

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

<u>Carson Middle</u> <u>Kilmer Middle</u>

<u>Cooper Middle</u> <u>Liberty Middle</u>

Franklin Middle Longfellow Middle

Frost Middle Poe Middle

Glasgow Middle Rocky Run Middle

Herndon Middle Sandburg Middle

Holmes Middle South County Middle

<u>Hughes Middle</u> <u>Stone Middle</u>

<u>Irving Middle</u> <u>Thoreau Middle</u>

<u>Jackson Middle</u> <u>Twain Middle</u>

Johnson Middle Whitman Middle

Key Middle

Carson Middle

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 Emerging 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>

- "Cardiovascular activity during PE, outdoor break time, brain breaks during class"

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

Carson Middle

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. 	Embedded	
 E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560. 	Embedded	
 E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152. 	Embedded	

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

 "We do not encourage walking/biking to school. Location of our school is far from neighborhoods and near busy roads. Students may walk/bike to school."

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

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

Carson Middle

 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.

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

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

Response

G1: Health screenings.

Embedded

G2: Health care access.

Embedded

G3: Employee flu immunization clinics.

Embedded

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

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.

No Activity

Carson Middle

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

- "Info about mental health resources posted to website, parent info sessions, counselor resources"

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
-	14: 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).	Exploring
-	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 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 beverages available for sale on campus during the school day. 	

Carson Middle

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

Section K - Nutritional Guidelines

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

Response

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

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

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

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

Section L – Ideas/Comments/Suggestions

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

- "Wellness Week: activities promoting physical and mental health, digital citizenship week"

<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.

"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.

Carson Middle



2021-2022 School Wellness Survey Responses Carson Middle

Cooper Middle

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>

 "After school activity offerings (i.e. basketball), partnership with high school sports/neighboring middle school for contests, yearlong personal fitness plan for each student"

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

Cooper Middle

- C8: Substance Abuse Prevention.	Embedded
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

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.

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

academic pressures and substance use.

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

- 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.

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> healthy and safe school environment for students.

 "Physical location (i.e. close to 495/Georgetown Pike) prohibits many bike riders/walkers"

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

Questic	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	Embedded

Cooper Middle

 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 Embedded 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 staff members to improve their health and well-being:</u>

<u>Response</u>

- 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.

- 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

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

<u>Response</u>

- 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.

Cooper Middle

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

- "Fitness challenges, News You Choose with health tips/resources"

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.	Emerging
 I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS). 	Transitioning
- I9: Allows students to possess personal containers for drinking water.	Embedded
- I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible.	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.	No Activity

Cooper Middle

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. 	Transitioning
- K3: Implements appropriate precautions against severe food allergies.	Embedded
 K4: We follow all nutrition guidelines for food and beverage standards, as outlined in FCPS P2100 and R2100. 	Embedded

Section L - Ideas/Comments/Suggestions

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

- "Staff fitness challenges, student/staff basketball game, 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>

- "n/a"

<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.

- "n/a"

Summary Tables:

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

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

Cooper Middle



2021-2022 School Wellness Survey Responses Cooper Middle

Franklin Middle

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 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 Question: Please highlight any activities or best practices used to promote

student's physical activity.

"We purchased equipment for students to use outside during our break time"

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.	Transitioning
- C3: Coping Skills.	Transitioning
- C4: Depression.	Transitioning
·	•
- C5: Suicide Prevention and Awareness.	Emerging
- C6: Mental Health Issues (general).	Emerging
,	0 0
- C7: Relationship of Healthy Sleep to Mental Health.	Transitioning
- C8: Substance Abuse Prevention.	Transitioning
	J

Franklin Middle

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

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

Franklin Middle

- 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 Transitioning 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>staff members to improve their health and well-being:</u>

<u>Response</u>

- 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.

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

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

Franklin Middle

- "none"

Section I – Food and Nutrition General

uesti	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.	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.	Not an Elementary School

Section J – Nutrition Education, Promotion, and Food Marketing

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

Section K – Nutritional Guidelines

Franklin Middle

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 school year.</u>

"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.

Franklin Middle



2021-2022 School Wellness Survey Responses Franklin Middle

Frost Middle

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 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>

 "PE as outlined by state law....Brain Breaks during regular class periods...Brain Break as outlined by division.. robust ASP with physical activity options"

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

Frost Middle

- C8: Substance Abuse Prevention.	Embedded
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:	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. 	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	

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

- "We are under renovation"

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>
stı	1: Monitors school climate and other factors that may contribute to sudent stress, symptoms of anxiety and depression, and peer and cademic pressures and substance use.	Embedded

Frost Middle

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.

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

<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.

Embedded

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

Embedded

Frost Middle

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.	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
 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>

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

Frost Middle

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 school year.</u>

"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"

<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.

Frost Middle



2021-2022 School Wellness Survey Responses Frost Middle

Glasgow Middle

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 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 incorporated yoga into a Wellness event and encourage advisory classes to take an outdoor brain break. HPE department uses tournaments and game activities to increase participation in class, in addition to the physical fitness testing. HPE has also designed remediation/enrichment classes around physical activity. Our after school program includes various sports related clubs as well."

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. Emerging

- C3: Coping Skills. Emerging

- C4: Depression. Emerging

- C5: Suicide Prevention and Awareness. Emerging

C6: Mental Health Issues (general). Emerging

Glasgow Middle

-	C7: Relationship of Healthy Sleep to Mental Health.	Transitioning
-	C8: Substance Abuse Prevention.	Embedded

Se

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.	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. 	Emerging
 E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560. 	Embedded
- E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152.	Embedded

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

"One barrier we are experiencing as a school is the need for more safety and security staff, however, we do not received funding to support extra security positions. To combat this, HPE delivers the units on bullying, FLE, ATOD, and making healthy choices. We also held a Wellness Conference with Mental Health, yoga, healthy relationships, and other wellness related topics. "

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

Glasgow Middle

Glasgow Whate		
Question: To what extent does your school implement the following practices:	Response	
 F1: Monitors school climate and other factors that may contribute to student stress, symptoms of anxiety and depression, and peer and academic pressures and substance use. 	Emerging	
 F2: Our staff has received required suicide prevention training, as well as training that includes recognition of, and response to, mental and behavioral health needs. 	Embedded	
 F3: Implements programs that foster social and emotional health and wellness of students and staff. 	Embedded	
 F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments. 	Embedded	
 F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance. 	Emerging	
 F6: MIDDLE AND HIGH SCHOOLS ONLY: Academic advising encourages flexibility in course scheduling to promote adequate sleep and healthy sleep patterns to affect student mental health, wellness, and attendance. 	Exploring	
Section G – Health Promotion for Staff Members		
Question: To what extent does the staff wellness liaison support opportunities for staff members to improve their health and well-being:	<u>Response</u>	
- G1: Health screenings.	Emerging	
- G2: Health care access.	Exploring	
- G3: Employee flu immunization clinics.	Embedded	
 G4: Wellness opportunities for staff, such as fitness challenges, fitness classes, mobile health screenings, wellness walks, workshops, or health fairs that emphasize work/life balance. 	Transitioning	
- G5: Awareness of the Employee Assistance Program Services.	Transitioning	
 G6: Staff celebrations that offer and encourage healthy choices for food and beverages. 	Exploring	
Section H – Family and Community Involvement		
Question: To what extent does your school implement the following practices:	<u>Response</u>	

Glasgow Middle

- 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

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

 "The Wellness Committee has partnered with the PTA to support our wellness events and activities, as well as our Tier 1 PBIS initiatives tied to wellness. We also held a Wellness conference in the fall and are currently planning for a spring conference, to include components for parents and families to attend."

Section I – Food and Nutrition General

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

Glasgow Middle

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	
 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.

"In order to address student SEL and wellness needs, we implemented these Tier 1 school-wide strategies and Wellness Events: Wellness Wednesdays and Meditation Mondays. We have 6 Wellness event days planned between March and June, which are optional and open to all grade levels during our advisory block: Bubble Garden, Yoga, Art Therapy, Meditation, Therapy animal visits (dogs/mini-horses)."

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.

- "School culture and climate surveys may provide some insight into the day-to-day and longstanding environmental factors that influence student performance and staff morale."

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

- "None at this time."

Glasgow Middle

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.

Glasgow Middle



2021-2022 School Wellness Survey Responses Glasgow Middle

Herndon Middle

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. 	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>

- "15 minutes of recess will be in place for middle school for the 2022-23 school year."

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

Herndon Middle

Section D – Health Services

<u>Questioi</u>	n: 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.	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 healthy and safe school environment for students.

- "none"

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

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

Herndon Middle

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 staff members to improve their health and well-being:</u>

Response

- G1: Health screenings.

Exploring

G2: Health care access.

Exploring

G3: Employee flu immunization clinics.

Embedded

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

Emerging

- G5: Awareness of the Employee Assistance Program Services.

Embedded

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

Transitioning

Section H – Family and Community Involvement

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

<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.

- "none"

Herndon Middle

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.	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:	Response		
 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:	Response		

Herndon Middle

-	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>

"Flu vaccinations"

<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.

Herndon Middle



2021-2022 School Wellness Survey Responses Herndon Middle

Holmes Middle

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

Holmes Middle

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.	Transitioning
 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

Holmes Middle

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 staff members to improve their health and well-being:</u>

Response

- G1: Health screenings.

Embedded

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.

Embedded

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

Exploring

Section H - Family and Community Involvement

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

Response

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

Embedded

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

No Activity

<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

Holmes Middle

Tiolities whate		
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.	No Activity	
- I7: Potable water is available to all our students at no cost.	Embedded	
 I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS). 	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		
Question: To what extent does your school implement the following practices:	Response	
 J1: Only food and beverages that meet the "Smart Snacks" standards are marketed to students on school grounds during the school day. 	Embedded	
 J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day. 	Embedded	
- J3: We follow FCPS' policy on fundraisers as outlined in R2100.	Embedded	
Section K – Nutritional Guidelines		
Question: To what extent does your school implement the following practices:	Response	
 K1: Sodas and sports drinks are not offered for sale to students at any time during the school day. 	Embedded	

Holmes Middle

- K2: Healthy food and beverage options are encouraged at school-related Embedded 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 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.

Holmes Middle



2021-2022 School Wellness Survey Responses Holmes Middle

Hughes Middle

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.	Embedded
- 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

Section D - Health Services

Hughes Middle

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. 	Embedded

Hughes Middle

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. 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.

The state of the s

<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

Hughes Middle

	<u> </u>	
Question: To w	hat extent does your school implement the following practices:	Response
- I1: All s lunch.	tudents have at least 20 minutes to eat after sitting down for	Embedded
access	dents who participate in school meal programs have equal to the same high-quality food and nutrition as do non- pants who purchase FCPS-provided food.	Embedded
	dent tutoring, meetings, and club activities are not scheduled mealtimes unless students may eat during such activities.	Embedded
	asures in place to prevent overt identification of students who gible for free and reduced-price school meals.	Embedded
- I5: Enc	ourages the use of non-food items for classroom celebrations.	Emerging
- 16: Wit	hholding access to food is not used as a disciplinary action.	Embedded
- 17: Pota	able water is available to all our students at no cost.	Embedded
	vely solicits student input in selecting foods and meals served d and Nutrition Services (FNS).	Exploring
- 19: Allo	ws students to possess personal containers for drinking water.	Embedded
	EMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow	Not an Elementary
recess	whenever possible.	School
	trition Education, Promotion, and Food Marketing	•
Section J – Nu		· ·
Section J – Nut Question: To with J1: Onl	trition Education, Promotion, and Food Marketing	School
Section J – Nut Question: To with - J1: Onl marke - J2: We	trition Education, Promotion, and Food Marketing that extent does your school implement the following practices: y food and beverages that meet the "Smart Snacks" standards are	School Response
Section J – Nut Question: To wi - J1: Onl marke - J2: We bevera	trition Education, Promotion, and Food Marketing that extent does your school implement the following practices: y food and beverages that meet the "Smart Snacks" standards are ted to students on school grounds during the school day. follow federal school meal nutrition standards for all foods and	School Response Embedded
Section J – Nut Question: To with J1: Only market J2: We bevera J3: We	trition Education, Promotion, and Food Marketing that extent does your school implement the following practices: y food and beverages that meet the "Smart Snacks" standards are ted to students on school grounds during the school day. follow federal school meal nutrition standards for all foods and ges available for sale on campus during the school day.	Response Embedded Embedded
Section J – Nut Question: To with J1: Onl market J2: We bevera J3: We Section K – Nut	trition Education, Promotion, and Food Marketing that extent does your school implement the following practices: y food and beverages that meet the "Smart Snacks" standards are ted to students on school grounds during the school day. follow federal school meal nutrition standards for all foods and ges available for sale on campus during the school day. follow FCPS' policy on fundraisers as outlined in R2100.	Response Embedded Embedded

Hughes Middle

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. 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.

 "Wellness/Sunshine Committee sponsored a salad bar luncheon, staff volleyball team was created, EAP has been highlighted in schoolwide communications"

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

- "A staff SEL screener similar to what students took might yield some valuable information on supporting staff, particularly with work/life balance"

<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.

Hughes Middle



2021-2022 School Wellness Survey Responses Hughes Middle

Irving Middle

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

- 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>

 "We have a 15 minute daily break where students can go outside for a variety of activities, we also offer after school activities such as volleyball, football conditioning, and basketball"

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

Irving Middle

-	C8: Substance Abuse Prevention.	Embedded
Section	n D – Health Services	

 D1: FCPS' protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others.

Embedded

Response

- D2: Students have regular access to public health nurses to address health, safety, and psychological issues.

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

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. **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

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

Irving Middle

 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.

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.

Transitioning

G2: Health care access.

Exploring

- G3: Employee flu immunization clinics.

Embedded

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

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

<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

Irving Middle

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

- "This is something we need to work on"

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	
- 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		

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

Irving Middle

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.

 "Held weekly staff walks after school 2-days a week. Staff participated in the FCPS Walktober competition this year."

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

"No Response"

<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.

Irving Middle



2021-2022 School Wellness Survey Responses Irving Middle

Jackson Middle

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 implement the following practices:	<u>Response</u>	
- B1: Withholding recess or physical education is not used as a disciplinary	Exploring	

 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>

- "PE activities, afterschool outdoor activities, zumba wellness"

Section C - Health Education

action.

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

Jackson Middle

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

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

"Only that our school is positioned directly on Gallows Rd and we have very "walkers""

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
 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

Jackson Middle

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 Embedded

- 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 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

conducting suicide-risk screenings and assessments.

<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. 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.

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

G6: Staff celebrations that offer and encourage healthy choices for food Embedded 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 No Activity 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 need to revive our wellness committee for the 22-23 school year."

Jackson Middle

Section I – Food and Nutrition General

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

Jackson Middle

-	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>

"Yoga and zumba offerings, healthy snacks, accessible food for all students, recess options"

<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.

Jackson Middle



2021-2022 School Wellness Survey Responses Jackson Middle

Johnson Middle

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>

"Disc Golf, Spikeball, Soccer, Recreation Games, Fitness Games,
 Pickleball, Hockey -floor & Pillo Polo, Flag Football, Ultimate Games"

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

Johnson Middle

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:	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. 	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:	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
 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

Johnson Middle

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 Embedded 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.

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

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

Embedded G1: Health screenings.

G2: Health care access. Exploring

G3: Employee flu immunization clinics. Embedded

G4: Wellness opportunities for staff, such as fitness challenges, fitness Embedded 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 Embedded 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.

Exploring

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

Embedded

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

"We share at home fitness strategies through Schoology, and weekly newsletter."

Johnson Middle

Section I – Food and Nutrition General

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).	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
	lunch. 12: 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. 13: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities. 14: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals. 15: Encourages the use of non-food items for classroom celebrations. 16: Withholding access to food is not used as a disciplinary action. 17: Potable water is available to all our students at no cost. 18: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS). 19: Allows students to possess personal containers for drinking water. 110: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow

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

Johnson Middle

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 school year.</u>

- "afterschool sports, access to sports and recreation equipment at lunch. For our teachers, our October PD was based on health and 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.

- "Creating a list/examples of brain breaks for teachers to use in order to re-energize students"

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.).

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

Johnson Middle



2021-2022 School Wellness Survey Responses Johnson Middle

Key Middle

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>

- "Hallway transitions; recess; kinesthetic learning; breaks"

Section C - Health Education

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

Section D - Health Services

Key Middle

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. 	Embedded

Key Middle

 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>	<u>Response</u>
- G1: Health screenings.	Embedded
- G2: Health care access.	Embedded
- G3: Employee flu immunization clinics.	Embedded
 G4: Wellness opportunities for staff, such as fitness challenges, fitness classes, mobile health screenings, wellness walks, workshops, or health fairs that emphasize work/life balance. 	Embedded
- G5: Awareness of the Employee Assistance Program Services.	Embedded
 G6: Staff celebrations that offer and encourage healthy choices for food and beverages. 	Embedded
Section H – Family and Community Involvement	
Question: To what extent does your school implement the following practices:	Response

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

H1: Established a wellness committee to implement activities that

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

Embedded

Embedded

- "Use weekly staff newsletter to promote opportunities"

Section I – Food and Nutrition General

support the wellness policy.

wellness committee.

Key Middle

key ivildul	E
Question: To what extent does your school implement the follo	owing practices: Response
 I1: All students have at least 20 minutes to eat after s lunch. 	itting down for Embedded
 I2: Students who participate in school meal programs access to the same high-quality food and nutrition as participants who purchase FCPS-provided food. 	•
 I3: Student tutoring, meetings, and club activities are during mealtimes unless students may eat during suc 	
 I4: Measures in place to prevent overt identification of are eligible for free and reduced-price school meals. 	of students who Embedded
- I5: Encourages the use of non-food items for classroo	m celebrations. Embedded
- I6: Withholding access to food is not used as a discipli	inary action. Embedded
- I7: Potable water is available to all our students at no	cost. Embedded
 I8: Actively solicits student input in selecting foods an by Food and Nutrition Services (FNS). 	nd meals served Embedded
- I9: Allows students to possess personal containers for	r drinking water. Embedded
 I10: ELEMENTARY SCHOOLS ONLY: Lunch periods schorecess whenever possible. 	eduled to follow Not an Elementary School
Section J – Nutrition Education, Promotion, and Food	Marketing
Question: To what extent does your school implement the follo	owing practices: Response
 J1: Only food and beverages that meet the "Smart Sn marketed to students on school grounds during the s 	school day.
 J2: We follow federal school meal nutrition standards beverages available for sale on campus during the sch 	
- J3: We follow FCPS' policy on fundraisers as outlined	in R2100. Embedded
	iii k2100. Eiiibedded
Section K – Nutritional Guidelines	iii K2100. Embedded
Section K – Nutritional Guidelines Question: To what extent does your school implement the following the section of the secti	

Key Middle

- K2: Healthy food and beverage options are encouraged at school-related Embedded 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.

 "fitness challenge of FCPS; promote FCPS wellness activities in newsletters; promote values of health/family then work"

<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.

Key Middle



2021-2022 School Wellness Survey Responses Key Middle

Kilmer Middle

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.	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

Kilmer Middle

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

Kilmer Middle

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 staff members to improve their health and well-being:</u>

Response

- G1: Health screenings.

No Activity

- G2: Health care access.

No Activity

- G3: Employee flu immunization clinics.

Embedded

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

Embedded

- G5: Awareness of the Employee Assistance Program Services.

Embedded

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

Embedded

Section H – Family and Community Involvement

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

Response

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

Embedded

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

Exploring

<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

Kilmer Middle

Questic	n: 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
-	12: 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).	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	
	J – Nutrition Education, Promotion, and Food Marketing n: To what extent does your school implement the following practices:	<u>Response</u>
		Embedded
	n: To what extent does your school implement the following practices: J1: Only food and beverages that meet the "Smart Snacks" standards are	
<u>Questic</u> -	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	Embedded
Questic - - -	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.	Embedded Embedded
Question -	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. J3: We follow FCPS' policy on fundraisers as outlined in R2100.	Embedded Embedded

Kilmer Middle

- K2: Healthy food and beverage options are encouraged at school-related No Activity 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.

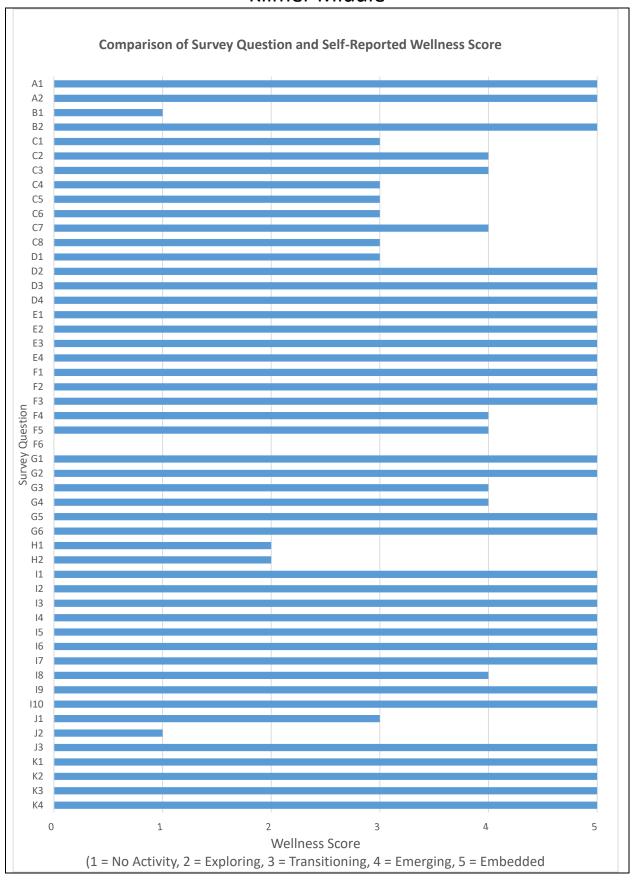
"No Response"

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.

Kilmer Middle



2021-2022 School Wellness Survey Responses Kilmer Middle

Liberty Middle

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>

- "All of our breaks happen outside with purchased equipment for physical activity."

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
CA. Danvessian	Fra a rain a
- C4: Depression.	Emerging
- C5: Suicide Prevention and Awareness.	Embedded
- C6: Mental Health Issues (general).	Embedded
- C7: Relationship of Healthy Sleep to Mental Health.	Emerging
CO. Cultatana Albura Danasat'an	English dated
- C8: Substance Abuse Prevention.	Embedded

Liberty Middle

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	

Se

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

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. 	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

Liberty Middle

- 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 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> <u>staff members to improve their health and well-being:</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 challenges, 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 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 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.

Liberty Middle

- "none"

Section I – Food and Nutrition General

Question: To what extent	does your school implement the following prac	tices: Response
- I1: All students he lunch.	ave at least 20 minutes to eat after sitting dowr	n for Embedded
access to the sam	participate in school meal programs have equane high-quality food and nutrition as do non- purchase FCPS-provided food.	l Embedded
	ing, meetings, and club activities are not schedus unless students may eat during such activities.	
-	place to prevent overt identification of students ee and reduced-price school meals.	who Embedded
- I5: Encourages th	ne use of non-food items for classroom celebrat	ions. Embedded
- I6: Withholding a	access to food is not used as a disciplinary action	n. Embedded
- I7: Potable water	is available to all our students at no cost.	Embedded
-	ts student input in selecting foods and meals se rition Services (FNS).	rved Emerging
- 19: Allows studen	its to possess personal containers for drinking w	vater. Embedded
- I10: ELEMENTAR recess whenever	Y SCHOOLS ONLY: Lunch periods scheduled to for 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
 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

Liberty Middle

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. 	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.

"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"

<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.

Liberty Middle



2021-2022 School Wellness Survey Responses Liberty Middle

Longfellow Middle

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>

- "Lancer Time, breaks"

Section C - Health Education

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

Section D - Health Services

Longfellow Middle

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

<u>Questi</u>	on: 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.	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

Longfellow Middle

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

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

Response

- G1: Health screenings.

Emerging

- G2: Health care access.

Emerging

G3: Employee flu immunization clinics.

Embedded

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

Emerging

- G5: Awareness of the Employee Assistance Program Services.

Embedded

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

Embedded

Section H - Family and Community Involvement

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

Response

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

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

Longfellow Middle

Longrellow Middle		
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.	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:	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	
Section K – Nutritional Guidelines		
Question: To what extent does your school implement the following practices:	Response	
 K1: Sodas and sports drinks are not offered for sale to students at any time during the school day. 	Embedded	

Longfellow Middle

- 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.

"heart health 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"

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.

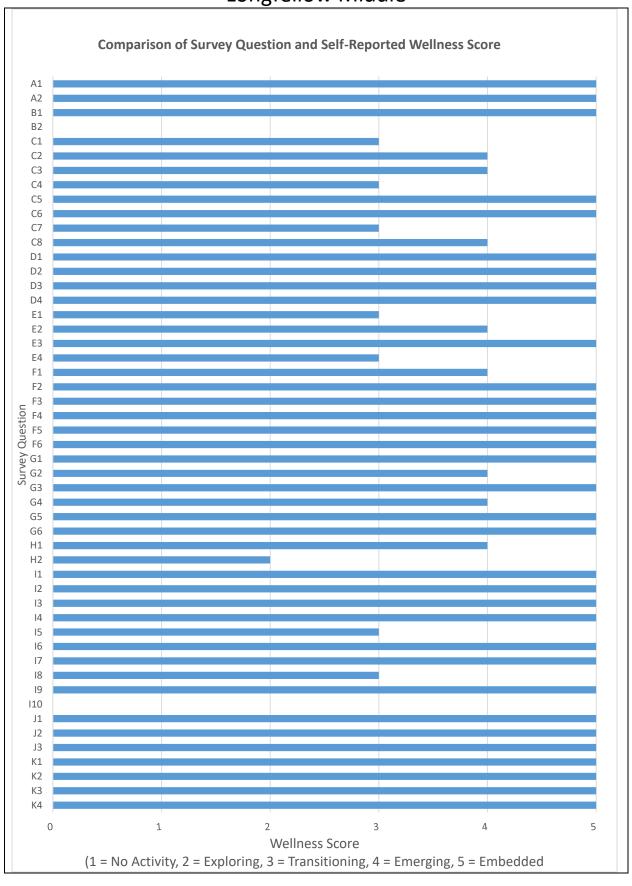
"No Response"

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.

Longfellow Middle



2021-2022 School Wellness Survey Responses Longfellow Middle

Poe Middle

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. 	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	ollowing 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>

"We utilize our physical education curriculum and provide student with 15 minutes of outdoor activities each day."

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

Poe Middle

Section D – Health Services

Questic	n: 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.	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	
Questic		
Questic	n: To what extent does your school implement the following practices:	<u>Response</u>
-	n: To what extent does your school implement the following practices: E1: Encourages children to safely walk or bike to and from school.	<u>Response</u> Embedded
-		-
-	E1: Encourages children to safely walk or bike to and from school. E2: Promotes age-appropriate mentorships as a way to help students	Embedded

<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.

- "We feel access to parents is always a barrier, but we always look for new ways to reach our parents."

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

Poe Middle

 F3: Implements programs that foster social and emotional health and wellness of students and staff. 	Embedded
 F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments. 	Embedded
 F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance. 	Transitioning
 F6: MIDDLE AND HIGH SCHOOLS ONLY: Academic advising encourages flexibility in course scheduling to promote adequate sleep and healthy sleep patterns to affect student mental health, wellness, and attendance. 	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:	<u>Response</u>
- 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	Embedded
 support the wellness policy. H2: Includes a non-staff, family, or community member in our school's wellness committee. 	Transitioning

Poe Middle

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

- "Family Newsletters and parent outreach through our clinical team"

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
- 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). 	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

Poe Middle

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 school year.</u>

- "Student breaks each day, Employee celebrations monthly, Birthday recognition"

<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.).

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

Poe Middle



2021-2022 School Wellness Survey Responses Poe Middle

Rocky Run Middle

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

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

 "25 minute recess break during Advisory offering outdoor and indoor physica activities, PE added biking unit this year, All PE classes use weight room"

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.	Emerging
- C5: Suicide Prevention and Awareness.	Emerging
- C6: Mental Health Issues (general).	Embedded
- C7: Relationship of Healthy Sleep to Mental Health.	Emerging

Rocky Run Middle

- C8: Substance Abuse Prevention.	Embedded
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. 	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.	Embedded
- E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults.	Embedded
- E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560.	Embedded
- E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152.	Embedded
Question: Please share any school or community specific barriers to promoting a	

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

- "Change in PHN, no full time SHA until this month, Covid restrictions"

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

Rocky Run Middle

 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. Transitioning

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

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

Exploring

- G3: Employee flu immunization clinics.

Embedded

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

- G5: Awareness of the Employee Assistance Program Services.

Emerging

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

Embedded

Section H – Family and Community Involvement

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

Response

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

Embedded

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

Rocky Run Middle

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:	<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
- 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

Rocky Run Middle

Section K - Nutritional Guidelines

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

Section L - Ideas/Comments/Suggestions

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

 "Stress Less Month - April/May focus on social emotional well being and mental health awarness and healthy habits, Fall screeners, SEL screener, student surveys, Implementation of MS recess"

<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>

"Tier 1 curriculum for ALL students embedded"

<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.

Rocky Run Middle



2021-2022 School Wellness Survey Responses Rocky Run Middle

Sandburg Middle

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

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

Embedded

Section D - Health Services

C8: Substance Abuse Prevention.

Sandburg Middle

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

Sandburg Middle

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. 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.

Embedded

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

- 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.

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"

Section I - Food and Nutrition General

Sandburg Middle

Salidbulg Middle			
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). 	Transitioning		
- 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:	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		
Section K – Nutritional Guidelines			
Question: To what extent does your school implement the following practices:	Response		
 K1: Sodas and sports drinks are not offered for sale to students at any time during the school day. 	Embedded		

Sandburg Middle

- K2: Healthy food and beverage options are encouraged at school-related Embedded 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.

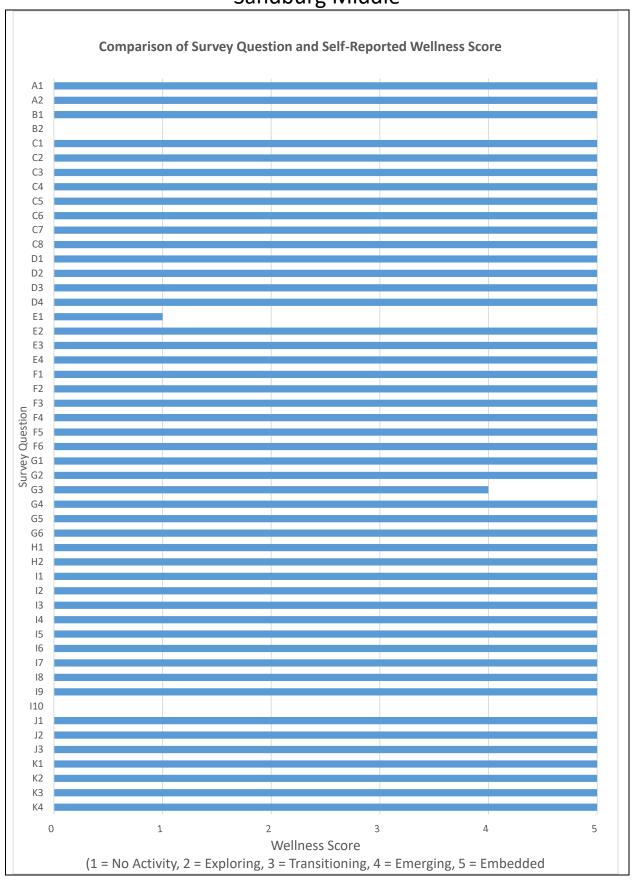
- "No Response"

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.

Sandburg Middle



2021-2022 School Wellness Survey Responses Sandburg Middle

South County Middle

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

South County Middle

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. 	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. 	Embedded

South County Middle

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 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.

Emerging

- G5: Awareness of the Employee Assistance Program Services.

Emerging

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

Emerging

Section H - Family and Community Involvement

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

Response

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

Emerging

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

Exploring

<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

South County Middle

South County Middle			
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		
- 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:	Response		
	<u></u>		
- J1: Only food and beverages that meet the "Smart Snacks" standards are	Embedded		
	<u> </u>		
 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 	Embedded		
 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. 	Embedded Embedded		
 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. 	Embedded Embedded		

South County Middle

- K2: Healthy food and beverage options are encouraged at school-related Embedded 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.

South County Middle



2021-2022 School Wellness Survey Responses South County Middle

Stone Middle

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

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

Transitioning

Section D - Health Services

C8: Substance Abuse Prevention.

Stone Middle

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

<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

Stone Middle

 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:	<u>Response</u>	
- 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.	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. 	Exploring	
- H2: Includes a non-staff, family, or community member in our school's	Exploring	

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

wellness committee.

Stone Middle

Response
Embedded
No Activity
Embedded
Not an Elementary School
•
School
School Response
School Response No Activity
Response No Activity Embedded
Response No Activity Embedded

Stone Middle

- K2: Healthy food and beverage options are encouraged at school-related No Activity 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.

- "Wellness Week (April 25-29); 2 week professional development for staff (April 21-29) centered around wellness; Several wellness groups using ESSR funds for students after-school all 4th quarter; embedded focus on wellness during all SEL lessons; monthly speaker series on topics related to wellness each month; Kindness Week (February); several spirit weeks to promote wellness; emphasis on walking during breaks throughout the day; encouragement of movement throughout classes"

<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.

"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.

Stone Middle



2021-2022 School Wellness Survey Responses Stone Middle

Thoreau Middle

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 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

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

"In addition to HPE we have put together bins for each classroom to use during our SEL/Break time"

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.	Emerging
- 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.	Exploring
- C8: Substance Abuse Prevention.	Emerging

Thoreau Middle

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.	Emerging
 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>

- "none"

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

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

Thoreau Middle

- 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

Not a Middle/High

Embedded

School

Emerging

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. 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.

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

- 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 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.

Thoreau Middle

"We work with the PTA"

Section I – Food and Nutrition General

<u>Questi</u>	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
-	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
-	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	
Questi	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
	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.

Section K – Nutritional Guidelines

Thoreau Middle

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. 	No Activity
- K3: Implements appropriate precautions against severe food allergies.	Embedded
 K4: We follow all nutrition guidelines for food and beverage standards, as outlined in FCPS P2100 and R2100. 	Embedded

Section L – Ideas/Comments/Suggestions

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

- "Social Emotional Learning lessons on almost all 3rd period days, yoga during and after school, mindfulness sessions"

<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>

"Everyone is stretched too thin- in order to truly address wellness we need to reconsider priorities and remove the layers of requirements that change each year. We rarely maintain a focus long enough to feel confident about implementation, which greatly impacts wellness within the workplace."

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.

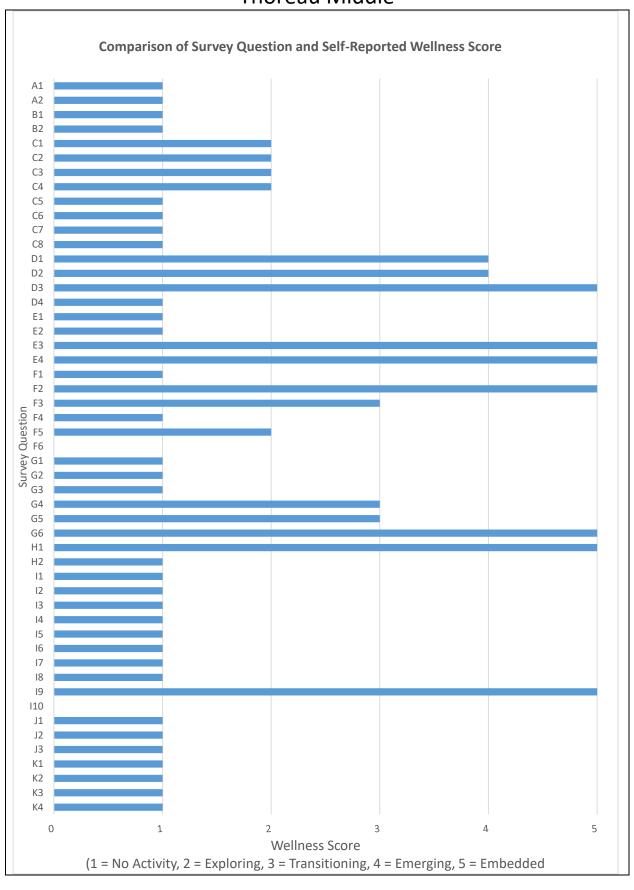
- "none"

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.).

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

Thoreau Middle



2021-2022 School Wellness Survey Responses Thoreau Middle

Twain Middle

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. 	Emerging
Section B – Physical Activity	
Question: To what extent does your school implement the following practices:	Response

action.

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

Not an Elementary School

Embedded

 B2: ELEMENTARY SCHOOLS ONLY: On average, our school provides a 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>

 "PE, promotion of walking/biking to school, Yoga and Fitness clubs after schoool"

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).	Embedded
- C7: Relationship of Healthy Sleep to Mental Health.	Transitioning
- C8: Substance Abuse Prevention.	Embedded

Twain Middle

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. 	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. 	Embedded
action F — Healthy and Safe School Environment	

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. 	Emerging
 E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560. 	Embedded
- E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152.	Embedded

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

- "none"

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

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

Twain Middle

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

Embedded

Embed

Section G - Health Promotion for Staff Members

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

flexibility in course scheduling to promote adequate sleep and healthy sleep patterns to affect student mental health, wellness, and attendance.

Response

- G1: Health screenings.

Embedded

G2: Health care access.

Exploring

G3: Employee flu immunization clinics.

Embedded

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

- G5: Awareness of the Employee Assistance Program Services.

Embedded

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

Emerging

Section H – Family and Community Involvement

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

<u>Response</u>

- 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

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

- "none"

Twain Middle

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.	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	
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	Emerging
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>

Twain Middle

-	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	Emerging

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>

- "School-wide and community 5K event, Daily Mindfulness activities"

<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.

Twain Middle



2021-2022 School Wellness Survey Responses Twain Middle

Whitman Middle

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>

"The PE/Health team coordinate splitting their 85 minute periods with 50% physical activity and 50% Health instruction. This arrangement has increased engagement with the Health lesson and physical activity lessons."

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>
III CI 3 3 Nedicii eddeacion 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

Whitman Middle

- C8: Substance Abuse Prevention.	Embedded
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.	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	

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

"Whitman has 100% bussing of students, none of our students live in the neighborhood."

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

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

Whitman Middle

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

- 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

wellness of students and staff.

<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>

Embedded

- 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.

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

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

Section H – Family and Community Involvement

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

<u>Response</u>

- 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 Embedded wellness committee.

Whitman Middle

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

"Whitman Student Services team co sponsored wellness screenings /awareness with PTSA wellness presentation from FCPS Substance Abuse prevention Specialists. Whitman PE department hosted heart healthy challenge that included students logging in their activity levels after school. Whitman staff collaborated with FCPS Well beats and formed workout groups."

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
- 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). 	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:	Response
 J1: Only food and beverages that meet the "Smart Snacks" standards are marketed to students on school grounds during the school day. 	Embedded

Whitman Middle

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:

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.

"Coordination of presentations specific to vaping and the effects on the body hosted by FCPS
 Substance Abuse Specialist; SOS screening for 7th and 8th grade students; Counseling team
 coordinated lessons on wellness with health/PE team."

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:

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

Whitman Middle

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.

Whitman Middle



2021-2022 School Wellness Survey Responses Whitman Middle