- K1: Sodas and sports drinks are not offered for sale to students at any time during the school day. Embedded
- K2: Healthy food and beverage options are encouraged at school-related events outside the school day. Emerging
- K3: Implements appropriate precautions against severe food allergies. Embedded
- K4: We follow all nutrition guidelines for food and beverage standards, as outlined in FCPS P2100 and R2100. Embedded

Section L – Ideas/Comments/Suggestions

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

- "Field Day"

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

- "No Response"

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

- "No Response"

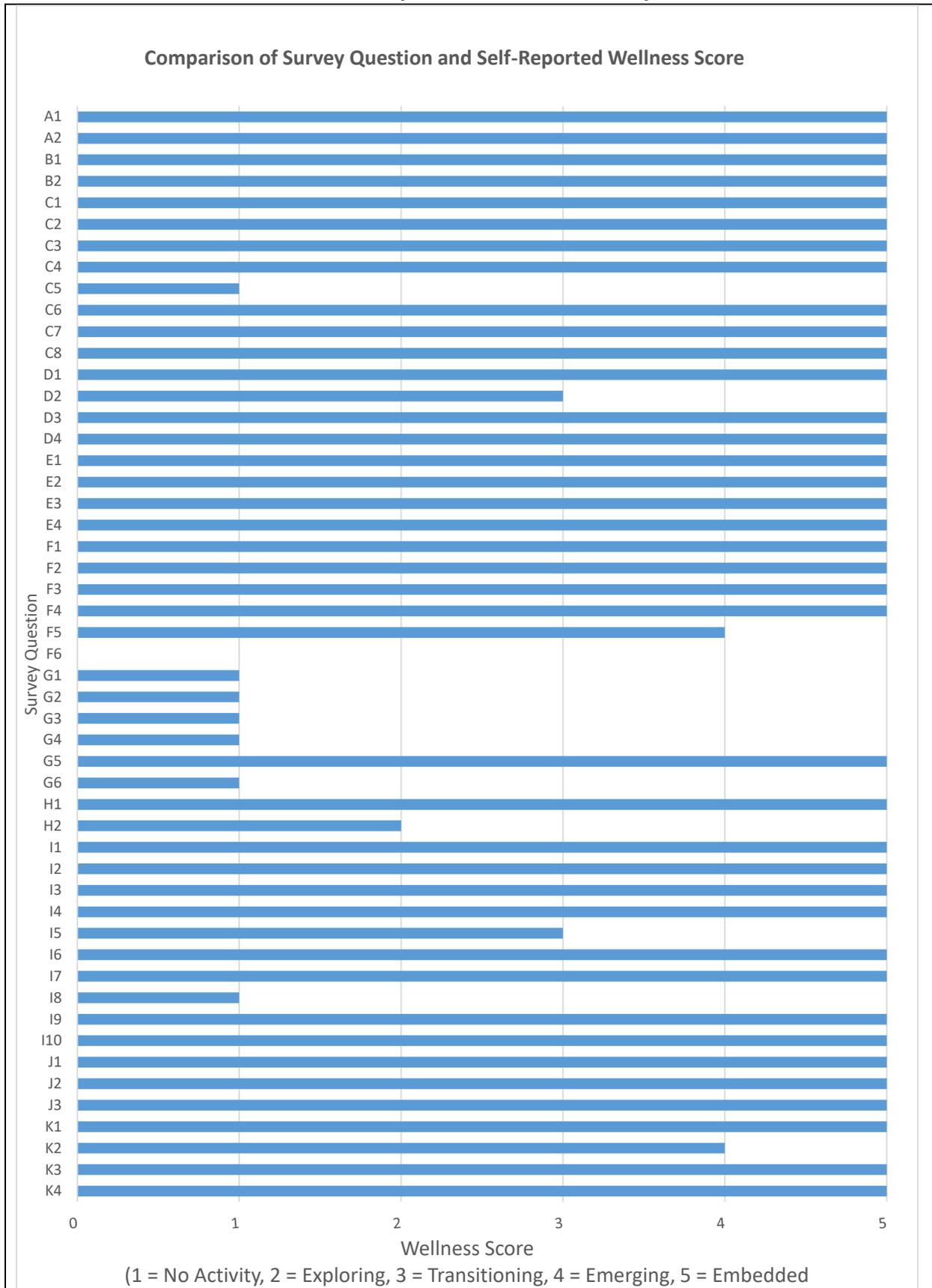
Summary Tables:

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

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

2020-2021 School Wellness Survey Responses

Woodley Hills Elementary



2020-2021 School Wellness Survey Responses

Woodley Hills Elementary

Survey Questions Grouped by Wellness Score

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
C5, G1, G2, G3, G4, G6, I8	H2	D2, I5	F5, K2	A1, A2, B1, B2, C1, C2, C3, C4, C6, C7, C8, D1, D3, D4, E1, E2, E3, E4, F1, F2, F3, F4, G5, H1, I1, I2, I3, I4, I6, I7, I9, I10, J1, J2, J3, K1, K3, K4