FCPS SCHOOL WELLNESS SURVEY REPORT

2017-2018

2017-18 School Wellness Survey Report (Summary)
Executive Summary

The following is an overall summary of the primary areas for wellness improvement in FCPS as identified by the 2017-2018 School Wellness 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 (no questions scored in the "no activity" category). Both the questions and their categories (bolded) are listed in the table below.

Calculated scores throughout this report were based on the following Likert scale conversion:

<div align="center">1 = No activity, 2 = Exploring, 3 = Transitioning, 4 = Emerging, 5 = Embedded</div>

Average scores were categorized using the following ranges:

<div align="center">0.00 – 1.49 = No activity, 1.50 – 2.49 = Exploring, 2.50 – 3.49 = Transitioning, 3.50 – 4.49 = Emerging, 4.50 – 5.00 = Embedded</div>

Primary Areas for Wellness Improvement			
Common to All School Types	Unique to Each School Type		
FCPS as a Whole	**Elementary**	**Middle/High/Secondary**	**Other Centers**
Health Promotion for Staff Members - Support opportunities for health screenings and health care access **Family and Community Involvement** - Including a non-staff, family, or community member in the wellness committee - Student feedback on food choices	**Health Education** - Education curriculum covering Depression, Suicide Prevention and Awareness, and Substance Abuse Prevention	**Healthy and Safe School Environment** - Encourage safe commute to and from school **Health Promotion for Staff Members** - Staff celebrations that offer and encourage healthy choices for food and beverage	**Healthy and Safe School Environment** - Encourage safe commute to and from school **Health Education** - Education curriculum covering Substance Abuse Prevention **Physical Education** - Meeting minimum time requirements for P.E. - Devoting at least 50% of P.E. time to moderate-vigorous activity.

2017-18 School Wellness Survey Report (Summary)
Executive Summary cont…

Comparison of Survey Section Wellness Averages by School Type
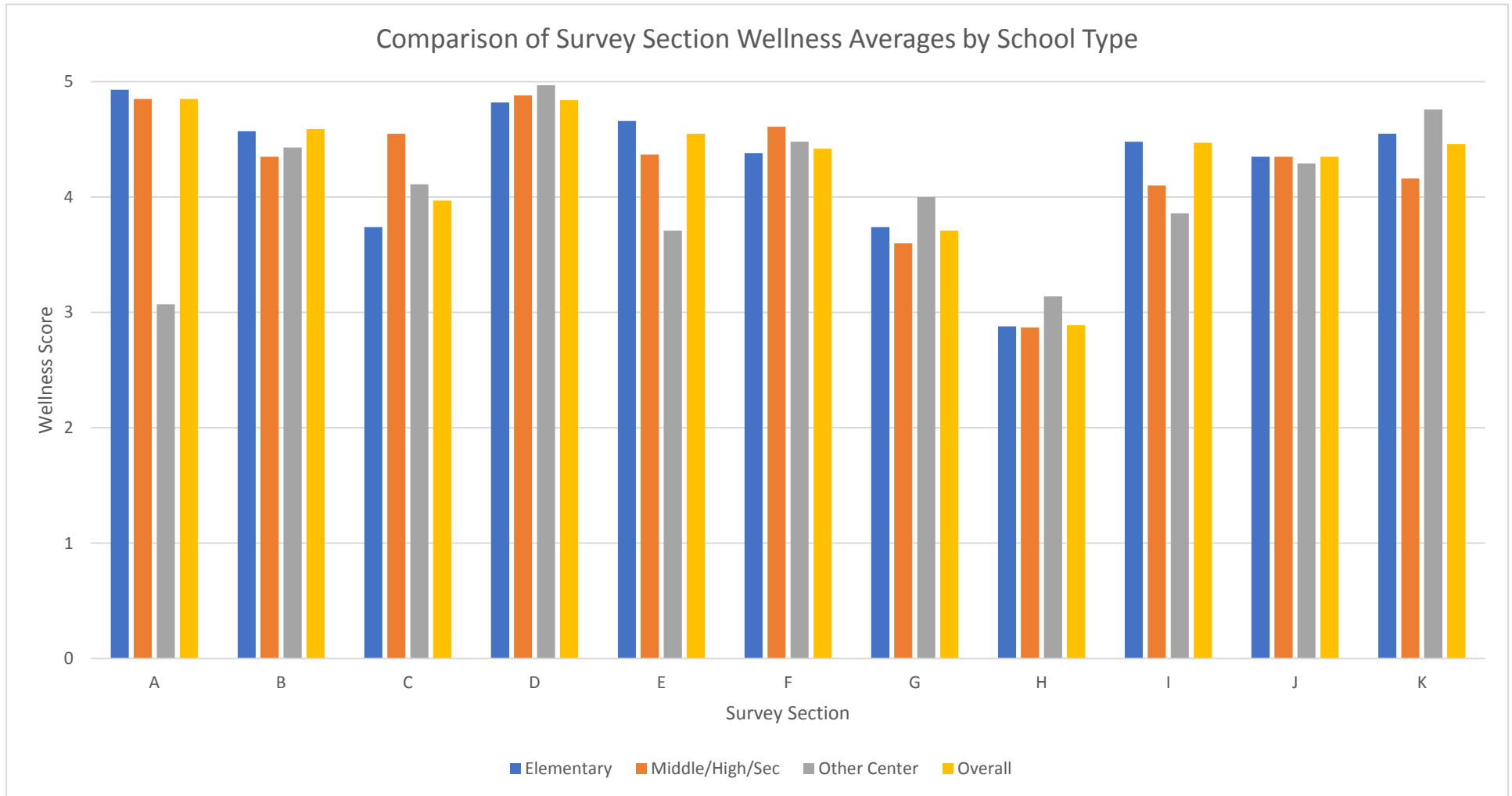
Survey Section Key

A = Physical Education
B = Physical Activity
C = Health Education
D = Health Services

E = Healthy and Safe School Environment
F = School Counseling, Psychology, and Social Work Services
G = Health Promotion for Staff Members
H = Family and Community Involvement

I = Food and Nutrition General
J = Nutrition Education, Promotion, and Food Marketing
K = Nutritional Guidelines

2017-18 School Wellness Survey Report (Summary)
Executive Summary cont…
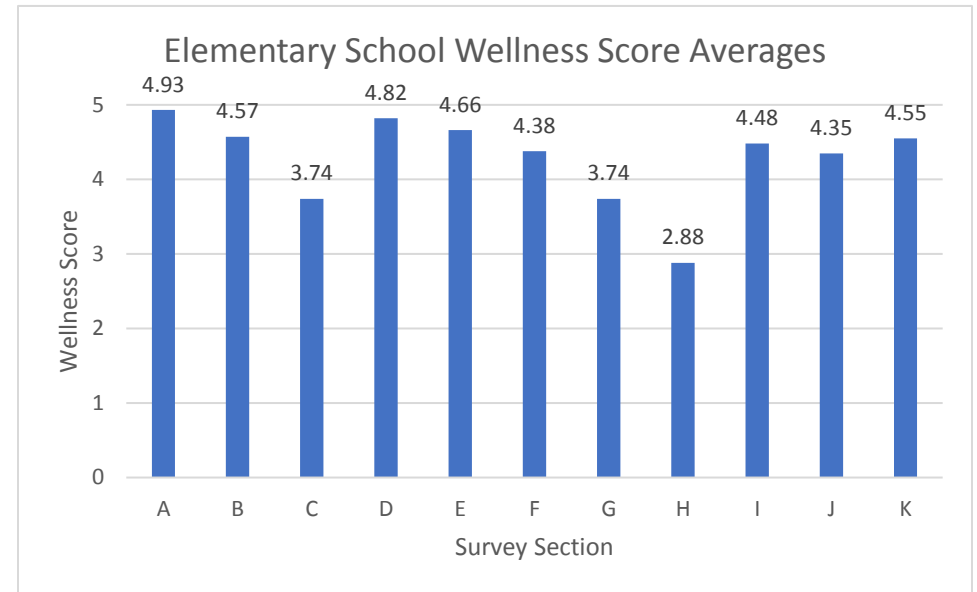Survey Questions Ranked by Average Score (in parentheses)

No Activity (0 – 1.49)	Exploring (1.50 – 2.49)	Transitioning (2.50 – 3.49)	Emerging (3.50 – 4.49)	Embedded (4.50 – 5.00)
	DIVERSE WELLNESS COMMITTEES (2.20)-H	STAFF HEALTH CARE ACCESS SUPPORT (3.13)-G	SCHOOL CLIMATE AND STUDENT HEALTH (4.46)-F	MEDICATION ADMINISTRATION (4.96)-D
		STAFF HEALTH SCREENINGS SUPPORT (2.99)-G	ADULT MENTORSHIP RELATIONSHIPS (4.45)-E	WITHOLDING FOOD IS NOT A PUNISHMENT (4.95)-I
		STUDENT FEEDBACK ON FOOD CHOICES (2.75)-I	SOCIAL AND EMOTIONAL WELLNESS PROGRAMS (4.43)-F	EMERGENCY FIRST AID TRAINING (4.95)-D
			SMART SNACK AVAILABILITY (4.35)-J	AT LEAST 20 MINS FOR LUNCH (4.94)-I
			HEALTH ED COPING SKILLS (4.27)-C	AT LEAST 15 MINS RECESS (4.94)-B
			ACADEMIC FLEXIBILITY STUDENT WELLNESS (4.22)-F	HIGH QUALITY SCHOOL MEAL PROGRAMS (4.93)-I
			HEALTH ED STRESS MANAGEMENT (4.20)-C	TOBACCO FREE POLICY (4.93)-E
			WITHOLDING PE IS NOT A PUNISHMENT (4.18)-B	WATER BOTTLES ALLOWED (4.89)-I
			IDENTIFY MANAGE STRESS TRAINING (4.05)-F	MINIMUM PE TIME (4.89)-A
			FOODLESS CLASS CELEBRATIONS (4.01)-I	ACTIVITY AND OBLIGATION-FREE LUNCHTIME (4.88)-I
			WALKER AND BIKER SAFETY (3.94)-E	FACILITIES MAINTENANCE (4.88)-E
			HEALTH EDUCATION MENTAL HEALTH ISSUES (3.89)-C	SEVERE FOOD ALLERGY PRECAUTIONS (4.82)-K
			STAFF WELLNESS OPPORTUNITIES (3.88)-G	CONCERNING BEHAVIOR DISCLOSURE (4.82)-D
			EMPLOYEE ASSISTANCE PROGRAM SERVICES (3.86)-G	VIGOROUS PE ACTIVITY (4.80)-A
			LUNCH FOLLOWS RECESS WHEN POSSIBLE (3.84)-I	STAFF FLU CLINICS (4.77)-G
			ENCOURAGE HEALTHY FOODS AT SCHOOL RELATED EVENTS (3.80)-K	STAFF SUICIDE PREVENTION TRAINING (4.76)-F
			HEALTH EDUCATION SLEEP AND MENTAL HEALTH (3.76)-C	NO SUGARY DRINKS OFFERED DURING SCHOOL DAY (4.75)-K
			HEALTH EDUCATION DEPRESSION (3.75)-C	PREVENT OVERT IDENTIFICATION FREE AND REDUCED LUNCH (4.74)-I
			HEALTH EDUCATION SUBSTANCE ABUSE PREVENTION (3.71)-C	FREE POTABLE WATER AVAILABILITY (4.73)-I
			HEALTHY STAFF CELEBRATIONS (3.65)-G	PUBLIC HEALTH NURSE ACCESS (4.64)-D
			HEALTH EDUCATION SUICIDE PREVENTION AND AWARENESS (3.59)-C	HEALTH ED PROMOTING HEALTHY LIFETSYLES (4.55)-C
			WELLNESS COMMITTEES (3.57)-H	MENTAL HEALTH AND SUICIDE TRAINING (4.54)-F

2017-18 School Wellness Survey Report (Summary)

Summary by School Type

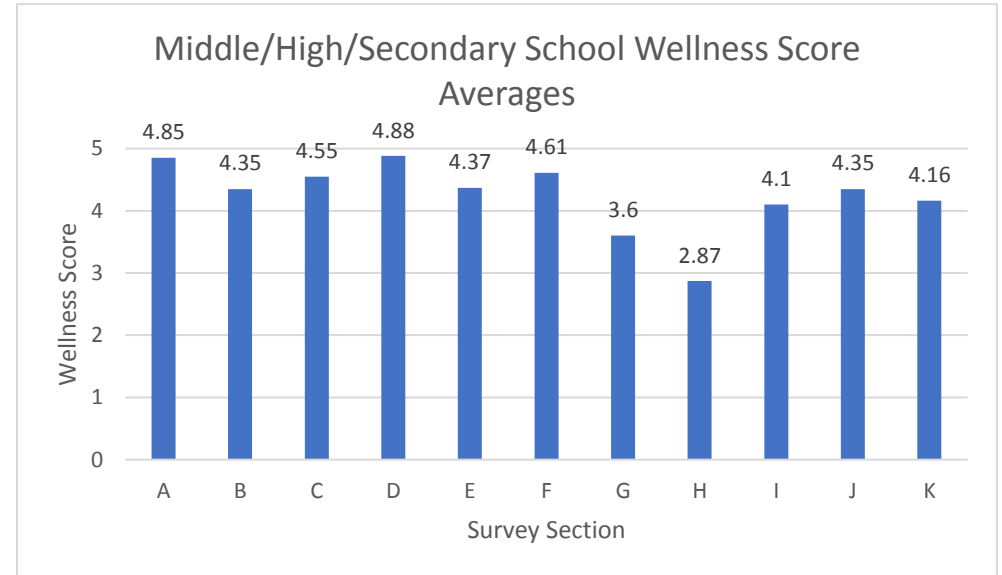**Elementary Schools**

- Elementary Schools were *embedded* (scored between 4.5 – 5) on the following sections:
    - A: Physical Education (*M* = 4.93)
    - D: Health Services (*M* = 4.82)
    - E: Healthy and Safe School Environment (*M* = 4.66)
    - B: Physical Activity (*M* = 4.57)
    - K: Nutritional Guidelines (*M* = 4.55)

- Elementary Schools were *emerging* (scored between 3.5 – 4.49) on the following sections:
    - I: Food and Nutrition General (*M* = 4.48)
    - F: School Counseling, Psychology, and Social Work Services (*M* = 4.38)
    - J: Nutrition Education, Promotion, and Food Marketing (*M* = 4.35)
    - C: Health Education (*M* = 3.74)
    - G: Health Promotion for Staff Members (*M* = 3.74)

- Elementary Schools were *transitioning* (scored between 2.5 – 3.49) on the following sections:
    - H: Family and Community Involvement (*M* = 2.88)

- *See detailed report for question comparisons*

Elementary School Wellness Score Averages

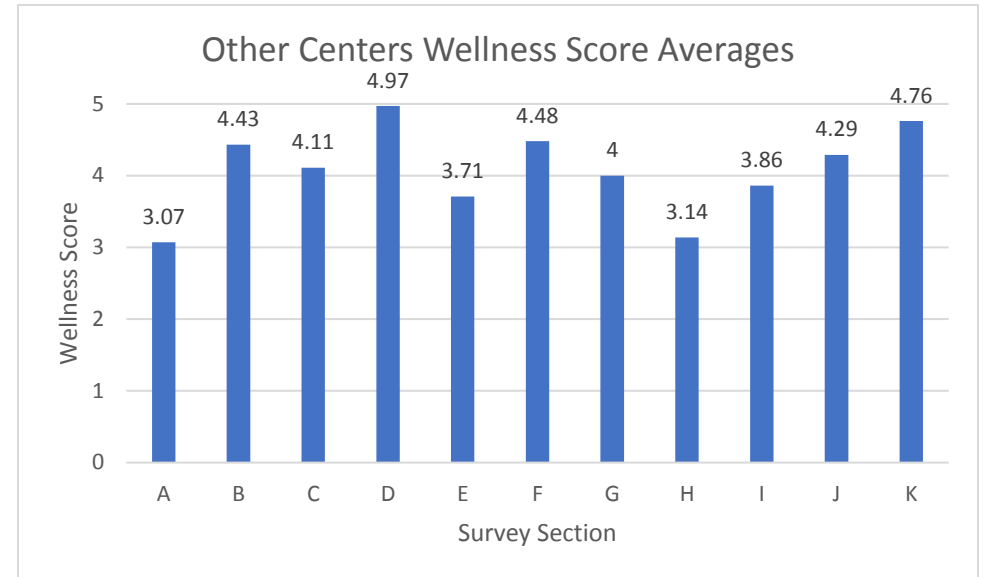| Survey Section	Wellness Score
A	4.93
B	4.57
C	3.74
D	4.82
E	4.66
F	4.38
G	3.74
H	2.88
I	4.48
J	4.35
K	4.55

Middle/High/Secondary Schools

- Middle/High/Secondary Schools were *embedded* (scored between 4.5 – 5) on the following sections:
    o D: Health Services (M = 4.88)
    o A: Physical Education (M = 4.85)
    o F: School Counseling, Psychology, and Social Work Services (M = 4.61)
    o C: Health Education (M = 4.55)

- Middle/High/Secondary Schools were *emerging* (scored between 3.5 – 4.49) on the following sections:
    o E: Healthy and Safe School Environment (M = 4.37)
    o B: Physical Activity (M = 4.35)
    o J: Nutrition Education, Promotion, and Food Marketing (M = 4.35)
    o K: Nutritional Guidelines (M = 4.16)
    o I: Food and Nutrition General (M = 4.10)
    o G: Health Promotion for Staff Members (M = 3.60)

- Middle/High/Secondary Schools were *transitioning* (scored between 2.5 – 3.49) on the following sections:
    o H: Family and Community Involvement (M = 2.87)

- *See detailed report for question comparisons*

Middle/High/Secondary School Wellness Score Averages

Survey Section	Wellness Score
A	4.85
B	4.35
C	4.55
D	4.88
E	4.37
F	4.61
G	3.6
H	2.87
I	4.1
J	4.35
K	4.16

Other Centers

- Other Centers were *embedded* (scored between 4.5 – 5) on the following sections:
    - o D: Health Services (*M* = 4.97)
    - o K: Nutritional Guidelines (*M* = 4.76)

- Other Centers were *emerging* (scored between 3.5 – 4.49) on the following sections:
    - o F: School Counseling, Psychology, and Social Work Services (*M* = 4.48)
    - o B: Physical Activity (*M* = 4.43)
    - o J: Nutrition Education, Promotion, and Food Marketing (*M* = 4.29)
    - o C: Health Education (*M* = 4.11)
    - o G: Health Promotion for Staff Members (*M* = 4.00)
    - o I: Food and Nutrition General (*M* = 3.86)
    - o E: Healthy and Safe School Environment (*M* = 3.71)

Other Centers Wellness Score Averages

- Other Centers were *transitioning* (scored between 2.5 – 3.49) on the following sections:
    - o H: Family and Community Involvement (*M* = 3.14)
    - o A: Physical Education (*M* = 3.07)

- *See detailed report for question comparisons*

# 2017-18 School Wellness Survey Report (Summary)

Summary by Wellness Category

Analysis Assumptions:

- The following lists statistically significant overall averages between school types for each wellness survey section.
- Averages and comparisons for specific questions are omitted, and can instead be found in the detailed section of this report.

Section A – Physical Education

- "Other Centers" scored significantly lower (*M* = 3.07, exploring), than both Elementary (*M* = 4.93, embedded), and Middle/High/Sec (*M* = 4.85, embedded) Schools *(p <.001)*.
- There was no statistical difference in scores between Elementary Schools and Middle/High/Sec Schools *(p >.05)*.
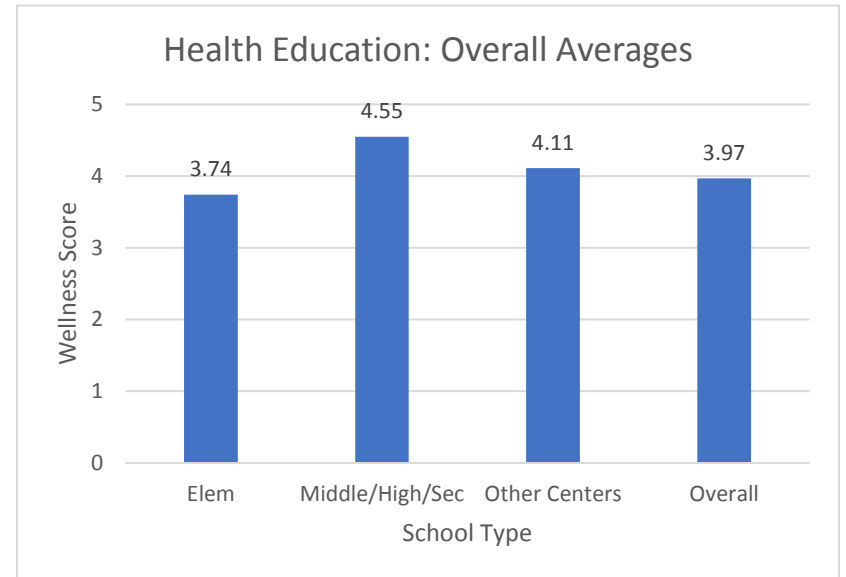- *See detailed report for question comparisons*
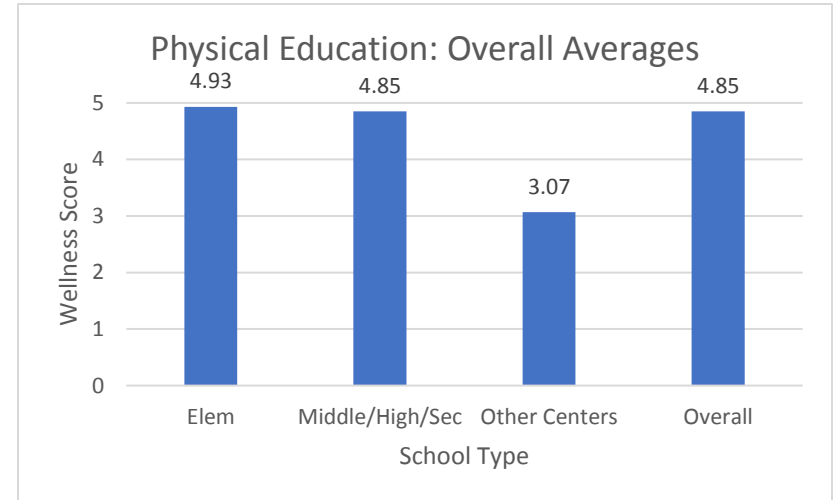
Section B – Physical Activity

- No statistically significant differences were observed between school types *(p >.05)*.

Physical Education: Overall Averages
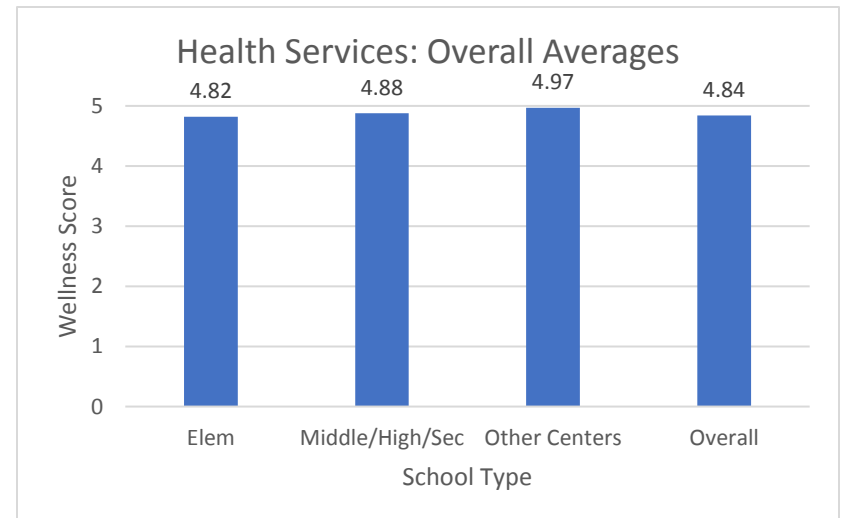

Physical Activity: Overall Averages
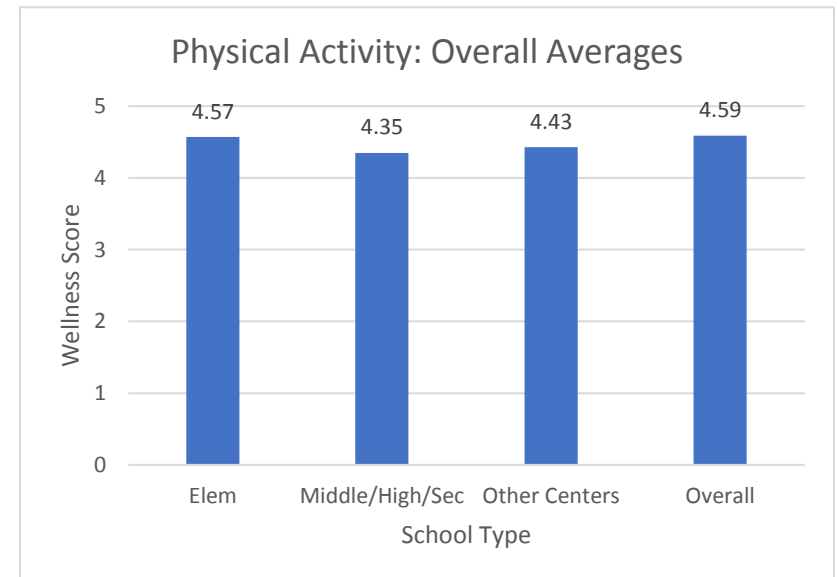
Section C – Health Education

- Elementary Schools scored significantly lower (M = 3.74, emerging), than Middle/High/Sec Schools (M = 4.55, embedded).
- No statistically significant differences were observed regarding Other Centers, likely due to low sample size (n = 7).
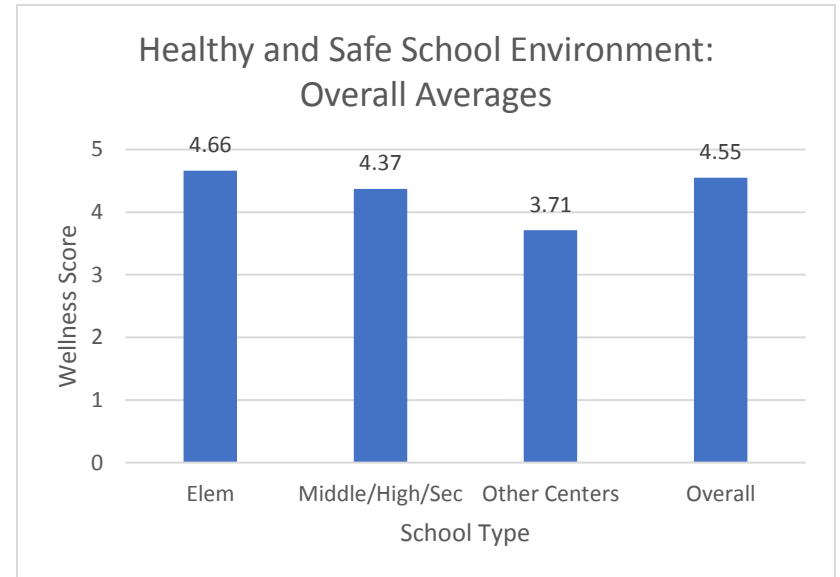- *See detailed report for question comparisons*

Health Education: Overall Averages

School Type	Wellness Score
Elem	3.74
Middle/High/Sec	4.55
Other Centers	4.11
Overall	3.97

Section D – Health Services

- No statistically significant differences were observed between school types (p >.05).

Health Services: Overall Averages

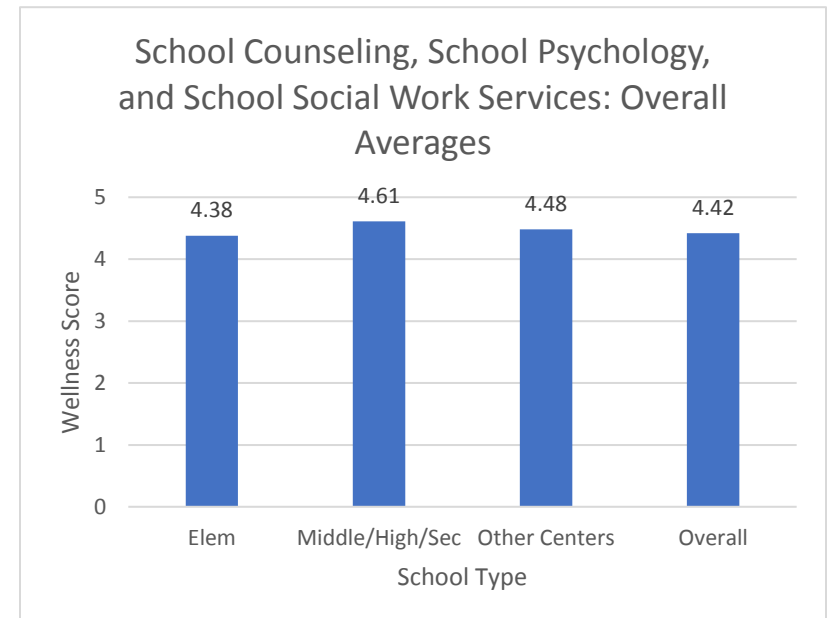| School Type	Wellness Score
Elem	4.82
Middle/High/Sec	4.88
Other Centers	4.97
Overall	4.84

Section E – Healthy and Safe School Environment

- Other Centers scored significantly lower (*M* = 3.71, emerging), than both Middle/High/Sec (*M* = 4.37, emerging), and Elementary (*M* = 4.66, embedded), Schools (*p* <.004, *p* <.001, respectively).
- Middle/High/Sec Schools scored significantly lower (*M* = 4.37, emerging), than Elementary Schools (*M* = 4.66, embedded), *p* = .001.
- *See detailed report for question comparisons*

Healthy and Safe School Environment: Overall Averages

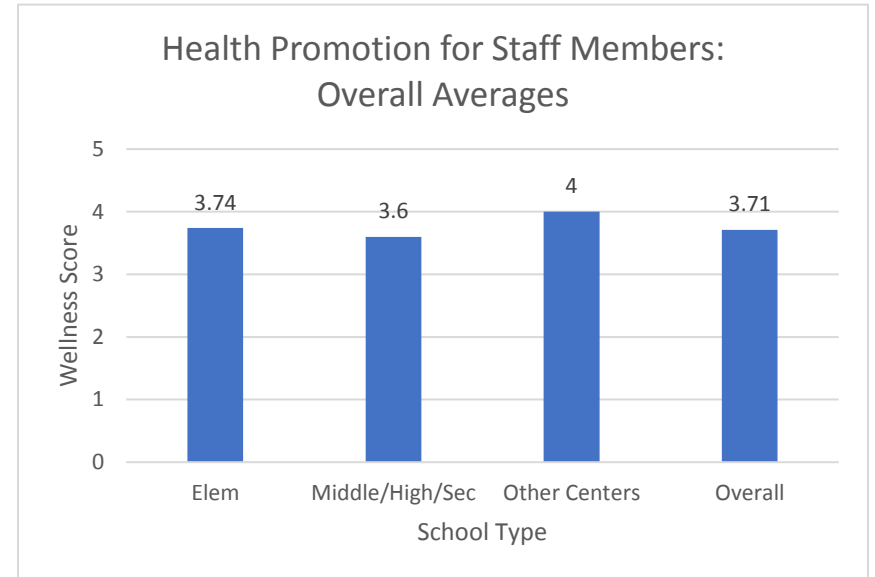| School Type	Wellness Score
Elem	4.66
Middle/High/Sec	4.37
Other Centers	3.71
Overall	4.55

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

- Elementary Schools scored significantly lower (*M* = 4.38, emerging) than Middle/High/Sec (*M* = 4.61, embedded) Schools; *p* = .02.
- There were no statistically significant differences regarding Other Centers; (*p* >.05)
- *See detailed report for question comparisons*

School Counseling, School Psychology, and School Social Work Services: Overall Averages

School Type	Wellness Score
Elem	4.38
Middle/High/Sec	4.61
Other Centers	4.48
Overall	4.42

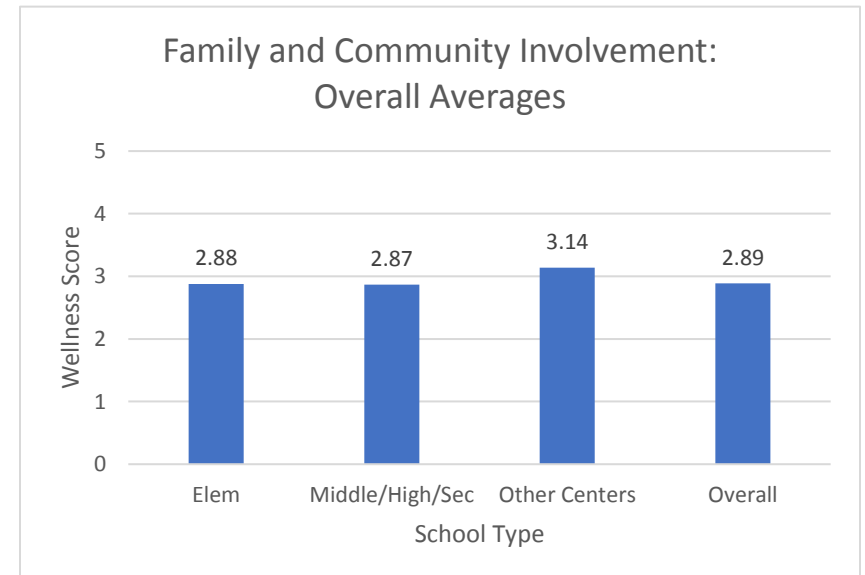## Section G – Health Promotion for Staff Members

- No statistically significant differences were observed between school types (p >.05).
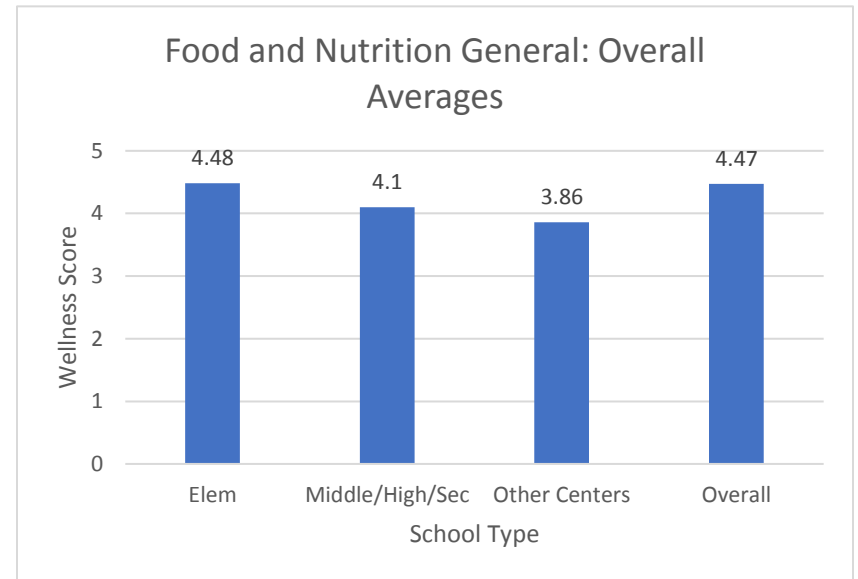- *See detailed report for question comparisons*

Health Promotion for Staff Members: Overall Averages

School Type	Wellness Score
Elem	3.74
Middle/High/Sec	3.6
Other Centers	4
Overall	3.71

Section H – Family and Community Involvement

- No statistically significant differences were observed between school types (p >.05).

Family and Community Involvement: Overall Averages

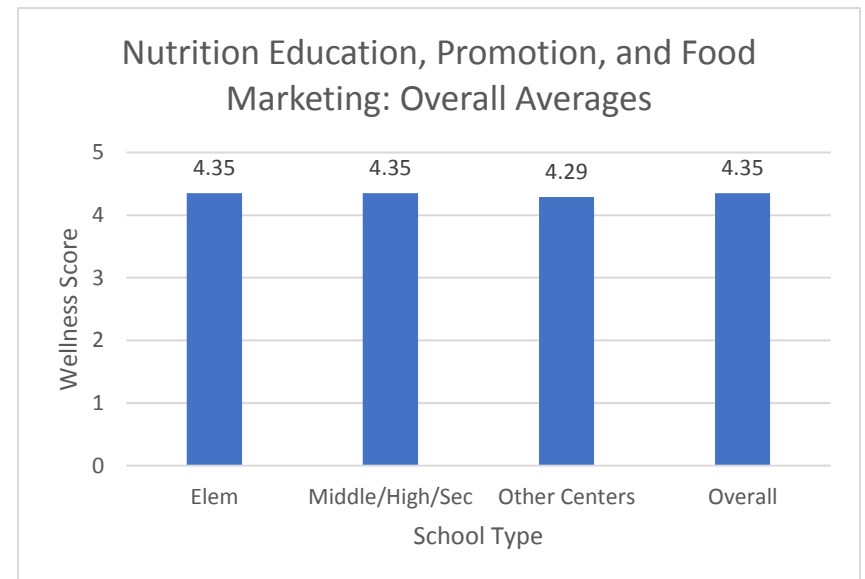| School Type	Wellness Score
Elem	2.88
Middle/High/Sec	2.87
Other Centers	3.14
Overall	2.89

Section I – Food and Nutrition General

- No statistically significant differences were observed between school types (p >.05). This is likely due to low sample size for Other Centers (n = 7).
- *See detailed report for question comparisons*

Food and Nutrition General: Overall Averages

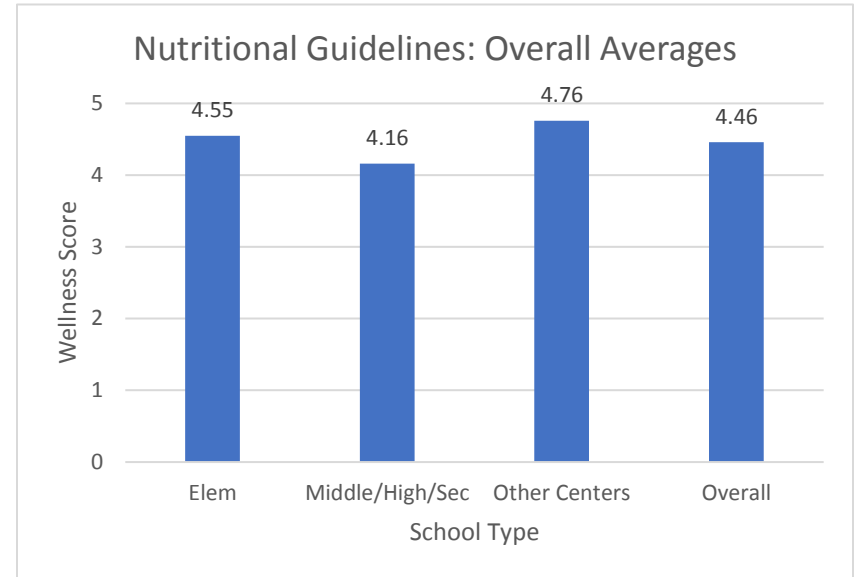| School Type	Wellness Score
Elem	4.48
Middle/High/Sec	4.1
Other Centers	3.86
Overall	4.47

Section J – Nutrition Education, Promotion, and Food Marketing

- No statistically significant differences were observed between school types (p >.05).

Nutrition Education, Promotion, and Food Marketing: Overall Averages

School Type	Wellness Score
Elem	4.35
Middle/High/Sec	4.35
Other Centers	4.29
Overall	4.35

Section K – Nutritional Guidelines

- Middle/High/Sec Schools scored significantly lower (*M* = 4.16, emerging) than Elementary Schools (*M* = 4.55, embedded), *p* <.001.
- Other Centers results were not statistically significant, most likely due to small sample size (*n* = 7)
- *See detailed report for question comparisons*

Nutritional Guidelines: Overall Averages

School Type	Wellness Score
Elem	4.55
Middle/High/Sec	4.16
Other Centers	4.76
Overall	4.46

2017-18 School Wellness Survey Report (Detailed)

Section A – Physical Education

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

Response

	Elementary	Middle/High/Sec	Other Centers	Overall
- A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218.	Embedded (4.96)	Embedded (4.88)	Exploring (3.43)	Embedded (4.89)
- A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.	Embedded (4.90)	Embedded (4.82)	Exploring (2.71)	Embedded (4.80)
OVERALL	Embedded (4.93)	Embedded (4.85)	Exploring (3.07)	Embedded (4.85)
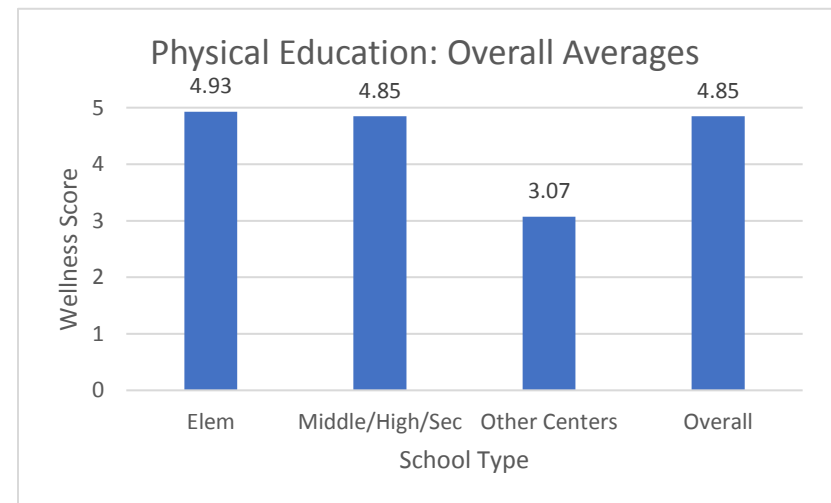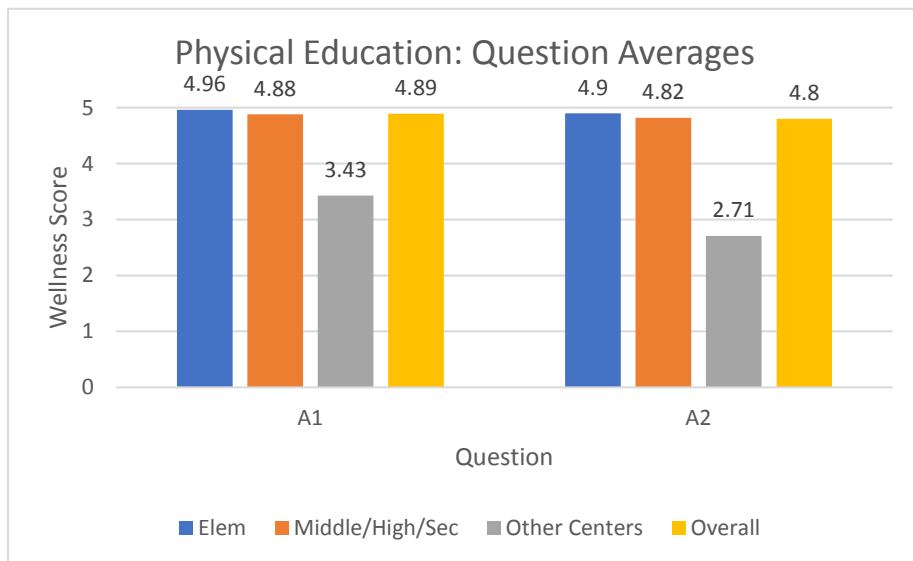
Physical Education: Question Averages

Physical Education: Overall Averages

- A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218
  - "Other Centers" scored significantly lower (M = 3.43, exploring) than both Elementary (M = 4.96, embedded) and Middle/High/Sec (M = 4.88, embedded) Schools; p <.001).

- A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity
  - "Other Centers" scored significantly lower (M = 2.71, exploring) than both Elementary (M = 4.90, embedded) and Middle/High/Sec (M = 4.82, embedded) Schools; p <.001).
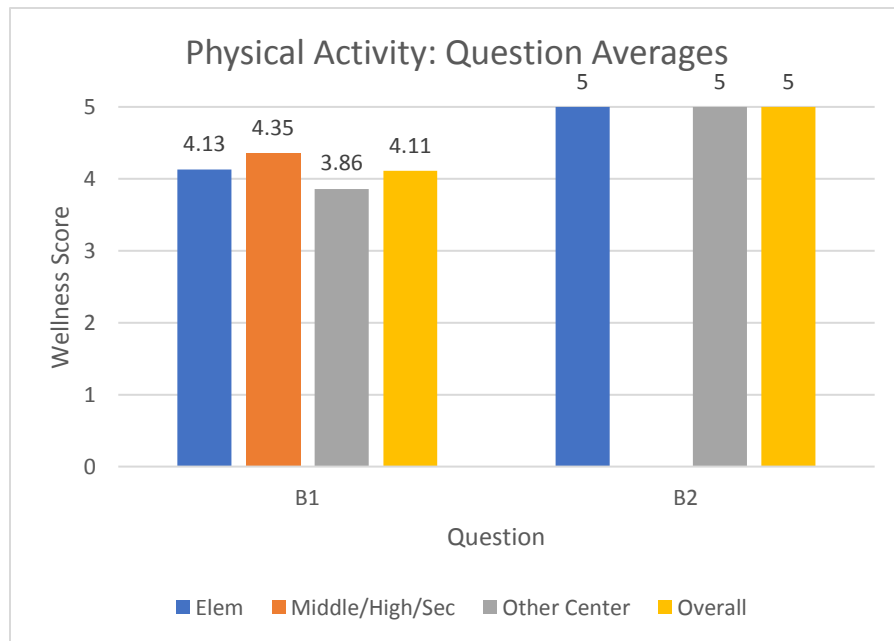
Section B – Physical Activity

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

	Response			
	Elementary	Middle/High/Sec	Other Centers	Overall
- B1: Withholding recess or physical education is not used as a disciplinary action.	Emerging (4.13)	Emerging (4.35)	Emerging (3.86)	Emerging (4.11)
- B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess.	Embedded (5.00)	No Response	Embedded (5.00)	Embedded (5.00)
OVERALL	Embedded (4.57)	Emerging (4.35)	Emerging (4.43)	Embedded (4.59)

Physical Activity: Question Averages


Physical Activity: Overall Averages
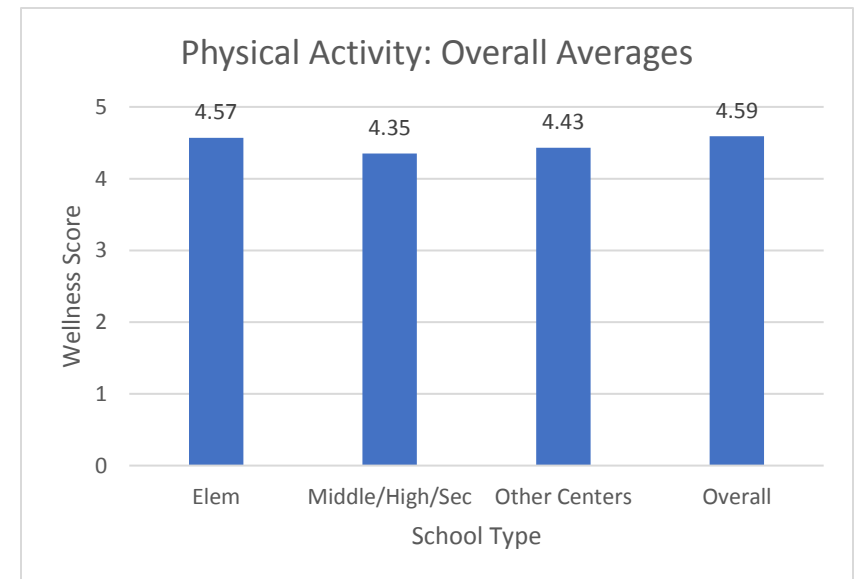
- No statistically significant differences were observed between school types on either B1 or B2 (p >.05).

Section C – Health Education

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

Response

	Elementary	Middle/High/Sec	Other Centers	Overall
- C1: Promoting Healthy Lifestyles.	Embedded (4.50)	Embedded (4.75)	Emerging (4.29)	Embedded (4.55)
- C2: Stress Management.	Emerging (4.01)	Embedded (4.63)	Embedded (4.71)	Emerging (4.20)
- C3: Coping Skills.	Emerging (4.13)	Embedded (4.57)	Embedded (4.86)	Emerging (4.27)
- C4: Depression.	Transitioning (3.42)	Embedded (4.57)	Emerging (4.14)	Emerging (3.75)
- C5: Suicide Prevention and Awareness.	Transitioning (3.19)	Embedded (4.67)	Emerging (3.71)	Emerging (3.59)
- C6: Mental Health Issues (general).	Emerging (3.63)	Embedded (4.57)	Emerging (4.14)	Emerging (3.89)
- C7: Relationship of Healthy Sleep to Mental Health.	Emerging (3.64)	Emerging (4.04)	Emerging (4.14)	Emerging (3.76)
- C8: Substance Abuse Prevention.	Transitioning (3.43)	Embedded (4.57)	Transitioning (2.86)	Emerging (3.71)
OVERALL	Emerging (3.74)	Embedded (4.55)	Emerging (4.11)	Emerging (3.97)

Health Education: Question Averages


Health Education: Overall Averages
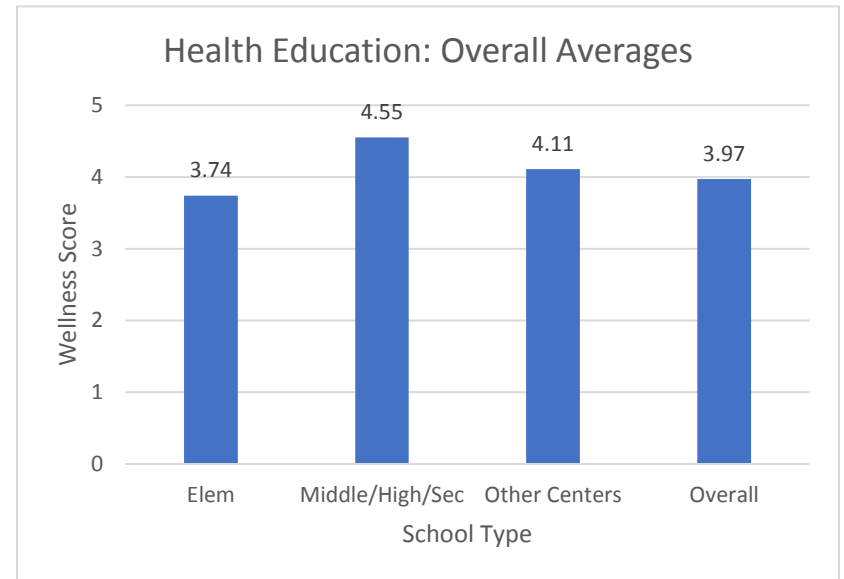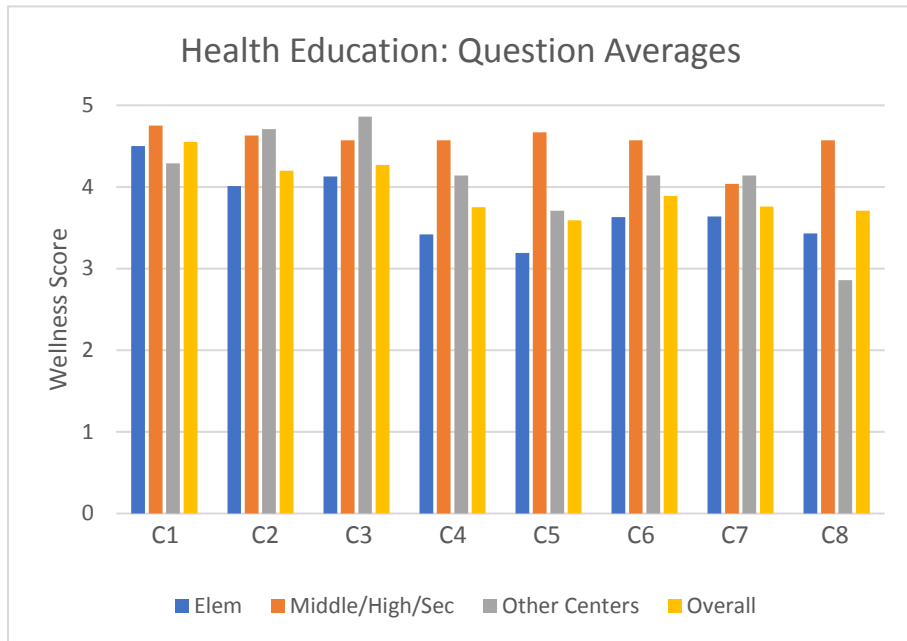
- Elementary Schools scored significantly lower than Middle/High/Sec Schools on the following metrics:
  - o C2: Stress Management
    - ▪ ($M_{elementary}$ = 4.01, emerging vs. $M_{middle/high/sec}$ = 4.63, embedded, p <.001)
  - o C3: Coping Skills
    - ▪ ($M_{elementary}$ = 4.13, emerging vs. $M_{middle/high/sec}$ = 4.57, embedded, p = .001)
  - o C4: Depression
    - ▪ ($M_{elementary}$ = 3.42, transitioning vs. $M_{middle/high/sec}$ = 4.57, embedded, p <.001)
  - o C5: Suicide Prevention and Awareness
    - ▪ ($M_{elementary}$ = 3.19, transitioning vs. $M_{middle/high/sec}$ = 4.67, embedded, p <.001)
  - o C6: Mental Health Issues (general)
    - ▪ ($M_{elementary}$ = 3.63, emerging vs. $M_{middle/high/sec}$ = 4.57, embedded, p <.001)
  - o C8: Substance Abuse Prevention
    - ▪ ($M_{elementary}$ = 3.43, transitioning vs. $M_{middle/high/sec}$ = 4.57, embedded, p <.001)
    - ▪ ($M_{other\ centers}$ = 2.86, but did not reach statistical significance likely due to a small sample size (n = 7))

- No statistically significant differences were observed between school types on C1: "Promoting Healthy Lifestyles" and C7: "Relationship of Healthy Sleep to Mental Health". (p >.05).

Section D – Health Services

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

	Response			
	Elementary	Middle/High/Sec	Other Centers	Overall
- D1: FCPS' protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others.	Embedded (4.78)	Embedded (4.90)	Embedded (5.00)	Embedded (4.82)
- D2: Students have regular access to public health nurses to address health, safety, and psychological issues.	Embedded (4.59)	Embedded (4.75)	Embedded (5.00)	Embedded (4.64)
- D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia.	Embedded (4.95)	Embedded (4.98)	Embedded (4.86)	Embedded (4.95)
- D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102.	Embedded (4.99)	Embedded (4.90)	Embedded (5.00)	Embedded (4.96)
OVERALL	Embedded (4.82)	Embedded (4.88)	Embedded (4.97)	Embedded (4.84)

Health Services: Question Averages
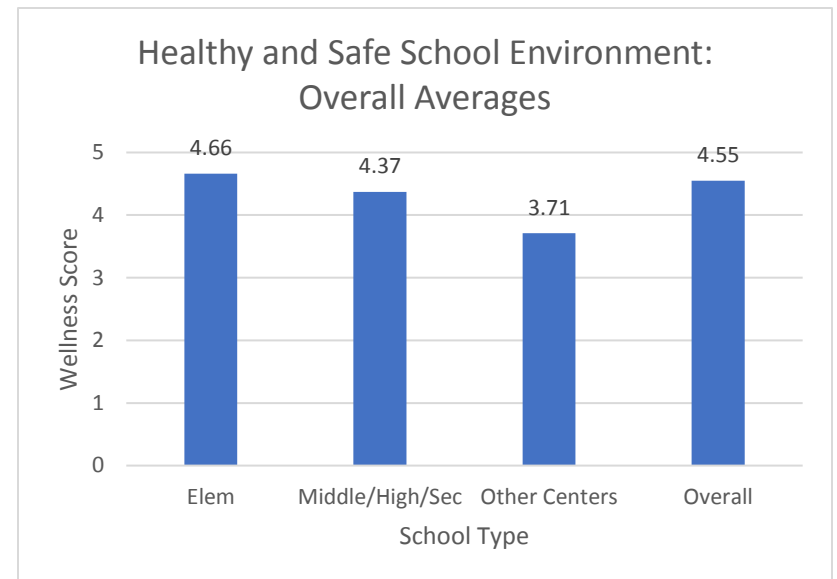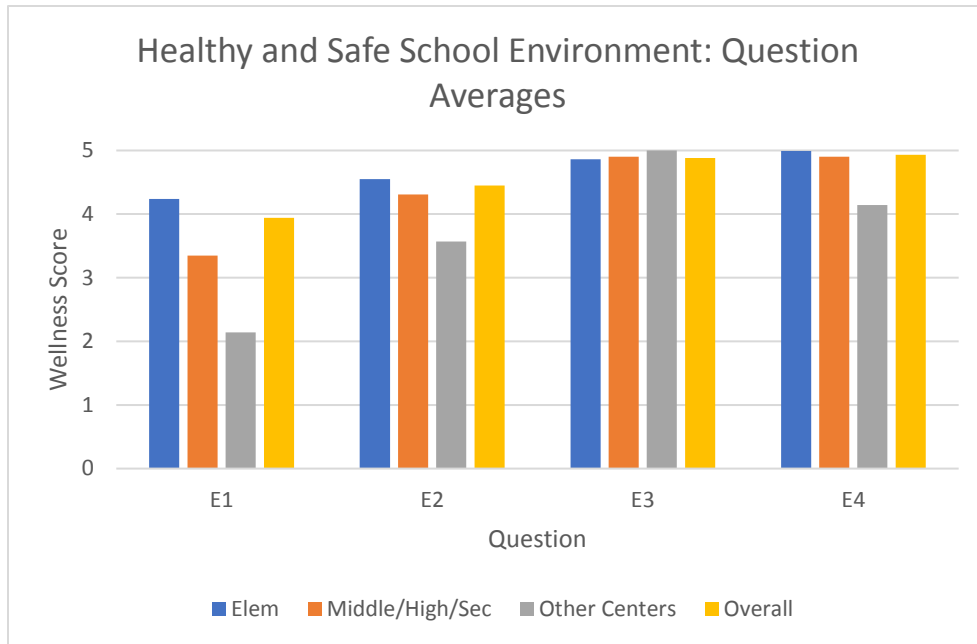

Health Services: Overall Averages
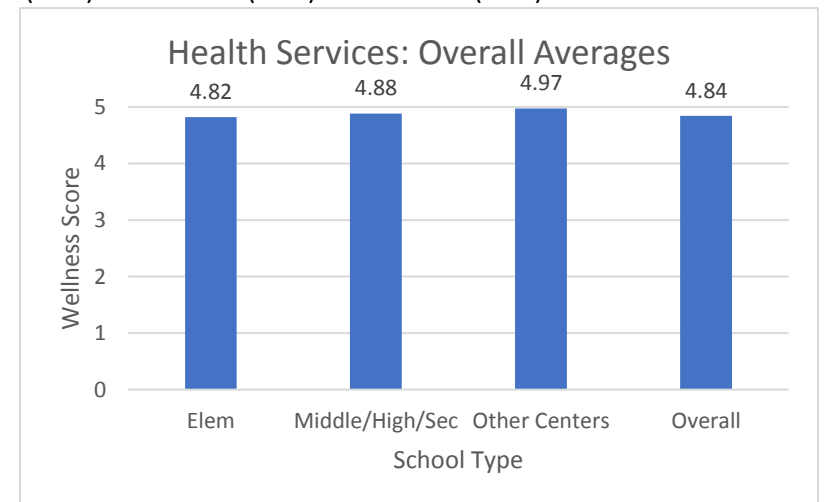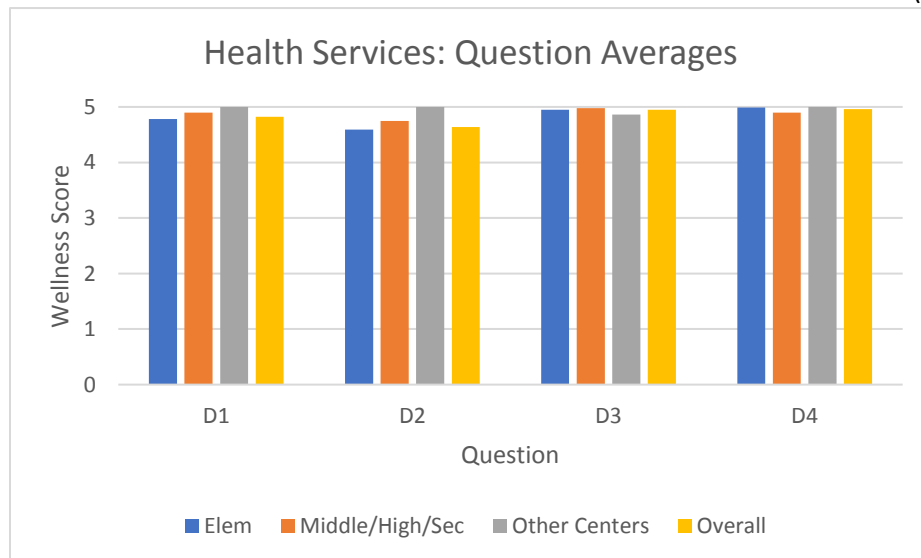
- No statistically significant differences were observed between school types on D1, D2, D3, or D4 ($p > .05$).

Section E – Healthy and Safe School Environment

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

	Elementary	Middle/High/Sec	Other Centers	Overall
E1: Encourages children to safely walk or bike to and from school.	Emerging (4.24)	Transitioning (3.35)	Exploring (2.14)	Emerging (3.94)
E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults.	Embedded (4.55)	Emerging (4.31)	Emerging (3.57)	Emerging (4.45)
E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560.	Embedded (4.86)	Embedded (4.90)	Embedded (5.00)	Embedded (4.88)
E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152.	Embedded (4.99)	Embedded (4.90)	Emerging (4.14)	Embedded (4.93)
OVERALL	Embedded (4.66)	Emerging (4.37)	Emerging (3.71)	Embedded (4.55)

Response

Healthy and Safe School Environment: Question Averages

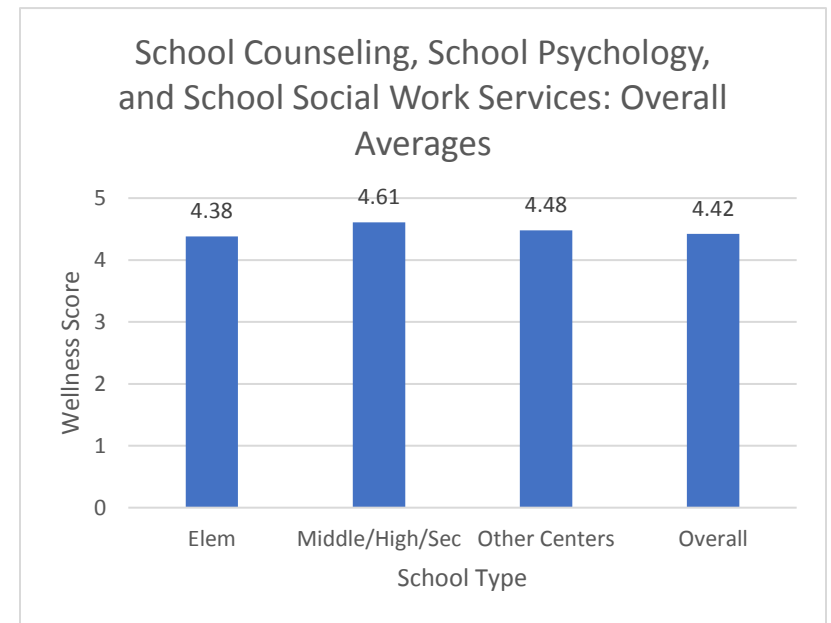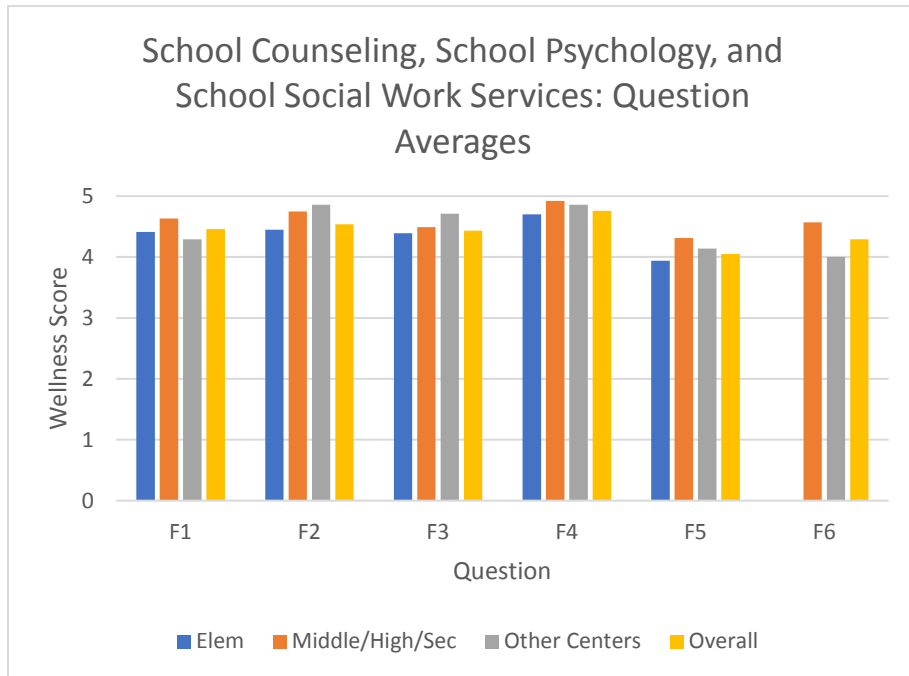Healthy and Safe School Environment: Overall Averages

- <u>E1: Encourages children to safely walk or bike to and from school</u>
  - o Elementary Schools scored significantly higher (M = 4.24, emerging) than both Middle/High/Sec Schools (M = 3.35, transitioning), and Other Centers (M = 2.14, exploring), p <.001).
  - o There was no statistically significant difference between Middle/High/Sec Schools (M = 3.35, transitioning) and Other Centers (M = 2.14, exploring), likely due to Other Center low sample size (n =7).

- <u>E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults</u>
  - o Other Centers scored significantly lower (M = 3.57, emerging) than Elementary Schools (M = 4.55, embedded), p <.001.
  - o No statistically significant differences were observed between Middle/High/Sec Schools (M = 4.31, emerging), and Other Centers (M = 3.57, emerging), likely due to Other Center low sample size (n =7).

- <u>E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560</u>
  - o No statistically significant differences were observed between school types (p >.05).

- <u>E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152</u>
  - o Other Centers scored significantly lower (M = 4.14, emerging) than both Elementary (M = 4.99, embedded) and Middle/High/Sec (M = 4.90, embedded) Schools, p <.001).

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

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

	Elementary	Middle/High/Sec	Other Centers	Overall
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 (4.41)	Embedded (4.63)	Emerging (4.29)	Emerging (4.46)
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 (4.45)	Embedded (4.75)	Embedded (4.86)	Embedded (4.54)
F3: Implements programs that foster social and emotional health and wellness of students and staff.	Emerging (4.39)	Emerging (4.49)	Embedded (4.71)	Emerging (4.43)
F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.	Embedded (4.70)	Embedded (4.92)	Embedded (4.86)	Embedded (4.76)
F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.	Emerging (3.94)	Emerging (4.31)	Emerging (4.14)	Emerging (4.05)
F6: MIDDLE AND HIGH SCHOOLS ONLY: Academic advising encourages flexibility in course scheduling to promote adequate sleep and healthy sleep patterns to affect student mental health, wellness, and attendance.	No Response	Embedded (4.57)	Emerging (4.00)	Emerging (4.29)
OVERALL	Emerging (4.38)	Embedded (4.61)	Emerging (4.48)	Emerging (4.42)

School Counseling, School Psychology, and School Social Work Services: Question Averages

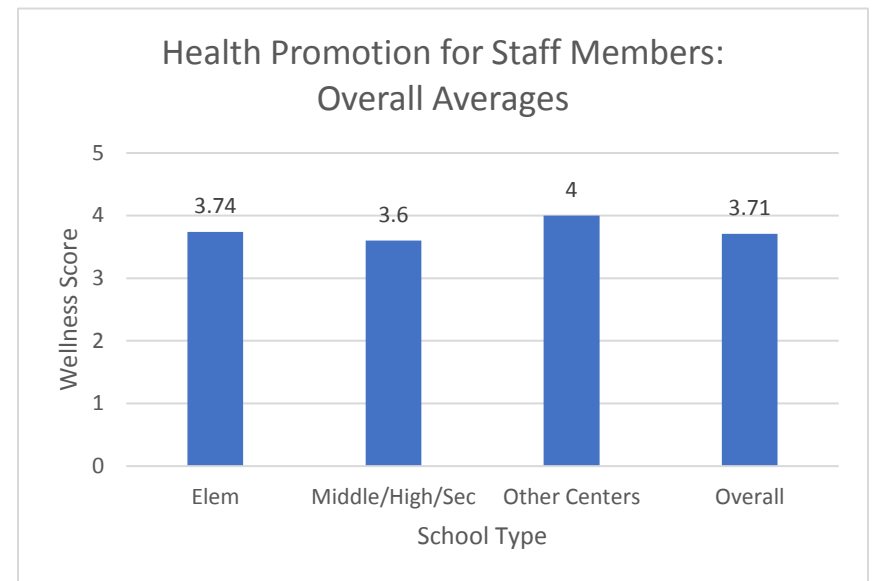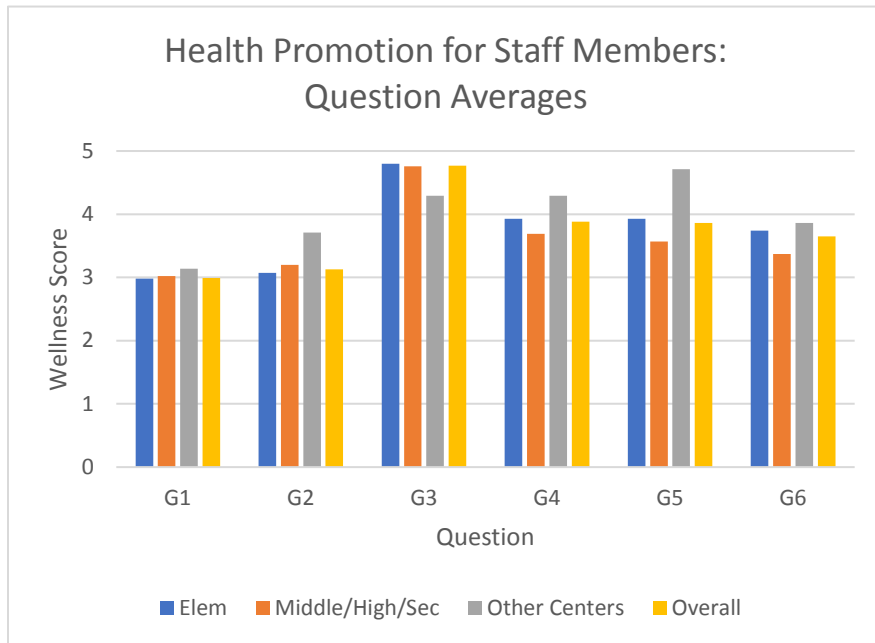School Counseling, School Psychology, and School Social Work Services: Overall Averages

- F1, F2, and F3:
  - o No statistically significant differences were observed between school types; *p* >.05.

- F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.
  - o Elementary Schools scored significantly lower (*M* = 4.70, embedded) than Middle/High/Sec Schools (*M* = 4.92, embedded); *p* = .031.

- F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.
  - o Elementary Schools scored significantly lower (*M* = 3.94, emerging) than Middle/High/Sec Schools (*M* = 4.31, emerging); *p* = .031.

- 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.
  - o Other Centers scored significantly lower (*M* = 4.00, emerging) than Middle/High/Sec (*M* = 4.57, embedded) Schools, *p* <.001.

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:

<u>Response</u>

	Elementary	Middle/High/Sec	Other Centers	Overall
- G1: Health screenings.	Transitioning (2.98)	Transitioning (3.02)	Transitioning (3.14)	Transitioning (2.99)
- G2: Health care access.	Transitioning (3.07)	Transitioning (3.20)	Emerging (3.71)	Transitioning (3.13)
- G3: Employee flu immunization clinics.	Embedded (4.80)	Embedded (4.76)	Emerging (4.29)	Embedded (4.77)
- 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 (3.93)	Emerging (3.69)	Emerging (4.29)	Emerging (3.88)
- G5: Awareness of the Employee Assistance Program Services.	Emerging (3.93)	Emerging (3.57)	Embedded (4.71)	Emerging (3.86)
- G6: Staff celebrations that offer and encourage healthy choices for food and beverages.	Emerging (3.74)	Transitioning (3.37)	Emerging (3.86)	Emerging (3.65)
OVERALL	Emerging (3.74)	Emerging (3.60)	Emerging (4.00)	Emerging (3.71)

Health Promotion for Staff Members: Question Averages

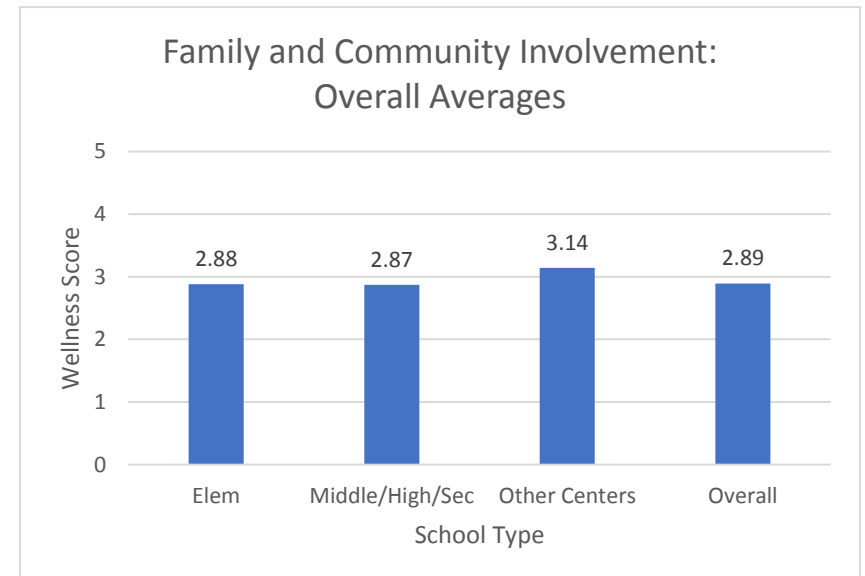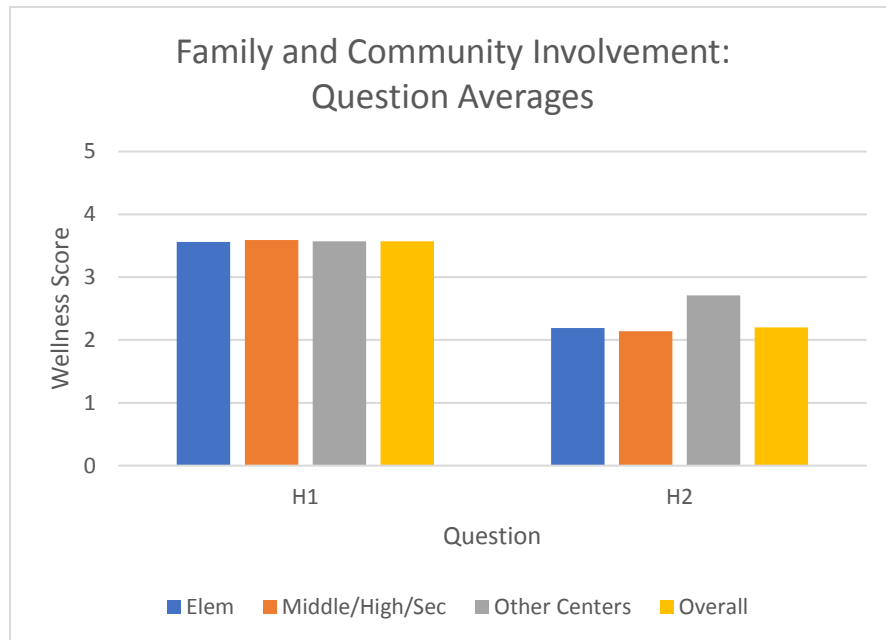Health Promotion for Staff Members: Overall Averages

- <u>G1, G2, G3, G4, and G6:</u>
    - o No statistically significant differences were observed between school types; *p* >.05.

- <u>G5: Awareness of the Employee Assistance Program Services:</u>
    - o Middle/High/Sec Schools scored significantly lower (*M* = 3.57, emerging) than Other Centers (*M* = 4.71, embedded); *p* = .045.

Section H – Family and Community Involvement

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

Response

	Elementary	Middle/High/Sec	Other Centers	Overall
- H1: Established a wellness committee to implement activities that support the wellness policy.	Emerging (3.56)	Emerging (3.59)	Emerging (3.57)	Emerging (3.57)
- H2: Includes a non-staff, family, or community member in our school's wellness committee.	Exploring (2.19)	Exploring (2.14)	Transitioning (2.71)	Exploring (2.20)
OVERALL	Transitioning (2.88)	Transitioning (2.87)	Transitioning (3.14)	Transitioning (2.89)

Family and Community Involvement: Question Averages

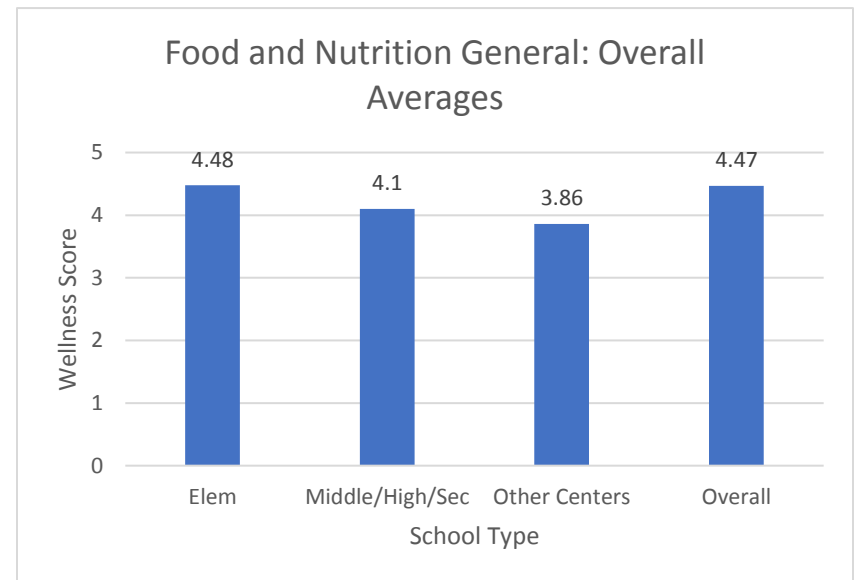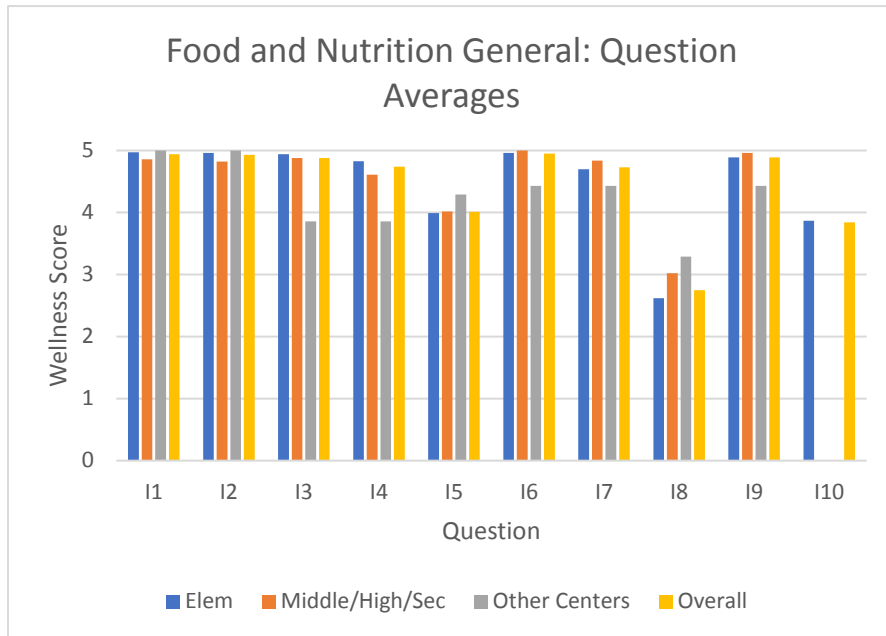**Family and Community Involvement: Overall Averages**

- No statistically significant differences were observed between school types on either H1 or H2 ($p > .05$).

Section I – Food and Nutrition General

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

	Elementary	Middle/High/Sec	Other Centers	Overall
I1: All students have at least 20 minutes to eat after sitting down for lunch.	Embedded (4.97)	Embedded (4.86)	Embedded (5.00)	Embedded (4.94)
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 (4.96)	Embedded (4.82)	Embedded (5.00)	Embedded (4.93)
I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities.	Embedded (4.94)	Embedded (4.88)	Emerging (3.86)	Embedded (4.88)
I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals.	Embedded (4.83)	Embedded (4.61)	Emerging (3.86)	Embedded (4.74)
I5: Encourages the use of non-food items for classroom celebrations.	Emerging (3.99)	Emerging (4.02)	Emerging (4.29)	Emerging (4.01)
I6: Withholding access to food is not used as a disciplinary action.	Embedded (4.96)	Embedded (5.00)	Emerging (4.43)	Embedded (4.95)
I7: Potable water is available to all our students at no cost.	Embedded (4.70)	Embedded (4.84)	Emerging (4.43)	Embedded (4.73)
I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS).	Transitioning (2.62)	Transitioning (3.02)	Transitioning (3.29)	Transitioning (2.75)
I9: Allows students to possess personal containers for drinking water.	Embedded (4.89)	Embedded (4.96)	Emerging (4.43)	Embedded (4.89)
I:10 ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible.	Emerging (3.87)	No Response	No Response	Emerging (3.84)
OVERALL	Emerging (4.48)	Emerging (4.10)	Emerging (3.86)	Emerging (4.47)

Food and Nutrition General: Question Averages
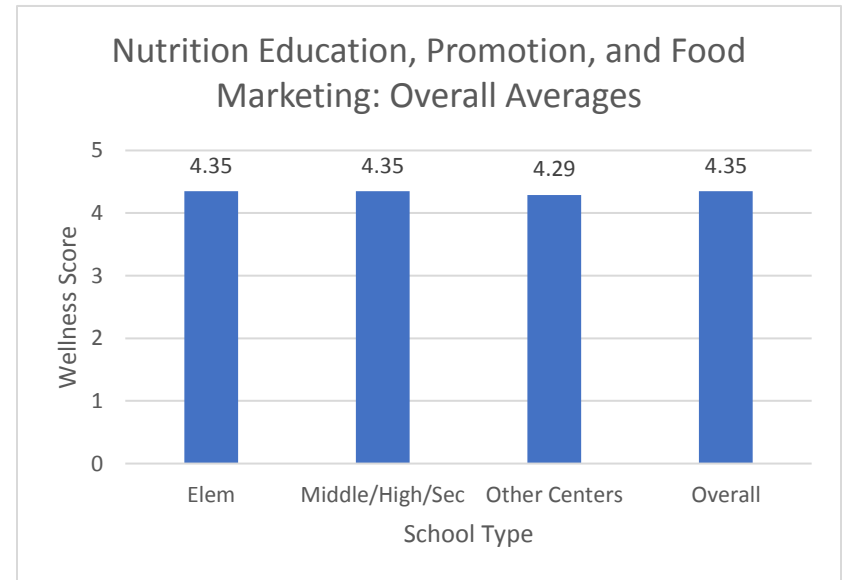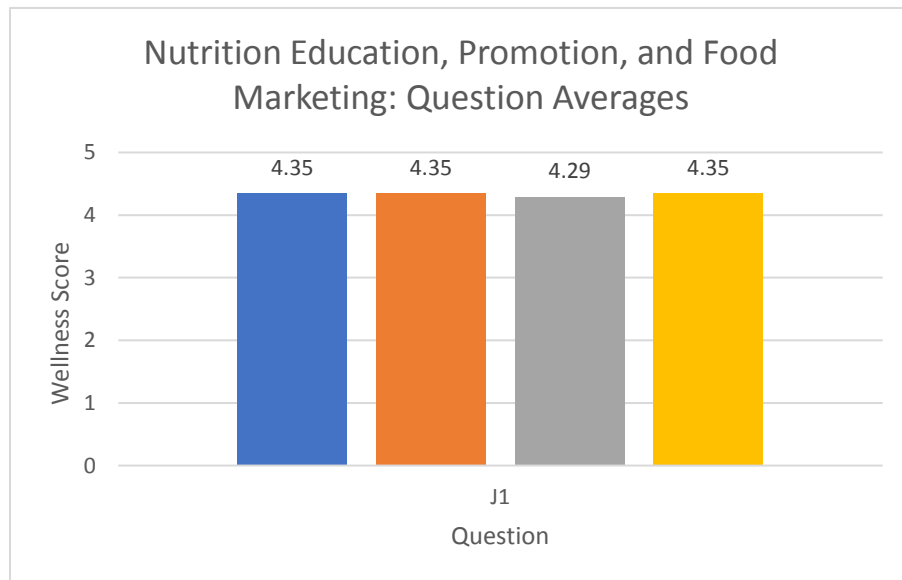

Food and Nutrition General: Overall Averages

- I1, I2, I5, I7, I8 and I10:
    o No statistically significant differences were observed between school types; $p > .05$.

- Other Centers scored significantly lower than both Elementary and Middle/High/Sec Schools on the following questions:
    o I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities.
        ▪ ($M_{other\ centers}$ = 3.86, emerging; $M_{elementary}$ = 4.94, embedded; $M_{middle/high/sec}$ = 4.88, embedded; $p < .001$)

    o I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals.
        ▪ ($M_{other\ centers}$ = 3.86, emerging; $M_{elementary}$ = 4.83, embedded; $M_{middle/high/sec}$ = 4.61, embedded; $p < .001$)

    o I6: Withholding access to food is not used as a disciplinary action.
        ▪ ($M_{other\ centers}$ = 4.43, emerging; $M_{elementary}$ = 4.96, embedded; $M_{middle/high/sec}$ = 5.00, embedded; $p = .002$)

    o I9: Allows students to possess personal containers for drinking water.
        ▪ ($M_{other\ centers}$ = 4.43, emerging; $M_{elementary}$ = 4.89, embedded; $M_{middle/high/sec}$ = 4.96, embedded; $p < .02$)

Section J – Nutrition Education, Promotion, and Food Marketing

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

	Elementary	Middle/High/Sec	Other Centers	Overall
- J1: Only food and beverages that meet the "Smart Snacks" standards are marketed to students on school grounds during the school day.	Emerging (4.35)	Emerging (4.35)	Emerging (4.29)	Emerging (4.35)
OVERALL	Emerging (4.35)	Emerging (4.35)	Emerging (4.29)	Emerging (4.35)

Nutrition Education, Promotion, and Food Marketing: Question Averages

Nutrition Education, Promotion, and Food Marketing: Overall Averages

- Note: Since Section J has only 1 question, both graphs show the same data.

- No statistically significant differences were observed between school types; *p* >.05.

Section K – Nutritional Guidelines

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

Response

	Elementary	Middle/High/Sec	Other Centers	Overall
- K1: Sodas and sports drinks are not offered for sale to students at any time during the school day.	Embedded (4.88)	Emerging (4.37)	Embedded (5.00)	Embedded (4.75)
- K2: Healthy food and beverage options are encouraged at school-related events outside the school day.	Emerging (3.84)	Emerging (3.63)	Emerging (4.29)	Emerging (3.80)
- K3: Implements appropriate precautions against severe food allergies.	Embedded (4.94)	Emerging (4.49)	Embedded (5.00)	Embedded (4.82)
OVERALL	Embedded (4.55)	Emerging (4.16)	Embedded (4.76)	Emerging (4.46)
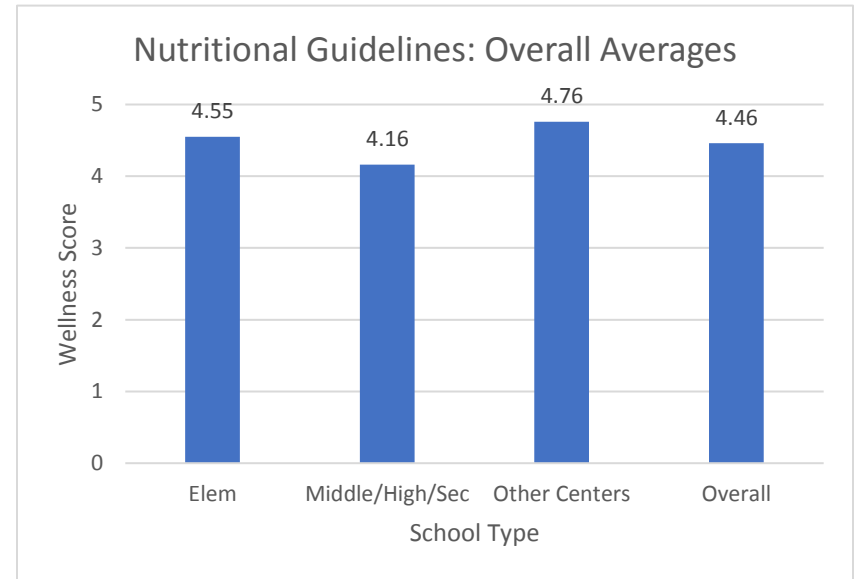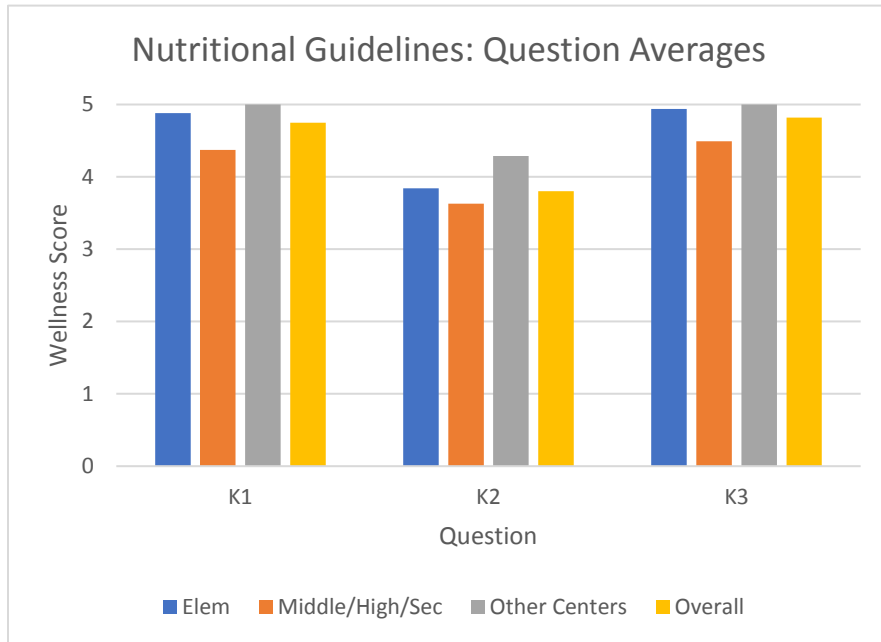
Nutritional Guidelines: Question Averages

Nutritional Guidelines: Overall Averages

- K1: Sodas and sports drinks are not offered for sale to students at any time during the school day.
  o Middle/High/Sec Schools scored significantly lower (*M* = 4.37, emerging) than Elementary Schools (*M* = 4.88, embedded); *p* = .002.

- K2: Healthy food and beverage options are encouraged at school-related events outside the school day.
  o No statistically significant differences were observed between school types; *p* >.05.

- K3: Implements appropriate precautions against severe food allergies.
  o Middle/High/Sec Schools scored significantly lower (*M* = 4.16, emerging) than Elementary Schools (*M* = 4.94, embedded); *p* <.001.

Open-Ended Response Summary

Title: Summary Table of Common Responses to Survey Questions

Question	School Type		
	Elementary	Middle/High/Secondary	Other Center
7. *Please highlight any activities or best practices used to promote student's physical activity.*	- Recess, P.E. - Field Day - Fitness and Wellness Weeks	- P.E., after-school clubs, sports, and activities - Curriculum/course options	- P.E. is not part of the curriculum - Organized sports, electives, and volunteer work
11. *Please share any school or community specific barriers to promoting a healthy and safe school environment for students.*	- Difficult to walk or bike to school due to location and busy streets - Renovations - Overcrowded kiss and ride	- Overcrowding - Renovations present challenges - Pervasive substance abuse - Walker/biker safety issues	- It is not possible to walk or bike to the school - School grounds are not fenced-in
17. *Please share how your wellness committee encourages involvement from families and community members in promoting wellness in your school.*	- Recess and P.E. - Emails, newsletters, PTA meetings - Special events (e.x., field day, walk/bike to school week)	- Still in development/exploring - Updates in KIT, newsletters, websites - PTSA meetings	- Parents can volunteer - Working to improve community outreach
23. *Please list any wellness events or activities your school has undertaken or will undertake this school year.*	- Numerous during and after-school themed events (e.x., Running clubs, wellness/fitness nights, stress less/free weeks) - Flu shot opportunities	- Wellness days/week - Stress less/free week - Flu shots, blood drive - Staff fitness activities - Mental health screenings	- EAP and flu clinics - Physical activity events (e.x., staff fitness workouts, step challenge) - Wellness fairs
24. *Please provide any suggestions, best practices, or tools you believe would be helpful in evaluating and supporting student and staff health and wellness within FCPS.*	- Reduced teacher workload - Improved school food - Increased wellness committee guidance/instruction - Increased focus on mental health issues for both staff and students	- Increased wellness committee support, guidance, and instruction - Focus more on staff wellness and screenings	- More wellness challenges - Continue encouraging adult/peer relationships
25. *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.*	- Clarification and guidance on wellness committee requirements	- No Responses	- No Responses

*Note: Individual school open-ended responses are omitted from this summary, and can instead be found in the school-specific summary reports.