

2021-2022 School Wellness Survey Responses by **High School**

<u>Annandale High</u> <u>Lewis High</u>

Centreville High Madison High

<u>Chantilly High</u> <u>Marshall High</u>

Edison High McLean High

Fairfax High Mount Vernon High

Falls Church High Oakton High

Herndon High South County High

<u>Thomas Jefferson High</u> <u>South Lakes High</u>

School for Science and
West Potomac High

<u>Technology</u>

Justice High West Springfield High

Langley High Westfield High

Woodson High

Annandale High

Section A – Physical Education

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

 A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218.

 A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.

Section B – Physical Activity

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

- B1: Withholding recess or physical education is not used as a disciplinary Embedded action.

- B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a Mot an Elementary minimum of 15 minutes per day of supervised recess. School

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

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

Section D - Health Services

Annandale High

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

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

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

- "none"

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

Question: To what extent does your school implement the following practices:	<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
 F3: Implements programs that foster social and emotional health and wellness of students and staff. 	Embedded

Annandale High

- F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.

 F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.

Emerging

- F6: MIDDLE AND HIGH SCHOOLS ONLY: Academic advising encourages flexibility in course scheduling to promote adequate sleep and healthy sleep patterns to affect student mental health, wellness, and attendance.

Embedded

Section G - Health Promotion for Staff Members

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

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. Transitioning

- 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

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

- "none"

Section I - Food and Nutrition General

Annandale High

	Allialiuale figli	
Question: To	what extent does your school implement the following practices:	<u>Response</u>
- I1: A lunc	Ill students have at least 20 minutes to eat after sitting down for h.	Embedded
acce	tudents who participate in school meal programs have equal ess to the same high-quality food and nutrition as do nonicipants who purchase FCPS-provided food.	Embedded
	tudent tutoring, meetings, and club activities are not scheduled ng mealtimes unless students may eat during such activities.	Embedded
	Measures in place to prevent overt identification of students who eligible for free and reduced-price school meals.	Embedded
- I5: E	ncourages the use of non-food items for classroom celebrations.	Emerging
- 16: V	Vithholding access to food is not used as a disciplinary action.	Embedded
- 17: P	otable water is available to all our students at no cost.	Embedded
	actively solicits student input in selecting foods and meals served good and Nutrition Services (FNS).	Emerging
- 19: A	Illows students to possess personal containers for drinking water.	Embedded
	ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow ss whenever possible.	Not an Elementary School
Section J – N	Nutrition Education, Promotion, and Food Marketing	
Question: To	what extent does your school implement the following practices:	<u>Response</u>
	Only food and beverages that meet the "Smart Snacks" standards are reteted to students on school grounds during the school day.	Embedded
	We follow federal school meal nutrition standards for all foods and erages available for sale on campus during the school day.	Embedded
- J3: V	Ve follow FCPS' policy on fundraisers as outlined in R2100.	Embedded
Section K – I	Nutritional Guidelines	
Question: To	what extent does your school implement the following practices:	Response
	Sodas and sports drinks are not offered for sale to students at any eduring the school day.	Embedded

Annandale High

- K2: Healthy food and beverage options are encouraged at school-related events outside the school day.

- 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.

Section L – Ideas/Comments/Suggestions

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

"No Response"

<u>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.</u>

"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.

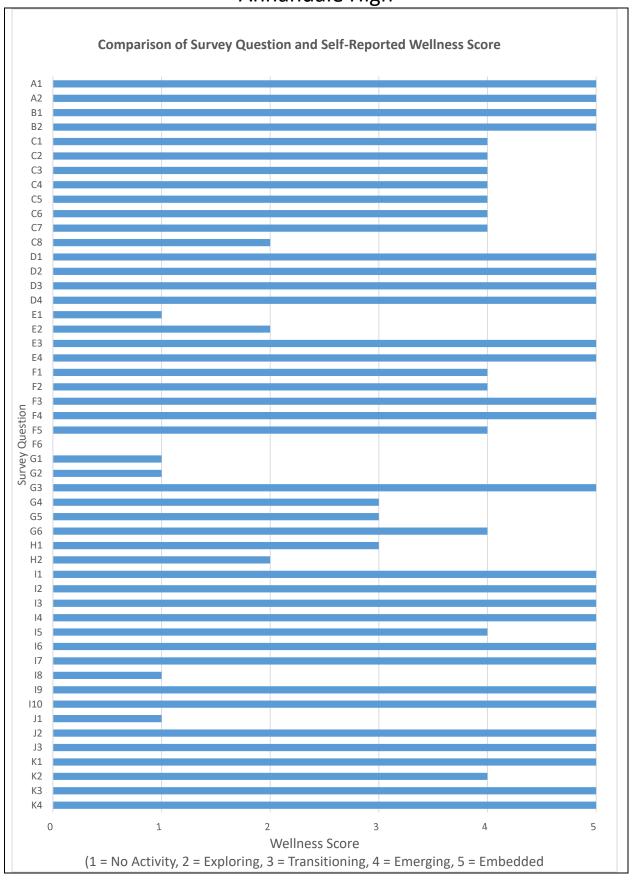
- "No Response"

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.

Annandale High



2021-2022 School Wellness Survey Responses Annandale High

Centreville High

Section A - Physical Education

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

Question: To what extent doe.	your school implement the fo	following practices:	<u>Response</u>
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- B1: Withholding recess or physical education is not used as a disciplinary Embedded action.

- B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a Mot an Elementary minimum of 15 minutes per day of supervised recess. School

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

 "We start each PE class with a dynamic warm up, fitness activity and then sport/activity. This ensures students are continuously moving, safe from injury and hitting all levels of training."

Section C – Health Education

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

Centreville High

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Section D - Health Services

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

Section E – Healthy and Safe School Environment

Question: To what extent does your school implement the following practices:	<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. 	Transitioning
 E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560. 	Transitioning

- E4: Maintains a comprehensive tobacco-free policy in accordance with Emerging FCPS' Policy 4419 and Regulation 2152.

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

- "none"

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

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

Centreville High

 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.

- 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. **Embedded**

Section G - Health Promotion for Staff Members

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

Response

- G1: Health screenings.

Emerging

G2: Health care access.

Exploring

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.

Exploring

G5: Awareness of the Employee Assistance Program Services.

Exploring

 G6: Staff celebrations that offer and encourage healthy choices for food and beverages. **Exploring**

Section H – Family and Community Involvement

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

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

Centreville High

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

Questio	on: To what extent does your school implement the following practices:	<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.	Emerging
-	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.	Exploring
-	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
-	19: Allows students to possess personal containers for drinking water.	Embedded
-	I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible.	Not an Elementary School
Section	J – Nutrition Education, Promotion, and Food Marketing	

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

Centreville High

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

Section L - Ideas/Comments/Suggestions

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

- "Mental Health/Stress Week"

<u>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.</u>

- "No Response"

<u>Question: Please provide any questions or comments you have with regard to FCPS' Student and Staff</u> 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.

Centreville High



2021-2022 School Wellness Survey Responses Centreville High

Chantilly High

Section A – Physical Education

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

 A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218.

 A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.

Section B – Physical Activity

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

- B1: Withholding recess or physical education is not used as a disciplinary Embedded action.

- B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a Not an Elementary minimum of 15 minutes per day of supervised recess. School

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

- "none"

Section C - Health Education

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

Section D - Health Services

Chantilly High

	Charleny riigh	
Question: To wh	at extent does your school implement the following practices:	<u>Response</u>
	S' protocols with respect to student disclosure and display of hing behaviors, such as harm to self or others.	Embedded
	dents have regular access to public health nurses to address safety, and psychological issues.	Embedded
•	uired staff in our school maintain requisite levels of training in ency first aid, CPR, and AED per the Code of Virginia.	Embedded
•	juired staff in our school maintain requisite levels of training in tion administration per FCPS Regulation 2102.	Embedded
Section E – Hea	althy and Safe School Environment	
Question: To wh	nat extent does your school implement the following practices:	Response
- E1: Enco	ourages children to safely walk or bike to and from school.	Emerging

E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560.

E2: Promotes age-appropriate mentorships as a way to help students

develop strong, safe, and trusted relationships with respected adults.

Embedded

Emerging

E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152.

Embedded

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

 " The only barriers we experience are consistent parent support with students in adhering to rules and guideline that keep a healthy and safe school environment.

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

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

Chantilly High

- F3: Implements programs that foster social and emotional health and wellness of students and staff.

- F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.

 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

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

Response

- G1: Health screenings.

Embedded

- G2: Health care access.

Embedded Embedded

G3: Employee flu immunization clinics.

- 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

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

Chantilly High

 "COVID has paused our family and community events. However, we look forward to planning and implementing family nights and activities/events."

Section I – Food and Nutrition General

Section 1 – 1 ood and Nathtion General	
Question: To what extent does your school implement the following practices:	<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). 	Embedded
- I9: Allows students to possess personal containers for drinking water.	Embedded
 I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible. 	Not an Elementary School
Section J – Nutrition Education, Promotion, and Food Marketing	
Question: To what extent does your school implement the following practices:	<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	Embedded

beverages available for sale on campus during the school day.

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

Embedded

Chantilly High

Section K - Nutritional Guidelines

Question: To what extent does your school implement the following practices:	<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. 	s Embedded

Section L - Ideas/Comments/Suggestions

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

- "Express connect: poetry, spoken word, dance, yoga, stress reducing activities during Advisory and CT, field day."

<u>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.</u>

 "Schoolwide student and staff surveys, attendance records, grades, anecdotes/qualitative/street data and interviews."

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

 "What research-based social and emotional learning professional development/resources are available for training our staff better serve and support students post virtual learning and other pandemic related setbacks?"

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.

Chantilly High



2021-2022 School Wellness Survey Responses Chantilly High

Edison High

Section A – Physical Education

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

 A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218.

- A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.

Embedded

Section B - Physical Activity

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

Response

- B1: Withholding recess or physical education is not used as a disciplinary action.

Embedded

- B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess.

Not an Elementary School

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

"We encourage students to participate in sports and offer freshmen, JV, and varsity teams. We have clubs, like the STEP Team, that incorporate physical activity. During lunches we provide outside spaces, and staff members organize walks around the track."

Ougstion To what output does you select offeringly impossed the following to size

Section C - Health Education

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

- C1: Promoting Healthy Lifestyles. Emerging

- C2: Stress Management. Emerging

C3: Coping Skills. Emerging

- C4: Depression. Embedded

- C5: Suicide Prevention and Awareness. Embedded

- C6: Mental Health Issues (general). Embedded

- C7: Relationship of Healthy Sleep to Mental Health. Emerging

Edison High

Embedded

- C8: Substance Abuse Prevention.	Embedded
Section D – Health Services	
Question: To what extent does your school implement the following practices:	Response

- D2: Students have regular access to public health nurses to address Embedded

D1: FCPS' protocols with respect to student disclosure and display of

concerning behaviors, such as harm to self or others.

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

- D4: Required staff in our school maintain requisite levels of training in Embedded medication administration per FCPS Regulation 2102.

Section E – Healthy and Safe School Environment

FCPS' Policy 4419 and Regulation 2152.

health, safety, and psychological issues.

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

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

- "none"

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

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

Edison High

 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. **Emerging**

Section G - Health Promotion for Staff Members

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

Response

- G1: Health screenings.

Transitioning

G2: Health care access.

Transitioning

- G3: Employee flu immunization clinics.

Embedded

- G4: Wellness opportunities for staff, such as fitness challenges, fitness classes, mobile health screenings, wellness walks, workshops, or health fairs that emphasize work/life balance.

Transitioning

G5: Awareness of the Employee Assistance Program Services.

Embedded

- G6: Staff celebrations that offer and encourage healthy choices for food and beverages.

Emerging

Section H – Family and Community Involvement

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

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.

Transitioning

Edison High

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

Question: To what extent does your school implement the following practices: Response			
 I1: All students have at least 20 minutes to eat after sitting down for lunch. 	Embedded		
 I2: Students who participate in school meal programs have equal access to the same high-quality food and nutrition as do non- participants who purchase FCPS-provided food. 	Embedded		
 I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities. 	Embedded		
 I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals. 	Embedded		
- I5: Encourages the use of non-food items for classroom celebrations.	Emerging		
- I6: Withholding access to food is not used as a disciplinary action.	Embedded		
- 17: 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		
- 19: Allows students to possess personal containers for drinking water.	Embedded		
- I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible.	Not an Elementary School		
Section J – Nutrition Education, Promotion, and Food Marketing			

Sect

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

Edison High

Section K - Nutritional Guidelines

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

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

"Student services advisory council comprised of all stakeholders meet twice a year; school-wide wellness week with a variety of activities twice a year; sunshine wellness committee hosts breakfast and breaks for staff with games."

<u>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.</u>

"No Response"

<u>Question: Please provide any questions or comments you have with regard to FCPS' Student and Staff</u> 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.

Edison High



2021-2022 School Wellness Survey Responses Edison High

Fairfax High

Section A - Physical Education

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

 A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218.

 A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.

Section B - Physical Activity

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

- B1: Withholding recess or physical education is not used as a disciplinary Embedded action.

- B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a Mot an Elementary minimum of 15 minutes per day of supervised recess. School

Thininian of 15 minutes per day of supervised recess.

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

 "Classes are encouraged to take "walking breaks", Lion Times can participate in "Walking the Track" sessions and we offer activities like Yoga during wellness week."

Section C - Health Education

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

Fairfax High

- C8: Substance Abuse Prevention.	Embedded		
Section D – Health Services			
Question: To what extent does your school implement the following practices:	Response		
 D1: FCPS' protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others. 	Embedded		
 D2: Students have regular access to public health nurses to address health, safety, and psychological issues. 	Embedded		
 D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia. 	Embedded		
 D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102. 	Embedded		
Section E – Healthy and Safe School Environment			
Question: To what extent does your school implement the following practices:	<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		

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

- "Bathrooms are hiding spots for students to partake in at-risk behaviors, and we do not have enough staff to monitor these spots consistently."

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

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

Fairfax High

 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

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

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.

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. Transitioning

Fairfax High

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

 "Messaging goes out about various events or activities. Family Liaison partners with local community groups to provide resources/programming for parents."

Section I – Food and Nutrition General

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

Section J - Nutrition Education, Promotion, and Food Marketing

Question: To what extent does your school implement the following practices:	<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
 J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day. 	

Fairfax High

-	J3: We follow FCPS' policy on fundraisers as of	outlined in R2100.	Embedded
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Section K - Nutritional Guidelines

Section	K – Nutritional Guidelines	
Question	n: 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

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

 "Stress Less/Laugh More, Calm Coloring, Therapy/Service Dogs, Walk the Track, Motivational Speaker, SEL lessons"

<u>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.</u>

- "No Response"

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

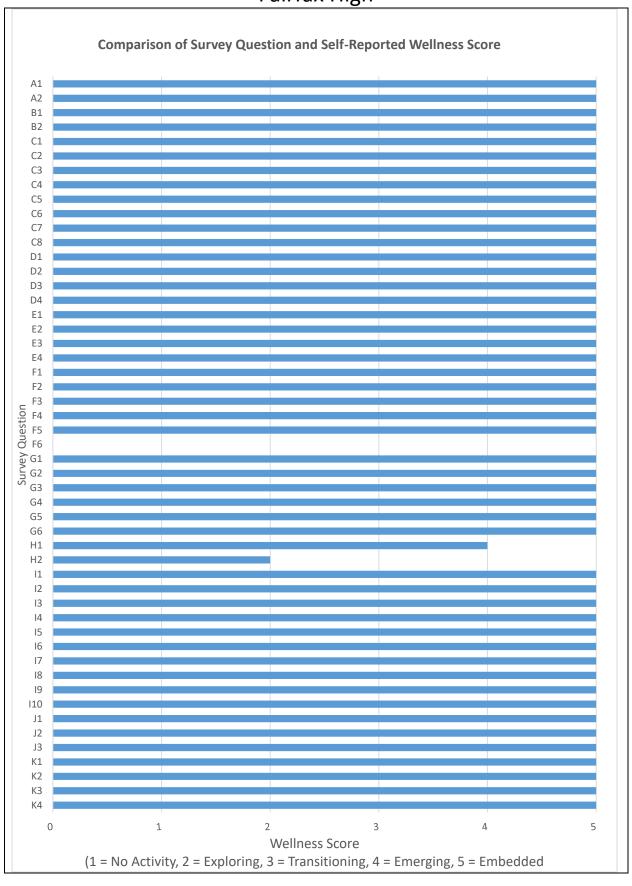
- "No Response"

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.

Fairfax High



2021-2022 School Wellness Survey Responses Fairfax High

Falls Church High

Section A – Physical Education

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

 A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218.

 A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.

Section B – Physical Activity

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

- B1: Withholding recess or physical education is not used as a disciplinary No Activity action.

B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a N minimum of 15 minutes per day of supervised recess.

Not an Elementary School

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

- "Athletics, Jaguar 5K"

Section C - Health Education

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

Section D - Health Services

Falls Church High

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

Section E – Healthy and Safe School Environment

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

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

- "none"

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

Question: To what extent does your school implement the following practices:	<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
 F3: Implements programs that foster social and emotional health and wellness of students and staff. 	Embedded

Falls Church High

- 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

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

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.

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.

Transitioning

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

Transitioning

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

- "none"

Falls Church High

Section I – Food and Nutrition General

Question: To what extent does your school implement the following practices:	<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	
- 17: 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	
- 19: Allows students to possess personal containers for drinking water.	Embedded	
- I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible.	Not an Elementary School	
Section J – Nutrition Education, Promotion, and Food Marketing		
Question: To what extent does your school implement the following practices:	<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	
 J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day. 		
- 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:	<u>Response</u>	

Falls Church High

-	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

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

"Jaguar 5K"

<u>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.</u>

- "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.

Falls Church High



2021-2022 School Wellness Survey Responses Falls Church High

Herndon High

Section A – Physical Education

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

 A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218.

 A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.

Section B – Physical Activity

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

- B1: Withholding recess or physical education is not used as a disciplinary Embedded action.

- B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a Mot an Elementary minimum of 15 minutes per day of supervised recess. School

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

- "Student athletic teams"

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

Section D - Health Services

Herndon High

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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. 	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	
Question: To what extent does your school implement the following practices:	Response
- E1: Encourages children to safely walk or bike to and from school.	Emerging
- E2: Promotes age-appropriate mentorships as a way to help students	Emerging

E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560.

develop strong, safe, and trusted relationships with respected adults.

Embedded

E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152.

Embedded

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

"It would be helpful to have a crosswalk between the Herndon United Methodist Church driveway and the HHS driveway to allow safe crossing before and after school. Students cross there without the crosswalk now and it presents a dangerous situation. Without the opportunity to have SROs serve as traffic control in the mornings, there was been some very close calls."

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

Question: To what extent does your school implement the following p	practices: Response
 F1: Monitors school climate and other factors that may cont student stress, symptoms of anxiety and depression, and per academic pressures and substance use. 	

Herndon High

 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.

F3: Implements programs that foster social and emotional health and wellness of students and staff.

- F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.

- F5: Provides opportunities for students, families, and staff to learn Embedded strategies to identify and manage stressors to maintain a healthy work

- 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.

Section G - Health Promotion for Staff Members

life balance.

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

Response

Emerging

- 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.

- G5: Awareness of the Employee Assistance Program Services. Embedded

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

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.

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

Herndon High

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

"This is an area of growth for us. We have shared information with families about how we are supporting wellness, such as our SEL Days. We have not had families specifically take part, but would like to add this in the future."

Section I – Food and Nutrition General

Question: To what extent does your school implement the following practices:	Response
 I1: All students have at least 20 minutes to eat after sitting down for lunch. 	Embedded
 I2: Students who participate in school meal programs have equal access to the same high-quality food and nutrition as do non- participants who purchase FCPS-provided food. 	Embedded
 I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities. 	Embedded
 I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals. 	Embedded
- I5: Encourages the use of non-food items for classroom celebrations.	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.	Not an Elementary School

Section J - Nutrition Education, Promotion, and Food Marketing

Question: To what extent does your school implement the following practices:	<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
marketed to students on school grounds during the school day.	Embedded

Herndon High

 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

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

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

 "SEL Days, Wellness Week, encouraged participation in countywide Wellness Initiative, encourage participation in Well Being app, added section in newsletter for health tips"

<u>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.</u>

- "N/A"

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.).

Herndon High

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

Herndon High



2021-2022 School Wellness Survey Responses Herndon High

Justice High

Section A - Physical Education

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

 A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218.

 A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.

Section B – Physical Activity

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

- B1: Withholding recess or physical education is not used as a disciplinary Embedded action.

- B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a No Activity minimum of 15 minutes per day of supervised recess.

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

- "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>	Response
- 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

Section D - Health Services

Justice High

Question: To what extent does your school implement the following practices:	<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 F - Healthy and Safe School Environment		

Section E – Healthy and Safe School Environment

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

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

- "none"

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

Question: To what extent does your school implement the following practices:	<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
 F3: Implements programs that foster social and emotional health and wellness of students and staff. 	Embedded

Justice High

- F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.

 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

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

Response

Embedded

- G2: Health care access.

G1: Health screenings.

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.

Emerging

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

- "none"

Justice High

Section I – Food and Nutrition General

Question: To what extent does your school implement the following practices:	Response		
 I1: All students have at least 20 minutes to eat after sitting down for lunch. 	Embedded		
 I2: Students who participate in school meal programs have equal access to the same high-quality food and nutrition as do non- participants who purchase FCPS-provided food. 	Embedded		
 I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities. 	Embedded		
 I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals. 	Embedded		
- I5: Encourages the use of non-food items for classroom celebrations.	Embedded		
- I6: Withholding access to food is not used as a disciplinary action.	Embedded		
- 17: 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		
- 19: Allows students to possess personal containers for drinking water.	Emerging		
- I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible.	No Activity		
Section J – Nutrition Education, Promotion, and Food Marketing			
Question: To what extent does your school implement the following practices:	<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			
Question: To what extent does your school implement the following practices: Response			

Justice High

-	K1: Sodas and sports drinks are not offered for sale to students at any time during the school day.	Emerging
-	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

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

"No Response"

<u>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.</u>

"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.

Justice High



2021-2022 School Wellness Survey Responses Justice High

Langley High

Section A – Physical Education

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

 A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218.

 A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.

Section B – Physical Activity

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

- B1: Withholding recess or physical education is not used as a disciplinary Embedded action.

- B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess.

Not an Elementary School

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

- "none"

Section C - Health Education

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

Section D - Health Services

Langley High

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

Section E – Healthy and Safe School Environment

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

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

- "none"

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

Question: To what extent does your school implement the following practices:	<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
 F3: Implements programs that foster social and emotional health and wellness of students and staff. 	Embedded

Langley High

- 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

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

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.

Emerging

- 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. Transitioning

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

- "none"

Langley High

Section I – Food and Nutrition General

Question:	To what extent does your school implement the following practices:	<u>Response</u>	
	: All students have at least 20 minutes to eat after sitting down for nch.	Embedded	
ac	: Students who participate in school meal programs have equal ccess to the same high-quality food and nutrition as do non-articipants who purchase FCPS-provided food.	Embedded	
	: Student tutoring, meetings, and club activities are not scheduled uring mealtimes unless students may eat during such activities.	Embedded	
	: Measures in place to prevent overt identification of students who e eligible for free and reduced-price school meals.	Embedded	
- 15	: Encourages the use of non-food items for classroom celebrations.	Embedded	
- 16	: Withholding access to food is not used as a disciplinary action.	Embedded	
- 17	: Potable water is available to all our students at no cost.	Embedded	
	: Actively solicits student input in selecting foods and meals served y Food and Nutrition Services (FNS).	Emerging	
- 19	: Allows students to possess personal containers for drinking water.	Embedded	
	0: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow cess whenever possible.	Not an Elementary School	
Section J – Nutrition Education, Promotion, and Food Marketing			
Question:	To what extent does your school implement the following practices:	Response	
	: Only food and beverages that meet the "Smart Snacks" standards are narketed to students on school grounds during the school day.	Embedded	
	:: We follow federal school meal nutrition standards for all foods and everages 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			

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

Response

Langley High

-	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

Embedded

Section L – Ideas/Comments/Suggestions

outlined in FCPS P2100 and R2100.

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

K4: We follow all nutrition guidelines for food and beverage standards, as

"No Response"

<u>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.</u>

"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.

Langley High



2021-2022 School Wellness Survey Responses Langley High

Lewis High

Section A – Physical Education

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

 A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218.

 A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.

Section B – Physical Activity

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

- B1: Withholding recess or physical education is not used as a disciplinary No Activity action.

- B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a Mot an Elementary minimum of 15 minutes per day of supervised recess. School

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

- "none"

Section C - Health Education

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

Section D - Health Services

Lewis High

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

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

- "none"

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

Question: To what extent does your school implement the following practices:	<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
 F3: Implements programs that foster social and emotional health and wellness of students and staff. 	Emerging

Lewis High

-	F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.	Embedded
-	F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.	Embedded
-	F6: MIDDLE AND HIGH SCHOOLS ONLY: Academic advising encourages flexibility in course scheduling to promote adequate sleep and healthy sleep patterns to affect student mental health, wellness, and attendance.	Embedded
Section	G – Health Promotion for Staff Members	
	n: To what extent does the staff wellness liaison support opportunities for embers to improve their health and well-being:	<u>Response</u>
-	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.	Embedded
Section	H – Family and Community Involvement	
<u>Questio</u>	n: To what extent does your school implement the following practices:	<u>Response</u>
-	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

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

 "Staff encourages students to have rigorous yet balanced schedules and discusses at all grade level parent meetings the need to fit in time to take care of onesself through sports, activities, wellness strategies. Staff plans

Lewis High

Advisory lessons that are school-wide to address students' mental health, wellness strategies, and overall emotional development. Parent communications are sent weekly from the principal and twice a month by grade level APs and DSS and typically include upcoming important dates so students/families can plan and not become overwhelmed, fun activities the school is hosting that are student and family friendly, and more."

Section I - Food and Nutrition General

Question: To what extent does your school implement the following practices:	<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). 	No Activity
- I9: Allows students to possess personal containers for drinking water.	Embedded
- I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible.	Not an Elementary School

Section J - Nutrition Education, Promotion, and Food Marketing

Question: To what extent does your school implement the following practices:	<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
marketed to stadents on solidor grounds during the solidor day.	Embedded

Lewis High

 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

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

Section L - Ideas/Comments/Suggestions

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

"Wellness Week for our 1700 students including a Spirit Week, Advisory lesson, short video clips, and school-wide "recess" for 80 minutes where students had a variety of choices on what they could do (walk, listen to music, chalk coloring on the side walk, open gym, staff/student kickball game, etc). We are planning to host a guest speaker either in June or Fall on overall SEL. Encouraged staff to participate in the Walk to School day. Hosted Flu Shots for staff. Staff lead groups to support different students and their overall wellness."

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

- "Hosting a share fair would be helpful so schools can discuss ideas together; perhaps by Region."

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:

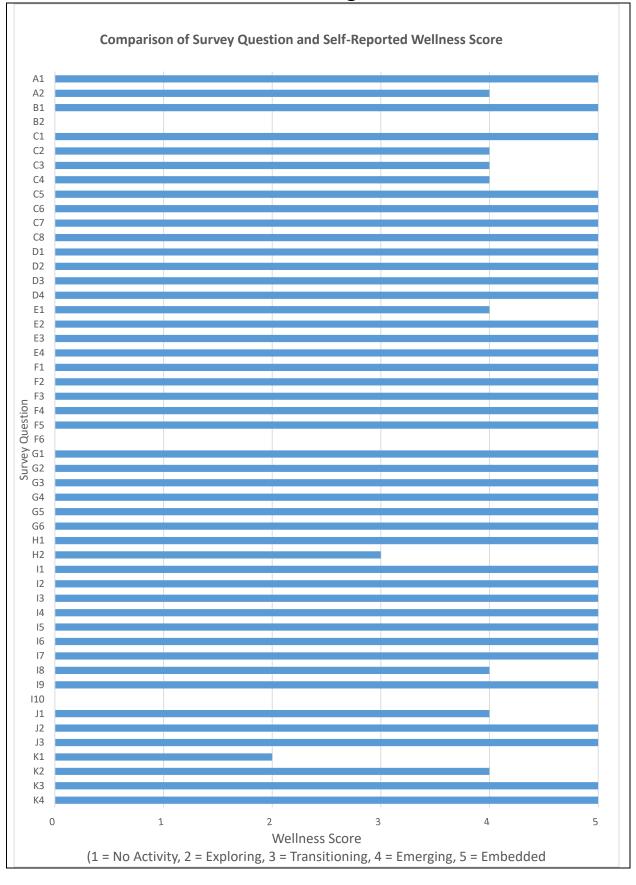
The following graph and table visually summarize your school's responses provided above. Questions in the graph are represented by bars corresponding to the self-reported wellness score. Questions in the table are

Lewis High

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.

Lewis High



2021-2022 School Wellness Survey Responses Lewis High

Madison High

Section A - Physical Education

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

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

- B1: Withholding recess or physical education is not used as a disciplinary action.

Embedded

- B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess.

Not an Elementary School

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

- "Students participate actively throughout their PE classes and are encouraged to engage in a variety of extra curricular activities."

Section C - Health Education

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

Madison High

Section D - Health Services

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

Se

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

Madison High

- F3: Implements programs that foster social and emotional health and wellness of students and staff.

- F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.

Embedded

 F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance. Embedded

- F6: MIDDLE AND HIGH SCHOOLS ONLY: Academic advising encourages flexibility in course scheduling to promote adequate sleep and healthy sleep patterns to affect student mental health, wellness, and attendance.

Embedded

Section G - Health Promotion for Staff Members

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

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. Transitioning

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

 "We have engaged in wellness challenges, faculty flu vaccinations, faculty breakfasts and lunches that encourage comradery"

Madison High

Section I – Food and Nutrition General

Question: To what extent does your school implement the following practices:	Response	
 I1: All students have at least 20 minutes to eat after sitting down for lunch. 	Embedded	
 I2: Students who participate in school meal programs have equal access to the same high-quality food and nutrition as do non- participants who purchase FCPS-provided food. 	Embedded	
 I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities. 	Embedded	
 I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals. 	Embedded	
- I5: Encourages the use of non-food items for classroom celebrations.	Transitioning	
- I6: Withholding access to food is not used as a disciplinary action.	Embedded	
- I7: Potable water is available to all our students at no cost.	Embedded	
 I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS). 	Transitioning	
- 19: Allows students to possess personal containers for drinking water.	Embedded	
 I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible. 	Not an Elementary School	
Section J – Nutrition Education, Promotion, and Food Marketing		
Question: To what extent does your school implement the following practices:	<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. 	Embedded	
- J3: We follow FCPS' policy on fundraisers as outlined in R2100.	Embedded	

Section K – Nutritional Guidelines

Madison High

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

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

 "Multiple student wellness weeks, lunch groups for students, therapy dogs, self-care walls, SEL lessons on wellness throughout the year"

<u>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.</u>

"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.

Madison High



2021-2022 School Wellness Survey Responses Madison High

Marshall High

Section A – Physical Education

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

 A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218.

- A2: At least 50 percent of physical education class-time includes Embedded moderate to vigorous physical activity.

Section B - Physical Activity

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

- B1: Withholding recess or physical education is not used as a disciplinary Embedded action.

- B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess. School

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

C7: Relationship of Healthy Sleep to Mental Health.

"We hold wellness weeks where student do yoga, we encourage physical activity in all PE classes. In addition, we have 9 sections of Personal Fitness taken by hundreds of our students. We also provide time during our intervention period for outdoor activity on some days."

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.	Emerging
- C5: Suicide Prevention and Awareness.	Embedded
- C6: Mental Health Issues (general).	Embedded

Emerging

Marshall High

Embedded

Embedded

Embedded

C8: Substance Abuse Prevention.

co. Substance Abase Prevention.	Linbedded		
Section D – Health Services			
Question: To what extent does your school implement the following practices:	Response		
 D1: FCPS' protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others. 	Embedded		
 D2: Students have regular access to public health nurses to address health, safety, and psychological issues. 	Embedded		
 D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia. 	Embedded		
 D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102. 	Embedded		
Section E – Healthy and Safe School Environment			
Question: To what extent does your school implement the following practices:	<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		

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

FCPS' Policy 4419 and Regulation 2152.

E3: School buildings, grounds, structures, vehicles (if applicable), and

E4: Maintains a comprehensive tobacco-free policy in accordance with

equipment are maintained in accordance with FCPS Policy 8560.

- "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. 	Embedded

Marshall High

 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. **Embedded**

Section G - Health Promotion for Staff Members

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

Response

G1: Health screenings.

Embedded

G2: Health care access.

Embedded Embedded

- G3: Employee flu immunization clinics.

- 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

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

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

Marshall High

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

 "We are in the process of reforming our committee as we had not been meeting due to the pandemic and the stressors it caused on staffs time."

Section I – Food and Nutrition General

Questio	on: To what extent does your school implement the following practices:	<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
-	19: Allows students to possess personal containers for drinking water.	Embedded
-	I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible.	Not an Elementary School

Section J - Nutrition Education, Promotion, and Food Marketing

Question: To what extent does your school implement the following practices:	<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
 J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day. 	

Marshall High

-	J3: We follow FCPS	policy on fundraisers as o	outlined in R2100.	Embedded
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Section K - Nutritional Guidelines

Section	n K – Nutritional Guidelines	
Questi	on: 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

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

- "This year, we brought in a speaker to talk with all students about healthy vs unhealthy coping strategies. We continue to provide time periodically during our intervention period for students to decompress, engage in physical activity or have access to trusted adults."

<u>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.</u>

- "Continue to provide resources and programs that schools can use to help students learn resiliency and coping strategies and relieve stress. This is our biggest issue 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"

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.).

Marshall High

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

Marshall High



2021-2022 School Wellness Survey Responses Marshall High

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Section A – Physical Education

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

 A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218.

 A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.

Section B – Physical Activity

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

Response

- B1: Withholding recess or physical education is not used as a disciplinary No Activity action.

- B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a Mot an Elementary minimum of 15 minutes per day of supervised recess. School

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

- "none"

Section C - Health Education

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

Section D - Health Services

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Question: To what extent does your school imple	ment the following practices:	Response
 D1: FCPS' protocols with respect to stude concerning behaviors, such as harm to see 	• •	Embedded
 D2: Students have regular access to publi health, safety, and psychological issues. 	ic health nurses to address	Embedded
 D3: Required staff in our school maintain emergency first aid, CPR, and AED per th 		Embedded
 D4: Required staff in our school maintain medication administration per FCPS Reg 		Embedded

Section E – Healthy and Safe School Environment

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

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

- "none"

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

Question: To what extent does your school implement the following practices:	<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
 F3: Implements programs that foster social and emotional health and wellness of students and staff. 	Embedded

Mclean High

F4: Staff are prepared to effectively implement FCPS' protocol when Embedded conducting suicide-risk screenings and assessments. F5: Provides opportunities for students, families, and staff to learn **Embedded** strategies to identify and manage stressors to maintain a healthy work life balance. F6: MIDDLE AND HIGH SCHOOLS ONLY: Academic advising encourages Embedded 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 Question: To what extent does the staff wellness liaison support opportunities for Response staff members to improve their health and well-being: G1: Health screenings. **Emerging** Embedded G2: Health care access. G3: Employee flu immunization clinics. Embedded G4: Wellness opportunities for staff, such as fitness challenges, fitness Emerging classes, mobile health screenings, wellness walks, workshops, or health fairs that emphasize work/life balance. G5: Awareness of the Employee Assistance Program Services. **Emerging** G6: Staff celebrations that offer and encourage healthy choices for food **Emerging** and beverages. 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 **Emerging**

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

H2: Includes a non-staff, family, or community member in our school's

Emerging

- "none"

Section I - Food and Nutrition General

support the wellness policy.

wellness committee.

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	Miciean riigh	
Questi	on: To what extent does your school implement the following practices:	Response
-	I1: All students have at least 20 minutes to eat after sitting down for lunch.	Embedded
-	I2: Students who participate in school meal programs have equal access to the same high-quality food and nutrition as do non-participants who purchase FCPS-provided food.	Embedded
-	13: 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
-	17: Potable water is available to all our students at no cost.	Embedded
-	18: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS).	Embedded
-	19: Allows students to possess personal containers for drinking water.	Embedded
-	I9: Allows students to possess personal containers for drinking water.I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible.	Embedded Not an Elementary School
Section	I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow	Not an Elementary
	I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible.	Not an Elementary
	I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible. J – Nutrition Education, Promotion, and Food Marketing on: To what extent does your school implement the following practices: J1: Only food and beverages that meet the "Smart Snacks" standards are	Not an Elementary School
	I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible. J – Nutrition Education, Promotion, and Food Marketing on: To what extent does your school implement the following practices:	Not an Elementary School Response
	I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible. J – Nutrition Education, Promotion, and Food Marketing on: To what extent does your school implement the following practices: J1: Only food and beverages that meet the "Smart Snacks" standards are marketed to students on school grounds during the school day. J2: We follow federal school meal nutrition standards for all foods and	Not an Elementary School Response Embedded
Questio - - -	I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible. I J – Nutrition Education, Promotion, and Food Marketing In: To what extent does your school implement the following practices: J1: Only food and beverages that meet the "Smart Snacks" standards are marketed to students on school grounds during the school day. J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day.	Not an Elementary School Response Embedded Embedded
Question -	I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible. J – Nutrition Education, Promotion, and Food Marketing on: To what extent does your school implement the following practices: J1: Only food and beverages that meet the "Smart Snacks" standards are marketed to students on school grounds during the school day. J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day. J3: We follow FCPS' policy on fundraisers as outlined in R2100.	Not an Elementary School Response Embedded Embedded

Mclean High

- K2: Healthy food and beverage options are encouraged at school-related events outside the school day.

- K3: Implements appropriate precautions against severe food allergies. Embedded

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

Section L – Ideas/Comments/Suggestions

<u>Question: Please list any wellness events or activities your school has undertaken or will undertake this</u> 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.

Mclean High



2021-2022 School Wellness Survey Responses Mclean High

Mount Vernon High

Section A – Physical Education

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

 A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218.
 A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.

 Section B – Physical Activity

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

B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess.

B1: Withholding recess or physical education is not used as a disciplinary

Not an Elementary School

Response

Transitioning

Transitioning

No Activity

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

 "Several classes promote physical activity, HPE 9 and 10, Personal Fitness, Dance, Yoga and several athletic teams and afterschool clubs"

Question: To what extent does your school effectively impart the following topics

C7: Relationship of Healthy Sleep to Mental Health.

C8: Substance Abuse Prevention.

Section C - Health Education

action.

in FCPS's health education curriculum:	
- C1: Promoting Healthy Lifestyles.	Emerging
- C2: Stress Management.	Transitioning
- C3: Coping Skills.	Exploring
- C4: Depression.	Exploring
- C5: Suicide Prevention and Awareness.	Emerging
- C6: Mental Health Issues (general).	Emerging

Mount Vernon High

Section D – Health Services

<u>Questi</u>	on: To what extent does your school implement the following practices:	<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	
	E – Healthy and Safe School Environment on: To what extent does your school implement the following practices:	<u>Response</u>
	•	<u>Response</u> Exploring
	on: To what extent does your school implement the following practices:	
<u>Questid</u> -	E1: Encourages children to safely walk or bike to and from school. E2: Promotes age-appropriate mentorships as a way to help students	Exploring

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

FCPS' Policy 4419 and Regulation 2152.

- "Bike racks and paths along with proper side walks would help implement a safer walking an biking option for all."

E4: Maintains a comprehensive tobacco-free policy in accordance with

Embedded

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

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

Mount Vernon High

-	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	
	on: To what extent does the staff wellness liaison support opportunities for embers to improve their health and well-being:	<u>Response</u>
-	G1: Health screenings.	Embedded
-	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.	Embedded
-	G6: Staff celebrations that offer and encourage healthy choices for food and beverages.	Embedded
Section	H – Family and Community Involvement	
Questio	on: To what extent does your school implement the following practices:	Response
-	H1: Established a wellness committee to implement activities that	Exploring
-	support the wellness policy. H2: Includes a non-staff, family, or community member in our school's wellness committee.	Exploring

Mount Vernon High

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

"This is something that is in development"

Section I – Food and Nutrition General

Question: To what extent does your school implement the following practices: Response			
 I1: All students have at least 20 minutes to eat after sitting down for lunch. 	Embedded		
 I2: Students who participate in school meal programs have equal access to the same high-quality food and nutrition as do non- participants who purchase FCPS-provided food. 	Embedded		
 I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities. 	Embedded		
 I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals. 	No Activity		
- 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		
- 17: 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		
- 19: Allows students to possess personal containers for drinking water.	Embedded		
- I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible.	Not an Elementary School		
Section J – Nutrition Education, Promotion, and Food Marketing			

Sec

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

Mount Vernon High

Section K - Nutritional Guidelines

Question: To what extent does your school implement the following practices:	Response
 K1: Sodas and sports drinks are not offered for sale to students at any time during the school day. 	No Activity
 K2: Healthy food and beverage options are encouraged at school-related events outside the school day. 	Exploring
- K3: Implements appropriate precautions against severe food allergies.	Exploring
 K4: We follow all nutrition guidelines for food and beverage standards, as outlined in FCPS P2100 and R2100. 	Embedded

Section L - Ideas/Comments/Suggestions

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

 "Wellness week with activities during advisory, and lunch time, SEL lessons embedded into Advisory, Guest speakers with a focus on wellness, youth mental health first aid training for students, parents and teachers"

<u>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.</u>

"No Response"

<u>Question: Please provide any questions or comments you have with regard to FCPS' Student and Staff</u> 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.

Mount Vernon High



2021-2022 School Wellness Survey Responses Mount Vernon High

Oakton High

Section A - Physical Education

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

 A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218.

 A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.

Section B - Physical Activity

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

Response

- B1: Withholding recess or physical education is not used as a disciplinary Embedded action.

- B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a Not an Elementary minimum of 15 minutes per day of supervised recess. School

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

 "We offer yoga sessions during our Cougar Time period. We also offer brain breaks that includes activities like playing games up on the field or walking the track."

Section C - Health Education

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

Oakton High

-	C8: Substance Abuse Prevention.	Emerging
	co. Substance Abuse Frevention.	Lineigni

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

Section E – Healthy and Safe School Environment

Questic	n: To what extent does your school implement the following practices:	Response
-	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

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

- "none"

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

Questio	n: 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.	Embedded

Oakton High

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

F3: Implements programs that foster social and emotional health and wellness of students and staff.

Embedded

F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.

Embedded

F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.

Emerging

F6: MIDDLE AND HIGH SCHOOLS ONLY: Academic advising encourages flexibility in course scheduling to promote adequate sleep and healthy sleep patterns to affect student mental health, wellness, and attendance. **Embedded**

Section G – Health Promotion for Staff Members

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

Response

G1: Health screenings.

Embedded

G2: Health care access.

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.

Exploring

Oakton High

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

- "We work collaboratively with the PTSA to offer session and events both through the school, ESSER, and PTSA venues to promote wellness."

Section I – Food and Nutrition General

Questi	<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
-	16: Withholding access to food is not used as a disciplinary action.	Embedded
-	17: Potable water is available to all our students at no cost.	Embedded
-	18: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS).	Exploring
-	19: Allows students to possess personal containers for drinking water.	Embedded
-	I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible.	Not an Elementary School

Section J - Nutrition Education, Promotion, and Food Marketing

Question: To what extent does your school implement the following practices:	<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
 J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day. 	

Oakton High

- 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:

 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.

 Embedded

K4: We follow all nutrition guidelines for food and beverage standards, as

Section L - Ideas/Comments/Suggestions

outlined in FCPS P2100 and R2100.

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

Embedded

- "Yoga, brain breaks, speakers"

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.

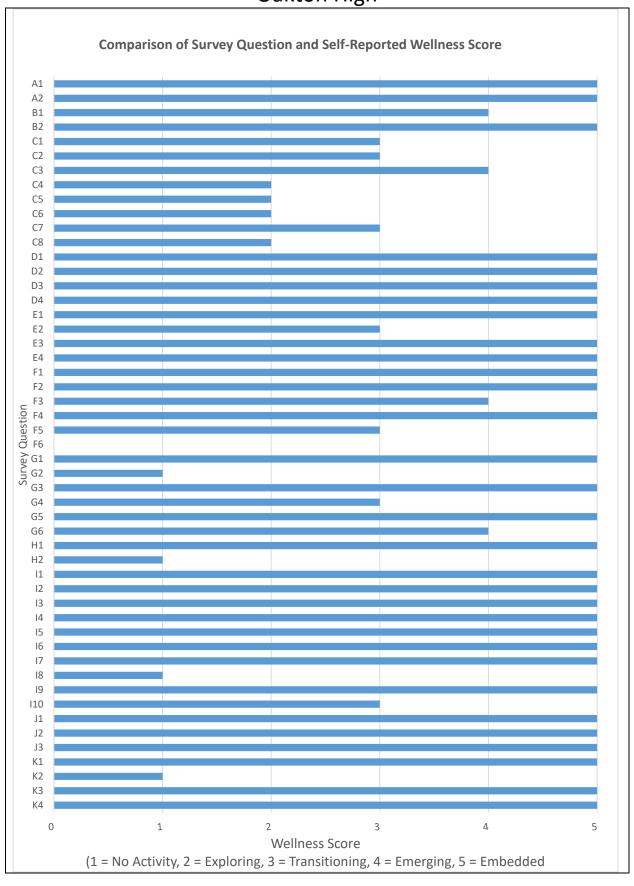
- "No Response"

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.

Oakton High



2021-2022 School Wellness Survey Responses Oakton High

South County High

Section A - Physical Education

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

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

- B1: Withholding recess or physical education is not used as a disciplinary Embedded action.

- B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a Not an Elementary minimum of 15 minutes per day of supervised recess. School

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

- "Each class goes out to the track to engage in physical activity weather permitting."

Section C - Health Education

Question: To what extent does your school effectively impart the following topics	Response
in FCPS's health education curriculum:	
- C1: Promoting Healthy Lifestyles.	Embedded
- C2: Stress Management.	Emerging
- C3: Coping Skills.	Emerging
- C4: Depression.	Emerging
- C4. Depression.	Lillergilig
- 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

South County High

Section D - Health Services

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

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

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

- "None."

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

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

South County High

- F3: Implements programs that foster social and emotional health and wellness of students and staff.

 F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.

 F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance. Embedded

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

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

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:

<u>Response</u>

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

Embedded

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

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

South County High

- "Through News You Choose messaging from time to time."

Section I – Food and Nutrition General

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

J2: We follow federal school meal nutrition standards for all foods and

Embedded

beverages available for sale on campus during the school day.

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

Section K – Nutritional Guidelines

South County High

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. 	Exploring
 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

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

"Blood Drive and Flu Shot Clinic"

<u>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.</u>

- "No Response"

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

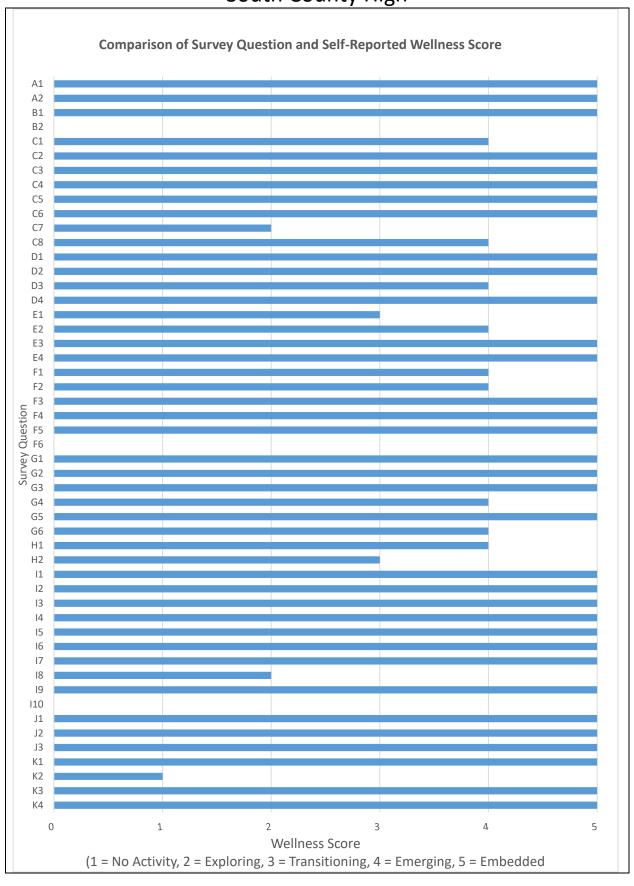
- "No Response"

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.

South County High



2021-2022 School Wellness Survey Responses South County High

South Lakes High

Section A – Physical Education

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

Response

- A1: Physical education classes provide students with the minimum time- Embedded requirements under FCPS Regulation 3218.

- A2: At least 50 percent of physical education class-time includes Embedded moderate to vigorous physical activity.

Section B - Physical Activity

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

- B1: Withholding recess or physical education is not used as a disciplinary Embedded action.

- B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a Mot an Elementary minimum of 15 minutes per day of supervised recess. School

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

 "Offer Yoga afterschool on Mondays; We have incorporated physical activities into choice boards when used; had wellness moments with yoga at our Senior Ethics Day."

Section C - Health Education

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

Response

C1: Promoting Healthy Lifestyles. Transitioning

- C2: Stress Management. Emerging

- C3: Coping Skills. Emerging

- C4: Depression. Transitioning

- C5: Suicide Prevention and Awareness. Embedded

- C6: Mental Health Issues (general). Embedded

- C7: Relationship of Healthy Sleep to Mental Health. Transitioning

South Lakes High

-	C8: Substance Abuse Prevention.	Emerging

Section D – Health Services

Questi	on: To what extent does your school implement the following practices:	<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

FCPS' Policy 4419 and Regulation 2152.

Response
Transitioning
Emerging
Embedded

Transitioning

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

- E4: Maintains a comprehensive tobacco-free policy in accordance with

 "Vaping by students is widespread and a constant battle. Our community is full of walking trails & loaner biks so our students do get around town on foot and bike fairly easily."

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

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

South Lakes High

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.
 F3: Implements programs that foster social and emotional health and wellness of students and staff.
 F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.
 F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.

 F6: MIDDLE AND HIGH SCHOOLS ONLY: Academic advising encourages flexibility in course scheduling to promote adequate sleep and healthy sleep patterns to affect student mental health, wellness, and attendance. **Embedded**

Section G – Health Promotion for Staff Members

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

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

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

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

South Lakes High

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

- "none"

Section I – Food and Nutrition General

Questio	on: To what extent does your school implement the following practices:	<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	
-	13: 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	
-	17: 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	
-	19: Allows students to possess personal containers for drinking water.	Embedded	
-	I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible.	Not an Elementary School	
Section	Section J – Nutrition Education, Promotion, and Food Marketing		
Questio	on: 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	
-	J3: We follow FCPS' policy on fundraisers as outlined in R2100.	Embedded	

South Lakes High

Section K - Nutritional Guidelines

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

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

"Incorporated wellness options into PD (walking, yoga, Zumba); Offer Yoga afterschool for students on Monday; Counselor available in Learning Center afterschool; offer YMHFA for students (had a waitlist- hope to offer this summer); Wellness week hosted by student leaderhsip"

<u>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.</u>

- "Student Wellness conference"

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

- "No Response"

Summary Tables:

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South Lakes High



2021-2022 School Wellness Survey Responses South Lakes High

Thomas Jefferson Tech High

Section A - Physical Education

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

action.

Question: To what extent does your school implement the following practices:	<u>Response</u>
- B1: Withholding recess or physical education is not used as a disciplinary	Embedded

- B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a minimum of 15 minutes per day of supervised recess.

Not an Elementary School

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

- "PTSA fitness challenge, Mental Health Coalition events to support physical and mental wellness"

Section C - Health Education

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

Thomas Jefferson Tech High

Section D - Health Services

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

Se

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

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

- "Only one of our students lives within walking distance to TJ."

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

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

Thomas Jefferson Tech High

- F3: Implements programs that foster social and emotional health and wellness of students and staff.

Embedded

- F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.

Embedded

 F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance. Embedded

- F6: MIDDLE AND HIGH SCHOOLS ONLY: Academic advising encourages flexibility in course scheduling to promote adequate sleep and healthy sleep patterns to affect student mental health, wellness, and attendance.

Embedded

Section G - Health Promotion for Staff Members

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

Response

- G1: Health screenings.

Embedded

G2: Health care access.

Embedded

G3: Employee flu immunization clinics.

Emerging

G4: Wellness opportunities for staff, such as fitness challenges, fitness classes, mobile health screenings, wellness walks, workshops, or health fairs that emphasize work/life balance.

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

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

- "PTSA, equity club, and other groups regularly organize events and involve the entire school community."

Thomas Jefferson Tech High

Section I – Food and Nutrition General

<u>Questio</u>	n: To what extent does your school implement the following practices:	<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
-	13: 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
-	15: Encourages the use of non-food items for classroom celebrations.	Embedded
-	16: Withholding access to food is not used as a disciplinary action.	Embedded
-	17: Potable water is available to all our students at no cost.	Embedded
-	18: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS).	Embedded
-	19: Allows students to possess personal containers for drinking water.	Embedded
-	I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible.	Not an Elementary School

Section J – Nutrition Education, Promotion, and Food Marketing

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

Thomas Jefferson Tech High

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

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

- "Belonging week"

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"

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

- "No Response"

Summary Tables:

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

Thomas Jefferson Tech High



2021-2022 School Wellness Survey Responses Thomas Jefferson Tech High

West Potomac High

Section A - Physical Education

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

Question: To what extent does	your school imp	lement the foll	lowing practices	<u>: Response</u>

- B1: Withholding recess or physical education is not used as a disciplinary Embedded action.

- B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a No Activity minimum of 15 minutes per day of supervised recess.

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

- "none"

Section C - Health Education

<u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u>	<u>Response</u>
- C1: Promoting Healthy Lifestyles.	Embedded
- C2: Stress Management.	Emerging
- C3: Coping Skills.	Emerging
- C4: Depression.	Emerging
- 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

Section D - Health Services

West Potomac High

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

Section E – Healthy and Safe School Environment

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

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

- "none"

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

Question: To what extent does your school implement the following practices:	<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
 F3: Implements programs that foster social and emotional health and wellness of students and staff. 	Emerging

West Potomac High

 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

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

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.

Exploring

- G5: Awareness of the Employee Assistance Program Services.

Embedded

- G6: Staff celebrations that offer and encourage healthy choices for food and beverages.

Embedded

Section H - Family and Community Involvement

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

Response

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

No Activity

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

No Activity

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

- "none"

West Potomac High

Section I – Food and Nutrition General

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

West Potomac High

-	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

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

"No Response"

<u>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.</u>

 "Need for more school level resources for staff and students wellness specifically mental health wellness"

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.

West Potomac High



2021-2022 School Wellness Survey Responses West Potomac High

West Springfield High

Section A - Physical Education

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

Question, to what extent aces your school implement the following practices.	Question: To what extent does	your school implement	the following practice	es: Response
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- B1: Withholding recess or physical education is not used as a disciplinary Embedded action.

- B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a Mot an Elementary minimum of 15 minutes per day of supervised recess. School

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

- "Physical education, Intramural, Varsity and sub-varsity athletics, green day activities"

Section C - Health Education

Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:	Response
- C1: Promoting Healthy Lifestyles.	Embedded
- 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

West Springfield High

Section D – Health Services

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

Section E – Healthy and Safe School Environment

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

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

- "Increased vaping and marijuana use"

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

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

West Springfield High

- F3: Implements programs that foster social and emotional health and wellness of students and staff.

- F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.

- F5: Provides opportunities for students, families, and staff to learn Emerging strategies to identify and manage stressors to maintain a healthy work life balance.

- 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.

Section G - Health Promotion for Staff Members

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

- G1: Health screenings. Transitioning

- G2: Health care access. Embedded

G3: Employee flu immunization clinics. Emerging

- G4: Wellness opportunities for staff, such as fitness challenges, fitness classes, mobile health screenings, wellness walks, workshops, or health fairs that emphasize work/life balance.

- G5: Awareness of the Employee Assistance Program Services. Emerging

- G6: Staff celebrations that offer and encourage healthy choices for food and beverages.

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 Exploring support the wellness policy.

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

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

- "Communication through multiple avenues to express goals"

West Springfield High

Section I – Food and Nutrition General

- 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.	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
- 19: Allows students to possess personal containers for drinking water.	Embedded
- I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible.	Not an Elementary School
Section J – Nutrition Education, Promotion, and Food Marketing	
Question: To what extent does your school implement the following practices:	<u>Response</u>
- J1: Only food and beverages that meet the "Smart Snacks" standards are	Embedded
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. 	
- J3: We follow FCPS' policy on fundraisers as outlined in R2100.	Embedded
Section K – Nutritional Guidelines	

West Springfield High

-	K1: Sodas and sports drinks are not offered for sale to students at any time during the school day.	Transitioning
-	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.	Emerging
_	K4: We follow all nutrition guidelines for food and beverage standards.	Embedded

Section L - Ideas/Comments/Suggestions

as outlined in FCPS P2100 and R2100.

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

"Flu vaccination clinic,"

<u>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.</u>

"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.

West Springfield High



2021-2022 School Wellness Survey Responses West Springfield High

Westfield High

Section A – Physical Education

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

Section B – Physical Activity

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

B1: Withholding recess or physical education is not used as a disciplinary No Activity action.

B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a Not an Elementary minimum of 15 minutes per day of supervised recess. School

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

"none"

Section C - Health Education

Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:	<u>Response</u>
- C1: Promoting Healthy Lifestyles.	Emerging
- C2: Stress Management.	Emerging
- C3: Coping Skills.	Emerging
- C4: Depression.	Emerging
- 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.	Emerging

Section D - Health Services

Westfield High

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. 	Transitioning
 D2: Students have regular access to public health nurses to address health, safety, and psychological issues. 	Embedded
 D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia. 	Embedded
 D4: Required staff in our school maintain requisite levels of training in medication administration per FCPS Regulation 2102. 	Embedded

Section E – Healthy and Safe School Environment

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

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

- "none"

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

Question: To what extent does your school implement the following practices:	<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
 F3: Implements programs that foster social and emotional health and wellness of students and staff. 	Emerging

Westfield High

 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. 	Embedded
Section G – Health Promotion for Staff Members	
<u>Question: To what extent does the staff wellness liaison support opportunities for staff members to improve their health and well-being:</u>	<u>Response</u>
- G1: Health screenings.	Emerging
- G2: Health care access.	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:	<u>Response</u>
 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.

- "none"

Section I – Food and Nutrition General

Westfield High

Questic		
	on: To what extent does your school implement the following practices:	Response
-	I1: All students have at least 20 minutes to eat after sitting down for lunch.	Embedded
-	I2: Students who participate in school meal programs have equal access to the same high-quality food and nutrition as do non-participants who purchase FCPS-provided food.	Embedded
-	13: 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
-	16: Withholding access to food is not used as a disciplinary action.	Embedded
-	17: Potable water is available to all our students at no cost.	Embedded
-	18: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS).	Emerging
-	19: Allows students to possess personal containers for drinking water.	Transitioning
-	I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible.	Not an Elementary School
Section	·	
	recess whenever possible.	
	recess whenever possible. J – Nutrition Education, Promotion, and Food Marketing on: To what extent does your school implement the following practices: J1: Only food and beverages that meet the "Smart Snacks" standards are	School
	recess whenever possible. J – Nutrition Education, Promotion, and Food Marketing on: To what extent does your school implement the following practices:	School Response
	J – Nutrition Education, Promotion, and Food Marketing on: To what extent does your school implement the following practices: J1: Only food and beverages that meet the "Smart Snacks" standards are marketed to students on school grounds during the school day. J2: We follow federal school meal nutrition standards for all foods and	School Response Embedded
Questio - - -	J – Nutrition Education, Promotion, and Food Marketing on: To what extent does your school implement the following practices: J1: Only food and beverages that meet the "Smart Snacks" standards are marketed to students on school grounds during the school day. J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day.	Response Embedded Embedded
Question Section	J – Nutrition Education, Promotion, and Food Marketing on: To what extent does your school implement the following practices: J1: Only food and beverages that meet the "Smart Snacks" standards are marketed to students on school grounds during the school day. J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day. J3: We follow FCPS' policy on fundraisers as outlined in R2100.	School Response Embedded Embedded

Westfield High

K2: Healthy food and beverage options are encouraged at school-related Emerging events outside the school day.

- K3: Implements appropriate precautions against severe food allergies. Emerging

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

Section L – Ideas/Comments/Suggestions

<u>Question: Please list any wellness events or activities your school has undertaken or will undertake this</u> 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.

Westfield High



2021-2022 School Wellness Survey Responses Westfield High

Woodson High

Section A - Physical Education

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

 A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218.

 A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.

Section B - Physical Activity

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

- B1: Withholding recess or physical education is not used as a disciplinary Embedded action.

- B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a No minimum of 15 minutes per day of supervised recess.

Not an Elementary School

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

 "Woodson 5k charity event organized and managed by student Leadership"

Section C - Health Education

Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:	<u>Response</u>
in FCF3 \$ nearth education curriculum.	
- C1: Promoting Healthy Lifestyles.	Emerging
- C2: Stress Management.	Emerging
- C3: Coping Skills.	Emerging
- C4: Depression.	Embedded
- 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.	Emerging

Woodson High

Section D - Health Services

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

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

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

- "none"

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

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

Woodson High

- F3: Implements programs that foster social and emotional health and wellness of students and staff.

- F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.

- F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.

- 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.

Section G - Health Promotion for Staff Members

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

- 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.

- G5: Awareness of the Employee Assistance Program Services. Emerging

- G6: Staff celebrations that offer and encourage healthy choices for food and beverages.

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.

- H2: Includes a non-staff, family, or community member in our school's No Activity wellness committee.

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

- "We have not gotten to this point yet with out Wellness Committee. We have staff and students involved, but have not included family or

Woodson High

community members yet. However we will explore this idea for next year."

Section I – Food and Nutrition General

Question: To what extent does your school implement the follow	wing practices: Re	<u>sponse</u>
 I1: All students have at least 20 minutes to eat after sit lunch. 	ting down for Em	bedded
 I2: Students who participate in school meal programs haccess to the same high-quality food and nutrition as diparticipants who purchase FCPS-provided food. 		bedded
 I3: Student tutoring, meetings, and club activities are n during mealtimes unless students may eat during such 		mbedded
 I4: Measures in place to prevent overt identification of are eligible for free and reduced-price school meals. 	students who Em	bedded
- I5: Encourages the use of non-food items for classroom	n celebrations. No	Activity
- I6: Withholding access to food is not used as a disciplin	nary action. Em	bedded
- 17: Potable water is available to all our students at no c	cost. Em	bedded
 I8: Actively solicits student input in selecting foods and by Food and Nutrition Services (FNS). 	l meals served No	Activity
- 19: Allows students to possess personal containers for	drinking water. Em	bedded
- I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheorecess whenever possible.		Elementary chool
Section J – Nutrition Education, Promotion, and Food Marketing		
Question: To what extent does your school implement the follow	wing practices: R	<u>esponse</u>
 J1: Only food and beverages that meet the "Smart Snammarketed to students on school grounds during the sc 		mbedded
 J2: We follow federal school meal nutrition standards f beverages available for sale on campus during the school 	for all foods and	mbedded
- J3: We follow FCPS' policy on fundraisers as outlined in	n R2100. Er	nbedded

Section K – Nutritional Guidelines

Woodson High

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

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

- "weekly staff led workout sessions in the weight room after school, annual Woodson 5k charity event, weekly morning meditation led by Asst Principal"

<u>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.</u>

- "allow ESSER funds to be used for staff wellness activities"

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

- "please no recess at high school"

Summary Tables:

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

Woodson High



2021-2022 School Wellness Survey Responses Woodson High