

FOSTERING HEALTH. ACHIEVING SUCCESS.

**Fairfax County Public Schools
Wellness Policy
2017-2020 Triennial Assessment**



Overview & Purpose

In accordance with the [Final Rule](#) of the Federal Healthy, Hunger Free Kids Act of 2010 and the [Virginia Administrative Code](#): 8VAC20-740, Fairfax County Public Schools (FCPS) presents the 2017-2020 Triennial Assessment which includes the timeframe from July 2017-June 2020. The Triennial Assessment indicates updates on the progress and implementation of FCPS' Wellness Policy and wellness initiatives, and provides required documentation of actions, steps, and information as outlined in the Final Rule.

There are 206 schools and centers included in this Triennial Assessment. These include 141 elementary, 23 middle, 23 high, 3 secondary, 4 early childhood and 12 other FCPS centers.

FCPS Wellness Policy and Regulation

In May and October of 2016, the Fairfax County School Board adopted a revised [Wellness Policy](#) and [Regulation](#) (P/R 2100) for FCPS to promote the health and well-being of students and staff. The comprehensive components of the local wellness policy and regulation include physical education; physical activity; health education; health services; healthy and safe school environment; counseling, psychological, and social services; health promotion for staff members; family and community involvement; food and nutrition (general); nutrition education, promotion, and food marketing; and nutrition guidelines that influence student and staff health and wellness. These components meet the requirements of Public Law 111-296 and the Healthy, Hunger-Free Kids Act of 2010 (HHFKA) and are aligned to the Coordinated School Health Model, developed by the Centers for Disease Control and Prevention (CDC).

FCPS' Local Wellness Policy and Regulation 2100, *Student and Staff Health and Wellness*, set forth visionary, yet measurable and achievable goals that encourage continual progress and the advancement of a long-term, sustainable culture of improved health and wellness throughout the Division. The Wellness Policy includes all the identified regulations outlined in the HHFKA of 2010, as well as division level and community expectations for our schools.

The policy and regulation are available to the public and can be found on the FCPS webpage under [School Board Policies, Regulations and Notices](#). FCPS Wellness Policy 2100 (P2100), *Student and Staff Health and Wellness*, can be found at [https://go.boarddocs.com/vsba/fairfax/Board.nsf/files/AWCRGX6B6768/\\$file/P2100.pdf](https://go.boarddocs.com/vsba/fairfax/Board.nsf/files/AWCRGX6B6768/$file/P2100.pdf). FCPS Regulation 2100 (R2100), *Student and Staff Health and Wellness*, is available at [https://go.boarddocs.com/vsba/fairfax/Board.nsf/files/BGRMK45B8005/\\$file/R2100.pdf](https://go.boarddocs.com/vsba/fairfax/Board.nsf/files/BGRMK45B8005/$file/R2100.pdf).

School Health Advisory Committee (SHAC) and Public Involvement in Wellness Policy Updates

Description of Public Involvement

Standard/Guideline	Met	Not Met
FCPS permits participation by the general public and the school community in the Wellness Policy process. This includes parents, students, and representatives of the School Food Authority, teachers of physical education, school health professionals, the School Board, and school administrators.	X	

Description of Public Updates

Standard/Guideline	Met	Not Met
The Wellness Policy is made available to the public on an annual basis, at minimum. This includes any updates to and about the Wellness Policy.	X	
The Triennial Assessment, including progress toward meeting the goals of the policy, will be made available to the public on or before June 30, 2020.	X	

FCPS reviews, updates or modifies the Wellness Policy, as appropriate. This process involves the School Health Advisory Committee (SHAC). The Fairfax County School Board (FCSB) appoints members to SHAC and other citizen advisory committees to increase community input on specific issues. Qualifications for appointment to some committees are mandated by Virginia Code. Citizen advisory committees include citizens from the magisterial districts and one appointed Board member liaison. Advisory committee appointments reflect the religious, cultural, and ethnic diversity of the magisterial districts. Every July, the Board develops charges for each citizen advisory committee.

Each FCSB member annually appoints a citizen to the SHAC to assist with the development of health policy in the school division and to evaluate the status of school health, health education, school environment and health services. SHAC meets monthly throughout the year (September-May). Meetings and agendas are made available to the public and public comment is encouraged. Each year, SHAC submits an annual report to the FCSB that includes concerns shared by the public, as well as SHAC recommendations. The FCPS SHAC webpage may be accessed at <https://www.fcps.edu/committee/school-health-advisory-committee-shac-2019-20>.

As indicated in FCPS Student and Staff Health and Wellness Policy 2100, the FCSB will engage members of the school community and the general public to develop, assess, review and/or

revise the FCPS wellness policy and regulation. The School Health Advisory Committee (SHAC) will assess and review the wellness policy and regulation to make recommendations to the FCSB and serve as a vehicle for engaging the public.

FCPS continues to develop wellness resources to engage students, staff, families and community members in supporting health and wellness in our community. These resources available on FCPS' Student and Staff Health and Wellness webpage at <https://www.fcps.edu/resources/student-safety-and-wellness/mental-health-and-resiliency/school-health-and-wellness>

Wellness Policy Leadership

Description of Policy Leadership

Standard/Guideline	Met	Not Met
FCPS established a Wellness Policy leadership of one or more Local Education Agency (LEA) and/or school official(s) who have the authority and responsibility to ensure each school complies with the policy.	X	

FCPS established a Wellness Policy leadership of one or more school officials who has the authority and responsibility to ensure each school complies with the Wellness Policy. Information regarding FCPS wellness leadership is available at <https://www.fcps.edu/resources/student-safety-and-wellness/wellness-leadership>.

The Department of Special Services Assistant Superintendent is responsible for the oversight of the FCPS Wellness Policy to ensure each school's compliance. Our wellness leadership team is comprised of staff representing the Department of Special Services; Department of Instructional Services; Department of Facilities and Transportation Services; Department of Human Resources; and Food and Nutrition Services. Each department is represented as part of SHAC. The public is encouraged to provide suggestions or share questions or concerns with our leadership team at wellnessleadership@fcps.edu.

The Wellness Policy committee meets monthly throughout the year (September-May) as part of SHAC and provides for periodic review and updates regarding the Wellness Policy. The general public and the school community are allowed and encouraged to participate in the Wellness Policy process. This may include parents, students, and representatives of the School Food Authority, teachers, school health professionals, the School Board and school administrators.

School-Based Wellness Committees

As required by R2100, each school is required to develop and establish a wellness committee to implement the activities that support the wellness policy. Schools are encouraged to invite and include staff; parents and/or guardians; community members; students; and the school public health nurse to be a part of the school’s wellness committee. FCPS wellness team representatives are encouraged to build collaborative and effective partnerships with families and community members. This partnership allows wellness teams to plan and support the shared responsibility of creating and promoting healthy school environments and fostering consistent health and wellness messages between the home and school environment. The school community is made aware of their ability to participate in the Wellness Policy process as part of SHAC and additional information is available at <https://www.fcps.edu/committee/school-health-advisory-committee-shac-2019-20>.

In order to promote staff wellness, each school designates a staff wellness liaison to share information and resources with staff regarding employee wellness and the employee assistance program. The FCPS Wellness Program, supported by the FCPS Department of Human Resources, is designed to assist employees with developing and maintaining a healthy lifestyle. FCPS has been recognized as a “Start! Fit-Friendly” company by the American Heart Association in 2009, 2010, 2011, 2012, and 2013. This award recognizes employers for promoting physical activity and health in the workplace. More information about FCPS employee wellness is available at <https://www.fcps.edu/wellness-programs>.

Wellness Policy Compliance and Alignment to United States Department of Agriculture (USDA) Requirements Under the HHFKA of 2010 and the Code of Virginia

The FCPS Wellness Policy and Regulation (P/R 2100) are aligned to content; leadership/oversight; documentation; reporting; and public involvement requirements of the USDA and HHFKA of 2010. FCPS P/R2100 also meets Code of Virginia requirements for implementation and compliance as outlined in [8VAC20-740-40](#). The [Center for Disease Control and Prevention \(CDC\) Whole School, Whole Community and Whole Child \(WSCC\)](#) model and components were used as an overarching framework to guide the development of the FCPS P/R2100.

Wellness Policy Assessment and Development of FCPS Wellness Policy Survey

Description of Evaluation Plan

Standard/Guideline	Met	Not Met
FCPS Policy 2100 requires annual progress reports to be provided to the public, which include each school’s progress in meeting wellness policy goals. The HHFKA of 2010 Final Rule	X	

Standard/Guideline	Met	Not Met
requires State Agencies to assess compliance with the Wellness Policy requirements every three years.		

FCPS must conduct an assessment of the Wellness Policy every three years, at a minimum. The HHFKA of 2010 Final Rule requires State Agencies to assess compliance with the Wellness Policy requirements as a part of the general areas of the Administrative Review every three years. FCPS Policy 2100 requires annual progress reports to be provided to the public, which include each school's progress in meeting wellness policy goals. To assess our progress toward the implementation of the wellness policy, a survey addressing division level and community priorities with corresponding reporting metrics was completed by SHAC at the end of SY 16-17 and finalized by the Division in January 2018.

While the Wellness survey metrics developed by SHAC does not include all aspects of a student's well-being or address all requirements of P/R 2100, the questions are aligned to the requirements of the Final Rule, as well as the assessment modules of the Healthy Schools Assessment of the Alliance for a Healthier Generation.

FCPS Wellness Survey Sections

The FCPS Wellness Survey is divided into 12 sections that are aligned to sections found within FCPS' Wellness Policy 2100. These include:

- Section A: Physical Education
- Section B: Physical Activity
- Section C: Health Education
- Section D: Health Services
- Section E: Healthy and Safe School Environment
- Section F: School Counseling, School Psychology, and School Social Work Services
- Section G: Health Promotion for Staff Members
- Section H: Family and Community Involvement
- Section I: Food and Nutrition General
- Section J: Nutrition Education, Promotion and Food Marketing
- Section K: Nutrition Guidelines
- Section L: Ideas/Comments/Suggestions

Wellness survey responses were scored by school-based wellness teams and principals using a 1-5 scale (see *Definition of Scale Rating* below) and schools were also provided the opportunity to share open-ended feedback.

Definition of FCPS Wellness Policy Survey Rating Scale

- Rating 1: **No activity.** Not being planned or implemented at this time. No students, families or staff currently benefit from this practice or activity.
- Rating 2: **Exploring.** Just beginning to explore/discuss this practice, strategy or activity. There is a definite interest and some planning has begun. Few students, families and staff are currently involved or benefit.
- Rating 3: **Transitioning.** This practice, strategy or activity is in the earliest implementation stages; progress is being made and plans are moving fast. The practice, strategy or activity may be implemented in some classrooms but not frequently or consistently. Some students, families, and staff currently benefit or participate.
- Rating 4: **Emerging.** Concerted efforts are being made to fully implement this practice, strategy or activity. Many students, families, and staff currently benefit or participate.
- Rating 5: **Embedded.** Implementation of this practice, strategy or activity is schoolwide and consistent. Most or all students, families, and staff currently benefit or participate.

FCPS Wellness Policy Survey Metrics

Each year, school administrators and school-based wellness teams are asked to rate to what extent their school implements the following practices:

Section A- Physical Education

Standard/Guideline
Physical education classes provide students with the minimum time requirements under FCPS Regulation 3218.
At least 50% of physical education class-time includes moderate to vigorous physical activity.

Section B-Physical Activity

Standard/Guideline
Withholding recess or physical education is not used as a disciplinary action.
ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess.
Please highlight any activities or best practices used to promote student's physical activity.

Section C- Health Education

Standard/Guideline
Promoting healthy lifestyles.
Stress management.
Coping skills
Depression.
Suicide prevention and awareness.
Relationship of healthy sleep to mental health.
Substance abuse prevention.

Section D- Health Services

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

Section E- Healthy and Safe School Environment

Standard/Guideline
Encourages children to safely walk or bike to and from school.
Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults.
School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560.
Maintains a comprehensive tobacco-free policy in accordance with FCPS Policy 4419 and Regulation 2152.
Please share any school or community specific barriers to promoting a healthy and safe school environment for students.

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

Standard/Guideline
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.
Our staff has received required suicide prevention training, as well as training that includes recognition of, and response to, mental and behavioral health needs.
Implements programs that foster social and emotional health and wellness of students and staff.

Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.
Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work-life balance.
MIDDLE AND HIGH SCHOOLS ONLY: Academic advising encourages flexibility in course scheduling to promote adequate sleep and healthy sleep patterns to affect student mental health, wellness and attendance.

Section G- Health Promotion for Staff Members

Standard/Guideline
Health screenings.
Health care access.
Employee flu immunization clinics.
Wellness opportunities for staff, such as fitness challenges, fitness classes, mobile-health screenings, wellness walks, workshops, or health fairs that emphasize work-life balance.
Awareness of the Employee Assistance Program Services.
Staff celebrations that offer and encourage healthy choices for food and beverages.
Please identify the job title of your staff wellness liaison.

Section H- Family and Community Involvement

Standard/Guideline
Established a wellness committee to implement activities that support the wellness policy.
Includes a non-staff, family or community member in our school's wellness committee.
Please share how your wellness committee encourages involvement from families and community members in promoting wellness in your school.
Please identify the names and affiliations of wellness committee members.

Section I- Food and Nutrition General

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

Allows students to possess personal containers for drinking water.
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ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible.
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Section J- Nutrition Education, Promotion and Food Marketing

Standard/Guideline

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

Section K- Nutrition Guidelines

Standard/Guideline

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

Healthy food and beverage options are encouraged at school-related events outside of the school day.
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Implements appropriate precautions against severe food allergies.

Section L- Idea/Comments/Suggestions

Standard/Guideline

Please list any wellness events or activities your school has undertaken or will undertake this school year.
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Please provide any suggestions, best practices, or tools that you believe would be helpful in evaluating and supporting student and staff health and wellness in FCPS.
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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.
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As a result of Triennial assessment standards and nutrition guideline reporting requirements shared in November 2019 by the VDOE Office of School Nutrition Programs, three questions were added to the SY 2020 survey and survey results will be included in SY 2019-2020 reporting. These include:

- We follow federal school and meal nutrition standards for all foods and beverages available for sale on campus during the school day.
- We follow FCPS’ policy on fundraisers as outlined in R2100.
- We follow all nutrition guidelines for food and beverage standards as outlined in FCPS P2100 and R2100.

Wellness Policy Survey Results and Progress Assessment

As part of the requirements of FCPS P/R 2100 and the HHFKA [Final Rule](#), baseline wellness reporting in FCPS was initiated and reported in SY 2017-2018 (May 2018). Annual wellness

reporting followed for SY 2018-2019 (May 2019); and SY 2019-2020 survey information will be completed in May 2020 and made available to the public, along with the triennial assessment.

Wellness survey results are available for each school year and may be viewed by school. All comprehensive wellness reporting is available to the public at <https://www.fcps.edu/node/36633>.

A Division Level Wellness Executive Summary was developed for each year to evaluate overall progress and whether requirements are being met. These include an overall summary of the primary areas for wellness improvement in FCPS as identified in the School Wellness Policy Survey. Areas for improvement were isolated by identifying the specific questions receiving the lowest average scores that fell into either the “exploring” or “transitioning” categories. Calculated scores in the executive summary report were based on the following Likert scale conversion: 1 = No activity; 2 = Exploring; 3 = Transitioning; 4 = Emerging; and 5 = Embedded. Average scores were categorized using the following ranges: 0.00 – 1.49 = No activity; 1.50 – 2.49 = Exploring; 2.50 – 3.49 = Transitioning; 3.50 – 4.49 = Emerging; and 4.50 – 5.00 = Embedded.

Executive Summaries for [SY 2017-2018](#) and [SY 2018-2019](#) are available on the FCPS Wellness Reporting Webpage. The executive summary for SY 2019-2020 is forthcoming, pending the May 2020 Wellness Policy Survey results.

Quality of Wellness Policy

Thoroughly reviewed by USDA Food and Nutrition Service, the [Alliance for a Healthier Generation's Healthy Schools Program](#) has worked to create and implement effective wellness policies, guided by evidence-based best practices. In collaboration with the USDA, they have developed a Model Wellness policy based on the [USDA's Final Rule under the Healthy, Hunger-Free Kids Act of 2010](#).

FCPS' Wellness policy is aligned to the model policy, including the requirements of school-based wellness committees; division-level leadership; implementation, monitoring, accountability and community engagement; nutrition standards; physical activity; and other activities that promote student wellness.

Division Wellness Goals and FCPS Strategic Plan

The FCPS Strategic Plan, Ignite, prioritizes the divisions' commitment to fostering a responsive, caring, and inclusive culture where all feel valued, supported and hopeful. As part of Strategic Plan Goal 2: Caring Culture, FCPS commits to using best practices to enable students and staff to make healthy life choices and to increasing school and department awareness and use of practices that support positive individual wellness.

Every year, FCPS reports to the FCSB on the progress made toward each goal area's aspirational statements. A detailed look at performance data and the actions taken to influence the data can be reviewed in the October 2019 Caring Culture narrative report at [https://go.boarddocs.com/vsba/fairfax/Board.nsf/files/BJSVC71A89E/\\$file/Goal%20%20Caring%20Culture%20Report.pdf](https://go.boarddocs.com/vsba/fairfax/Board.nsf/files/BJSVC71A89E/$file/Goal%20%20Caring%20Culture%20Report.pdf).

Division Initiatives Impacting Student and Staff Health and Wellness

- **Fairfax County Youth Survey:** The Fairfax County Youth Survey is a comprehensive, anonymous and voluntary survey given each year to students in grades 6, 8, 10 and 12 that examines behaviors, experiences and other factors that influence the health and well-being of Fairfax County's youth.

The **Fairfax County Youth Survey** provides a wealth of information about a variety of topics related to our youth, from sleep and nutritional habits to protective factors and risk factors that influence their physical and mental well-being. In addition, substance abuse behaviors and symptoms of depression and suicidal thoughts and feelings are reported.

The results provide a snapshot of the county's youth and serve as a barometer of the community's effectiveness in fostering healthy choices in young people. The Youth Survey is a collaboration of Fairfax County Government and Fairfax County Public Schools. Survey results may be reviewed at <https://www.fcps.edu/resources/student-safety-and-wellness/youth-survey>.

- **Menstrual Equity Initiative (SY 2019-2020):** The Fairfax County School Board approved a menstrual equity initiative on September 12, 2019. This initiative provides for the provision of unobstructed access to feminine hygiene products to students, as it relates to equity and attendance in 37 identified schools. All five regions at all levels (elementary, middle, high) are represented as part of the pilot program.

Either plastic bins or wall-mounted dispensers which were placed in an accessible location within selected girls' restrooms. Sanitary pads were distributed and replenished daily by custodial staff throughout the piloted schools. For all other schools, free sanitary pads remain available to all students as needed in the school health room.

- **FCPS Health and Wellness Partnerships:** FCPS seeks [Ignite Partnerships](#) in eight platforms and meet specific engagement thresholds. In 2019, a Health and Wellness Partnership was developed to support the well-being of students and staff members. Our health and wellness partnership program allows a business or community group to provide students and staff members in FCPS with needed health and wellness services or resources they might otherwise go without. More information about our partnership

program may be reviewed at <https://www.fcps.edu/get-involved/business-and-community-partnerships/ignite-partnerships/health-and-wellness>.

- **FCPS Mason and Partners (MAP) Extension Site:** Through a successful school health partnership, Fairfax County Public Schools (FCPS) and George Mason University continue to support student success and promote a caring culture for uninsured students and families as they register for school at the Dunn Loring Student Registration Welcome Center. Through our partnership, we have established the FCPS Mason and Partners (MAP) Extension Site, which provides free health services, including school entry physicals and immunizations, three days per week to uninsured students. The program and its impact to the community was recently highlighted by NBC4 [https://www.nbcwashington.com/news/local/Fairfax-County-Offers-Free-Physicals - Shots-to-Uninsured-Kids Washington-DC-513358692.html?akmobile=o&appVideoHub=y](https://www.nbcwashington.com/news/local/Fairfax-County-Offers-Free-Physicals-Shots-to-Uninsured-Kids-Washington-DC-513358692.html?akmobile=o&appVideoHub=y).
- **FCPS 2019 Annual Mental Health and Wellness Conference:** FCPS is committed to addressing the mental health and wellness of our students. On October 5, 2019, FCPS hosted its sixth annual Mental Health and Wellness Conference in partnership with Inova and Kaiser Permanente. Topics addressed included social and emotional learning; stress and anxiety; fostering resilience; healthy use of technology; self-care; communication; family mental health services; drugs and the adolescent brain; vaping; and sport and performance psychology skills. FCPS anticipates its seventh annual mental health conference for students and families to be held in Fall 2020.
- **Employee Wellness Liaison Professional Development:** In SY 2018-2019, school employee wellness liaisons were offered the opportunity to take a professional development course that focused on ways to encourage employee participation in district-wide wellness initiatives and to learn about turnkey wellness program ideas and resources they could offer at their sites.
- **Safe Routes to School:** FCPS received a grant from the Virginia Department of Transportation to promote safe and active transportation, such as biking and walking, to and from school. This is the fifth year FCPS has received the grant. Safe Routes to School (SRTS) educates students on safe walking and bicycling and encourages students to use active transportation. FCPS partners with the Fairfax County Department of Transportation and Fairfax County Police Department to keep students safe while walking and bicycling. Walking and bicycling to school supports students by increasing physical activity. Physical activity is related to higher academic performances and better health outcomes. Walking and bicycling to school also addresses Fairfax County environmental goals and supports better air quality and less traffic congestion around local schools.

Through the multiple grants FCPS has provided class sets of bikes to 27 schools at the elementary and middle school levels and will add two additional schools in the spring of 2020. There are two additional sets of bikes that travel to schools, one for elementary schools and one for middle schools. Adapted equipment is available to support students with disabilities in participating in bike safety and riding lessons. One hundred sixty teachers have been trained to teach the Bike Safety Course and during SY 2018-2019, 38 schools had bike safety as part of their physical education course. Bike instruction has reached over 12,500 students. Approximately 12% of students participating did not know how to ride a bike prior to receiving instruction at school. In October 2019, 111 schools participated in Walk to School Day and in May 2019, 95 schools participated in Bike to School Day.

More information about Safe Routes to School is available at <https://www.fcps.edu/resources/safety-and-transportation/transportation-services/safe-routes-school-srts>. The Safe Routes Partnership provides additional information on the benefits of Safe Routes to School at https://www.saferoutespartnership.org/sites/default/files/resource_files/srp-benefits-infographic_final.pdf.

Division Wellness Recognition

- **Virginia School Board Association (VSBA) Food for Thought Competition and Recognition:** FCPS was named a winner in the 2019 VSBA Food for Thought competition. FCPS won in the Wellness and Physical Activity category of districts with more than 10,001 students for its program, Student and Staff Health and Wellness. VSBA established the competition in 2012 to encourage school leaders to tackle childhood hunger and provide Virginia's students with healthier, more nutritious meals. There are three categories of awards: Wellness and Physical Activity, Healthy School Meals, and Meal Access to Fight Hunger.

FCPS received recognition for the establishment of a comprehensive health and wellness program for its students and staff members following the FCSB's adoption of a revised Wellness Regulation in 2016. During the 2018-19 school year, school-based wellness committees were established to create and promote healthy school environments and share health and wellness messages.

The district regularly holds fitness challenges for employees, and many schools have established before- and after-school fitness programs for students. FCPS also hosts a mental health and wellness conference for students and families each year, and has established a wellness newsletter for schools, staff members, students, and families. More information is available at <https://www.fcps.edu/news/fcps-wins-award-wellness-program-vsba>.

- **Chesapeake Chapter of the National School Public Relations Association (CHESPRA) Communications Contest:** FCPS won six awards in the 2019 CHESPRA communications contest. The contest recognizes outstanding publications, web, and television communications produced by public school districts and private schools located in the District of Columbia, Maryland, Virginia, and West Virginia.

The website subsection, Vaping: What Students Should Know, won an Award of Excellence, the highest recognition. The webpage addresses harmful chemicals, nicotine addiction and other potential hazards which may affect health and wellness in the school community. Advisory information from the Fairfax County Health Department (FCHD) is also highlighted and may be viewed at <https://www.fcps.edu/vaping>.

- **Thriving Schools Minigrant:** In 2018, twenty schools received a \$2500 wellness grant through the Thriving School Minigrant sponsored by Kaiser Permanente. The schools selected were chosen based on their proposal detailing how they would change school policies, environments, and practices to promote teacher/staff health and wellness.
- **American Heart Association Bronze Level Recognition:** FCPS received Bronze level recognition from the American Heart Association for its 2019 Workplace Health Achievement Index which recognizes organizations for taking significant steps to build a culture of health in the workplace for employees.