

2022-2023 School Wellness Survey Responses by **Other Centers**

[Bryant Alternative Learning Center](#)

[Bryant Alternative High School](#)

[Burke Alternative Learning Center](#)

[Burke School](#)

[Cedar Lane School](#)

[Davis Career Center](#)

[Fairfax County Adult High School](#)

[Key Center](#)

[Kilmer Center](#)

[Montrose Alternative Learning Center](#)

[Mountain View Alternative Learning Center](#)

[Mountain View Alternative High School](#)

[Pulley Career Center](#)

[Quander Road School](#)

2022-2023 School Wellness Survey Responses

ALC AT BRYANT

Section A – Physical Education

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

Section B – Physical Activity

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

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

- "Health and PE class; Personal Fitness; 7th Period Activities"

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

2022-2023 School Wellness Survey Responses

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Section D – Health Services

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

Section E – Healthy and Safe School Environment

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

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

- "Students are struggling with other substances and medical assistance is needed to assist with withdrawals. Some students are not receiving medical assistance."

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

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
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2022-2023 School Wellness Survey Responses

ALC AT BRYANT

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

Section G – Health Promotion for Staff Members

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

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

Section H – Family and Community Involvement

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

2022-2023 School Wellness Survey Responses

ALC AT BRYANT

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

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

- "We have students create goals and ways to accomplish their goals at each entry conference. Each student's goal covers academics, behavior, and wellness. We also partner with outside organizations to assist with wellness initiatives."

Section I – Food and Nutrition General

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

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

2022-2023 School Wellness Survey Responses

ALC AT BRYANT

Section J – Nutrition Education, Promotion, and Food Marketing

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day.	Embedded
- J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day.	Embedded
- J3: We follow FCPS’ policy on fundraisers as outlined in R2100.	No Activity

Section K – Nutritional Guidelines

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

Section L – Ideas/Comments/Suggestions

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

- “Campus-wide Wellness Event; Activity Days; Wellness Challenges”

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

- “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”

2022-2023 School Wellness Survey Responses

ALC AT BRYANT

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.

2022-2023 School Wellness Survey Responses

ALC AT BRYANT



2022-2023 School Wellness Survey Responses

ALC AT BRYANT

Survey Questions Grouped by Wellness Score

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

2022-2023 School Wellness Survey Responses

BRYANT ALTERNATIVE HIGH

Section A – Physical Education

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

Section B – Physical Activity

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

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

- "Monthly Activity Days, Yoga with students, a Wellness Day, and periodic open gym during lunches."

Section C – Health Education

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

2022-2023 School Wellness Survey Responses

BRYANT ALTERNATIVE HIGH

Section D – Health Services

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

Section E – Healthy and Safe School Environment

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

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

- "Safe transportation for some of our students who are walkers or walk a long distance to the bus stop. Healthy breakfast and lunch options for students since we do not have an operating cafeteria. Substance abuse and misuse in our communities. Increased number of students with mental health and wellness challenges."

2022-2023 School Wellness Survey Responses

BRYANT ALTERNATIVE HIGH

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

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- F1: Monitors school climate and other factors that may contribute to student stress, symptoms of anxiety and depression, and peer and academic pressures and substance use.	Embedded
- F2: Our staff has received required suicide prevention training, as well as training that includes recognition of, and response to, mental and behavioral health needs.	Embedded
- 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 staff members to improve their health and well-being:</u>	<u>Response</u>
- G1: Health screenings.	Embedded
- G2: Health care access.	Emerging
- G3: Employee flu immunization clinics.	Embedded
- G4: Wellness opportunities for staff, such as fitness challenges, fitness classes, mobile health screenings, wellness walks, workshops, or health fairs that emphasize work/life balance.	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

2022-2023 School Wellness Survey Responses

BRYANT ALTERNATIVE HIGH

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

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

- "Newsletters, Immunization Clinic on site, direct families to Family Liaison for support, participate in Food for Neighbors."

Section I – Food and Nutrition General

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- I1: All students have at least 20 minutes to eat after sitting down for lunch.	Embedded
- I2: Students who participate in school meal programs have equal access to the same high-quality food and nutrition as do non-participants who purchase FCPS-provided food.	Embedded
- I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities.	Embedded
- I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals.	Embedded
- I5: Encourages the use of non-food items for classroom celebrations.	No Activity
- 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

2022-2023 School Wellness Survey Responses

BRYANT ALTERNATIVE HIGH

Section J – Nutrition Education, Promotion, and Food Marketing

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

Section K – Nutritional Guidelines

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

Section L – Ideas/Comments/Suggestions

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

- “Staff participated in several wellness challenges this year and won. We have a Wellness Day planned for the entire school in May 2023. We held an on site immunization clinic earlier this year. Continue to work with Food for Neighbors to provide students and families who are food "insecure" with resources.”

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.

- “Increased education around substance use and abuse, mental health, and healthy eating and lifestyles.”

2022-2023 School Wellness Survey Responses

BRYANT ALTERNATIVE HIGH

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

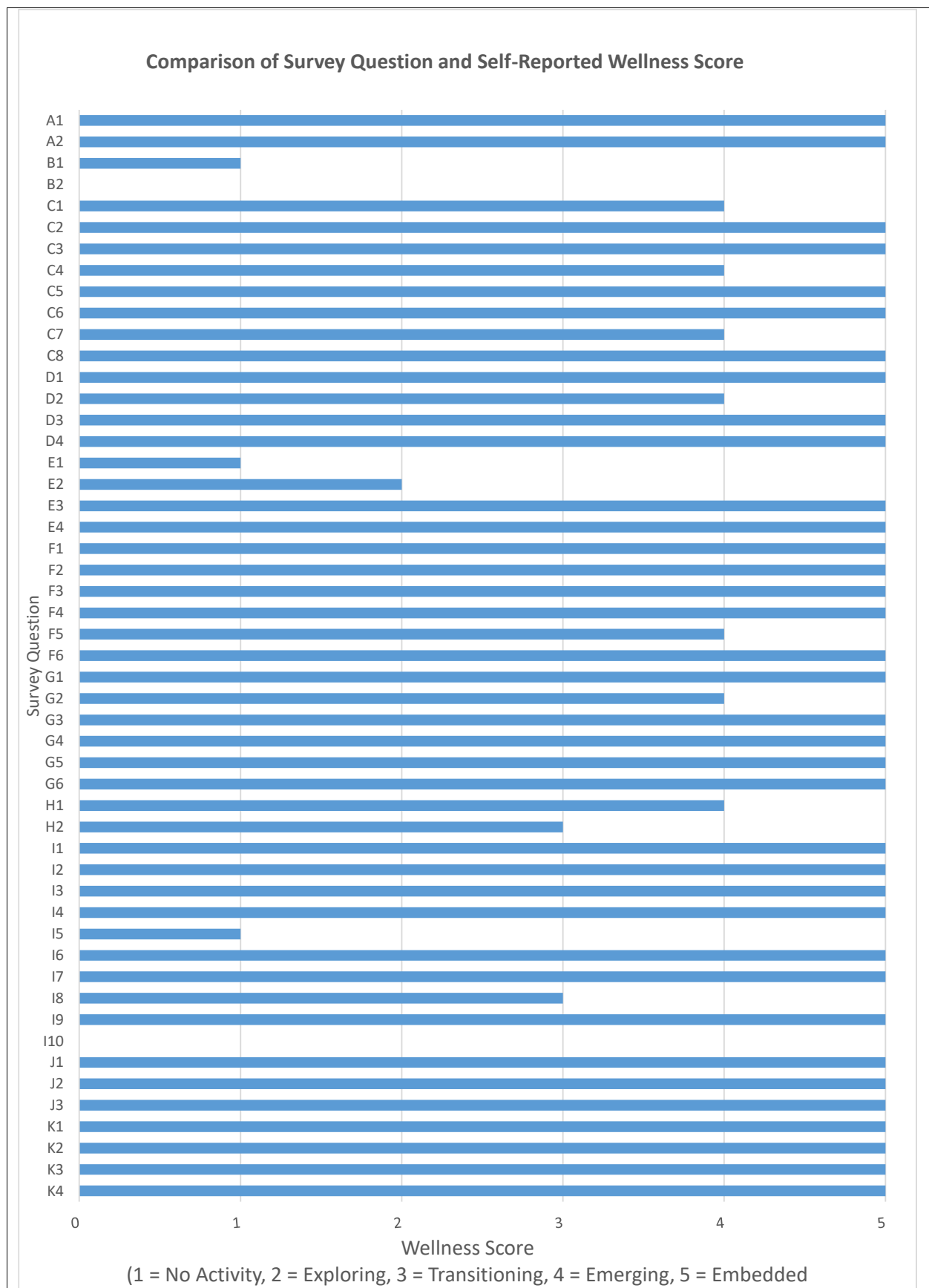
Summary Tables:

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

2022-2023 School Wellness Survey Responses

BRYANT ALTERNATIVE HIGH



2022-2023 School Wellness Survey Responses

BRYANT ALTERNATIVE HIGH

Survey Questions Grouped by Wellness Score

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
B1, E1, I5	E2	H2, I8	C1, C4, C7, D2, F5, G2, H1	A1, A2, C2, C3, C5, C6, C8, D1, D3, D4, E3, E4, F1, F2, F3, F4, F6, G1, G3, G4, G5, G6, I1, I2, I3, I4, I6, I7, I9, J1, J2, J3, K1, K2, K3, K4

2022-2023 School Wellness Survey Responses

ALC at Burke

Section A – Physical Education

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218.	No Activity
- A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.	No Activity

Section B – Physical Activity

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

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

- "Students use school bikes and have access to playground. "

Section C – Health Education

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

2022-2023 School Wellness Survey Responses

ALC at Burke

Section D – Health Services

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

Section E – Healthy and Safe School Environment

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- E1: Encourages children to safely walk or bike to and from school.	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 healthy and safe school environment for students.

- "None"

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

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
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2022-2023 School Wellness Survey Responses

ALC at Burke

- | | |
|---|--------------------------|
| - F1: Monitors school climate and other factors that may contribute to student stress, symptoms of anxiety and depression, and peer and academic pressures and substance use. | Embedded |
| - F2: Our staff has received required suicide prevention training, as well as training that includes recognition of, and response to, mental and behavioral health needs. | Embedded |
| - F3: Implements programs that foster social and emotional health and wellness of students and staff. | Emerging |
| - F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments. | Embedded |
| - F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance. | Emerging |
| - F6: MIDDLE AND HIGH SCHOOLS ONLY: Academic advising encourages flexibility in course scheduling to promote adequate sleep and healthy sleep patterns to affect student mental health, wellness, and attendance. | Not a Middle/High School |

Section G – Health Promotion for Staff Members

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

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

Section H – Family and Community Involvement

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

2022-2023 School Wellness Survey Responses

ALC at Burke

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

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

- "None"

Section I – Food and Nutrition General

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

Response

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

Section J – Nutrition Education, Promotion, and Food Marketing

2022-2023 School Wellness Survey Responses

ALC at Burke

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

Section K – Nutritional Guidelines

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

Section L – Ideas/Comments/Suggestions

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

- “Students participate in a daily morning meeting and social-emotional learning lesson. Burke ALC has access to the Burke School clinical 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.

- “Yearly survey is useful. A one-pager summary of R2100 and P2100 would be helpful.”

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:

2022-2023 School Wellness Survey Responses

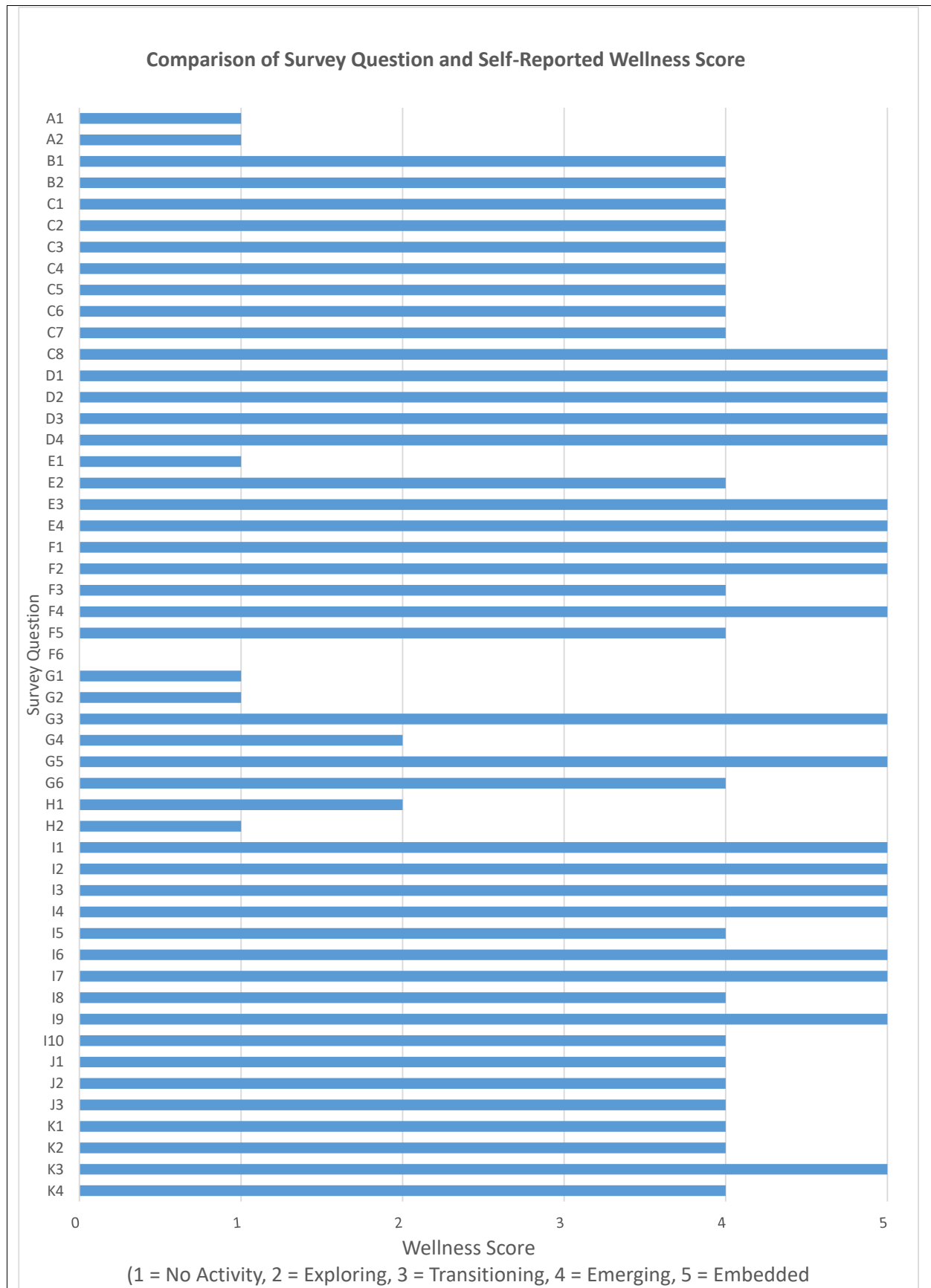
ALC at Burke

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

2022-2023 School Wellness Survey Responses

ALC at Burke



2022-2023 School Wellness Survey Responses

ALC at Burke

Survey Questions Grouped by Wellness Score

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

2022-2023 School Wellness Survey Responses

Burke School

Section A – Physical Education

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

Section B – Physical Activity

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

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

- "Walking Breaks, Movement Breaks (Morning Meeting and SEL lessons), Bike Program. "

Section C – Health Education

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

2022-2023 School Wellness Survey Responses

Burke School

Section D – Health Services

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

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- E1: Encourages children to safely walk or bike to and from school.	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 healthy and safe school environment for students.

- "Proximity to a busy road/intersection that is NOT designated as a school zone. Additional fencing needed around school property. "

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

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
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2022-2023 School Wellness Survey Responses

Burke School

- | | |
|---|----------|
| - 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 |
| - F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments. | Embedded |
| - F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance. | Emerging |
| - F6: MIDDLE AND HIGH SCHOOLS ONLY: Academic advising encourages flexibility in course scheduling to promote adequate sleep and healthy sleep patterns to affect student mental health, wellness, and attendance. | Embedded |

Section G – Health Promotion for Staff Members

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

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

2022-2023 School Wellness Survey Responses

Burke School

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

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

- "PTO activities that bring staff, family, and community together for healthy events."

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

Section J – Nutrition Education, Promotion, and Food Marketing

2022-2023 School Wellness Survey Responses

Burke School

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day.	No Activity
- J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day.	Transitioning
- J3: We follow FCPS’ policy on fundraisers as outlined in R2100.	Embedded

Section K – Nutritional Guidelines

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

Section L – Ideas/Comments/Suggestions

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

- “Daily Morning Meetings and social-emotional learning lessons in all classes. Regular rotation of clinical group sessions. Middle school After School Program cooking class.”

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

- “This yearly survey is helpful. Quick reference guide (one pager) summarizing P2100 and R2100.”

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:

2022-2023 School Wellness Survey Responses

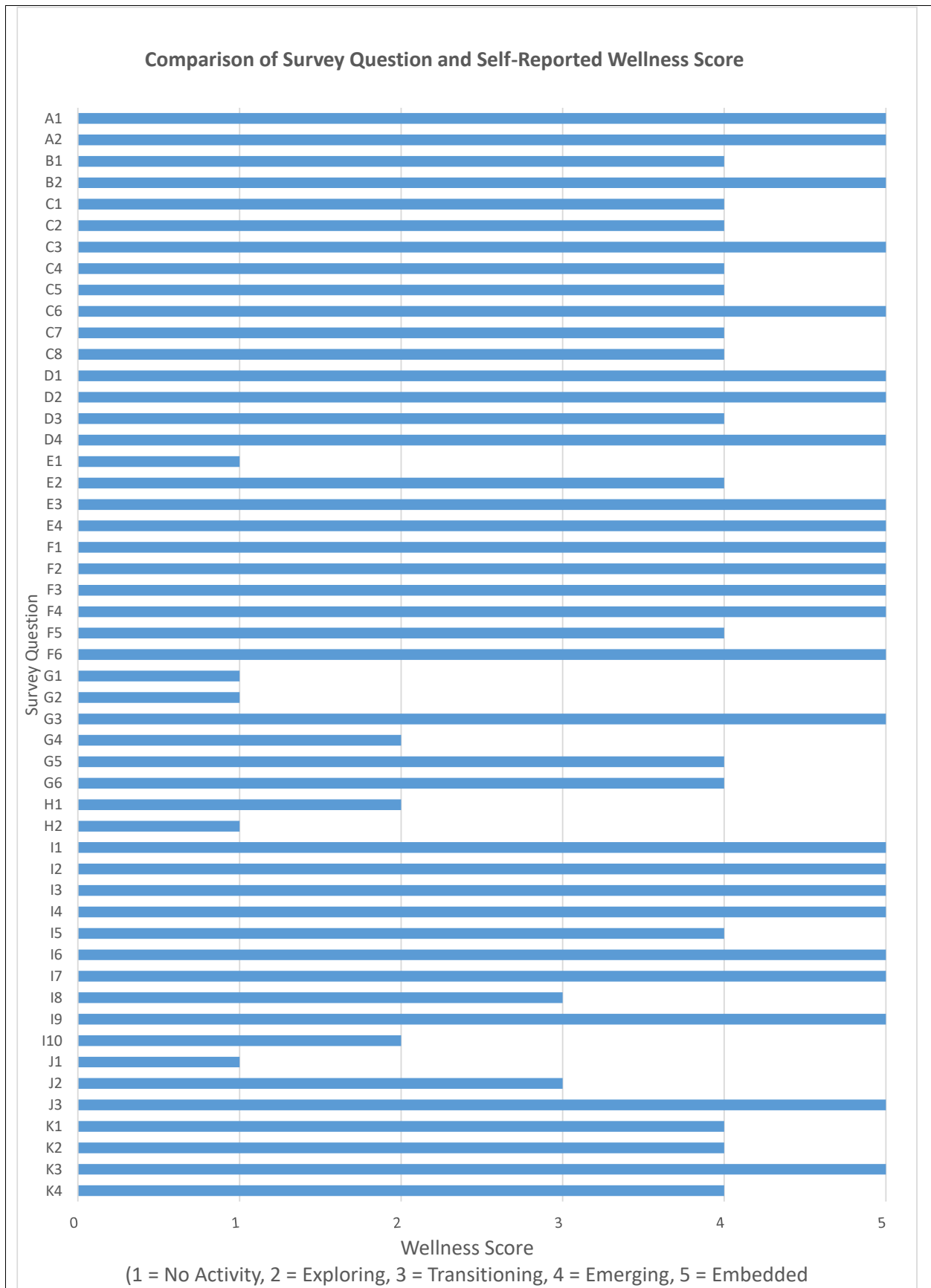
Burke School

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.

2022-2023 School Wellness Survey Responses

Burke School



2022-2023 School Wellness Survey Responses

Burke School

Survey Questions Grouped by Wellness Score

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
E1, G1, G2, H2, J1	G4, H1, I10	I8, J2	B1, C1, C2, C4, C5, C7, C8, D3, E2, F5, G5, G6, I5, K1, K2, K4	A1, A2, B2, C3, C6, D1, D2, D4, E3, E4, F1, F2, F3, F4, F6, G3, I1, I2, I3, I4, I6, I7, I9, J3, K3

2022-2023 School Wellness Survey Responses

Cedar Lane School

Section A – Physical Education

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

Section B – Physical Activity

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

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

- "Student Vs Staff Basketball Games
- Student Vs Staff Kickball Games
- Boxing Club
- Basketball Team
- Dance Club"

Section C – Health Education

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

2022-2023 School Wellness Survey Responses

Cedar Lane School

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

Section D – Health Services

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

Section E – Healthy and Safe School Environment

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- E1: Encourages children to safely walk or bike to and from school.	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 cannot do biking or walking to school due to distance in which students have to travel for our school"

2022-2023 School Wellness Survey Responses

Cedar Lane School

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

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- F1: Monitors school climate and other factors that may contribute to student stress, symptoms of anxiety and depression, and peer and academic pressures and substance use.	Emerging
- F2: Our staff has received required suicide prevention training, as well as training that includes recognition of, and response to, mental and behavioral health needs.	Embedded
- F3: Implements programs that foster social and emotional health and wellness of students and staff.	Embedded
- F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments.	Embedded
- F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance.	Embedded
- F6: MIDDLE AND HIGH SCHOOLS ONLY: Academic advising encourages flexibility in course scheduling to promote adequate sleep and healthy sleep patterns to affect student mental health, wellness, and attendance.	Not a Middle/High School

Section G – Health Promotion for Staff Members

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

Section H – Family and Community Involvement

2022-2023 School Wellness Survey Responses

Cedar Lane School

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

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

- "We currently have a boxing club that has an instructor from the local gym come work with staff and students on their boxing skills with a punching bag"

Section I – Food and Nutrition General

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

2022-2023 School Wellness Survey Responses

Cedar Lane School

Section J – Nutrition Education, Promotion, and Food Marketing

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

Section K – Nutritional Guidelines

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

Section L – Ideas/Comments/Suggestions

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

- “Boxing Club
- Workout Club
- Staff Vs Student Basketball Game
- Staff Vs Student Kickball Game”

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”

2022-2023 School Wellness Survey Responses

Cedar Lane School

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.

2022-2023 School Wellness Survey Responses

Cedar Lane School



2022-2023 School Wellness Survey Responses

Cedar Lane School

Survey Questions Grouped by Wellness Score

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

2022-2023 School Wellness Survey Responses

Davis Career Center

Section A – Physical Education

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218.	No Activity
- A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.	No Activity

Section B – Physical Activity

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

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

- "All Davis Center students are out working in the community at various job locations each day, which requires physical stamina and fairly consistent and/or constant movement. "

Section C – Health Education

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

2022-2023 School Wellness Survey Responses

Davis Career Center

- C8: Substance Abuse Prevention. Transitioning

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

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

- "None"

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

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

2022-2023 School Wellness Survey Responses

Davis Career Center

- | | |
|---|-------------|
| - F1: Monitors school climate and other factors that may contribute to student stress, symptoms of anxiety and depression, and peer and academic pressures and substance use. | Embedded |
| - F2: Our staff has received required suicide prevention training, as well as training that includes recognition of, and response to, mental and behavioral health needs. | Embedded |
| - F3: Implements programs that foster social and emotional health and wellness of students and staff. | Emerging |
| - 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. | No Activity |

Section G – Health Promotion for Staff Members

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

- | | |
|---|-----------|
| - G1: Health screenings. | Exploring |
| - G2: Health care access. | Exploring |
| - G3: Employee flu immunization clinics. | Exploring |
| - G4: Wellness opportunities for staff, such as fitness challenges, fitness classes, mobile health screenings, wellness walks, workshops, or health fairs that emphasize work/life balance. | Exploring |
| - G5: Awareness of the Employee Assistance Program Services. | 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

2022-2023 School Wellness Survey Responses

Davis Career Center

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

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

- "We maintain active connections with our Davis Family Partnership and include students and families (both current and alumni) as part of our activities, including dances. "

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). | Embedded |
| - I9: Allows students to possess personal containers for drinking water. | Embedded |
| - I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible. | Not an Elementary School |

2022-2023 School Wellness Survey Responses

Davis Career Center

Section J – Nutrition Education, Promotion, and Food Marketing

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

Section K – Nutritional Guidelines

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

Section L – Ideas/Comments/Suggestions

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

- “Currently implementing a new Davis Morning Movement program for students. ”

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.

- “The career centers would benefit from having a school counselor position assigned to them as part of their staff in order to support health and wellness of 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.

- “The career centers would benefit from having a school counselor position assigned to them as part of their staff in order to support health and wellness of students.

2022-2023 School Wellness Survey Responses

Davis Career Center

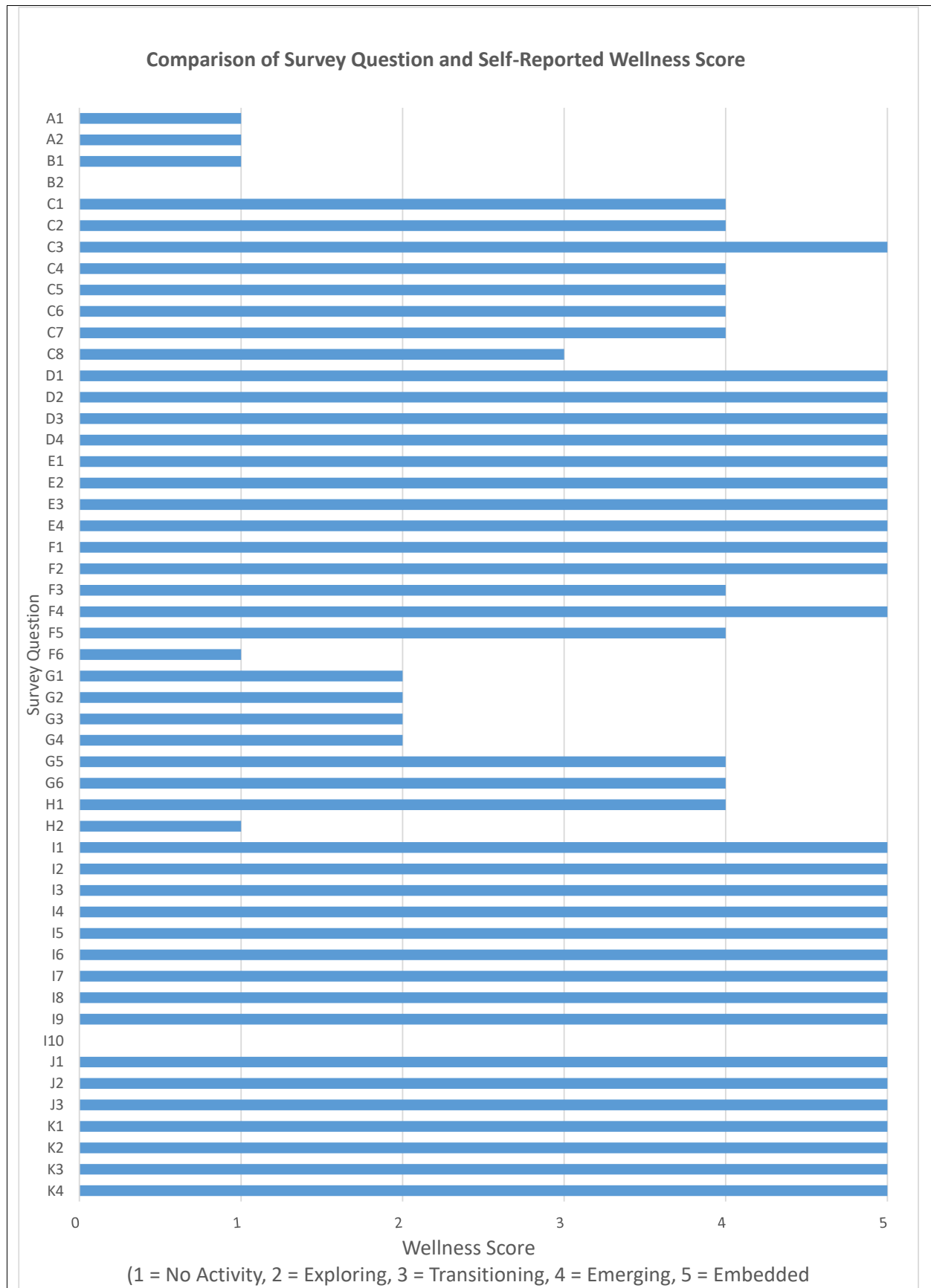
Summary Tables:

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

2022-2023 School Wellness Survey Responses

Davis Career Center



2022-2023 School Wellness Survey Responses

Davis Career Center

Survey Questions Grouped by Wellness Score

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
A1, A2, B1, F6, H2	G1, G2, G3, G4	C8	C1, C2, C4, C5, C6, C7, F3, F5, G5, G6, H1	C3, D1, D2, D3, D4, E1, E2, E3, E4, F1, F2, F4, I1, I2, I3, I4, I5, I6, I7, I8, I9, J1, J2, J3, K1, K2, K3, K4

2022-2023 School Wellness Survey Responses

Fairfax County Adult High School

Section A – Physical Education

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218.	No Activity
- A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.	No Activity

Section B – Physical Activity

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

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

- "None"

Section C – Health Education

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

2022-2023 School Wellness Survey Responses

Fairfax County Adult High School

Section D – Health Services

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

Section E – Healthy and Safe School Environment

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- E1: Encourages children to safely walk or bike to and from school.	No Activity
- E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults.	No Activity
- 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.

- "Fairfax County Adult High School programing is designed for students aged 18 and over. Many of the questions are not applicable to the adult population that we serve in our programs."

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

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
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2022-2023 School Wellness Survey Responses

Fairfax County Adult High School

- 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
- 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

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

- G1: Health screenings. No Activity
- G2: Health care access. No Activity
- G3: Employee flu immunization clinics. No Activity
- G4: Wellness opportunities for staff, such as fitness challenges, fitness classes, mobile health screenings, wellness walks, workshops, or health fairs that emphasize work/life balance. 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

2022-2023 School Wellness Survey Responses

Fairfax County Adult High School

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

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

- "The FCAHS Wellness Committee helps to support and encourage our continued partnership with the Falls Church Nursing Academy at the Plum Center. For example, we help promote the yearly blood drive on our campus. We have invested in outdoor lunch tables for staff and students. We encourage staff to use the outside for outdoor walks throughout the school day. We focus on wellness at staff meetings and have partnered with EAP for presentations. "

Section I – Food and Nutrition General

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

Response

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

2022-2023 School Wellness Survey Responses

Fairfax County Adult High School

- 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. Exploring
- 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. No Activity
- 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. No Activity

Section L – Ideas/Comments/Suggestions

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

- “Faculty Meeting EAP as guest speakers to present to all staff. Blood drive in partnership with Falls Church Nursing Academy. Staff shoutout board. Student lessons on a variety wellness.”

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

- “None”

2022-2023 School Wellness Survey Responses

Fairfax County Adult High School

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.

- "Fairfax County Adult High School is located at two locations which are considered centers so food and nutrition vending guidelines are not the same as a school. Our students are also exempt from Health and PE requirements.

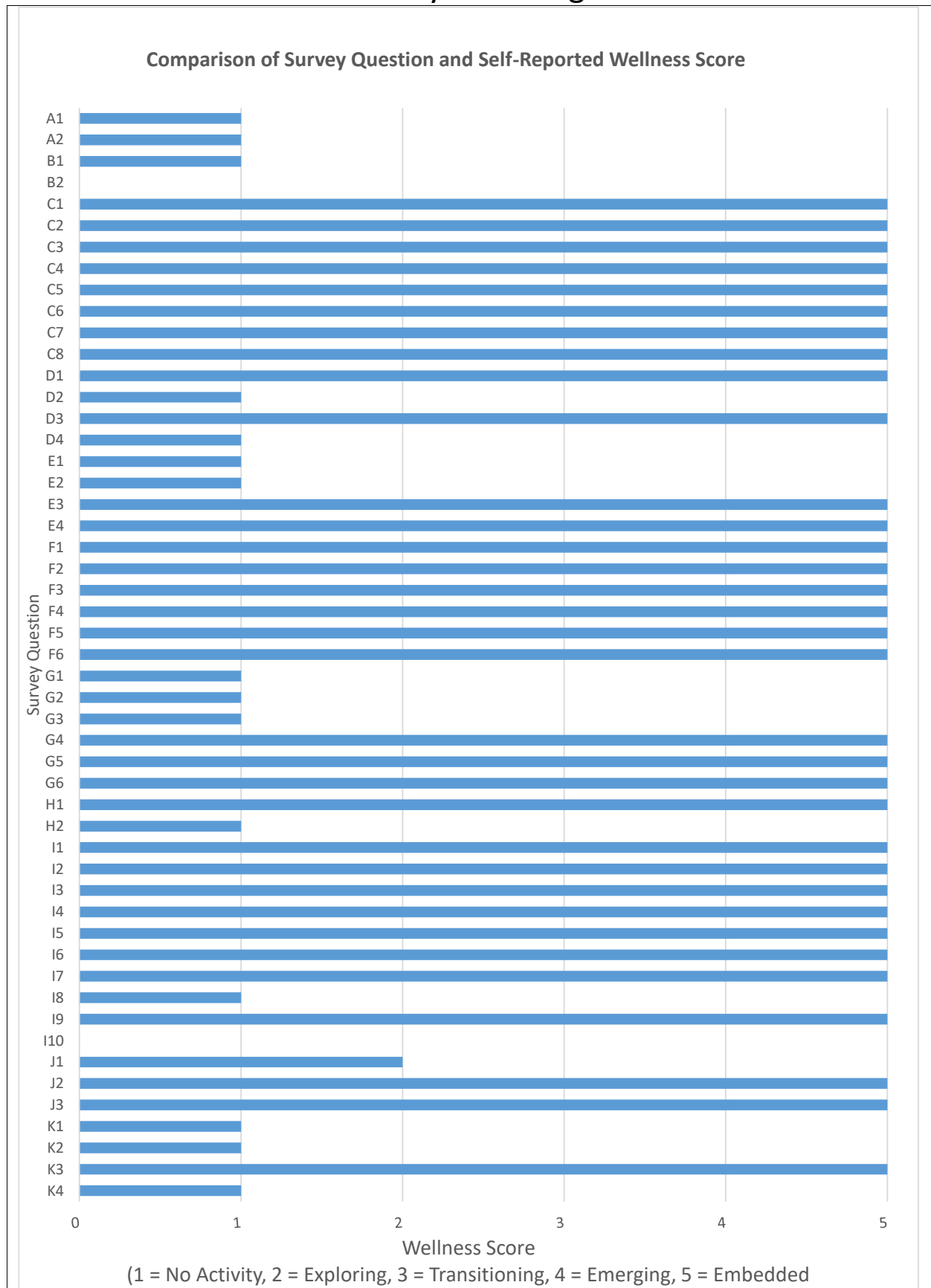
Summary Tables:

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.

2022-2023 School Wellness Survey Responses

Fairfax County Adult High School



2022-2023 School Wellness Survey Responses

Fairfax County Adult High School

Survey Questions Grouped by Wellness Score

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
A1, A2, B1, D2, D4, E1, E2, G1, G2, G3, H2, I8, K1, K2, K4	J1			C1, C2, C3, C4, C5, C6, C7, C8, D1, D3, E3, E4, F1, F2, F3, F4, F5, F6, G4, G5, G6, H1, I1, I2, I3, I4, I5, I6, I7, I9, J2, J3, K3

2022-2023 School Wellness Survey Responses

Key Center

Section A – Physical Education

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

Section B – Physical Activity

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

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

- "School wide special events to include dance, yoga, adapted triathlon, and other monthly activities."

Section C – Health Education

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

2022-2023 School Wellness Survey Responses

Key Center

Section D – Health Services

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

Section E – Healthy and Safe School Environment

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- E1: Encourages children to safely walk or bike to and from school.	No Activity
- E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults.	No Activity
- 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.

- "Wellness activities (Wellbeats) are shared with all staff members.
- Students are not available to walk or bike to school. Walking around the school and biking in the gym are done weekly by students."

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

2022-2023 School Wellness Survey Responses

Key Center

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- F1: Monitors school climate and other factors that may contribute to student stress, symptoms of anxiety and depression, and peer and academic pressures and substance use.	Embedded
- F2: Our staff has received required suicide prevention training, as well as training that includes recognition of, and response to, mental and behavioral health needs.	Embedded
- 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.	No Activity

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

Section H – Family and Community Involvement

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
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2022-2023 School Wellness Survey Responses

Key Center

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

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

- "No family/community member has been identified to take on this role."

Section I – Food and Nutrition General

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

Section J – Nutrition Education, Promotion, and Food Marketing

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

Response

2022-2023 School Wellness Survey Responses

Key Center

- J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day. Emerging
- J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day. Embedded
- J3: We follow FCPS’ policy on fundraisers as outlined in R2100. Embedded

Section K – Nutritional Guidelines

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

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

Section L – Ideas/Comments/Suggestions

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

- “Monthly yoga and Zam Dance. Bi-monthly Animal Assisted Instruction. Staff wellness changes to include exercise and eating well.”

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.

- “Offer swag such as jackets and shirts!”

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.

- “Students at Key Center have significant disabilities to include ID, IDS, Autism and OHI. Students are transported to school via the bus or by parent. Every effort is given to have students moving throughout the school day.

2022-2023 School Wellness Survey Responses

Key Center

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.

2022-2023 School Wellness Survey Responses

Key Center



2022-2023 School Wellness Survey Responses

Key Center

Survey Questions Grouped by Wellness Score

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
B1, E1, E2, F6, H2, I3		D3	A2, C3, C4, C5, C6, C7, C8, F5, G2, I5, J1	A1, B2, C1, C2, D1, D2, D4, E3, E4, F1, F2, F3, F4, G1, G3, G4, G5, G6, H1, I1, I2, I4, I6, I7, I8, I9, J2, J3, K1, K2, K3, K4

2022-2023 School Wellness Survey Responses

Kilmer Center

Section A – Physical Education

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

Section B – Physical Activity

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

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

- "Highly structured routines and expectations are best practices."

Section C – Health Education

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

2022-2023 School Wellness Survey Responses

Kilmer Center

Section D – Health Services

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

Section E – Healthy and Safe School Environment

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

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

- "None"

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

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
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2022-2023 School Wellness Survey Responses

Kilmer Center

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

Section G – Health Promotion for Staff Members

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

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

Section H – Family and Community Involvement

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

2022-2023 School Wellness Survey Responses

Kilmer Center

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

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

- "Newsletter, social media, parent trainings "

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. Emerging
- I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities. Exploring
- I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals. Embedded
- I5: Encourages the use of non-food items for classroom celebrations. Transitioning
- I6: Withholding access to food is not used as a disciplinary action. Embedded
- I7: Potable water is available to all our students at no cost. Exploring
- I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS). Embedded
- I9: Allows students to possess personal containers for drinking water. 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

2022-2023 School Wellness Survey Responses

Kilmer Center

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day.	Embedded
- J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day.	No Activity
- J3: We follow FCPS’ policy on fundraisers as outlined in R2100.	Emerging

Section K – Nutritional Guidelines

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

Section L – Ideas/Comments/Suggestions

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

- “N/A”

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

- “Resources to support staff”

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:

2022-2023 School Wellness Survey Responses

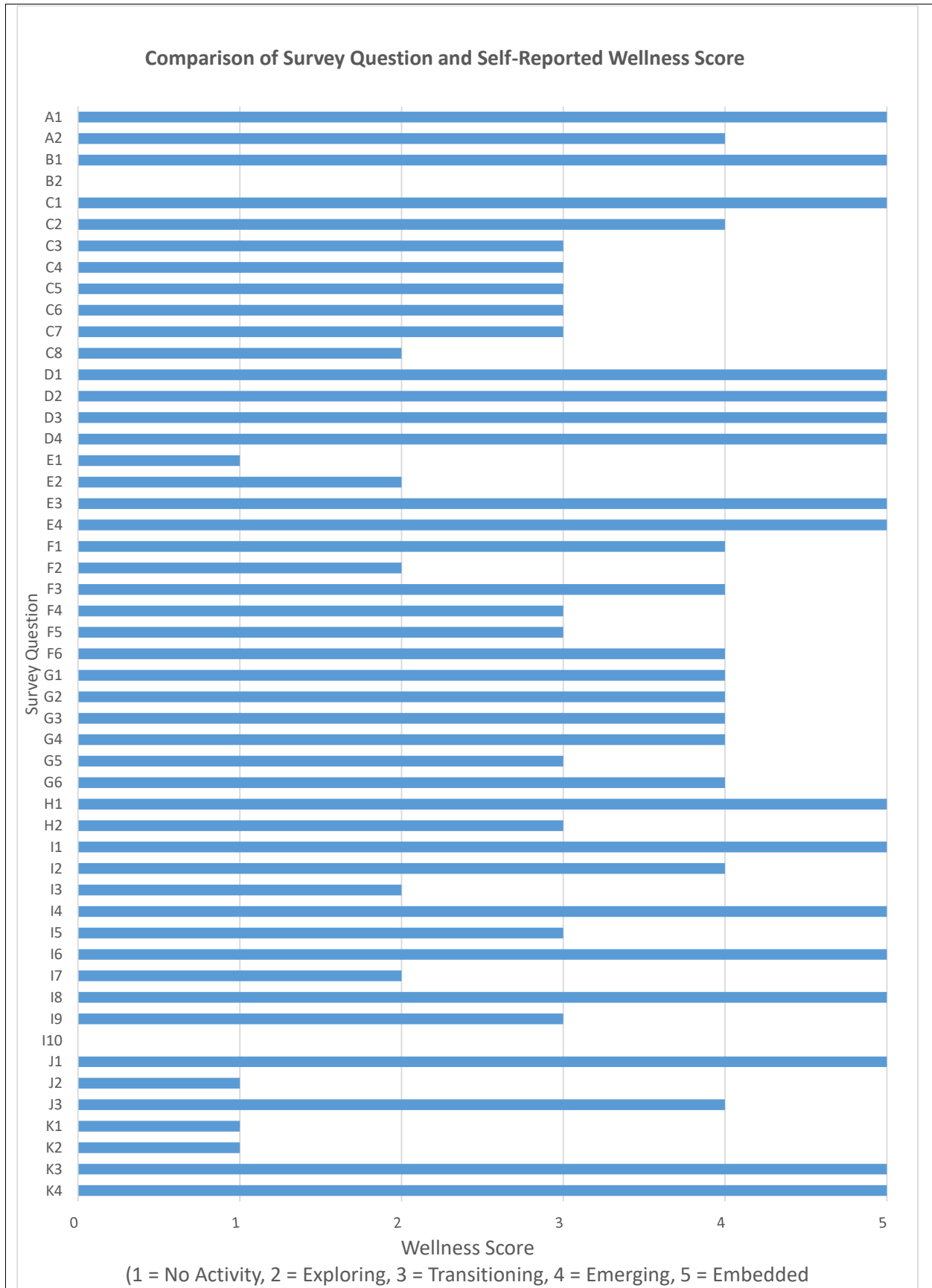
Kilmer Center

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

2022-2023 School Wellness Survey Responses

Kilmer Center



2022-2023 School Wellness Survey Responses

Kilmer Center

Survey Questions Grouped by Wellness Score

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
E1, J2, K1, K2	C8, E2, F2, I3, I7	C3, C4, C5, C6, C7, F4, F5, G5, H2, I5, I9	A2, C2, F1, F3, F6, G1, G2, G3, G4, G6, I2, J3	A1, B1, C1, D1, D2, D3, D4, E3, E4, H1, I1, I4, I6, I8, J1, K3, K4

2022-2023 School Wellness Survey Responses

ALC at Montrose

Section A – Physical Education

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

Section B – Physical Activity

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

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

- "Preferred Activity Center, games and activities"

Section C – Health Education

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

2022-2023 School Wellness Survey Responses

ALC at Montrose

Section D – Health Services

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

Section E – Healthy and Safe School Environment

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- E1: Encourages children to safely walk or bike to and from school.	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.	Emerging
- E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152.	Embedded

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

- "Students are assigned from all over the county. Bike to school is not an option."

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

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

2022-2023 School Wellness Survey Responses

ALC at Montrose

- | | |
|---|-------------|
| - 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. | Emerging |
| - F3: Implements programs that foster social and emotional health and wellness of students and staff. | Emerging |
| - F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments. | 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. | No Activity |

Section G – Health Promotion for Staff Members

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

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

2022-2023 School Wellness Survey Responses

ALC at Montrose

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

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

- "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 |
| - I7: Potable water is available to all our students at no cost. | Embedded |
| - I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS). | No Activity |
| - I9: Allows students to possess personal containers for drinking water. | Embedded |
| - I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible. | Not an Elementary School |

Section J – Nutrition Education, Promotion, and Food Marketing

2022-2023 School Wellness Survey Responses

ALC at Montrose

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

Section K – Nutritional Guidelines

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

Section L – Ideas/Comments/Suggestions

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

- “No Response”

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

- “No Response”

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

- “No Response”

Summary Tables:

2022-2023 School Wellness Survey Responses

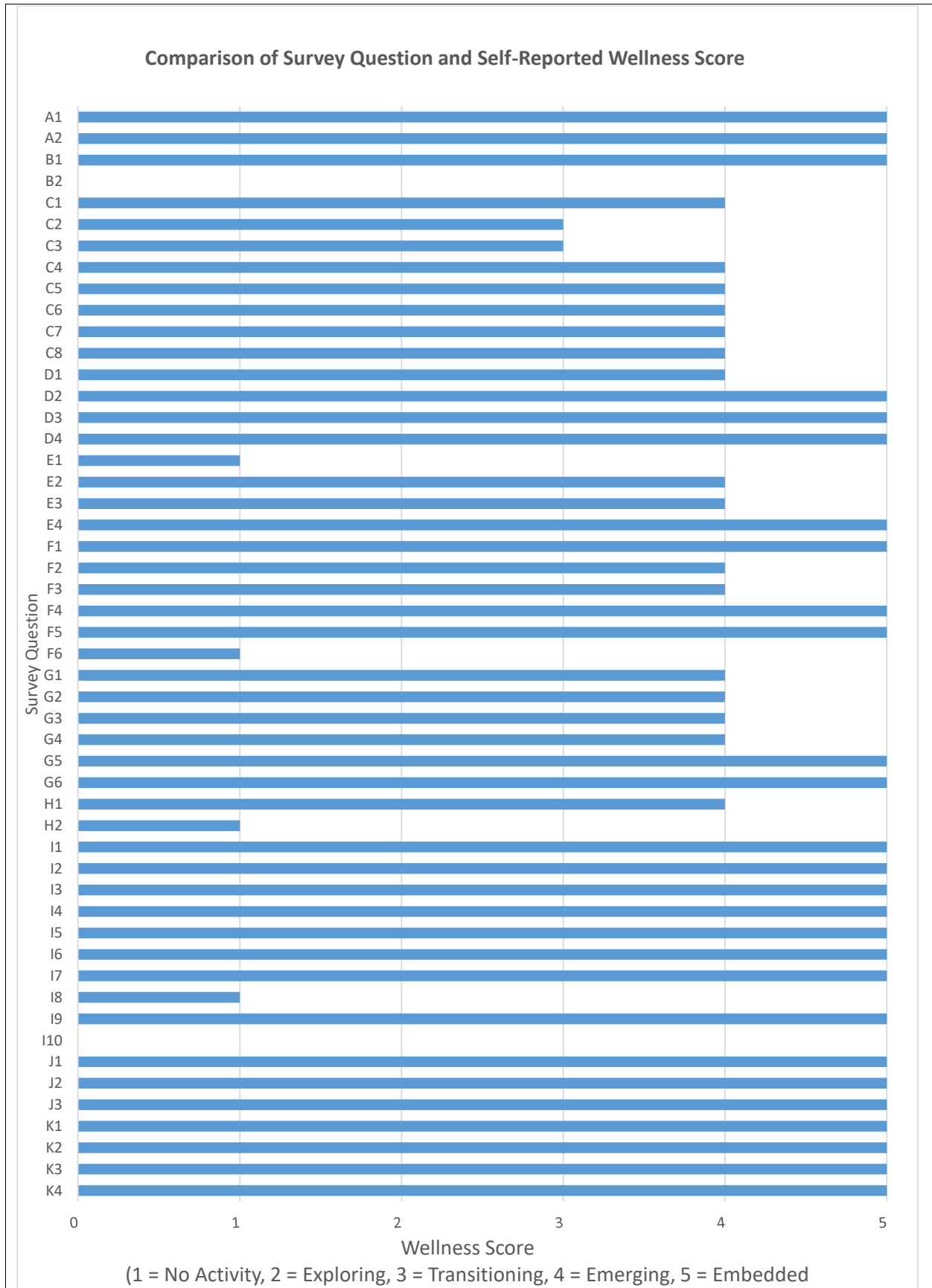
ALC at Montrose

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.

2022-2023 School Wellness Survey Responses

ALC at Montrose



2022-2023 School Wellness Survey Responses

ALC at Montrose

Survey Questions Grouped by Wellness Score

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
E1, F6, H2, I8		C2, C3	C1, C4, C5, C6, C7, C8, D1, E2, E3, F2, F3, G1, G2, G3, G4, H1	A1, A2, B1, D2, D3, D4, E4, F1, F4, F5, G5, G6, I1, I2, I3, I4, I5, I6, I7, I9, J1, J2, J3, K1, K2, K3, K4

2022-2023 School Wellness Survey Responses

Mountain View ALC AIM

Section A – Physical Education

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

Section B – Physical Activity

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

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

- "None"

Section C – Health Education

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

2022-2023 School Wellness Survey Responses

Mountain View ALC AIM

Section D – Health Services

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

Section E – Healthy and Safe School Environment

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- E1: Encourages children to safely walk or bike to and from school.	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.	Emerging
- E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152.	Embedded

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

- "Students do not have equitable transportation to school due to the "depot" stops approach transportation uses to transport kids here. Many times their bus stops are up to a mile and a half from their homes one way."

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

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
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2022-2023 School Wellness Survey Responses

Mountain View ALC AIM

- | | |
|---|---------------|
| - 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. | Emerging |
| - F3: Implements programs that foster social and emotional health and wellness of students and staff. | Emerging |
| - F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments. | 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. | Emerging |

Section G – Health Promotion for Staff Members

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

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

Section H – Family and Community Involvement

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

2022-2023 School Wellness Survey Responses

Mountain View ALC AIM

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

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. Emerging
- I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities. Emerging
- I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals. Embedded
- I5: Encourages the use of non-food items for classroom celebrations. No Activity
- I6: Withholding access to food is not used as a disciplinary action. Embedded
- I7: Potable water is available to all our students at no cost. Embedded
- I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS). No Activity
- I9: Allows students to possess personal containers for drinking water. Embedded
- I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible. Not an Elementary School

Section J – Nutrition Education, Promotion, and Food Marketing

2022-2023 School Wellness Survey Responses

Mountain View ALC AIM

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

Section K – Nutritional Guidelines

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

Section L – Ideas/Comments/Suggestions

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

- “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:

2022-2023 School Wellness Survey Responses

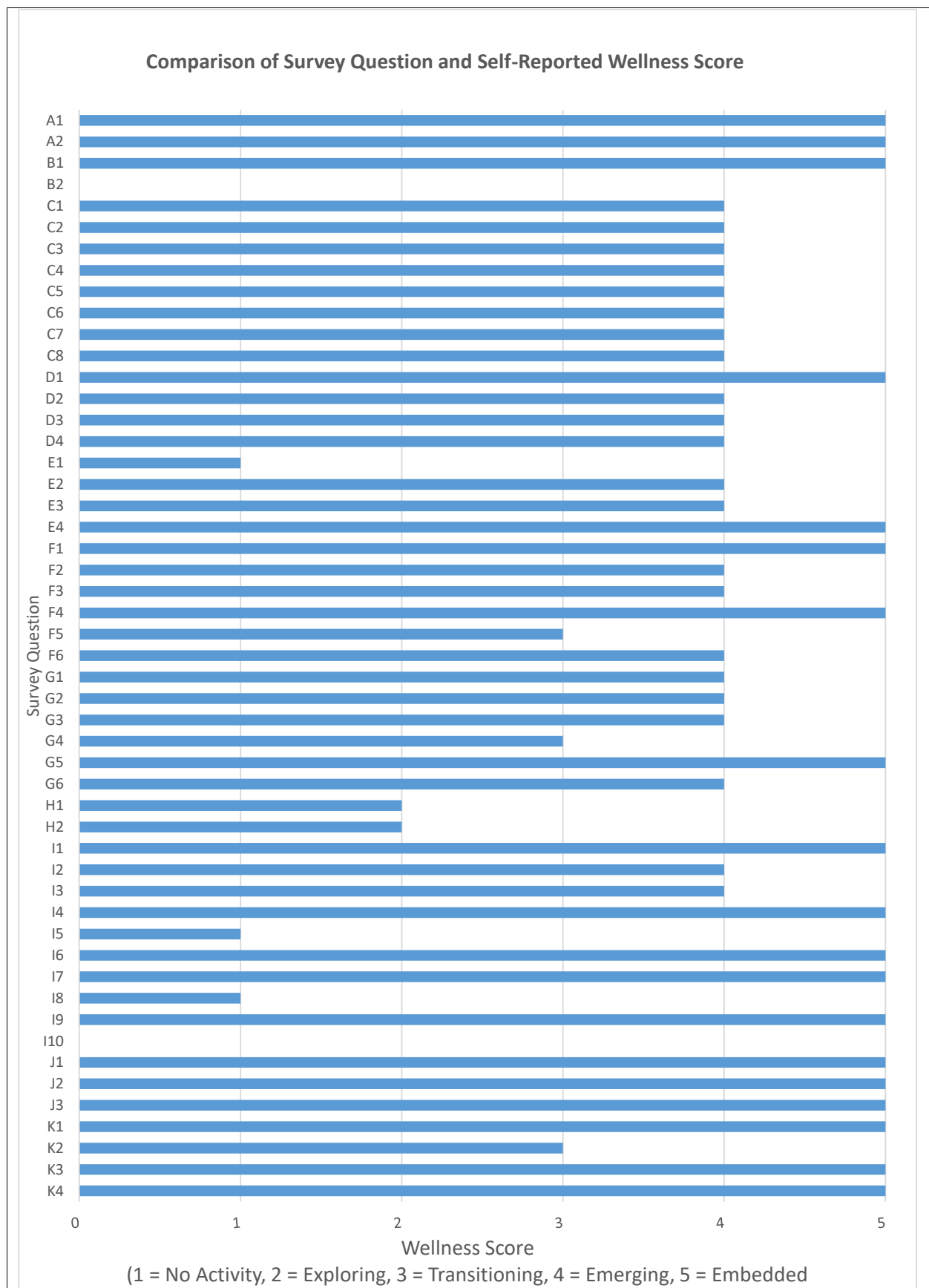
Mountain View ALC AIM

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

2022-2023 School Wellness Survey Responses

Mountain View ALC AIM



2022-2023 School Wellness Survey Responses

Mountain View ALC AIM

Survey Questions Grouped by Wellness Score

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
E1, I5, I8	H1, H2	F5, G4, K2	C1, C2, C3, C4, C5, C6, C7, C8, D2, D3, D4, E2, E3, F2, F3, F6, G1, G2, G3, G6, I2, I3	A1, A2, B1, D1, E4, F1, F4, G5, I1, I4, I6, I7, I9, J1, J2, J3, K1, K3, K4

2022-2023 School Wellness Survey Responses

MOUNTAIN VIEW ALTERNATIVE HIGH

Section A – Physical Education

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

Section B – Physical Activity

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

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

- "None"

Section C – Health Education

<u>Question: To what extent does your school effectively impart the following topics in FCPS's health education curriculum:</u>	<u>Response</u>
- C1: Promoting Healthy Lifestyles.	Emerging
- C2: Stress Management.	Emerging
- C3: Coping Skills.	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
- C8: Substance Abuse Prevention.	Emerging

2022-2023 School Wellness Survey Responses

MOUNTAIN VIEW ALTERNATIVE HIGH

Section D – Health Services

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

Section E – Healthy and Safe School Environment

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

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

- "We do not have a full time PHN so students do not have "regular" access"

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

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
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2022-2023 School Wellness Survey Responses

MOUNTAIN VIEW ALTERNATIVE HIGH

- | | |
|---|----------|
| - F1: Monitors school climate and other factors that may contribute to student stress, symptoms of anxiety and depression, and peer and academic pressures and substance use. | Emerging |
| - F2: Our staff has received required suicide prevention training, as well as training that includes recognition of, and response to, mental and behavioral health needs. | Emerging |
| - F3: Implements programs that foster social and emotional health and wellness of students and staff. | Emerging |
| - F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments. | Embedded |
| - F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance. | Emerging |
| - F6: MIDDLE AND HIGH SCHOOLS ONLY: Academic advising encourages flexibility in course scheduling to promote adequate sleep and healthy sleep patterns to affect student mental health, wellness, and attendance. | Emerging |

Section G – Health Promotion for Staff Members

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

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

Section H – Family and Community Involvement

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

2022-2023 School Wellness Survey Responses

MOUNTAIN VIEW ALTERNATIVE HIGH

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

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

- "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. Transitioning
- I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities. Embedded
- I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals. Embedded
- I5: Encourages the use of non-food items for classroom celebrations. Emerging
- I6: Withholding access to food is not used as a disciplinary action. Embedded
- I7: Potable water is available to all our students at no cost. Embedded
- I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS). No Activity
- I9: Allows students to possess personal containers for drinking water. Embedded
- I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible. Not an Elementary School

Section J – Nutrition Education, Promotion, and Food Marketing

2022-2023 School Wellness Survey Responses

MOUNTAIN VIEW ALTERNATIVE HIGH

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day.	Exploring
- J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day.	No Activity
- J3: We follow FCPS’ policy on fundraisers as outlined in R2100.	No Activity

Section K – Nutritional Guidelines

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

Section L – Ideas/Comments/Suggestions

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

- “No Response”

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

- “We do not have a cafeteria at our school so we have food delivered every day - that limits the food choices that can be provided to our 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.

- “We do not offer after school activities or fundraising therefore "No Activity" was selected

Summary Tables:

2022-2023 School Wellness Survey Responses

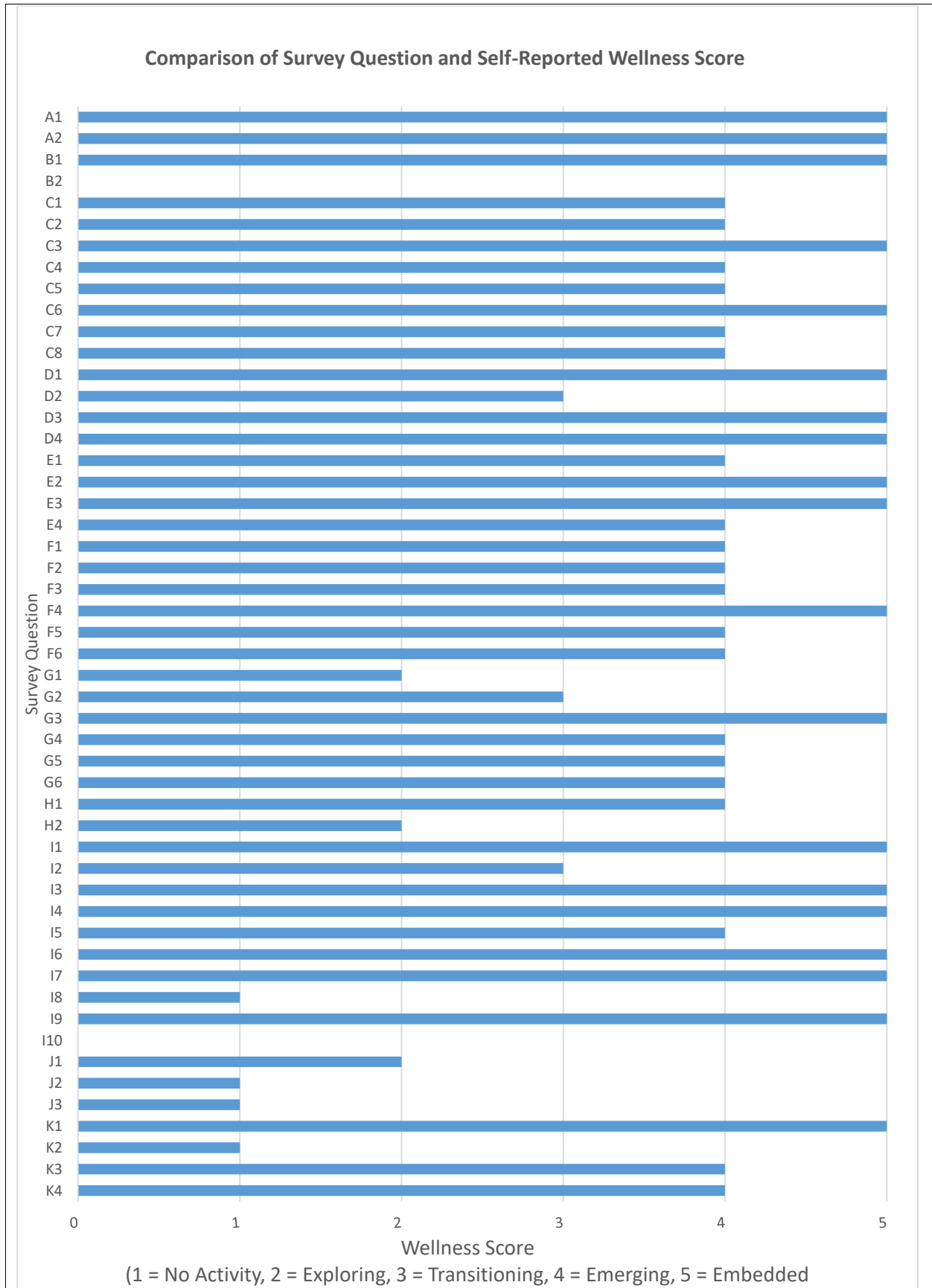
MOUNTAIN VIEW ALTERNATIVE HIGH

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

2022-2023 School Wellness Survey Responses

MOUNTAIN VIEW ALTERNATIVE HIGH



2022-2023 School Wellness Survey Responses

MOUNTAIN VIEW ALTERNATIVE HIGH

Survey Questions Grouped by Wellness Score

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
I8, J2, J3, K2	G1, H2, J1	D2, G2, I2	C1, C2, C4, C5, C7, C8, E1, E4, F1, F2, F3, F5, F6, G4, G5, G6, H1, I5, K3, K4	A1, A2, B1, C3, C6, D1, D3, D4, E2, E3, F4, G3, I1, I3, I4, I6, I7, I9, K1

2022-2023 School Wellness Survey Responses

Pulley Center

Section A – Physical Education

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- A1: Physical education classes provide students with the minimum time-requirements under FCPS Regulation 3218.	No Activity
- A2: At least 50 percent of physical education class-time includes moderate to vigorous physical activity.	No Activity

Section B – Physical Activity

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

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

- "Pulley participated in special olympics basketball. we also have students working voluntarily in the community"

Section C – Health Education

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

2022-2023 School Wellness Survey Responses

Pulley Center

Section D – Health Services

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

Section E – Healthy and Safe School Environment

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
- E1: Encourages children to safely walk or bike to and from school.	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 are a vocational center, so we don't have PE classes or advisory classes"

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

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
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2022-2023 School Wellness Survey Responses

Pulley Center

- | | |
|---|-------------|
| - F1: Monitors school climate and other factors that may contribute to student stress, symptoms of anxiety and depression, and peer and academic pressures and substance use. | Emerging |
| - F2: Our staff has received required suicide prevention training, as well as training that includes recognition of, and response to, mental and behavioral health needs. | Embedded |
| - F3: Implements programs that foster social and emotional health and wellness of students and staff. | Emerging |
| - 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. | No Activity |

Section G – Health Promotion for Staff Members

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

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

Section H – Family and Community Involvement

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

2022-2023 School Wellness Survey Responses

Pulley Center

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

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

- "this is emerging"

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

Section J – Nutrition Education, Promotion, and Food Marketing

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

2022-2023 School Wellness Survey Responses

Pulley Center

- J1: Only food and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day. No Activity
- J2: We follow federal school meal nutrition standards for all foods and beverages available for sale on campus during the school day. Embedded
- J3: We follow FCPS’ policy on fundraisers as outlined in R2100. No Activity

Section K – Nutritional Guidelines

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

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

Section L – Ideas/Comments/Suggestions

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

- “School-wide quarter celebrations; Special Olympics, school dances, parent/staff evening events to learn about adult service supports for our students”

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.

- “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.

- “NA”

Summary Tables:

2022-2023 School Wellness Survey Responses

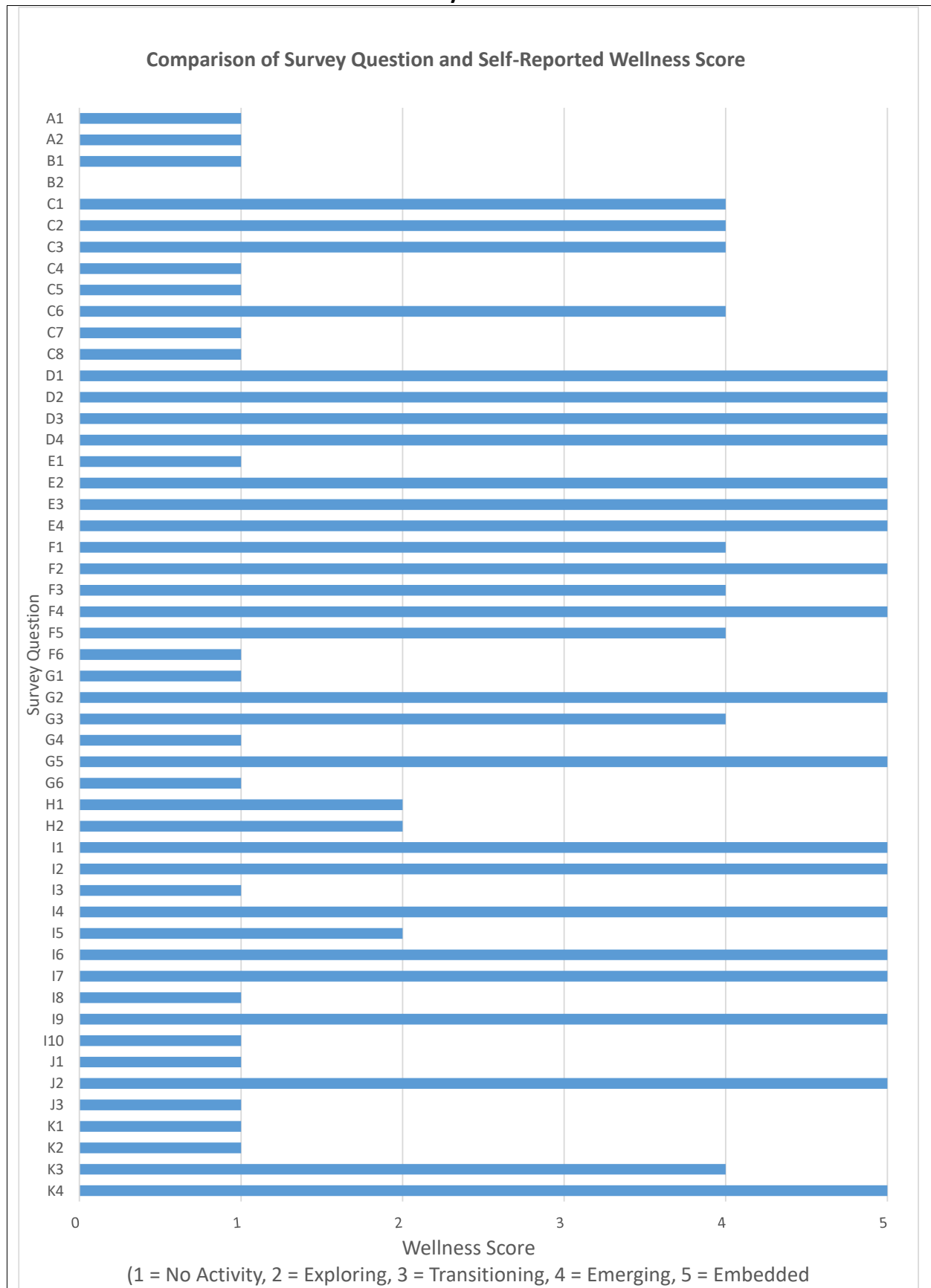
Pulley Center

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.

2022-2023 School Wellness Survey Responses

Pulley Center



2022-2023 School Wellness Survey Responses

Pulley Center

Survey Questions Grouped by Wellness Score

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
A1, A2, B1, C4, C5, C7, C8, E1, F6, G1, G4, G6, I3, I8, I10, J1, J3, K1, K2	H1, H2, I5		C1, C2, C3, C6, F1, F3, F5, G3, K3	D1, D2, D3, D4, E2, E3, E4, F2, F4, G2, G5, I1, I2, I4, I6, I7, I9, J2, K4

2022-2023 School Wellness Survey Responses

Quander Road School

Section A – Physical Education

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

Section B – Physical Activity

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

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

- "None"

Section C – Health Education

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

2022-2023 School Wellness Survey Responses

Quander Road School

Section D – Health Services

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

Section E – Healthy and Safe School Environment

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

- "Quander Road School does not have interior or exterior cameras"

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

<u>Question: To what extent does your school implement the following practices:</u>	<u>Response</u>
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2022-2023 School Wellness Survey Responses

Quander Road School

- | | |
|---|---------------|
| - 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 |
| - 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. | Transitioning |

Section G – Health Promotion for Staff Members

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

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

Section H – Family and Community Involvement

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

2022-2023 School Wellness Survey Responses

Quander Road School

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

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

Section J – Nutrition Education, Promotion, and Food Marketing

2022-2023 School Wellness Survey Responses

Quander Road School

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- 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

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

Section L – Ideas/Comments/Suggestions

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

- “N/A”

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

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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.

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2022-2023 School Wellness Survey Responses

Quander Road School

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2022-2023 School Wellness Survey Responses

Quander Road School



2022-2023 School Wellness Survey Responses

Quander Road School

Survey Questions Grouped by Wellness Score

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