

2022-2023 School Wellness Survey Responses by **Elementary School (L-R)**

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[Laurel Ridge Elementary](#)

[Lees Corner Elementary](#)

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[Little Run Elementary](#)

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[Marshall Road Elementary](#)

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[McNair Elementary](#)

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[Mosaic Elementary](#)

[Mount Eagle Elementary](#)

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[Navy Elementary](#)

[Newington Forest Elementary](#)

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[Olde Creek Elementary](#)

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2022-2023 School Wellness Survey Responses

Lake Anne Elementary

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.	Embedded

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

- "Our school currently has two 15 minute recesses for students. We also encourage activities that promote student's physical activity with student/staff sports games, some teachers have "walking clubs" at recess, after school running groups, and movement breaks. We also have Walk and Roll to school, which occurs every 1st Friday of the month. "

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

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Lake Anne Elementary

- 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.	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.

- "We have Walk and Roll to School that is sponsored by PTA. "

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

Section H – Family and Community Involvement

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Lake Anne Elementary

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

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

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

- "Walk and Roll to School."

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
- I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible. Not an Elementary School

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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/student games, walk and roll”

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”

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Lake Anne Elementary

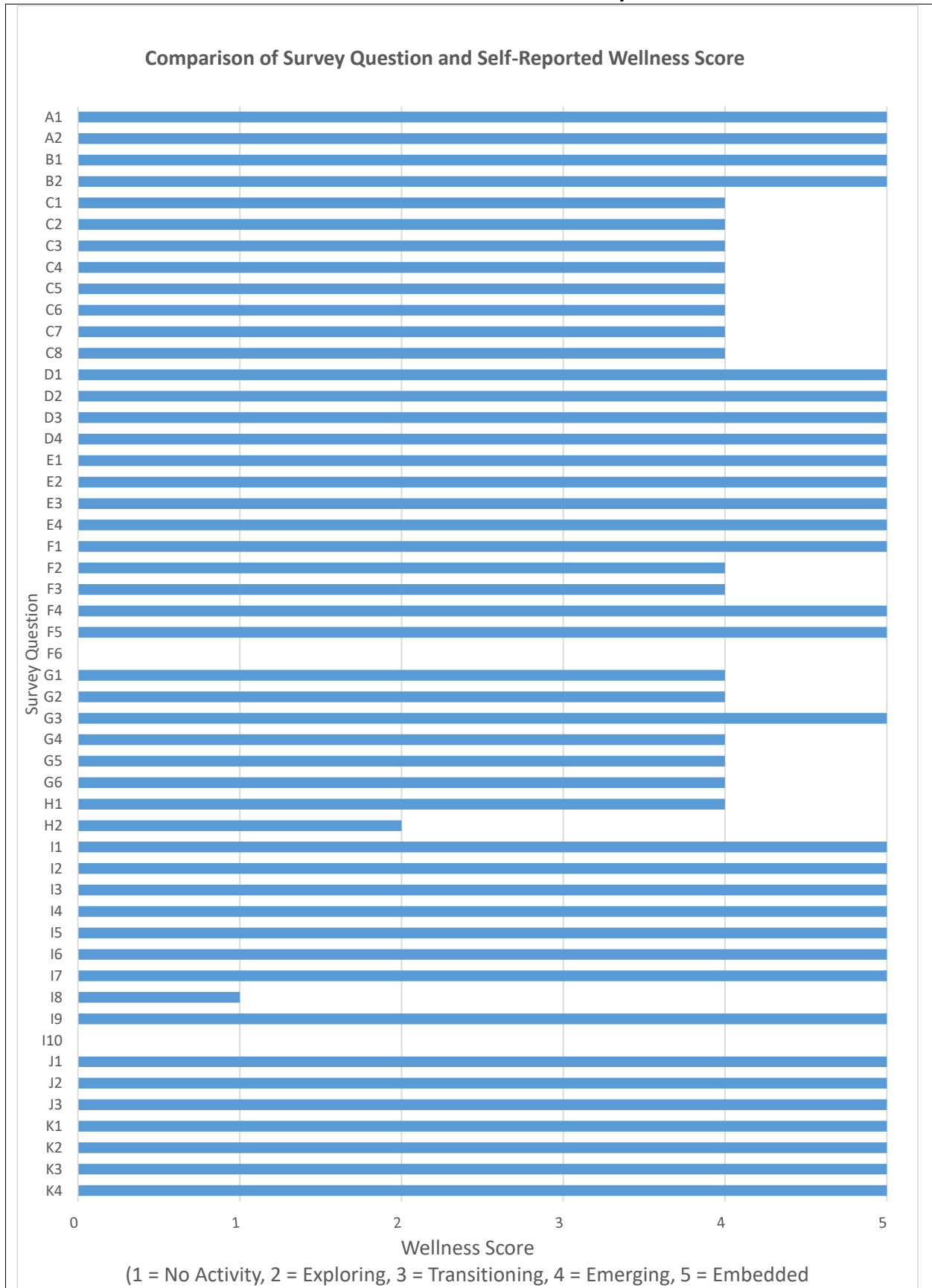
Summary Tables:

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

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Survey Questions Grouped by Wellness Score

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

2022-2023 School Wellness Survey Responses

Lane Elementary

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.

- "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.	Emerging
- C5: Suicide Prevention and Awareness.	Emerging
- C6: Mental Health Issues (general).	Embedded
- C7: Relationship of Healthy Sleep to Mental Health.	Embedded
- C8: Substance Abuse Prevention.	Emerging

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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.	Transitioning
- 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.	Emerging
- E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults.	Emerging
- E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560.	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.

- "We do not have any outdoor cameras. We are a very open campus and cameras would be a helpful tool when investigation incidents. "

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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Lane Elementary

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

Lane Elementary

- | | |
|--|-------------|
| - 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). | 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. | Emerging |

Section J – Nutrition Education, Promotion, and Food Marketing

2022-2023 School Wellness Survey Responses

Lane Elementary

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

Section L – Ideas/Comments/Suggestions

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

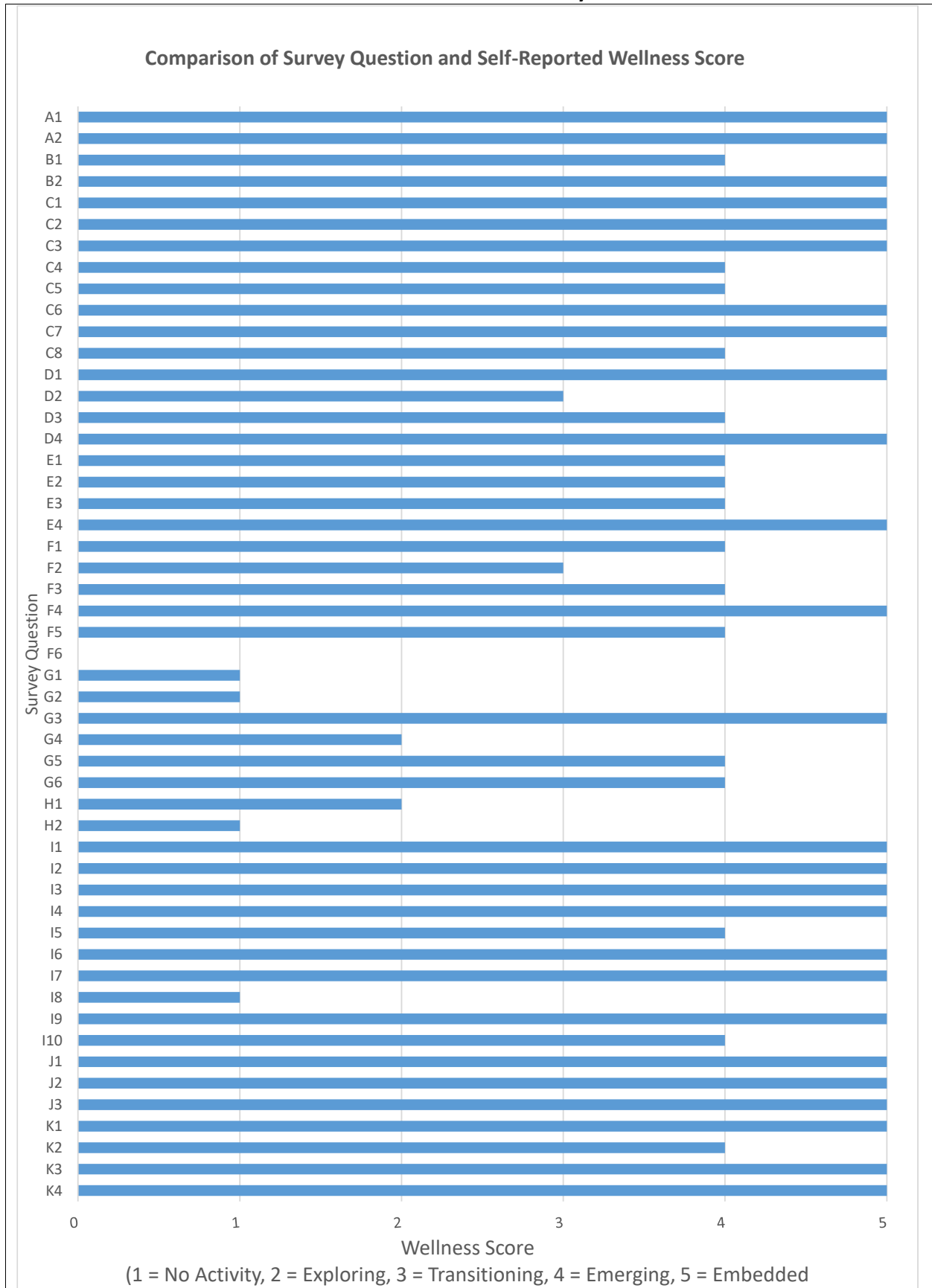
Lane Elementary

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2022-2023 School Wellness Survey Responses

Lane Elementary



2022-2023 School Wellness Survey Responses

Lane Elementary

Survey Questions Grouped by Wellness Score

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

2022-2023 School Wellness Survey Responses

Laurel Hill Elementary

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.	Embedded

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

- "jump rope for heart, galaxy bowling, candyland circus obstacle course, roar run, OSOB activit"

Section C – Health Education

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

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Laurel Hill Elementary

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
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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.	Exploring
- 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.

- "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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Laurel Hill Elementary

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

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| - 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

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Laurel Hill Elementary

- 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.

- "Roar Run, End of year Carnival, walk to school day, ride your bike to school day"

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
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Section J – Nutrition Education, Promotion, and Food Marketing

2022-2023 School Wellness Survey Responses

Laurel Hill Elementary

<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.

- “See other page”

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 known at this time”

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

- “no questions

Summary Tables:

2022-2023 School Wellness Survey Responses

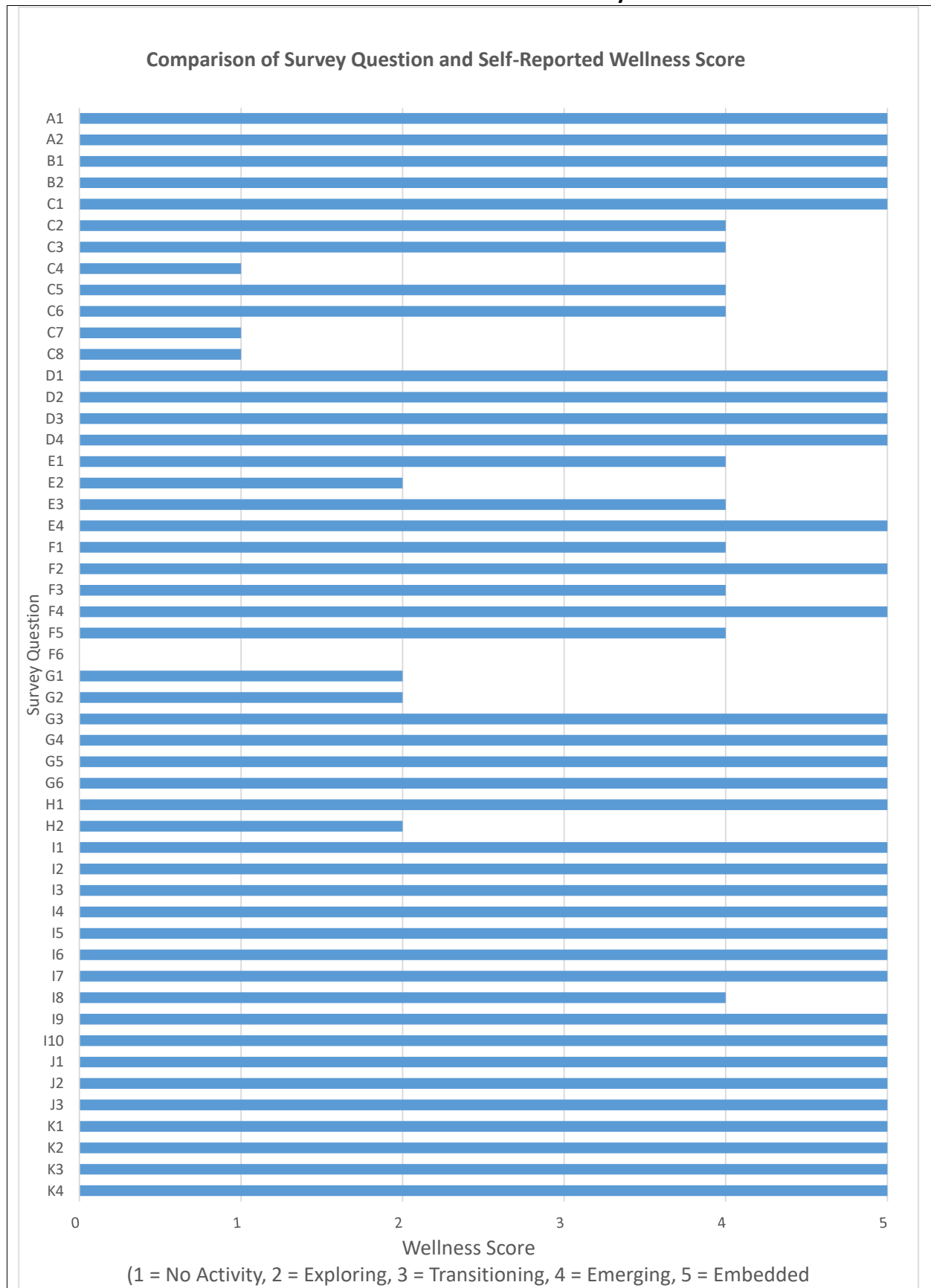
Laurel Hill Elementary

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Laurel Hill Elementary

Survey Questions Grouped by Wellness Score

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

2022-2023 School Wellness Survey Responses

Laurel Ridge Elementary

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.	Embedded

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

- "In addition to PE and 30 minutes of daily recess, teacher incorporate movement breaks into academic instruction."

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.	Exploring
- C5: Suicide Prevention and Awareness.	Emerging
- C6: Mental Health Issues (general).	Transitioning
- C7: Relationship of Healthy Sleep to Mental Health.	Transitioning
- C8: Substance Abuse Prevention.	Transitioning

2022-2023 School Wellness Survey Responses

Laurel Ridge Elementary

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.	Exploring
- 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

Laurel Ridge Elementary

- | | |
|---|--------------------------|
| - 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. | 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. | 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

Laurel Ridge Elementary

- 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.

- "Our wellness committee plans schoolwide events, such as Run for the Ridge and schoolwide kickball, to promote physical activity and wellness."

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

2022-2023 School Wellness Survey Responses

Laurel Ridge Elementary

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.

- “Run for the Ridge 5k
- Schoolwide Kickball Game
- Daily Morning Meeting
- Reintroduction of Salad Bar
- Wellness Space in every classroom
- Schoolwide Wellness corners
- Promoted Walk/Bike to School Day
- Enhancement of Outdoor Learning Spaces
- Staff Flu Shot Clinic”

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

Laurel Ridge Elementary

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"

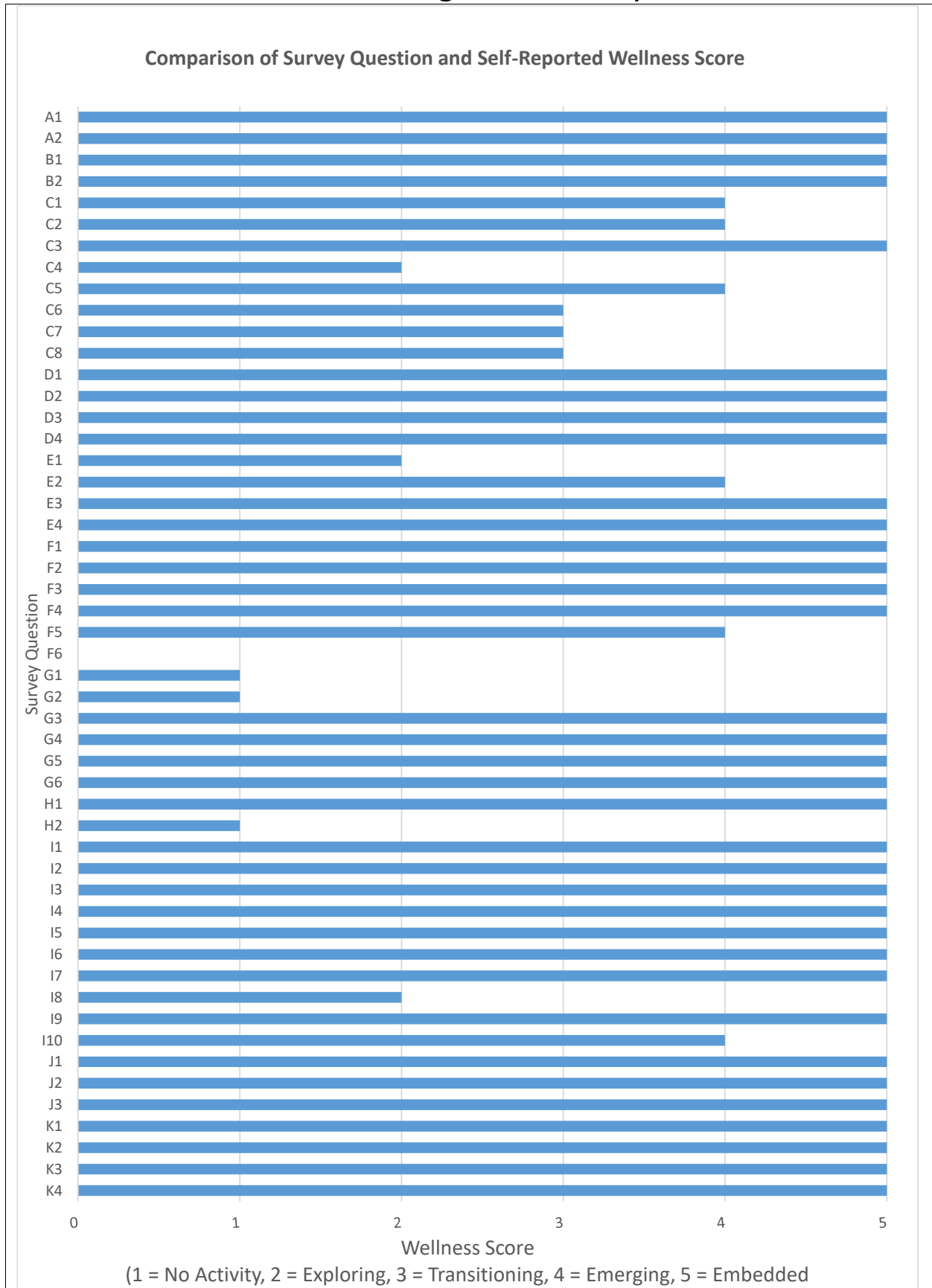
Summary Tables:

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

Laurel Ridge Elementary



2022-2023 School Wellness Survey Responses

Laurel Ridge Elementary

Survey Questions Grouped by Wellness Score

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

2022-2023 School Wellness Survey Responses

Lees Corner Elementary

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.	Embedded

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

- "Seasonal Fun Fit Fridays, families walk the track-tracking miles, towards a reward"

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.	Exploring
- 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

Lees Corner Elementary

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

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

- "Adequate clinical staff to promote many of these necessary programs to support our current reality and needs of students. "

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

Lees Corner Elementary

- | | |
|---|--------------------------|
| - F1: Monitors school climate and other factors that may contribute to student stress, symptoms of anxiety and depression, and peer and academic pressures and substance use. | Emerging |
| - F2: Our staff has received required suicide prevention training, as well as training that includes recognition of, and response to, mental and behavioral health needs. | Emerging |
| - F3: Implements programs that foster social and emotional health and wellness of students and staff. | Embedded |
| - 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. | Embedded |
| - G2: Health care access. | Emerging |
| - G3: Employee flu immunization clinics. | Embedded |
| - G4: Wellness opportunities for staff, such as fitness challenges, fitness classes, mobile health screenings, wellness walks, workshops, or health fairs that emphasize work/life balance. | Emerging |
| - G5: Awareness of the Employee Assistance Program Services. | Embedded |
| - G6: Staff celebrations that offer and encourage healthy choices for food and beverages. | 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

Lees Corner Elementary

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

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

- "Fun Fit Fridays, Health Fair, Family Meetings with Clinical Staff"

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

Section J – Nutrition Education, Promotion, and Food Marketing

2022-2023 School Wellness Survey Responses

Lees Corner Elementary

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

Section L – Ideas/Comments/Suggestions

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

- “Fun Fit Friday, School picnic, with Family Health & Wellness Component”

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.

- “Standard programs across schools to support mental health and wellness, and adequate staffing to support to growing needs”

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

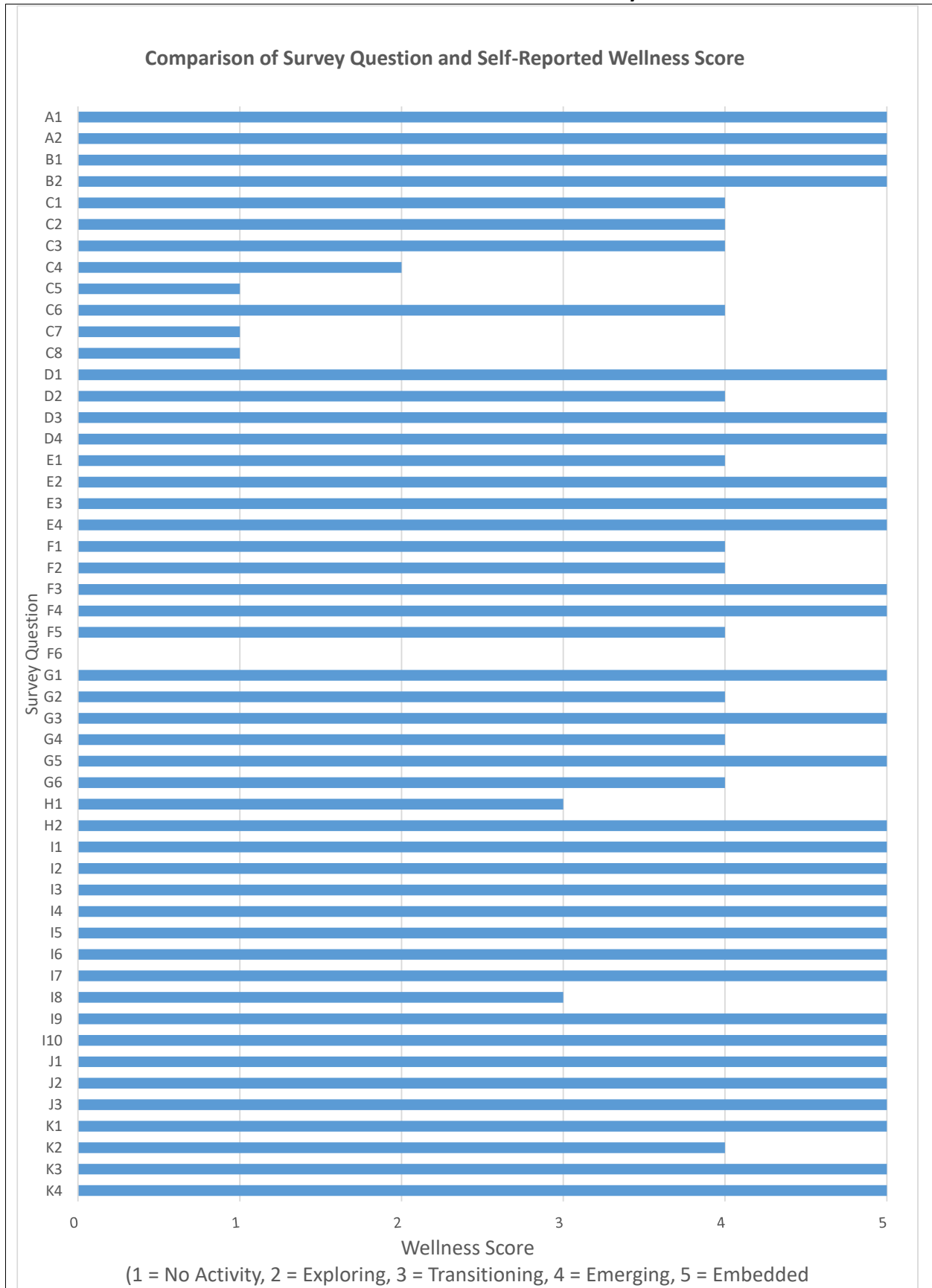
Lees Corner Elementary

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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

Lees Corner Elementary



2022-2023 School Wellness Survey Responses

Lees Corner Elementary

Survey Questions Grouped by Wellness Score

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

2022-2023 School Wellness Survey Responses

Lemon Road Elementary

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.	Embedded

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

- "2 recess breaks per day; 90 minutes of PE for all students each week; after school fitness clubs (running, GOTR, basketball, soccer, dance, fencing, pickleball, etc.); wellness programming (guys on the go; CALM); fitness challenges (3v3 basketball tournament; 6th grade volleyball tournament)"

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.	Transitioning
- C6: Mental Health Issues (general).	Emerging

2022-2023 School Wellness Survey Responses

Lemon Road Elementary

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

- "Schools lack access to public health nurses, school counselors, school psychologists, and school social workers to meet needs within the community"

2022-2023 School Wellness Survey Responses

Lemon Road Elementary

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.	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.	Embedded

2022-2023 School Wellness Survey Responses

Lemon Road Elementary

Section H – Family and Community Involvement

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

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

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

- “Our wellness committee welcomes PTA and parent input; creates opportunities for parents to support their children with healthy choices/activities”

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). Embedded

2022-2023 School Wellness Survey Responses

Lemon Road Elementary

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

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.

- “3 v 3 Basketball Tournament; 6th Grade Volleyball tournament; Staff Basketball game; walking club; Wellness night with PTA; Healthy & Active photographs featured”

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

- “School counselor, school psychologist, school social workers, and public health nurses must be full-time at each elementary school to ensure the wellness needs of all are being met”

2022-2023 School Wellness Survey Responses

Lemon Road Elementary

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.

- "Is there a budget to support schools with wellness initiatives? Everything I have done comes out of instructional funds which does not allow for all schools to create programs to support student and staff health & wellness

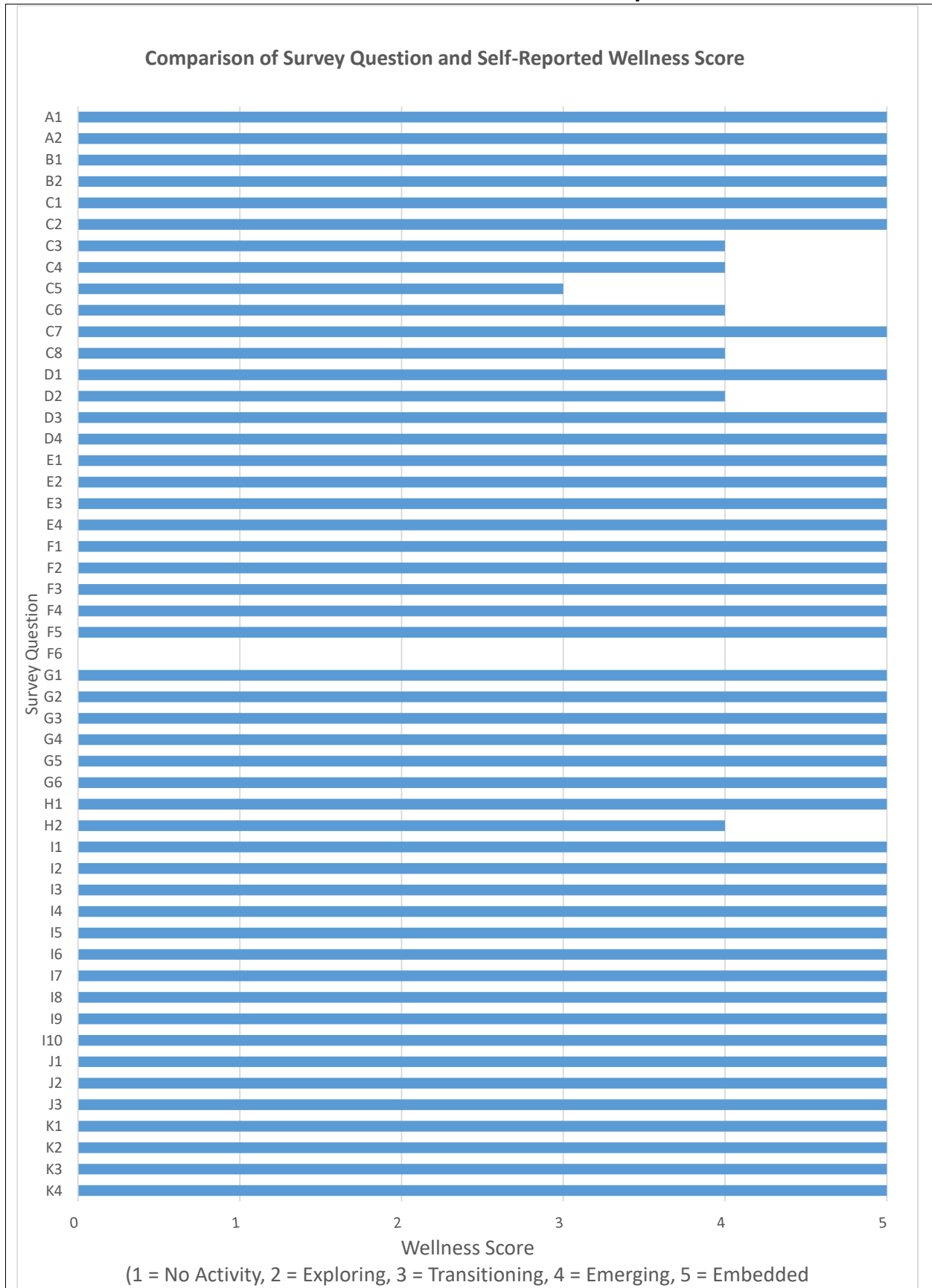
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*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

2022-2023 School Wellness Survey Responses

Lemon Road Elementary



2022-2023 School Wellness Survey Responses

Lemon Road Elementary

Survey Questions Grouped by Wellness Score

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

2022-2023 School Wellness Survey Responses

Little Run Elementary

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.	Embedded

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

- "Last year we had a recess coach"

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.	Exploring
- C3: Coping Skills.	Emerging
- C4: Depression.	No Activity
- C5: Suicide Prevention and Awareness.	No Activity
- C6: Mental Health Issues (general).	No Activity
- C7: Relationship of Healthy Sleep to Mental Health.	Exploring
- C8: Substance Abuse Prevention.	Exploring

2022-2023 School Wellness Survey Responses

Little Run Elementary

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.	No Activity
- 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.	Emerging
- E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults.	Embedded
- E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560.	Embedded
- E4: Maintains a comprehensive tobacco-free policy in accordance with FCPS' Policy 4419 and Regulation 2152.	Embedded

Question: Please share any school or community specific barriers to promoting a 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

Little Run Elementary

- | | |
|---|--------------------------|
| - F1: Monitors school climate and other factors that may contribute to student stress, symptoms of anxiety and depression, and peer and academic pressures and substance use. | Transitioning |
| - F2: Our staff has received required suicide prevention training, as well as training that includes recognition of, and response to, mental and behavioral health needs. | Embedded |
| - 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. | 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. | Embedded |
| - G5: Awareness of the Employee Assistance Program Services. | Embedded |
| - G6: Staff celebrations that offer and encourage healthy choices for food and beverages. | Emerging |

Section H – Family and Community Involvement

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

2022-2023 School Wellness Survey Responses

Little Run Elementary

- 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.

- "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. Emerging
- I7: Potable water is available to all our students at no cost. No Activity
- I8: Actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS). No Activity
- I9: Allows students to possess personal containers for drinking water. Embedded
- I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible. Emerging

Section J – Nutrition Education, Promotion, and Food Marketing

2022-2023 School Wellness Survey Responses

Little Run Elementary

<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

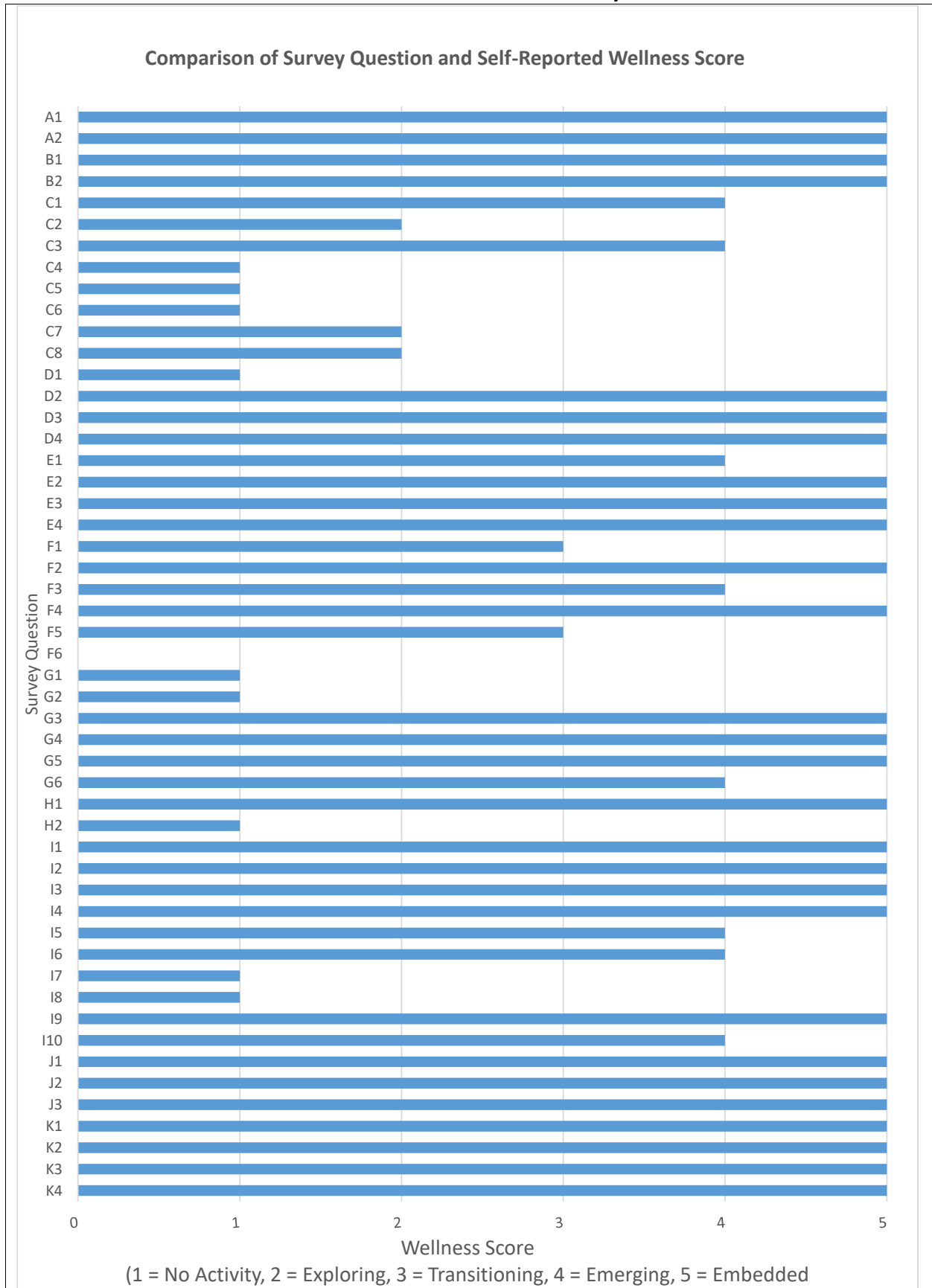
Little Run Elementary

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

Little Run Elementary



2022-2023 School Wellness Survey Responses

Little Run Elementary

Survey Questions Grouped by Wellness Score

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

2022-2023 School Wellness Survey Responses

London Towne Elementary

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.	Embedded

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.	Exploring
- C5: Suicide Prevention and Awareness.	Exploring
- C6: Mental Health Issues (general).	Exploring
- C7: Relationship of Healthy Sleep to Mental Health.	Exploring
- C8: Substance Abuse Prevention.	Exploring

2022-2023 School Wellness Survey Responses

London Towne Elementary

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.	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

<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

London Towne Elementary

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

Section H – Family and Community Involvement

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

2022-2023 School Wellness Survey Responses

London Towne Elementary

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

London Towne Elementary

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

Section L – Ideas/Comments/Suggestions

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

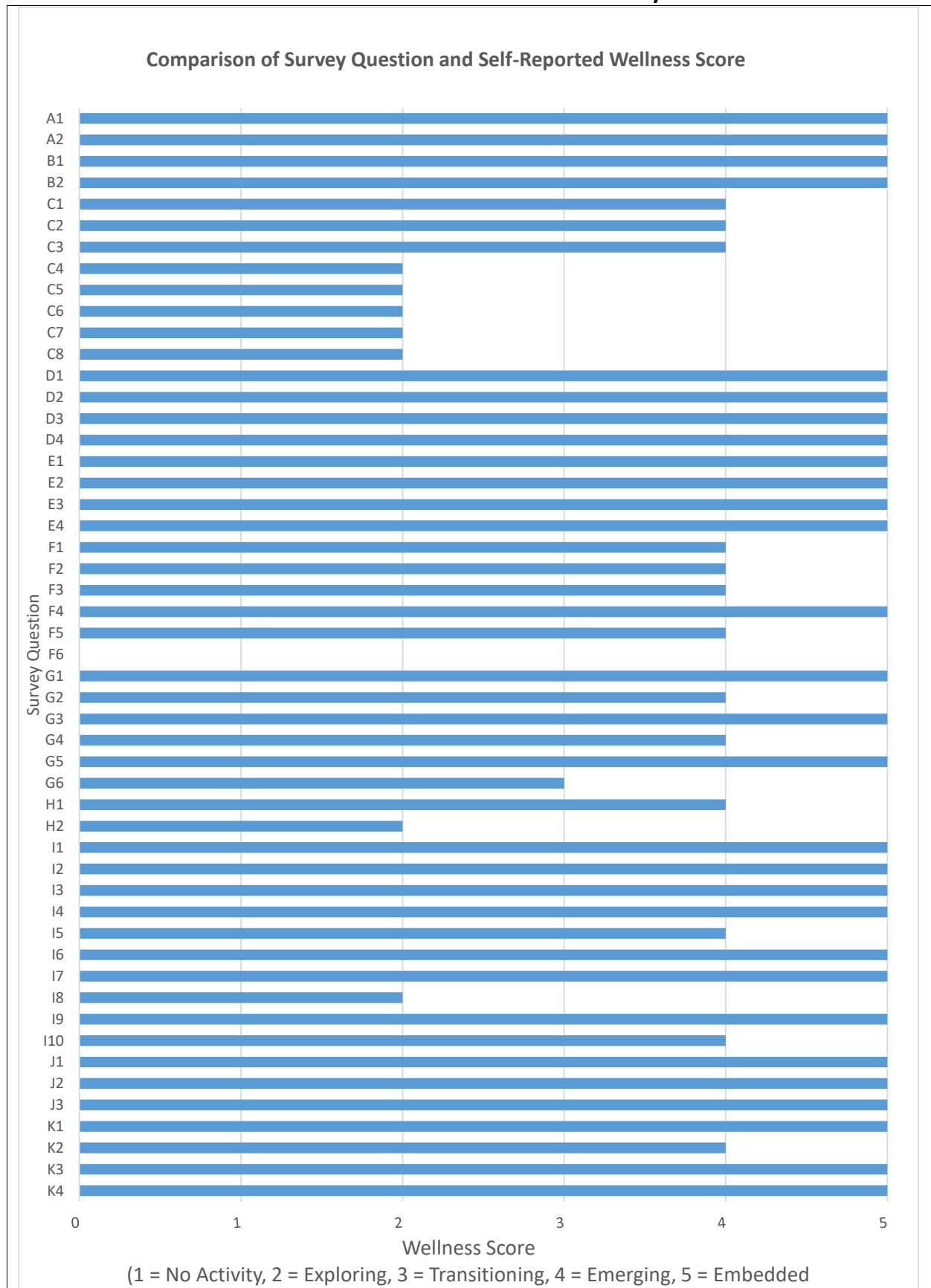
London Towne Elementary

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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

London Towne Elementary



2022-2023 School Wellness Survey Responses

London Towne Elementary

Survey Questions Grouped by Wellness Score

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

2022-2023 School Wellness Survey Responses

Lorton Station Elementary

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.

- "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.	Exploring
- C5: Suicide Prevention and Awareness.	No Activity
- C6: Mental Health Issues (general).	Exploring
- C7: Relationship of Healthy Sleep to Mental Health.	Exploring
- C8: Substance Abuse Prevention.	No Activity

2022-2023 School Wellness Survey Responses

Lorton Station Elementary

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.	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

<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

Lorton Station Elementary

- | | |
|---|--------------------------|
| - 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. | 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

Lorton Station Elementary

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

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.	Emerging

Section J – Nutrition Education, Promotion, and Food Marketing

2022-2023 School Wellness Survey Responses

Lorton Station Elementary

<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.

- “Fall Festival (w/ wellness vendors present), Tier 1 SEL instruction in Master schedule ”

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

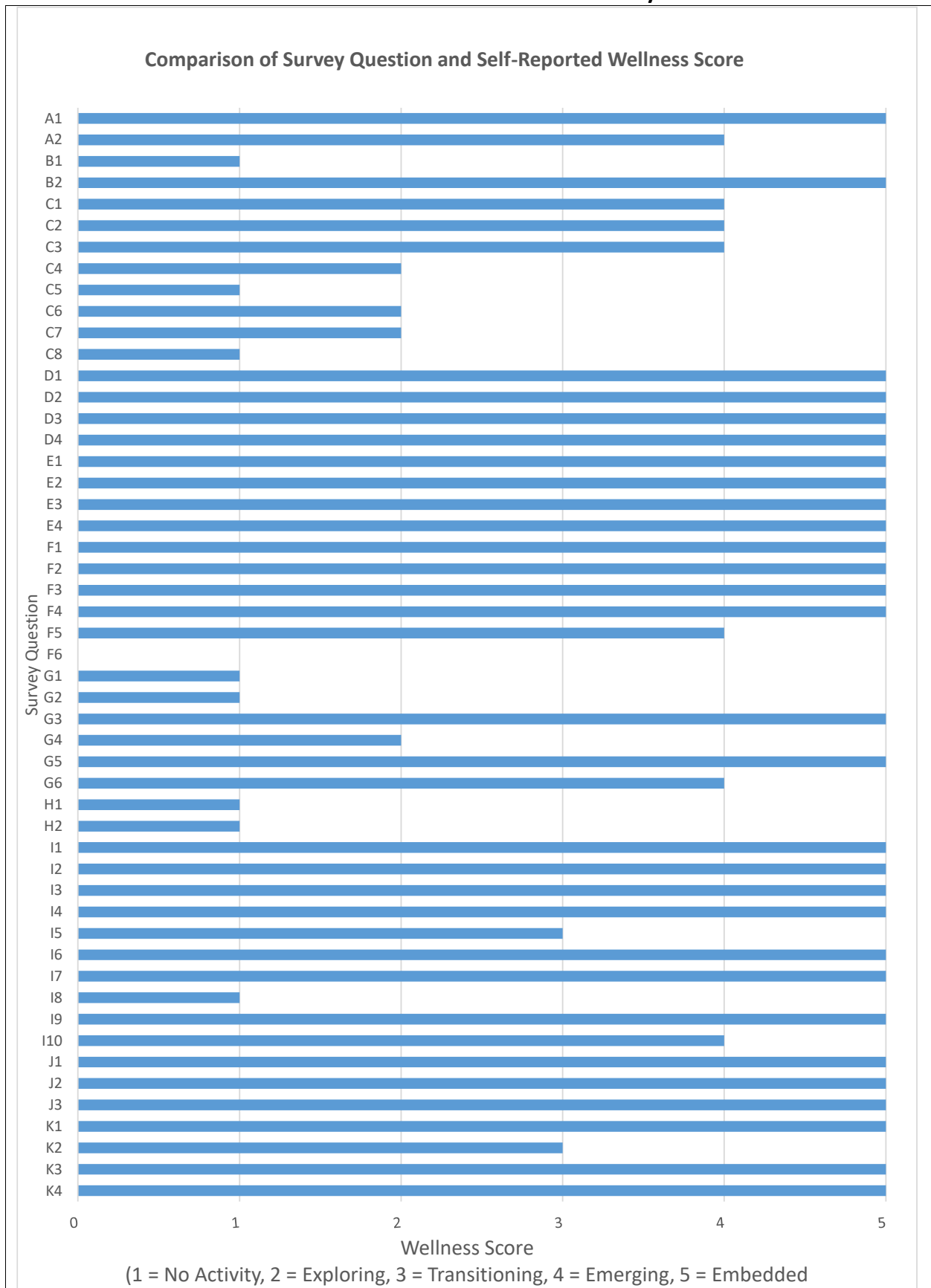
Lorton Station Elementary

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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

Lorton Station Elementary



2022-2023 School Wellness Survey Responses

Lorton Station Elementary

Survey Questions Grouped by Wellness Score

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

2022-2023 School Wellness Survey Responses

Lynbrook Elementary

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.	Embedded

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.	Emerging
- C5: Suicide Prevention and Awareness.	Emerging
- C6: Mental Health Issues (general).	Embedded
- C7: Relationship of Healthy Sleep to Mental Health.	Embedded
- C8: Substance Abuse Prevention.	Emerging

2022-2023 School Wellness Survey Responses

Lynbrook Elementary

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

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

- "we are also experiencing increased access to Vaping . We have worked on community education and also with our SAPS to educate students and families on the dangerous addition of vaping. "

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

Lynbrook Elementary

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

Section H – Family and Community Involvement

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

2022-2023 School Wellness Survey Responses

Lynbrook Elementary

- 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.

- "We have a robust Family Learning Center that supports our wellness practices for families both in and out of our school setting. "

Section I – Food and Nutrition General

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

Response

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

2022-2023 School Wellness Survey Responses

Lynbrook Elementary

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

Section L – Ideas/Comments/Suggestions

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

- “Principal Coffee's on Wellness Topics, Community Conversations on Wellness with Grade Level Groups, Family Movie Night on SEL”

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.

- “More frequent short surveys. ”

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

2022-2023 School Wellness Survey Responses

Lynbrook Elementary

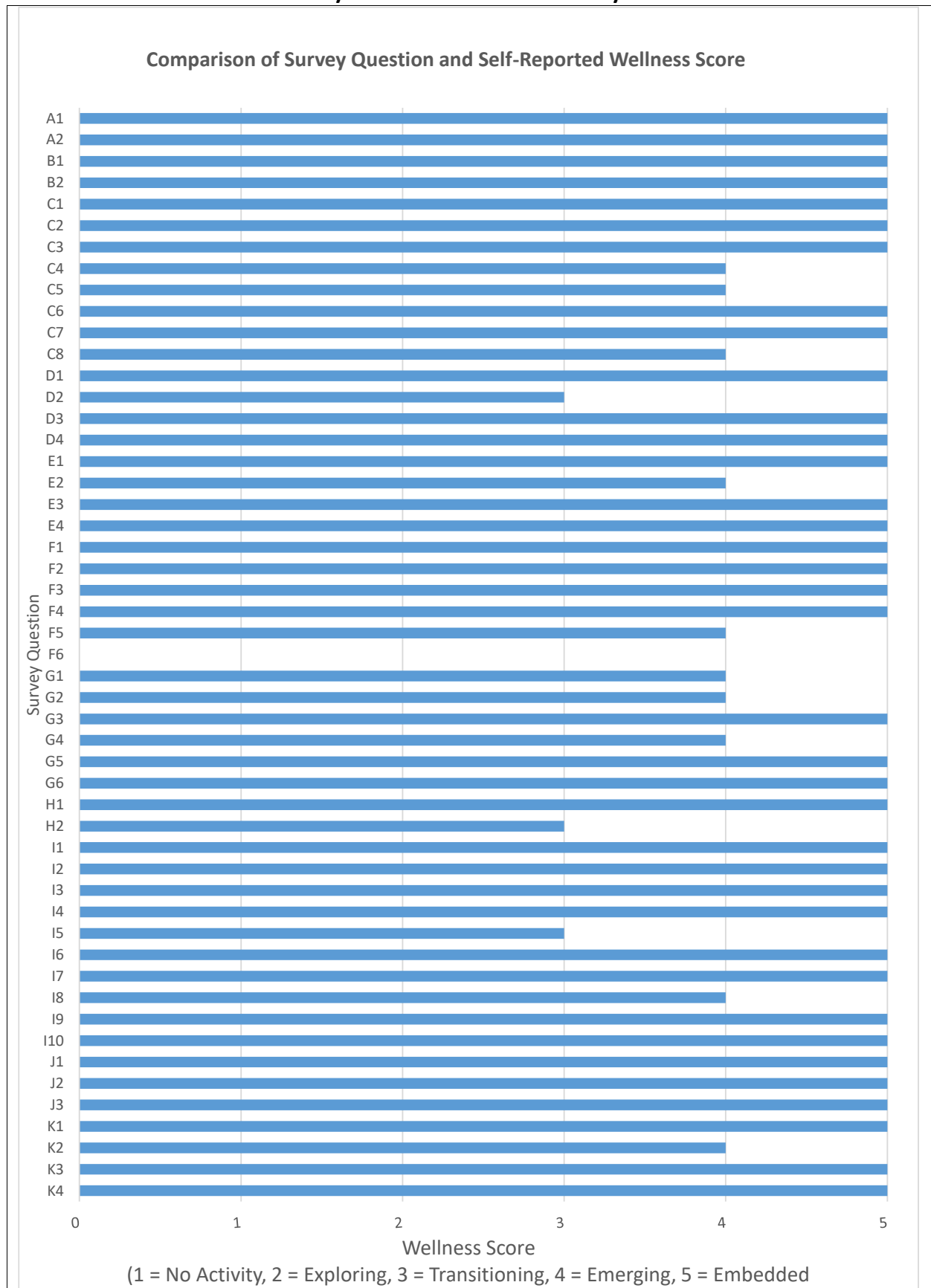
Summary Tables:

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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

Lynbrook Elementary



2022-2023 School Wellness Survey Responses

Lynbrook Elementary

Survey Questions Grouped by Wellness Score

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

2022-2023 School Wellness Survey Responses

Mantua Elementary

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.	Embedded

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

Mantua Elementary

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

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

Mantua Elementary

- | | |
|---|--------------------------|
| - 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. | No Activity |
| - 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

Mantua Elementary

- | | |
|--|-------------|
| - 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.

- "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). | 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. | Embedded |

Section J – Nutrition Education, Promotion, and Food Marketing

2022-2023 School Wellness Survey Responses

Mantua Elementary

<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.	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.

- “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

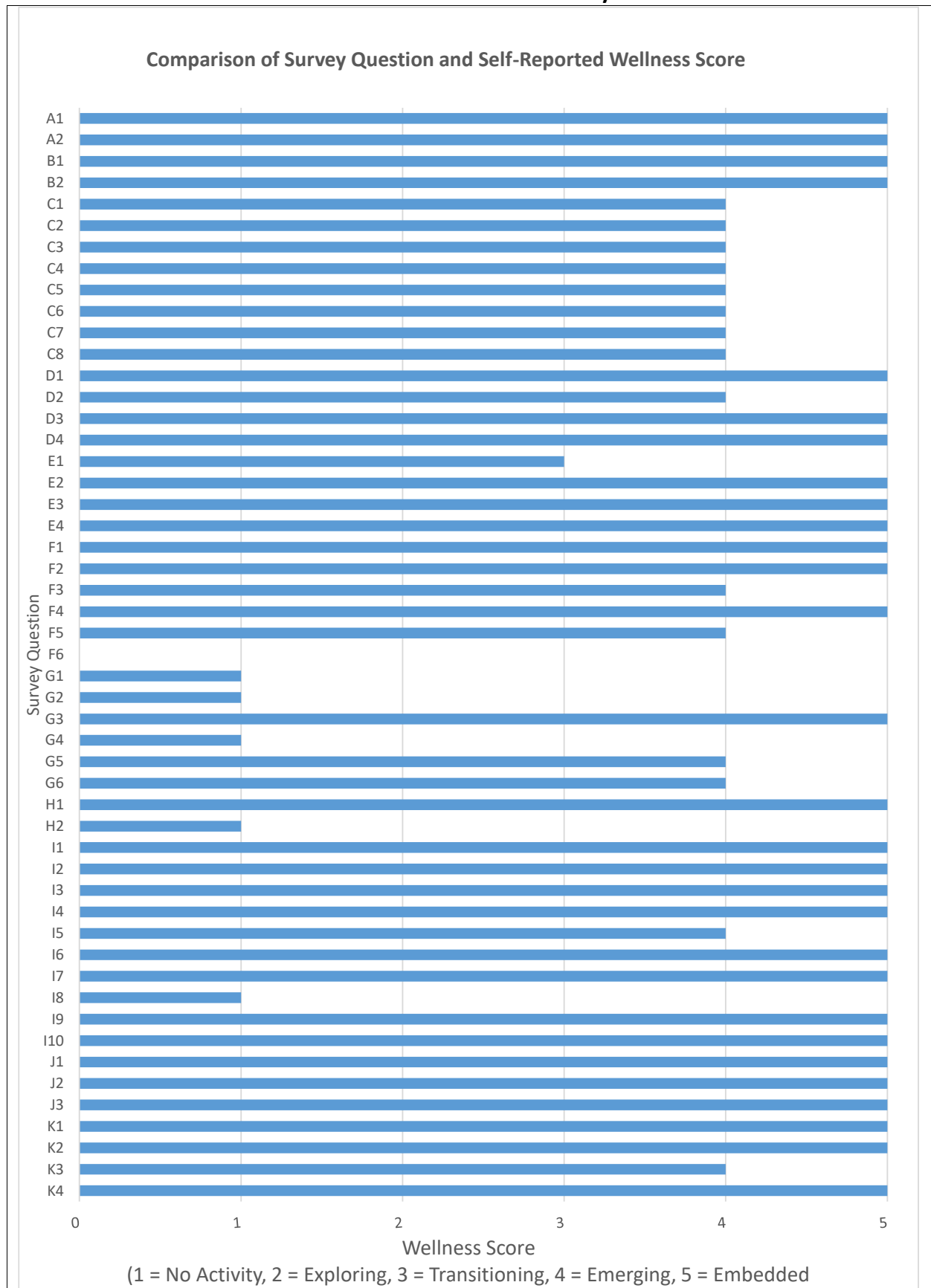
Mantua Elementary

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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

Mantua Elementary



2022-2023 School Wellness Survey Responses

Mantua Elementary

Survey Questions Grouped by Wellness Score

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

2022-2023 School Wellness Survey Responses

Marshall Road Elementary

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.	Embedded

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

- "yearly runathon, yoga4classrooms, daily walking breaks, running clubs, fitness clubs"

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

Marshall Road Elementary

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.	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.

- "We are located on a very busy road. Many bus riders cannot walk / ride to school safely."

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

Marshall Road Elementary

- | | |
|---|--------------------------|
| - 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. | 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

Marshall Road Elementary

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

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

- "Our PTA has a rep. that has started joining in these efforts."

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. Emerging
- 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. Embedded

Section J – Nutrition Education, Promotion, and Food Marketing

2022-2023 School Wellness Survey Responses

Marshall Road Elementary

<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.

- “Runathon, wellness week, fitness 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.

- “Food services should not sell cookies as our free / reduced lunch students do not have access to those. Food services should not sell PB&J.

Summary Tables:

2022-2023 School Wellness Survey Responses

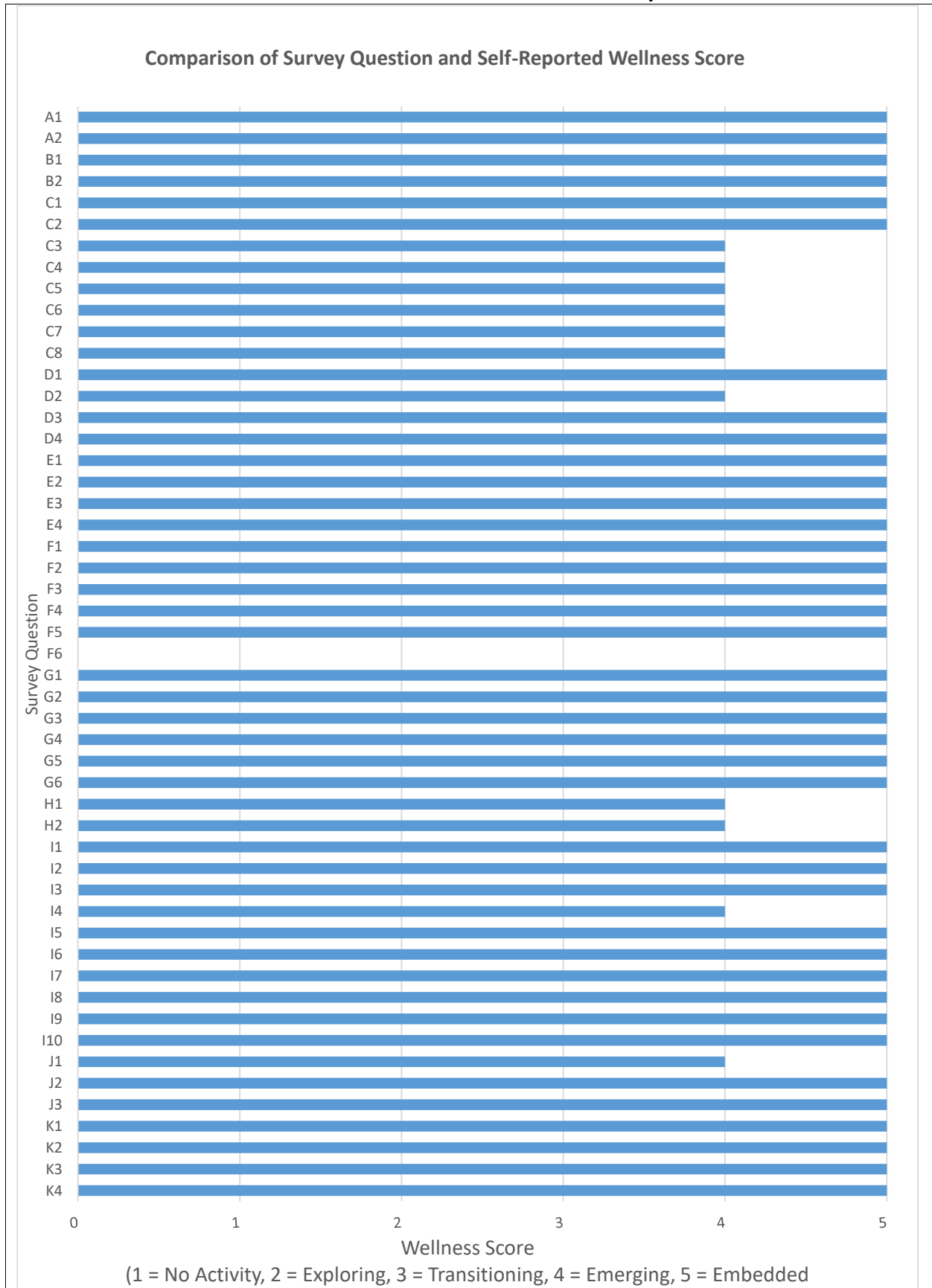
Marshall Road Elementary

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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

Marshall Road Elementary



2022-2023 School Wellness Survey Responses

Marshall Road Elementary

Survey Questions Grouped by Wellness Score

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

2022-2023 School Wellness Survey Responses

Mason Crest Elementary

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.	Embedded

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

- "PE teachers teach games to students that they can play at recess together; equipment is available to promote activities outside"

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.	Emerging
- C5: Suicide Prevention and Awareness.	Emerging
- C6: Mental Health Issues (general).	Embedded
- C7: Relationship of Healthy Sleep to Mental Health.	Embedded
- C8: Substance Abuse Prevention.	Emerging

2022-2023 School Wellness Survey Responses

Mason Crest Elementary

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.	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

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

2022-2023 School Wellness Survey Responses

Mason Crest Elementary

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

Section H – Family and Community Involvement

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

2022-2023 School Wellness Survey Responses

Mason Crest Elementary

- | | |
|--|-----------|
| - 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. | 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. | Embedded |

Section J – Nutrition Education, Promotion, and Food Marketing

2022-2023 School Wellness Survey Responses

Mason Crest Elementary

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

Section L – Ideas/Comments/Suggestions

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

- “Fun Run”

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

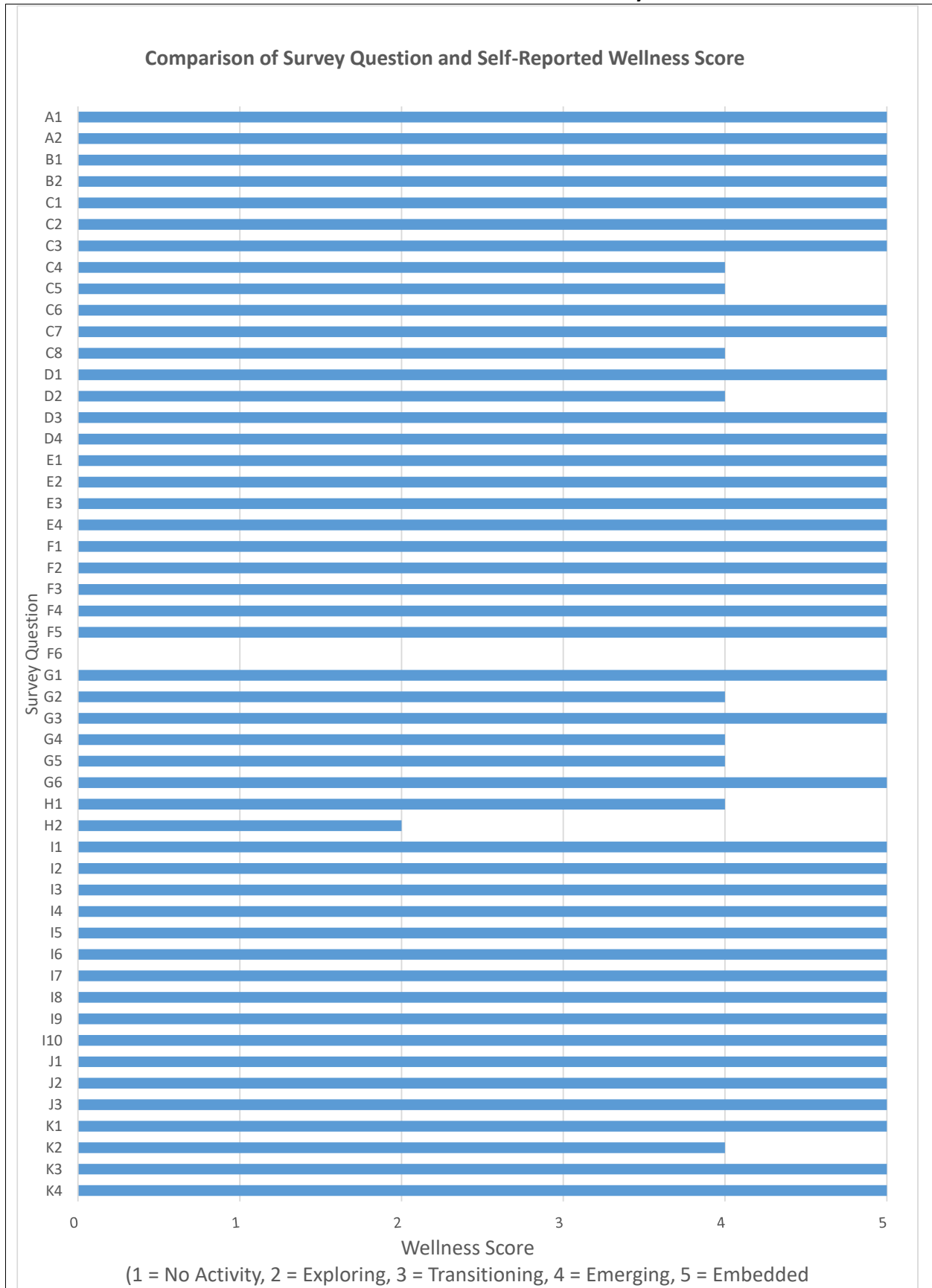
Mason Crest Elementary

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

Mason Crest Elementary



2022-2023 School Wellness Survey Responses

Mason Crest Elementary

Survey Questions Grouped by Wellness Score

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

2022-2023 School Wellness Survey Responses

McNair Elementary

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.	Embedded

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

- "Health Obstacle Course, Field Day, Fun Run, etc."

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.	No Activity
- C5: Suicide Prevention and Awareness.	No Activity
- C6: Mental Health Issues (general).	Embedded
- C7: Relationship of Healthy Sleep to Mental Health.	Embedded
- C8: Substance Abuse Prevention.	Exploring

2022-2023 School Wellness Survey Responses

McNair Elementary

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.	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

<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

McNair Elementary

- | | |
|---|--------------------------|
| - 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. | 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

McNair Elementary

- 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.

- "None"

Section I – Food and Nutrition General

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

Response

- I1: All students have at least 20 minutes to eat after sitting down for lunch. Embedded
- I2: Students who participate in school meal programs have equal access to the same high-quality food and nutrition as do non-participants who purchase FCPS-provided food. Embedded
- I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities. Embedded
- I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals. Embedded
- I5: Encourages the use of non-food items for classroom celebrations. Embedded
- I6: Withholding access to food is not used as a disciplinary action. Embedded
- 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. Embedded

Section J – Nutrition Education, Promotion, and Food Marketing

2022-2023 School Wellness Survey Responses

McNair Elementary

<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.

- “Field Day, Fun Run, Walk/Bike to School Day”

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

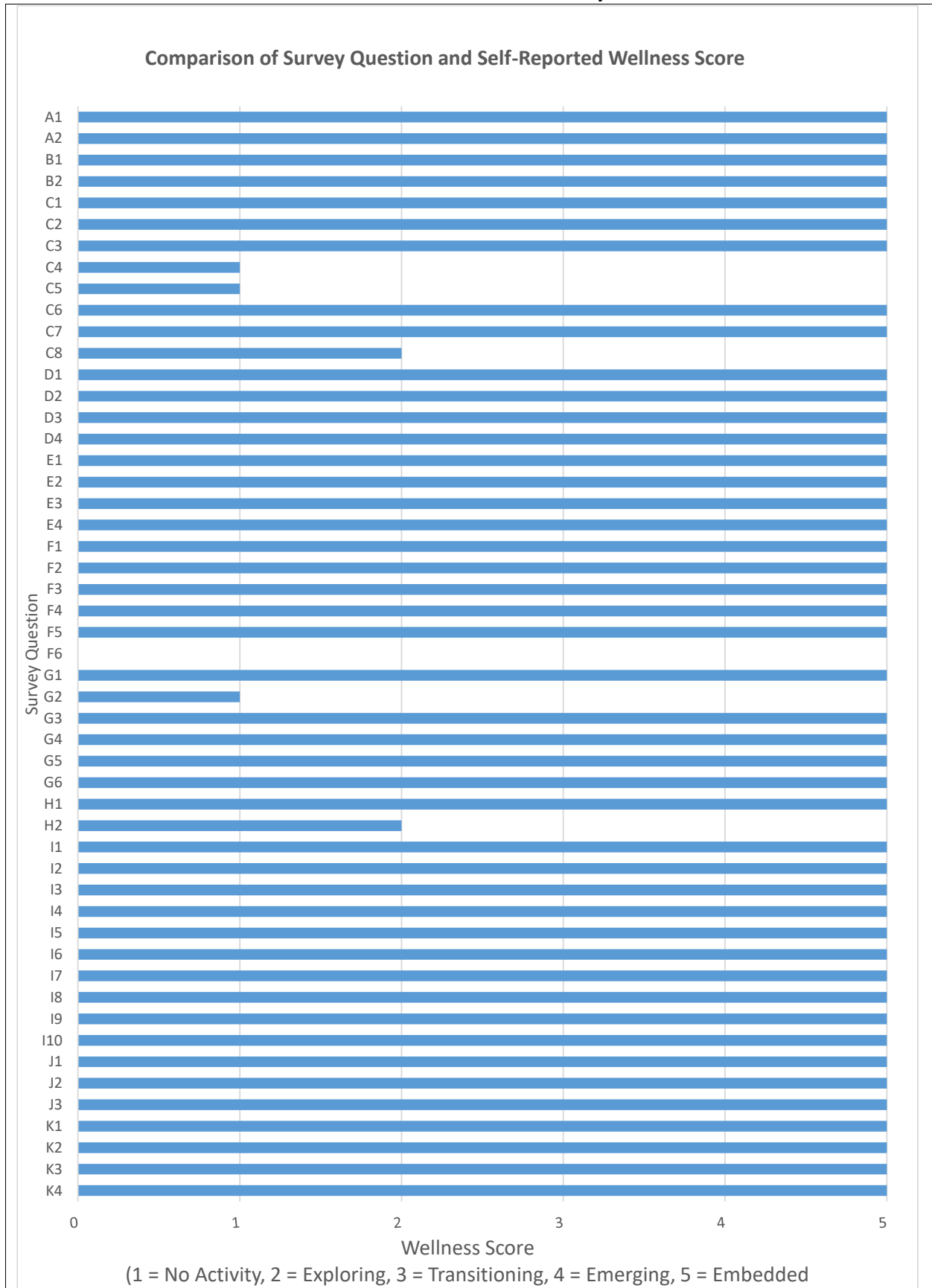
McNair Elementary

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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

McNair Elementary



2022-2023 School Wellness Survey Responses

McNair Elementary

Survey Questions Grouped by Wellness Score

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

2022-2023 School Wellness Survey Responses

McNair Upper Elementary

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.	Embedded

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

- "All students have a 30-minute uninterrupted recess. We take part in both the fall and spring walk or bike to school day, and participate in the annual Jump Rope for Heart Challenge. We host an annual spring fun run and field day."

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

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McNair Upper Elementary

- C8: Substance Abuse Prevention. Emerging

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.

- "N/A"

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

McNair Upper Elementary

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

Section H – Family and Community Involvement

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

2022-2023 School Wellness Survey Responses

McNair Upper Elementary

- | | |
|--|-------------|
| - 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.

- "Although we do not have a representative from the community or a family member on our wellness committee, we fan out ways for families and students to stay involved in our weekly NYC message to families. (substance abuse information, dress up days, schoolwide health and fitness-related activities, etc.)"

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 |
| - I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible. | Embedded |

2022-2023 School Wellness Survey Responses

McNair Upper Elementary

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.

- “spring fun run, spring field day, jump rope for heart participation, walk or bike to school events ”

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.

- “N/A”

2022-2023 School Wellness Survey Responses

McNair Upper Elementary

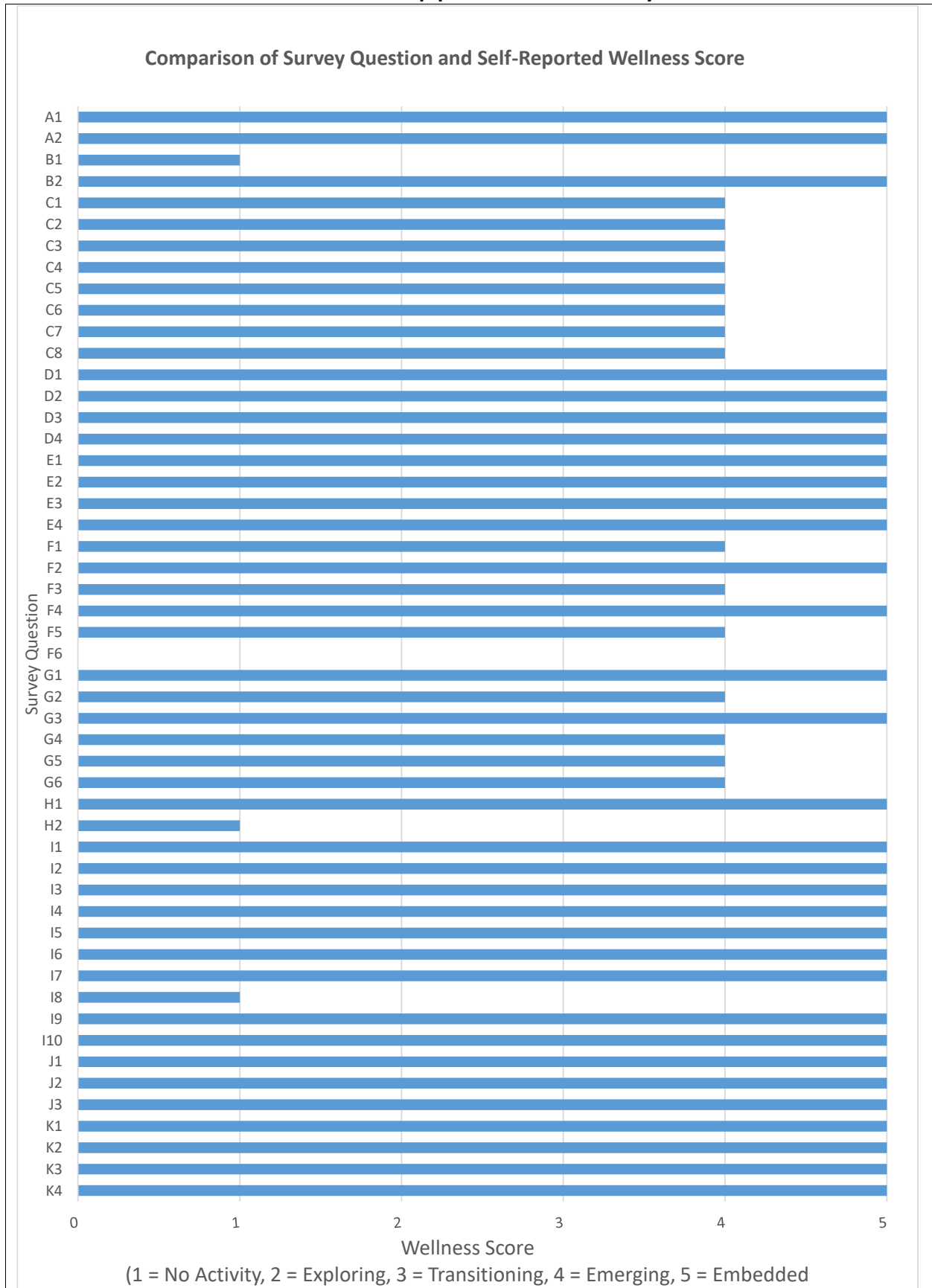
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*Note: Questions are abbreviated by their section and number. Please refer to the report for the question full text.

2022-2023 School Wellness Survey Responses

McNair Upper Elementary



2022-2023 School Wellness Survey Responses

McNair Upper Elementary

Survey Questions Grouped by Wellness Score

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

2022-2023 School Wellness Survey Responses

Mosaic ELEMENTARY

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.	Embedded

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

- "Daily recess, after school running and dance clubs"

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.	Transitioning
- C5: Suicide Prevention and Awareness.	Transitioning
- C6: Mental Health Issues (general).	Emerging
- C7: Relationship of Healthy Sleep to Mental Health.	Transitioning
- C8: Substance Abuse Prevention.	Transitioning

2022-2023 School Wellness Survey Responses

Mosaic ELEMENTARY

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.	Emerging
- E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults.	Emerging
- E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560.	Transitioning
- 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.

- "Our building is very old and we are undergoing renovation beginning this Spring."

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

Mosaic ELEMENTARY

- 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. 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. Emerging
- G2: Health care access. Transitioning
- G3: Employee flu immunization clinics. Embedded
- G4: Wellness opportunities for staff, such as fitness challenges, fitness classes, mobile health screenings, wellness walks, workshops, or health fairs that emphasize work/life balance. Transitioning
- 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

Mosaic ELEMENTARY

- 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.

- "We have work to do here."

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. Embedded

Section J – Nutrition Education, Promotion, and Food Marketing

2022-2023 School Wellness Survey Responses

Mosaic ELEMENTARY

<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

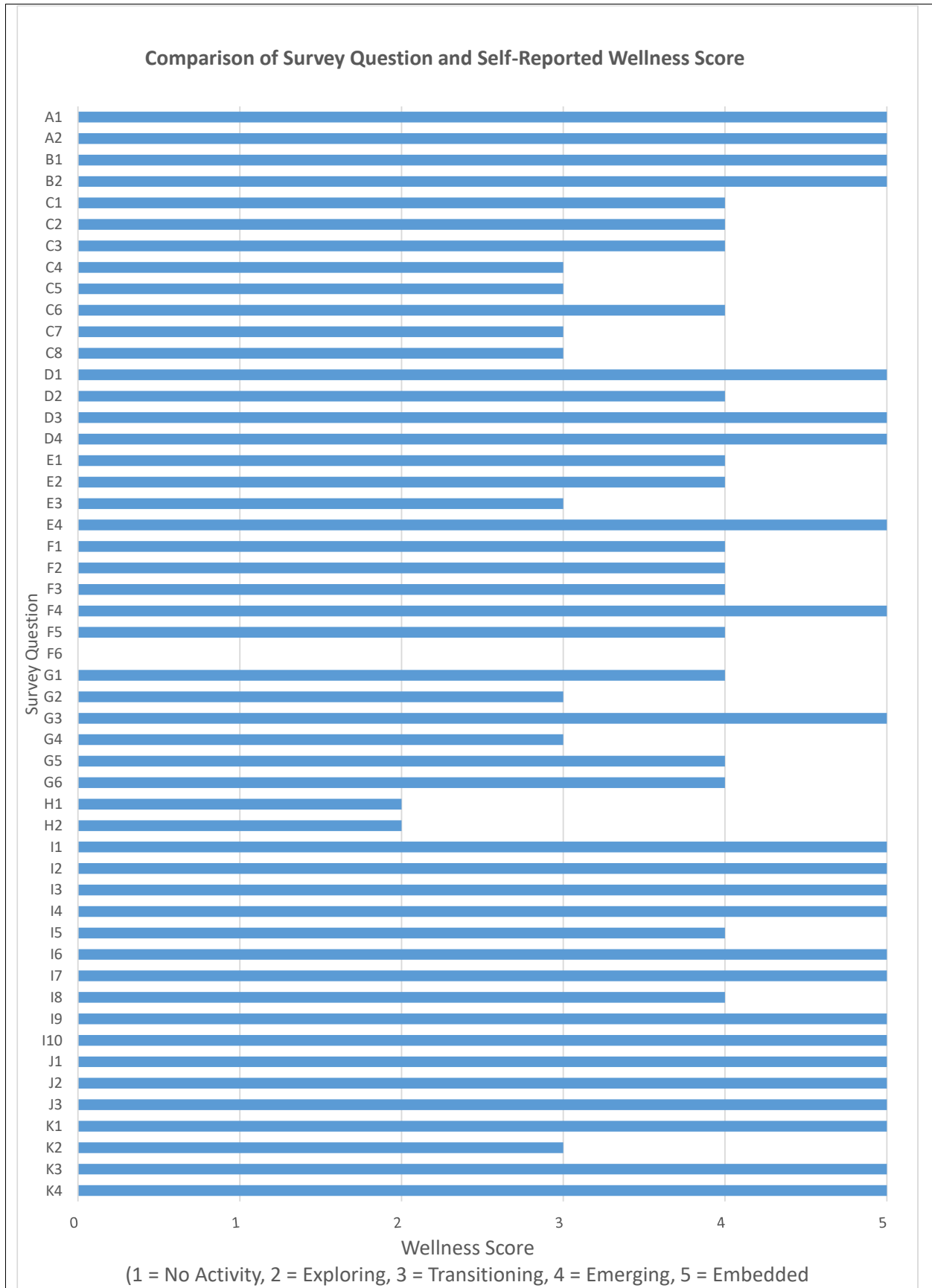
Mosaic ELEMENTARY

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

Mosaic ELEMENTARY



2022-2023 School Wellness Survey Responses

Mosaic ELEMENTARY

Survey Questions Grouped by Wellness Score

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

2022-2023 School Wellness Survey Responses

Mount Eagle Elementary

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.	Embedded

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

- "Recess equipment includes soccer nets and balls as well as basketballs, jump ropes and other balls."

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.	No Activity
- C5: Suicide Prevention and Awareness.	No Activity
- C6: Mental Health Issues (general).	Transitioning
- C7: Relationship of Healthy Sleep to Mental Health.	Exploring
- C8: Substance Abuse Prevention.	Emerging

2022-2023 School Wellness Survey Responses

Mount Eagle Elementary

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

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

- "Nothing at this time."

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

Mount Eagle Elementary

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

Mount Eagle Elementary

- | | |
|--|-----------|
| - 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. | 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. | Embedded |

Section J – Nutrition Education, Promotion, and Food Marketing

2022-2023 School Wellness Survey Responses

Mount Eagle Elementary

<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.

- “Salad bar was introduced in January”

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

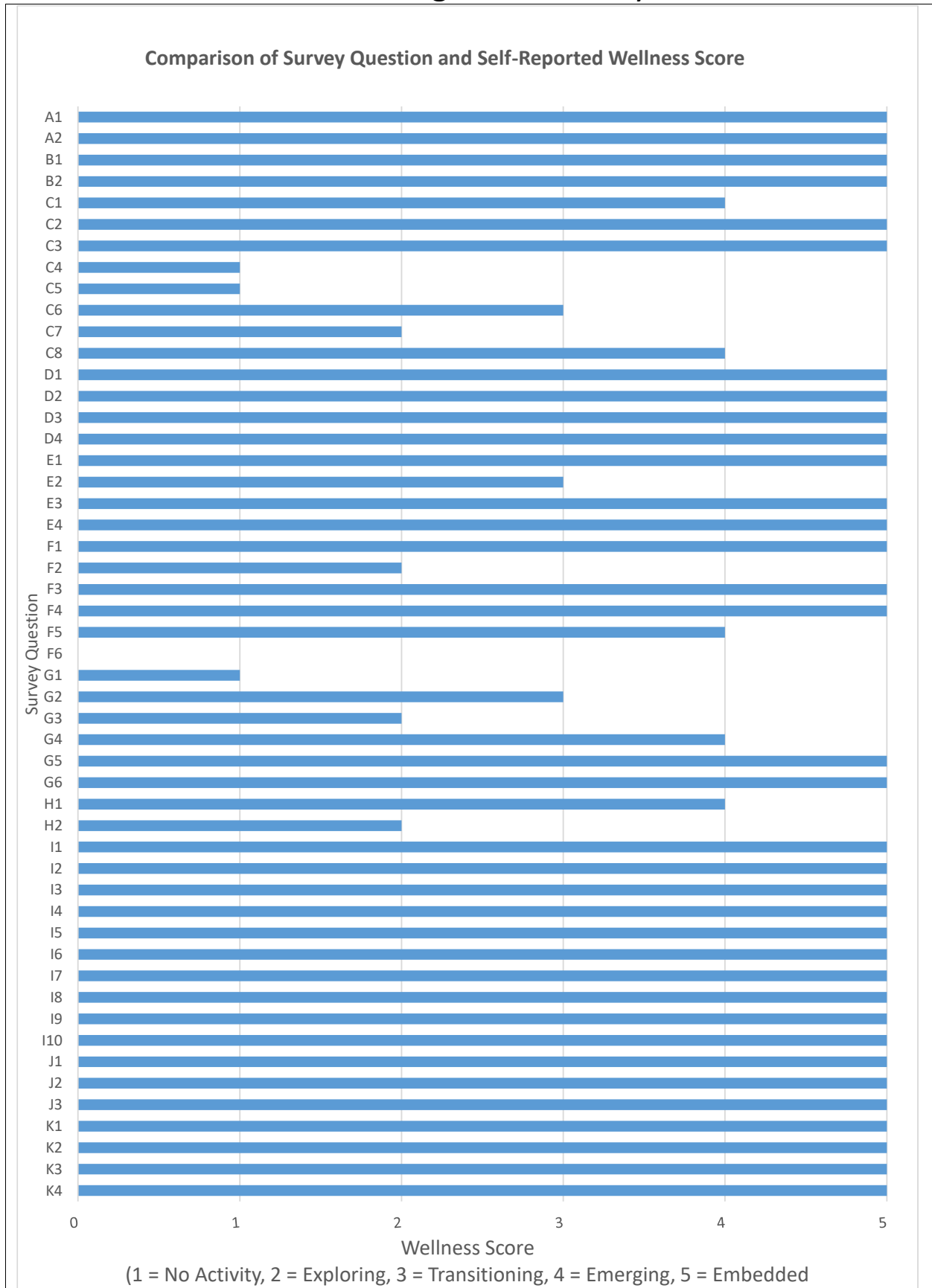
Mount Eagle Elementary

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

Mount Eagle Elementary



2022-2023 School Wellness Survey Responses

Mount Eagle Elementary

Survey Questions Grouped by Wellness Score

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

2022-2023 School Wellness Survey Responses

Mount Vernon Woods Elementary

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.	Embedded

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.	Exploring
- C3: Coping Skills.	Emerging
- 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.	Transitioning

2022-2023 School Wellness Survey Responses

Mount Vernon Woods Elementary

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

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

- "Families still send students to school with candy and sugary drinks. Also, we have some middle schoolers who come on our school grounds when they are out of school and are disrespectful to our staff"

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

Mount Vernon Woods Elementary

- | | |
|---|--------------------------|
| - F1: Monitors school climate and other factors that may contribute to student stress, symptoms of anxiety and depression, and peer and academic pressures and substance use. | Transitioning |
| - F2: Our staff has received required suicide prevention training, as well as training that includes recognition of, and response to, mental and behavioral health needs. | Emerging |
| - F3: Implements programs that foster social and emotional health and wellness of students and staff. | Transitioning |
| - F4: Staff are prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments. | Emerging |
| - F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance. | 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. | 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. | Emerging |
| - G3: Employee flu immunization clinics. | Embedded |
| - G4: Wellness opportunities for staff, such as fitness challenges, fitness classes, mobile health screenings, wellness walks, workshops, or health fairs that emphasize work/life balance. | Transitioning |
| - G5: Awareness of the Employee Assistance Program Services. | Emerging |
| - G6: Staff celebrations that offer and encourage healthy choices for food and beverages. | 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

Mount Vernon Woods Elementary

- | | |
|--|-------------|
| - 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:

	<u>Response</u>
- I1: All students have at least 20 minutes to eat after sitting down for lunch.	Embedded
- I2: Students who participate in school meal programs have equal access to the same high-quality food and nutrition as do non-participants who purchase FCPS-provided food.	Embedded
- I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities.	Emerging
- I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals.	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).	Exploring
- I9: Allows students to possess personal containers for drinking water.	Embedded
- I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible.	Embedded

Section J – Nutrition Education, Promotion, and Food Marketing

2022-2023 School Wellness Survey Responses

Mount Vernon Woods Elementary

<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.	Embedded
- 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.	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.	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.

- “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

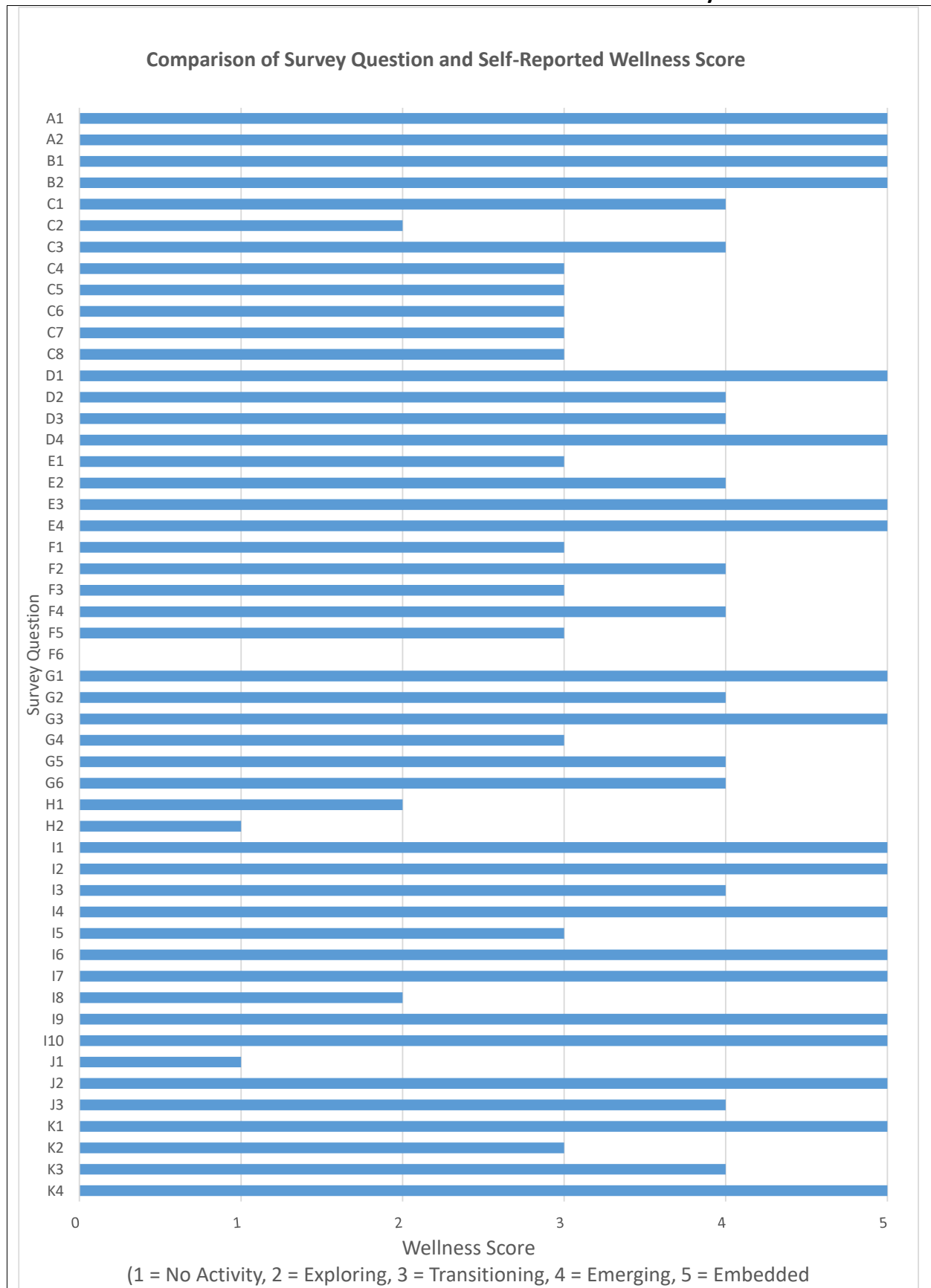
Mount Vernon Woods Elementary

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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

Mount Vernon Woods Elementary



2022-2023 School Wellness Survey Responses

Mount Vernon Woods Elementary

Survey Questions Grouped by Wellness Score

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

2022-2023 School Wellness Survey Responses

Navy Elementary

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.	Embedded

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

Navy Elementary

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.	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

<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

Navy Elementary

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

Section H – Family and Community Involvement

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

2022-2023 School Wellness Survey Responses

Navy Elementary

- 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. Embedded
- I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities. Emerging
- I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals. 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. Embedded

Section J – Nutrition Education, Promotion, and Food Marketing

2022-2023 School Wellness Survey Responses

Navy Elementary

<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

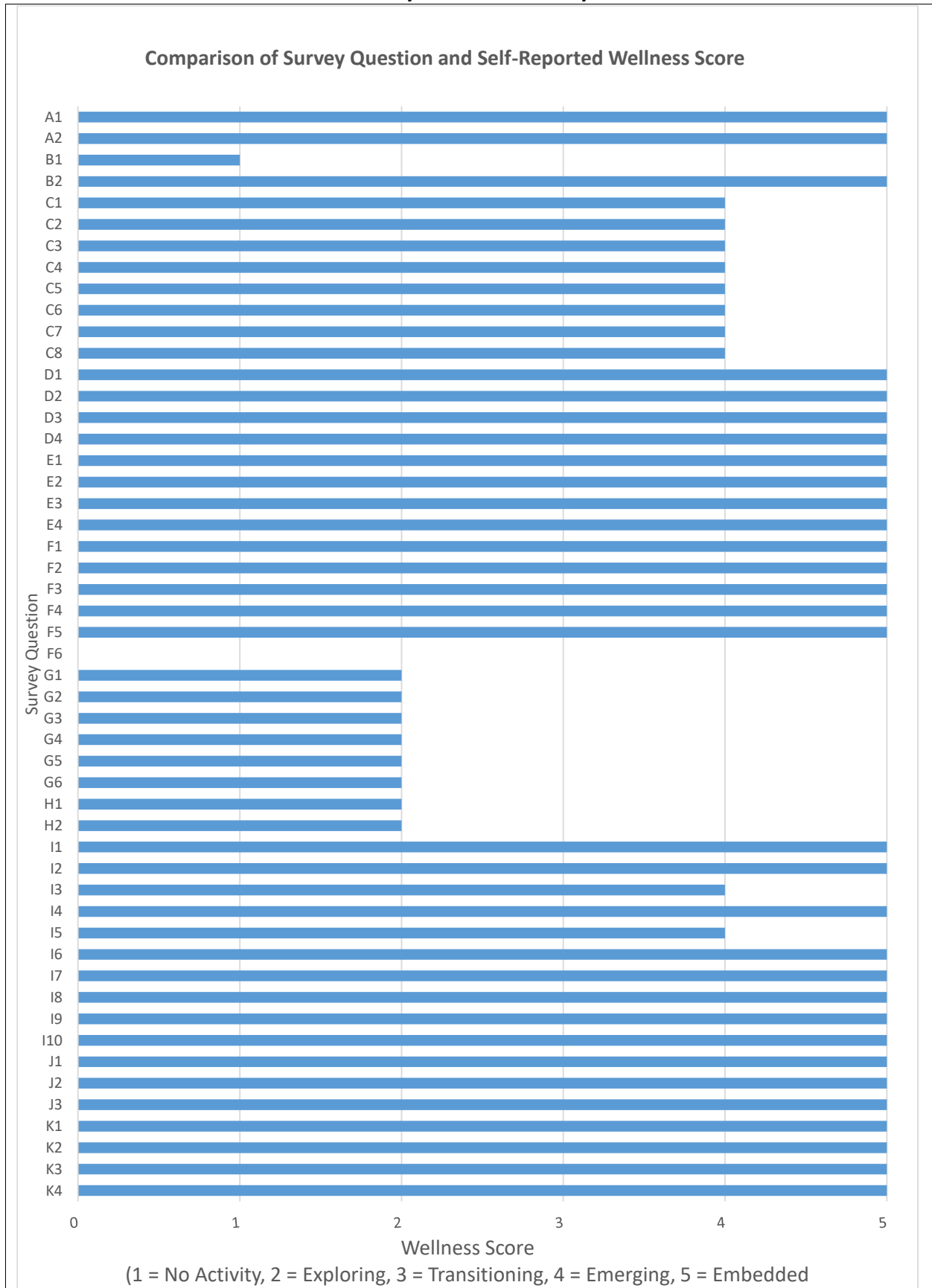
Navy Elementary

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

Navy Elementary



2022-2023 School Wellness Survey Responses

Navy Elementary

Survey Questions Grouped by Wellness Score

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

2022-2023 School Wellness Survey Responses

Newington Forest Elementary

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.	Embedded

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

- "Field Dat, Brain breaks, extra recess as rewards, Jump rope for heart, Boosterthon"

Section C – Health Education

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

2022-2023 School Wellness Survey Responses

Newington Forest Elementary

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.	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

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

2022-2023 School Wellness Survey Responses

Newington Forest Elementary

- | | |
|---|--------------------------|
| - 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. | 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. | 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

Newington Forest Elementary

- | | |
|--|-----------|
| - 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.

- "Parenting classes and workshops, newsletters, community events"

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

Section J – Nutrition Education, Promotion, and Food Marketing

2022-2023 School Wellness Survey Responses

Newington Forest Elementary

<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.	Embedded
- K2: Healthy food and beverage options are encouraged at school-related events outside the school day.	Emerging
- K3: Implements appropriate precautions against severe food allergies.	Embedded
- K4: We follow all nutrition guidelines for food and beverage standards, as outlined in FCPS P2100 and R2100.	Embedded

Section L – Ideas/Comments/Suggestions

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

- “Parent classes, Wellness training for staff, SEL screener training for staff, Field day, ”

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.

- “Continue to offer virtual fitness and wellness classes”

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

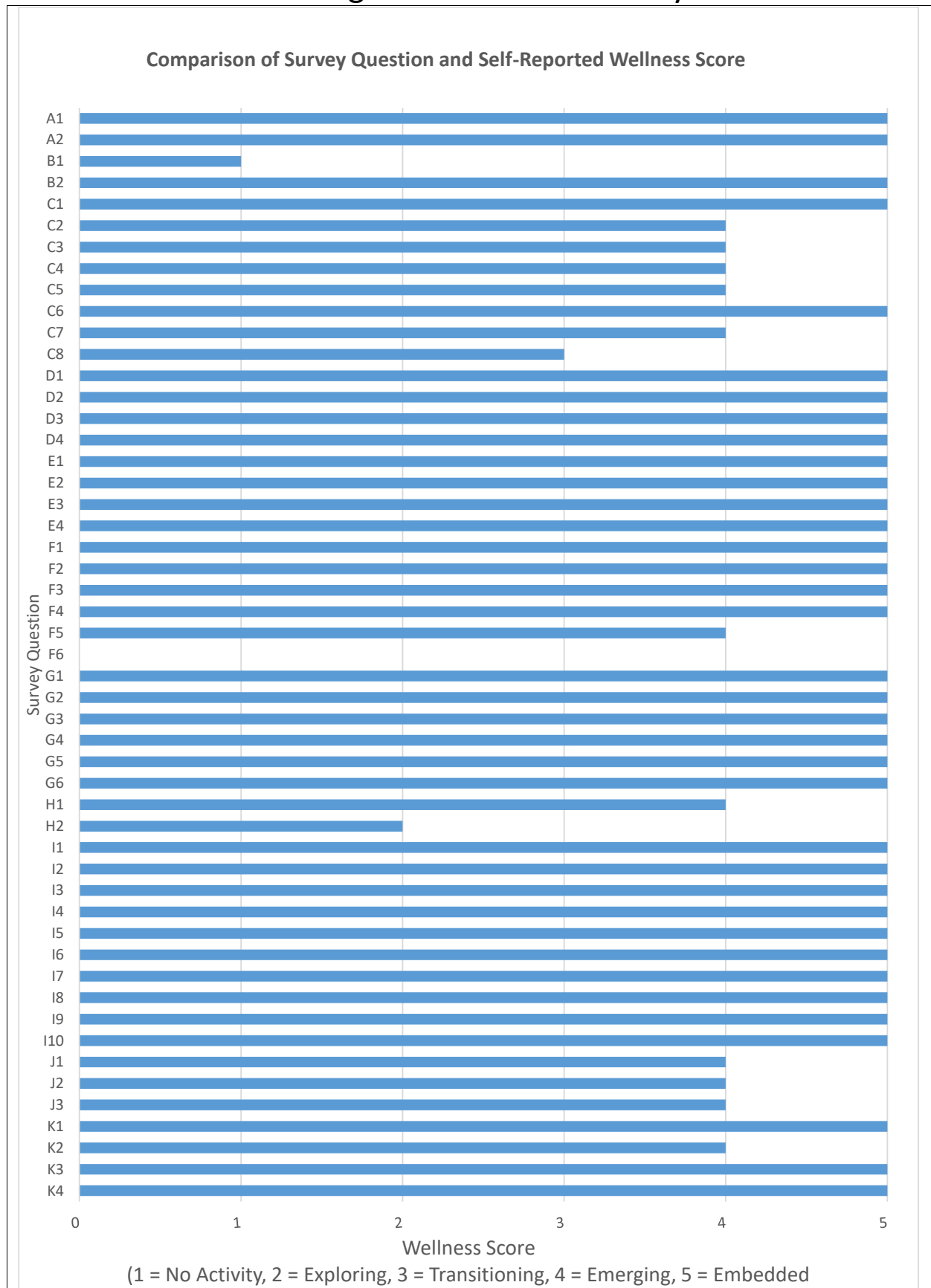
Newington Forest Elementary

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

Newington Forest Elementary



2022-2023 School Wellness Survey Responses

Newington Forest Elementary

Survey Questions Grouped by Wellness Score

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

2022-2023 School Wellness Survey Responses

North Springfield Elementary

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.	Embedded

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

- "Every classroom has 30 minutes of recess everyday."

Section C – Health Education

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

2022-2023 School Wellness Survey Responses

North Springfield Elementary

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.	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

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

2022-2023 School Wellness Survey Responses

North Springfield Elementary

- | | |
|---|--------------------------|
| - 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. | 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. | 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

North Springfield Elementary

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

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

- "Through PTA and school sponsored events "

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 |
| - I10: ELEMENTARY SCHOOLS ONLY: Lunch periods scheduled to follow recess whenever possible. | Embedded |

Section J – Nutrition Education, Promotion, and Food Marketing

2022-2023 School Wellness Survey Responses

North Springfield Elementary

<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.

- “Family Fun Fair, 4th and 5th Grade Dance ”

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.

- “We are excited to get the salad bar soon in our cafeteria

Summary Tables:

2022-2023 School Wellness Survey Responses

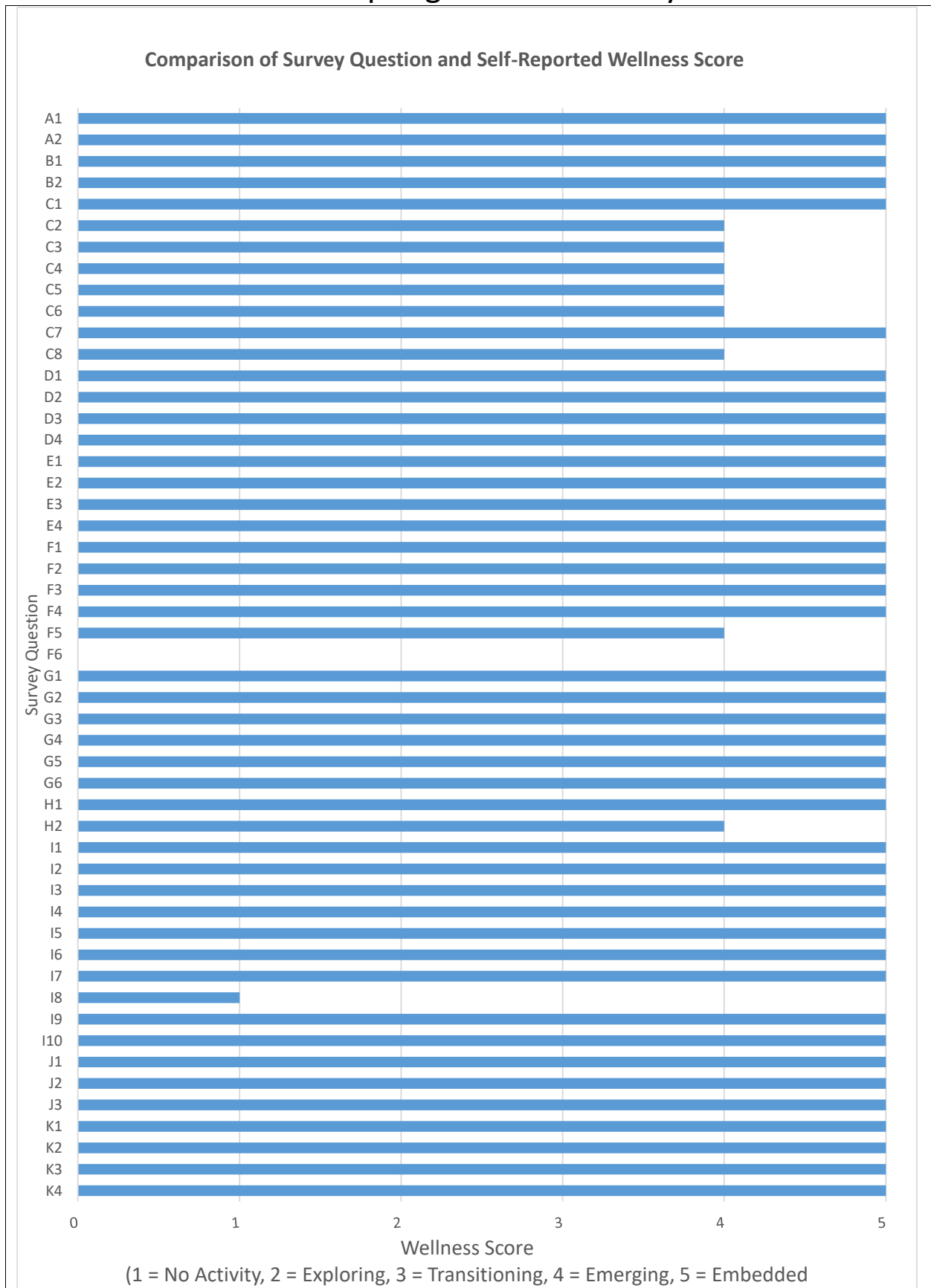
North Springfield Elementary

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2022-2023 School Wellness Survey Responses

North Springfield Elementary



2022-2023 School Wellness Survey Responses

North Springfield Elementary

Survey Questions Grouped by Wellness Score

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

2022-2023 School Wellness Survey Responses

Oak Hill Elementary

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.	Embedded

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

- "Go Noodle used in classrooms, Brain Breaks with physical activity, Oak Hill 6th Grade basketball game, After School Activities (Hip Hop Allstars, Ultimate Dance Fitness), Walk/Bike/Roll to School Day, Stress Less Laugh More week, Sensory walkway, Extra 5 minutes of PE coupons, Field Day, PTA Skate Night, PTA Dance Night, Girls on the Run, Encourage students to walk or bike to school. "

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.	No Activity
- C6: Mental Health Issues (general).	Embedded

2022-2023 School Wellness Survey Responses

Oak Hill Elementary

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

Section D – Health Services

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

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

Section E – Healthy and Safe School Environment

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

- "We are currently under renovation."

2022-2023 School Wellness Survey Responses

Oak Hill Elementary

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.	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.	No Activity
- 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

Oak Hill Elementary

<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.	No Activity

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

- "Shares wellness information with staff and community through News You Choose. Learning Showcase Night, Teacher weekly newsletters."

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.	Exploring

2022-2023 School Wellness Survey Responses

Oak Hill Elementary

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

Section L – Ideas/Comments/Suggestions

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

- “6th grade Basketball game, Field Day, Flu Shots, Girls the Run, OLA Wellness Challenge, Staff Health Challenge”

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.

- “Wellbeats is a great program for staff! It offers fantastic fitness and nutrition opportunities. Do not reduce our staffing in school counselors.”

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

Oak Hill Elementary

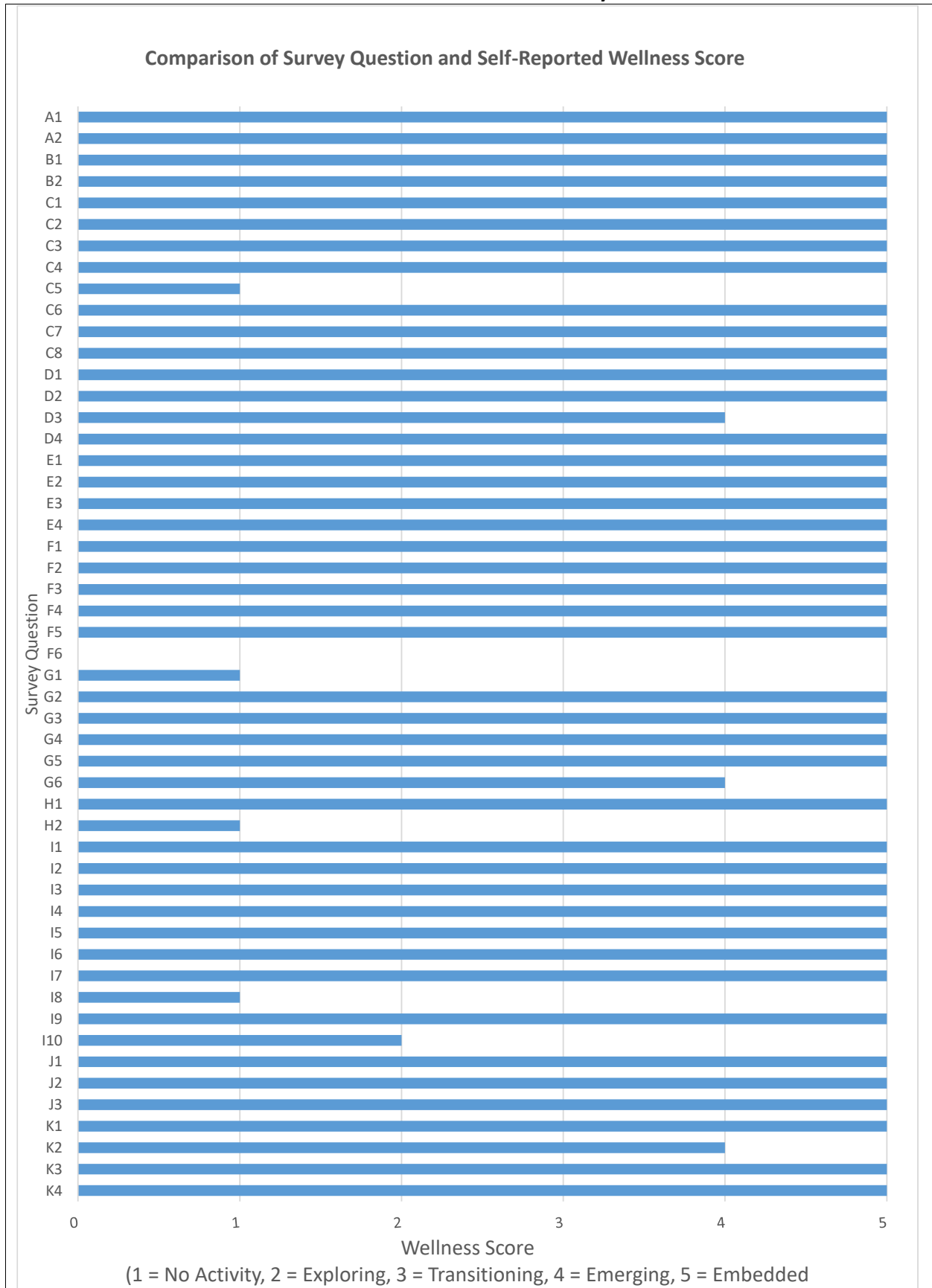
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2022-2023 School Wellness Survey Responses

Oak Hill Elementary



2022-2023 School Wellness Survey Responses

Oak Hill Elementary

Survey Questions Grouped by Wellness Score

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

2022-2023 School Wellness Survey Responses

Oak View Elementary

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.	Embedded

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

- "Multiple shorter recess breaks for primary students and rotational specials schedule to ensure PE not missed on regular basis."

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

Oak View Elementary

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.	Exploring
- 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.

- "Our school location and cross streets do not allow for many walkers - thus not actively encouraging. "

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

Oak View Elementary

- | | |
|---|--------------------------|
| - 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. | 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

Oak View Elementary

- 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.

- "We are developing Wellness committee in collaboration with PTA."

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. | Emerging |

Section J – Nutrition Education, Promotion, and Food Marketing

2022-2023 School Wellness Survey Responses

Oak View Elementary

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

Section L – Ideas/Comments/Suggestions

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

- “Zones of Regulation PD for Families, Dr. Recess Fitness Assembly and Evening event for families”

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

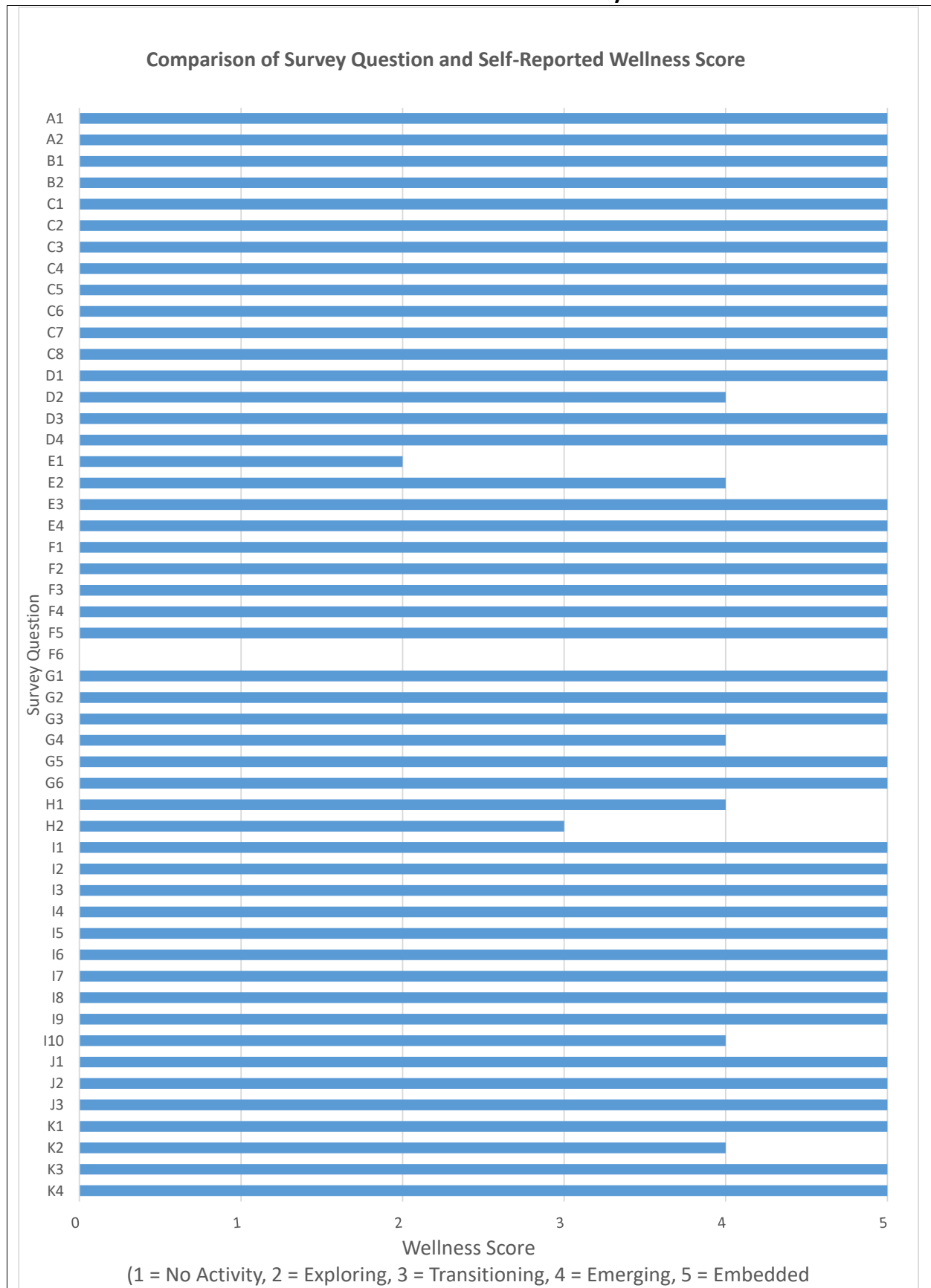
Oak View Elementary

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2022-2023 School Wellness Survey Responses

Oak View Elementary



2022-2023 School Wellness Survey Responses

Oak View Elementary

Survey Questions Grouped by Wellness Score

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

2022-2023 School Wellness Survey Responses

Oakton Elementary

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.	Embedded

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

- "Sensory Hallways, Go Noodle Brain Breaks, Outdoor recess, Field Day"

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

Oakton Elementary

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 bus only school due to location thus can't promote walk/bike"

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

Oakton Elementary

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

Section H – Family and Community Involvement

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

2022-2023 School Wellness Survey Responses

Oakton Elementary

- 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.

- "Parents invited to activities, share info weekly, teach strategies weekly"

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

Section J – Nutrition Education, Promotion, and Food Marketing

2022-2023 School Wellness Survey Responses

Oakton Elementary

<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.	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.

- “Wellness challenge, 6th grade basketball game, field day”

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.

- “health lessons, more opportunities for movement”

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

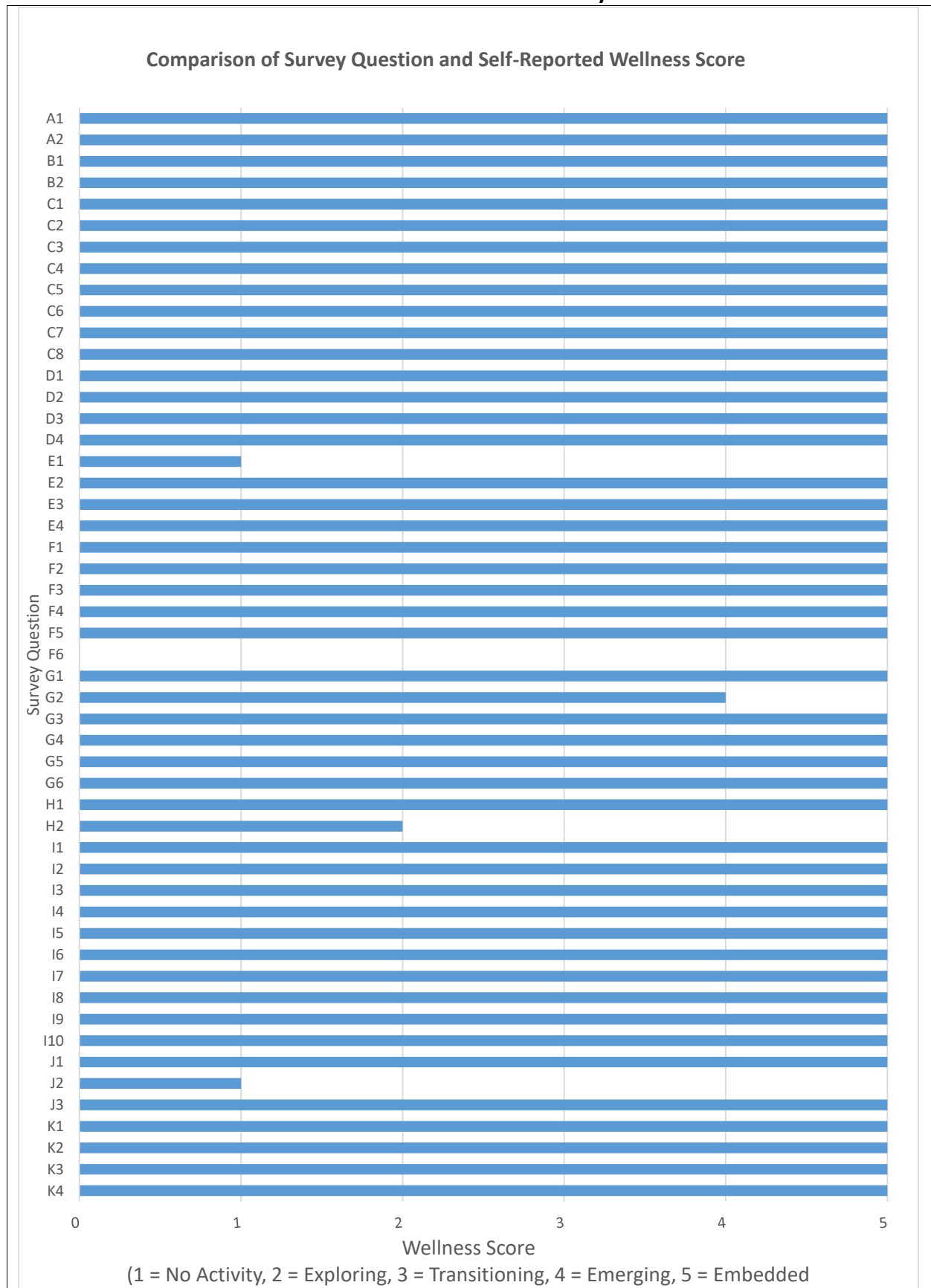
Oakton Elementary

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2022-2023 School Wellness Survey Responses

Oakton Elementary



2022-2023 School Wellness Survey Responses

Oakton Elementary

Survey Questions Grouped by Wellness Score

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
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2022-2023 School Wellness Survey Responses

Olde Creek Elementary

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.	Embedded

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

- "Principal's Walking Club, Wellness Wednesdays, Reading Fitness Quest, Brain breaks, Walking breaks, Fitness facts, Jump Rope Club, Hip Hop 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.	Emerging
- C5: Suicide Prevention and Awareness.	Emerging
- C6: Mental Health Issues (general).	Embedded
- C7: Relationship of Healthy Sleep to Mental Health.	Embedded

2022-2023 School Wellness Survey Responses

Olde Creek Elementary

- C8: Substance Abuse Prevention. Embedded

Section D – Health Services

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

- D1: FCPS' protocols with respect to student disclosure and display of concerning behaviors, such as harm to self or others. Embedded
- D2: Students have regular access to public health nurses to address health, safety, and psychological issues. Embedded
- D3: Required staff in our school maintain requisite levels of training in emergency first aid, CPR, and AED per the Code of Virginia. Embedded
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Section E – Healthy and Safe School Environment

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

- E1: Encourages children to safely walk or bike to and from school. Embedded
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- 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

Olde Creek Elementary

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

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| - 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

Olde Creek Elementary

- | | |
|--|---------------|
| - 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.

- "Principal's Walking Club, Reading Fitness Quest, Jump Rope Club"

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

Section J – Nutrition Education, Promotion, and Food Marketing

2022-2023 School Wellness Survey Responses

Olde Creek Elementary

<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
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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.

- “Laps for Learning, Principal's Walking Club, Reading Fitness Quest, Leprechaun Wellness Challenge”

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

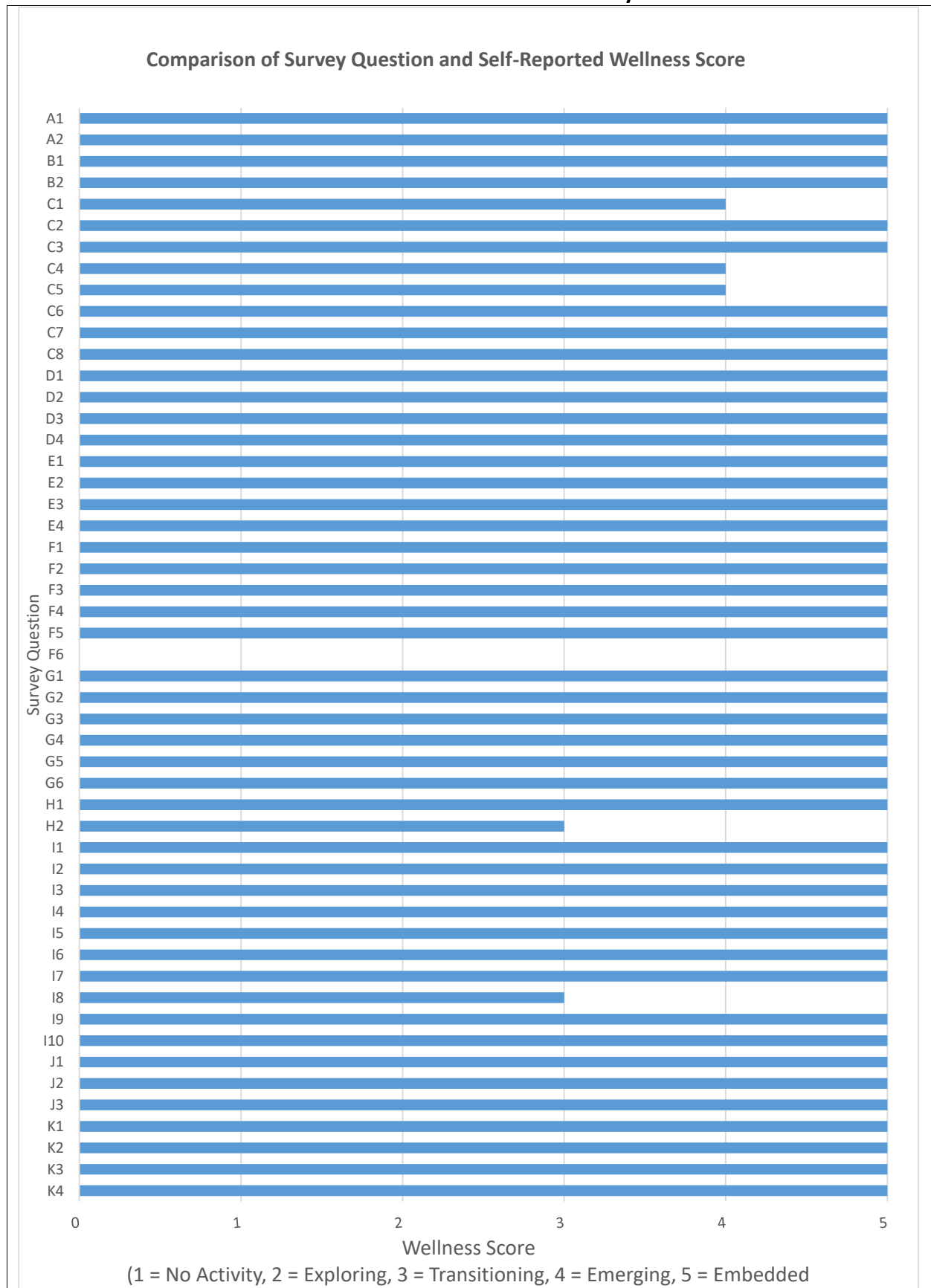
Olde Creek Elementary

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2022-2023 School Wellness Survey Responses

Olde Creek Elementary



2022-2023 School Wellness Survey Responses

Olde Creek Elementary

Survey Questions Grouped by Wellness Score

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

2022-2023 School Wellness Survey Responses

Orange Hunt Elementary

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.	Embedded

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

- "movement breaks are built into instructional time"

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.	Exploring
- 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

Orange Hunt Elementary

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

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

- "None"

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

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

2022-2023 School Wellness Survey Responses

Orange Hunt Elementary

- | | |
|---|--------------------------|
| - 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. | 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. | 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. | Transitioning |
| - G5: Awareness of the Employee Assistance Program Services. | Emerging |
| - G6: Staff celebrations that offer and encourage healthy choices for food and beverages. | Transitioning |

Section H – Family and Community Involvement

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

2022-2023 School Wellness Survey Responses

Orange Hunt Elementary

- | | |
|--|-------------|
| - 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.

- "None"

Section I – Food and Nutrition General

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

Response

- | | |
|--|-------------|
| - I1: All students have at least 20 minutes to eat after sitting down for lunch. | Embedded |
| - I2: Students who participate in school meal programs have equal access to the same high-quality food and nutrition as do non-participants who purchase FCPS-provided food. | Embedded |
| - I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities. | Embedded |
| - I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals. | Embedded |
| - I5: Encourages the use of non-food items for classroom celebrations. | Embedded |
| - I6: Withholding access to food is not used as a disciplinary action. | Embedded |
| - 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. | Emerging |

Section J – Nutrition Education, Promotion, and Food Marketing

2022-2023 School Wellness Survey Responses

Orange Hunt Elementary

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

Section L – Ideas/Comments/Suggestions

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

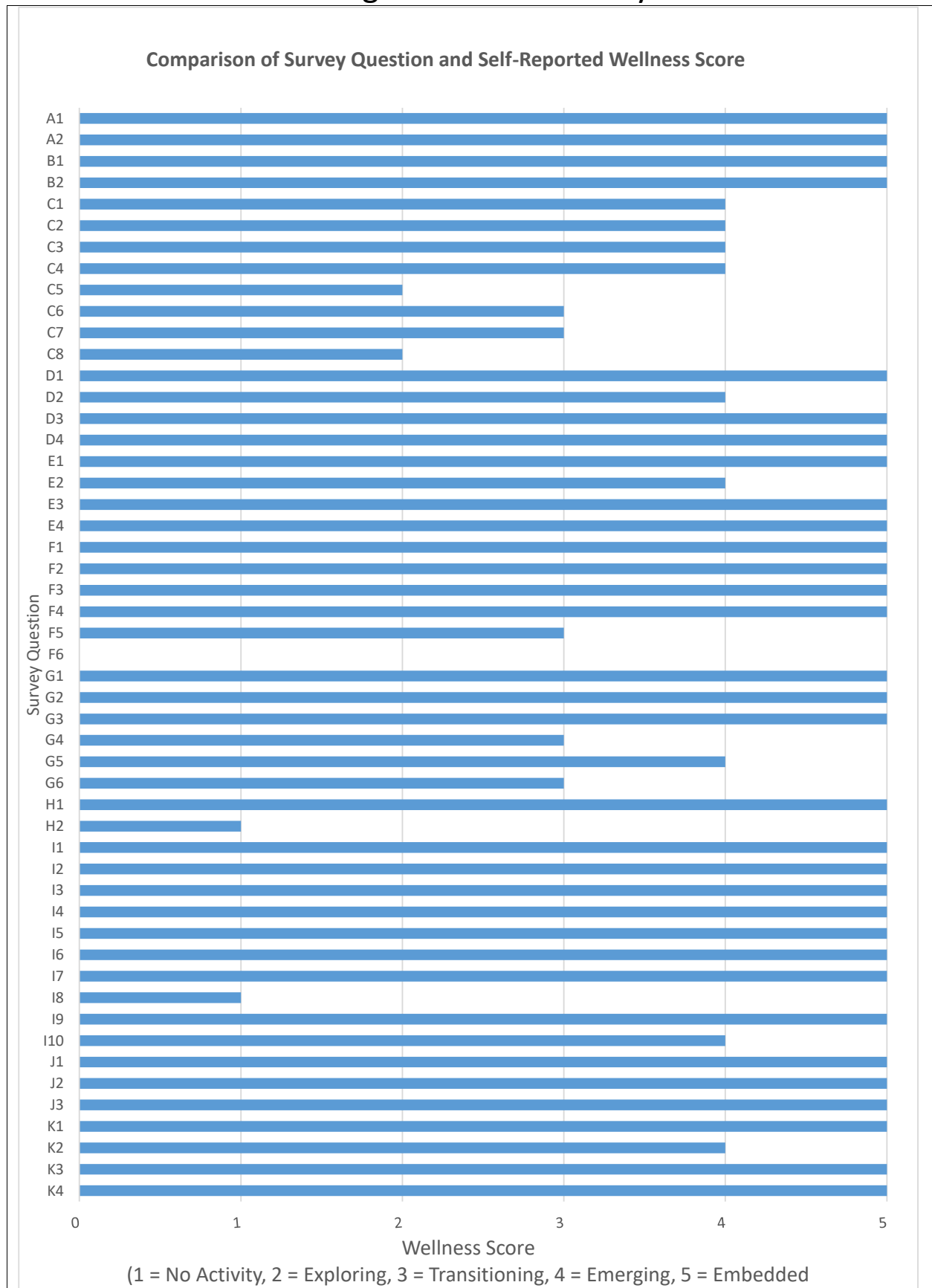
Orange Hunt Elementary

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2022-2023 School Wellness Survey Responses

Orange Hunt Elementary



2022-2023 School Wellness Survey Responses

Orange Hunt Elementary

Survey Questions Grouped by Wellness Score

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H2, I8	C5, C8	C6, C7, F5, G4, G6	C1, C2, C3, C4, D2, E2, G5, I10, K2	A1, A2, B1, B2, D1, D3, D4, E1, E3, E4, F1, F2, F3, F4, G1, G2, G3, H1, I1, I2, I3, I4, I5, I6, I7, I9, J1, J2, J3, K1, K3, K4

2022-2023 School Wellness Survey Responses

Parklawn Elementary

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.	Embedded

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

- "Daily 30 minutes consecutive recess, after school yoga and running clubs, special school events (Turkey Trot)"

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

Parklawn Elementary

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.	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.

- "Community not walkable and most students take the bus"

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

Parklawn Elementary

- | | |
|---|--------------------------|
| - 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. | 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

Parklawn Elementary

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

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

- "Family Coffee and parent presentations focused on health and wellness"

Section I – Food and Nutrition General

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

Response

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

Section J – Nutrition Education, Promotion, and Food Marketing

2022-2023 School Wellness Survey Responses

Parklawn Elementary

<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.

- “parent presentations and family coffees focused on health and wellness, yoga and running clubs, school events (Turkey Trot), mindfulness Mondays, creation of the Zen Den (calming area), sensory bins and SEL books provided to each classroom, regular classroom counseling lessons on 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.

- “Bring back Fresh Fruit and Vegetable Program to our high-need, high-poverty school. It was a huge hit with our staff and students and a great opportunity for healthy eating. Also, our playground size is insufficient for the size of our 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.

- “Establish consistent guidelines for playground size and equipment based on number of students at the school.

2022-2023 School Wellness Survey Responses

Parklawn Elementary

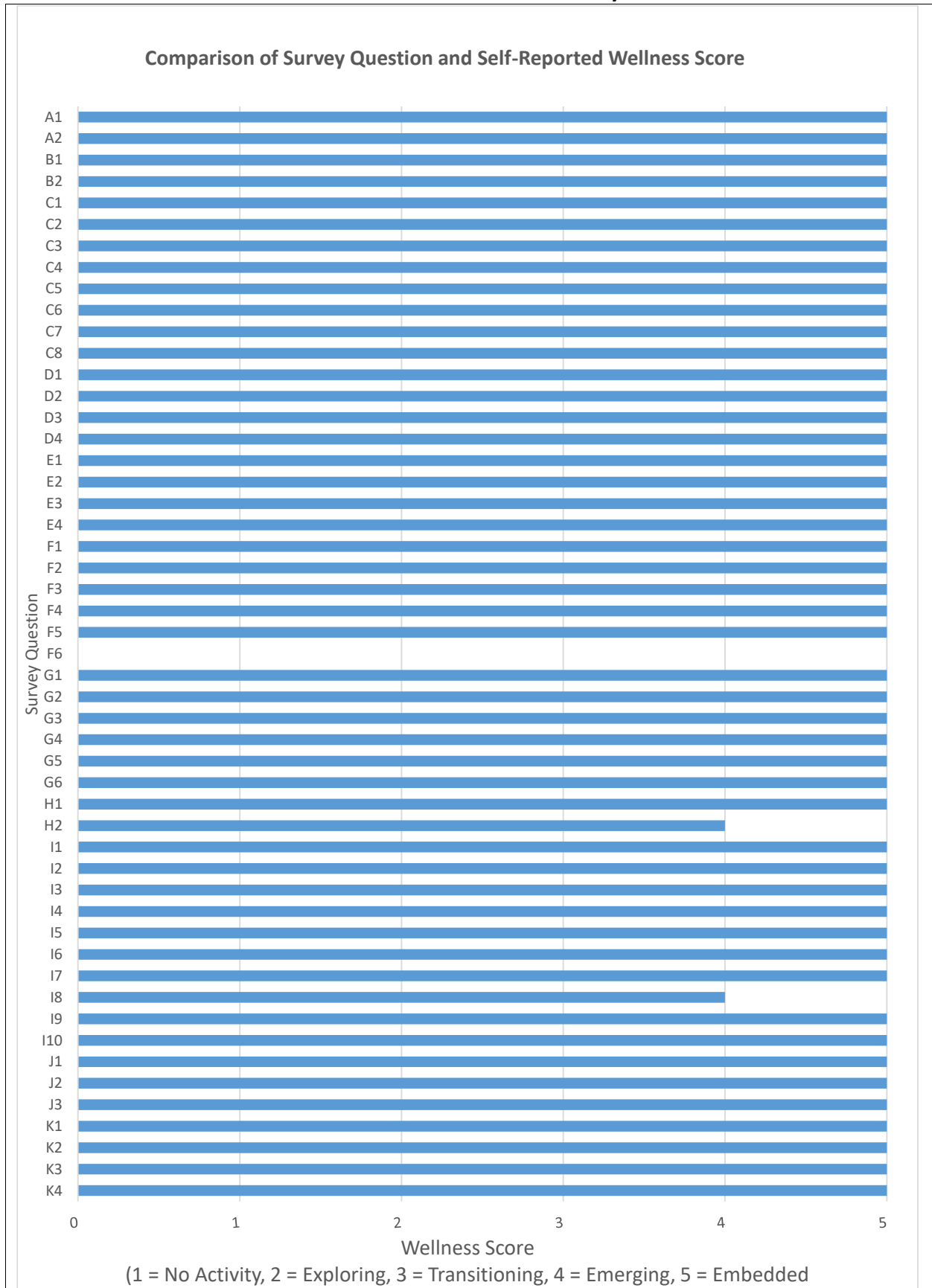
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2022-2023 School Wellness Survey Responses

Parklawn Elementary



2022-2023 School Wellness Survey Responses

Parklawn Elementary

Survey Questions Grouped by Wellness Score

No Activity (Score = 1)	Exploring (Score = 2)	Transitioning (Score =3)	Emerging (Score =4)	Embedded (Score =5)
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2022-2023 School Wellness Survey Responses

Pine Spring Elementary

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.	Embedded

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.	Transitioning
- C2: Stress Management.	Emerging
- C3: Coping Skills.	Emerging
- C4: Depression.	No Activity
- C5: Suicide Prevention and Awareness.	Emerging
- C6: Mental Health Issues (general).	Emerging
- C7: Relationship of Healthy Sleep to Mental Health.	Transitioning
- C8: Substance Abuse Prevention.	Transitioning

2022-2023 School Wellness Survey Responses

Pine Spring Elementary

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.	Exploring
- 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>
---	-----------------

2022-2023 School Wellness Survey Responses

Pine Spring Elementary

- | | |
|---|--------------------------|
| - 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. | Emerging |
| - F5: Provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance. | Emerging |
| - F6: MIDDLE AND HIGH SCHOOLS ONLY: Academic advising encourages flexibility in course scheduling to promote adequate sleep and healthy sleep patterns to affect student mental health, wellness, and attendance. | 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

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

Section H – Family and Community Involvement

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

2022-2023 School Wellness Survey Responses

Pine Spring Elementary

- | | |
|--|-----------|
| - 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.

- "Yoga4Schools family learning."

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 |
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| - 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. | Embedded |

Section J – Nutrition Education, Promotion, and Food Marketing

2022-2023 School Wellness Survey Responses

Pine Spring Elementary

<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.	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.	Exploring
- 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.

- “Yoga4Schools parent event, Afterschool SEL program, Bobcat Bootcamp, Running Club”

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

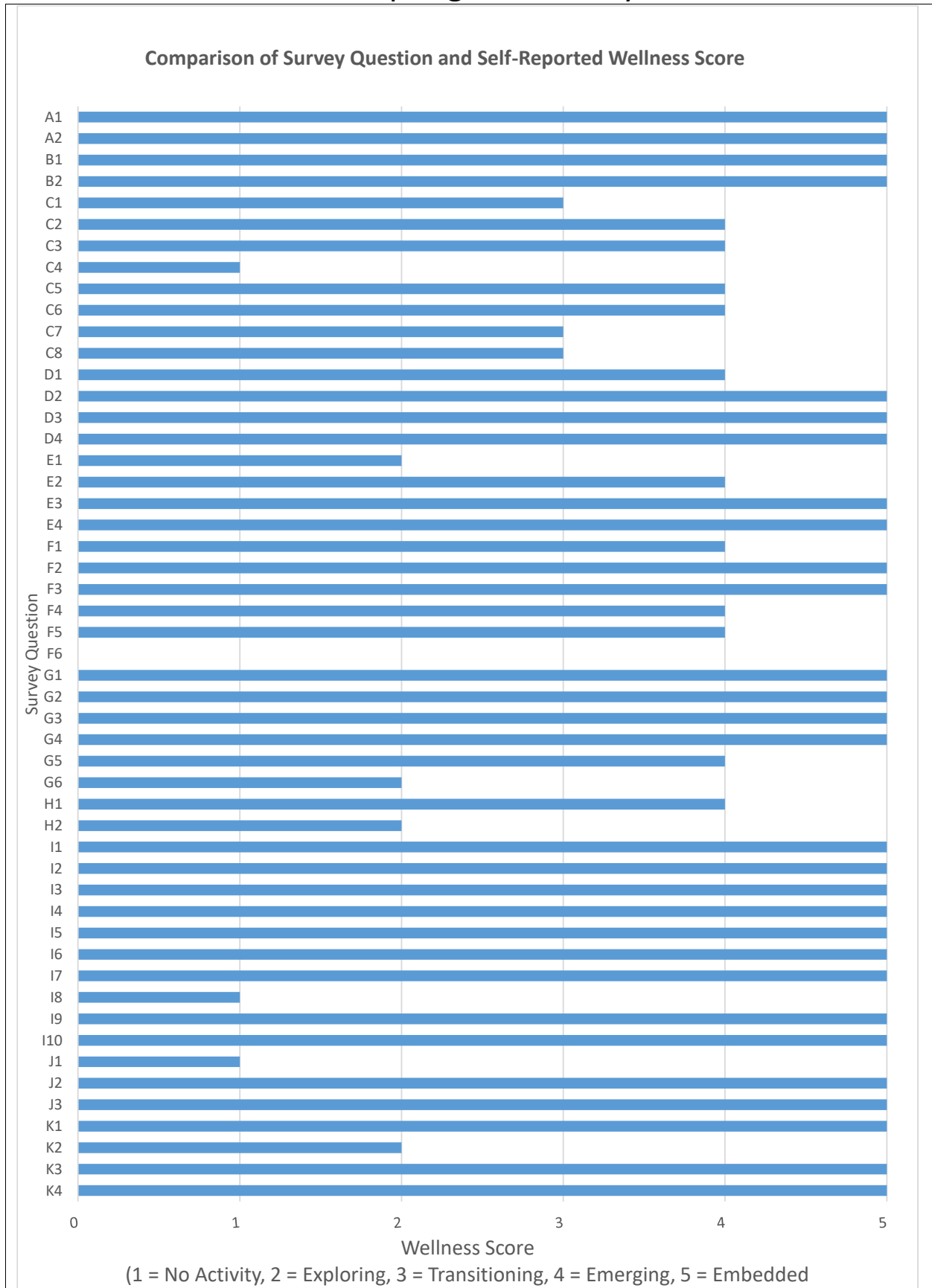
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2022-2023 School Wellness Survey Responses

Pine Spring Elementary



2022-2023 School Wellness Survey Responses

Pine Spring Elementary

Survey Questions Grouped by Wellness Score

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

2022-2023 School Wellness Survey Responses

Poplar Tree Elementary

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.	Embedded

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

- "We ensure that all students are encouraged to move and have choice in those movement 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.	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

Poplar Tree Elementary

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.	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

<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

Poplar Tree Elementary

- | | |
|---|--------------------------|
| - 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. | 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. | 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. | 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

Poplar Tree Elementary

- | | |
|--|-----------|
| - 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. | 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. | Embedded |

Section J – Nutrition Education, Promotion, and Food Marketing

2022-2023 School Wellness Survey Responses

Poplar Tree Elementary

<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.

- “Walk to school day, Fun Runs, Field Day, EOY Basketball 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”

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

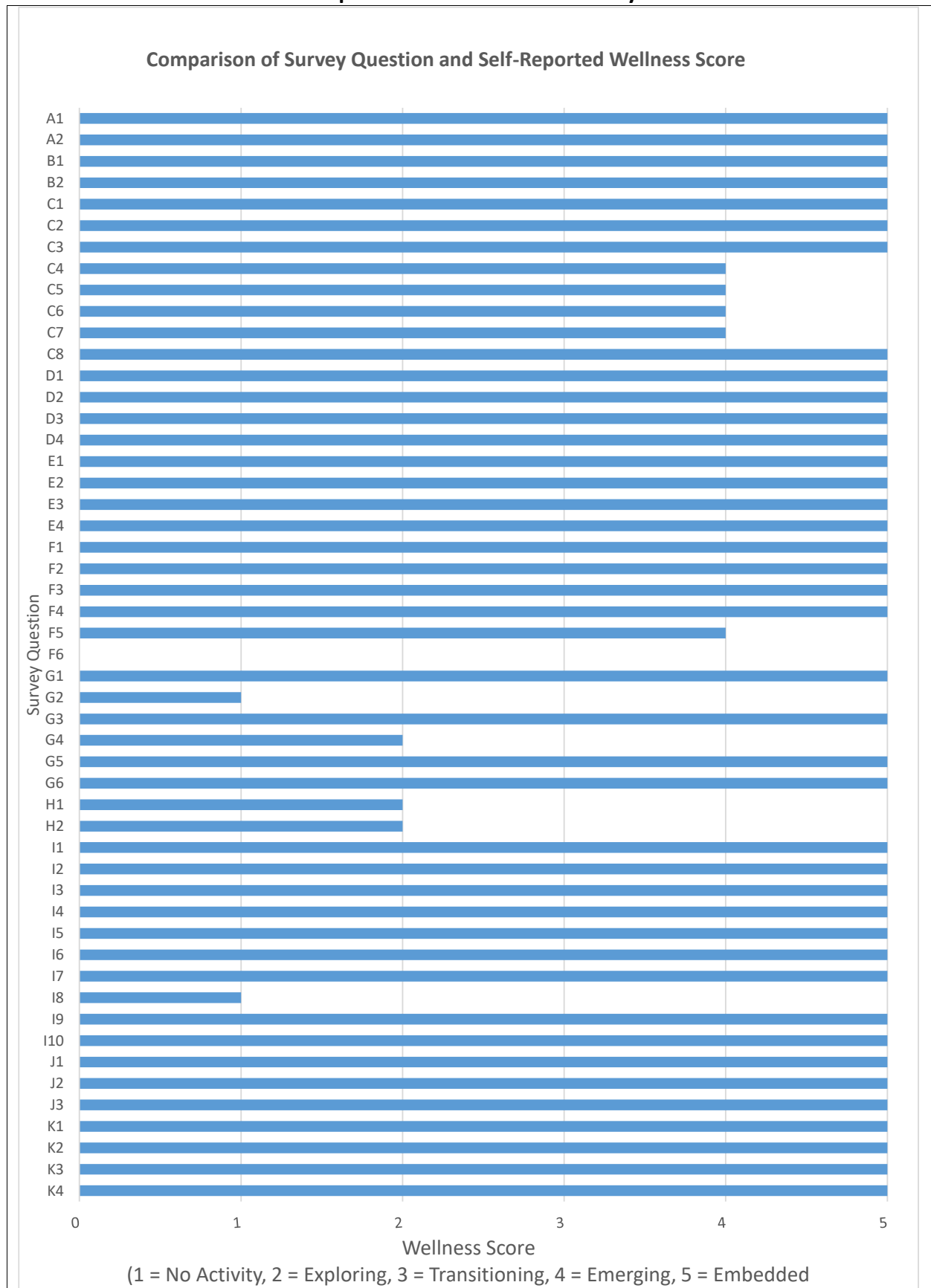
Poplar Tree Elementary

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

Poplar Tree Elementary



2022-2023 School Wellness Survey Responses

Poplar Tree Elementary

Survey Questions Grouped by Wellness Score

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

2022-2023 School Wellness Survey Responses

Powell Elementary

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.	Embedded

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

- "We have 30 minutes of recess everyday."

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.	No Activity
- 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

Powell Elementary

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.	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

<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

Powell Elementary

- | | |
|---|--------------------------|
| - 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. | 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

Powell Elementary

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

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

- "Before and after school cardio club for grades 3-6. Clinical team and parent liasons connect with families on an as need basis."

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

2022-2023 School Wellness Survey Responses

Powell Elementary

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.

- “Cardio club, family/staff SEL book study”

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.

- “na”

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”

2022-2023 School Wellness Survey Responses

Powell Elementary

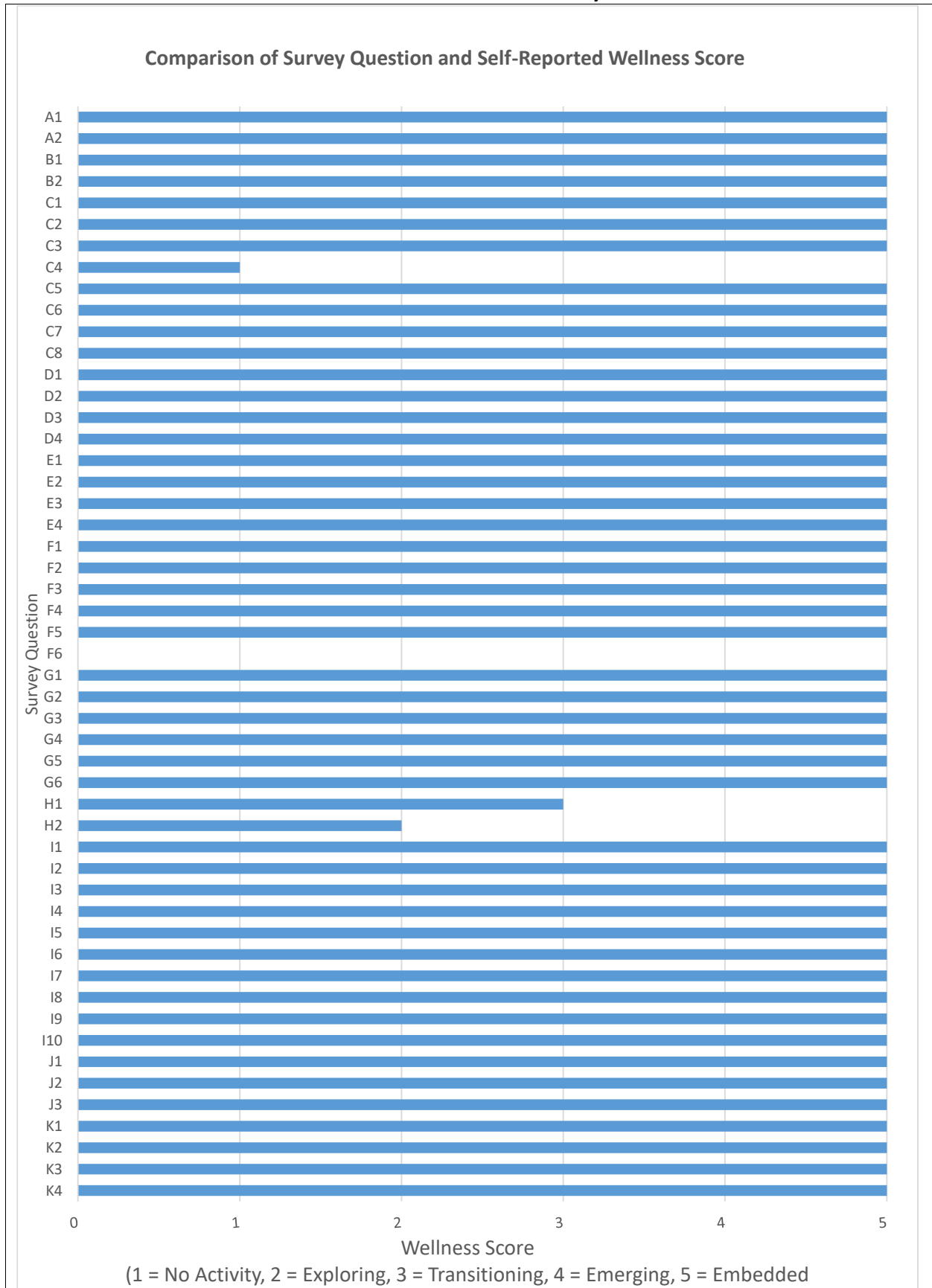
Summary Tables:

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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

Powell Elementary



2022-2023 School Wellness Survey Responses

Powell Elementary

Survey Questions Grouped by Wellness Score

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

2022-2023 School Wellness Survey Responses

Providence Elementary

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.	Embedded

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.	Transitioning
- C8: Substance Abuse Prevention.	Transitioning

2022-2023 School Wellness Survey Responses

Providence Elementary

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.	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

<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

Providence Elementary

- | | |
|---|--------------------------|
| - 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. | 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. | Emerging |
| - G5: Awareness of the Employee Assistance Program Services. | Embedded |
| - G6: Staff celebrations that offer and encourage healthy choices for food and beverages. | Embedded |

Section H – Family and Community Involvement

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

Providence Elementary

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

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

- "None"

Section I – Food and Nutrition General

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

- I1: All students have at least 20 minutes to eat after sitting down for lunch. Embedded
- I2: Students who participate in school meal programs have equal access to the same high-quality food and nutrition as do non-participants who purchase FCPS-provided food. Embedded
- I3: Student tutoring, meetings, and club activities are not scheduled during mealtimes unless students may eat during such activities. Embedded
- I4: Measures in place to prevent overt identification of students who are eligible for free and reduced-price school meals. Embedded
- I5: Encourages the use of non-food items for classroom celebrations. Embedded
- I6: Withholding access to food is not used as a disciplinary action. Embedded
- 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. Embedded

Section J – Nutrition Education, Promotion, and Food Marketing

2022-2023 School Wellness Survey Responses

Providence Elementary

<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

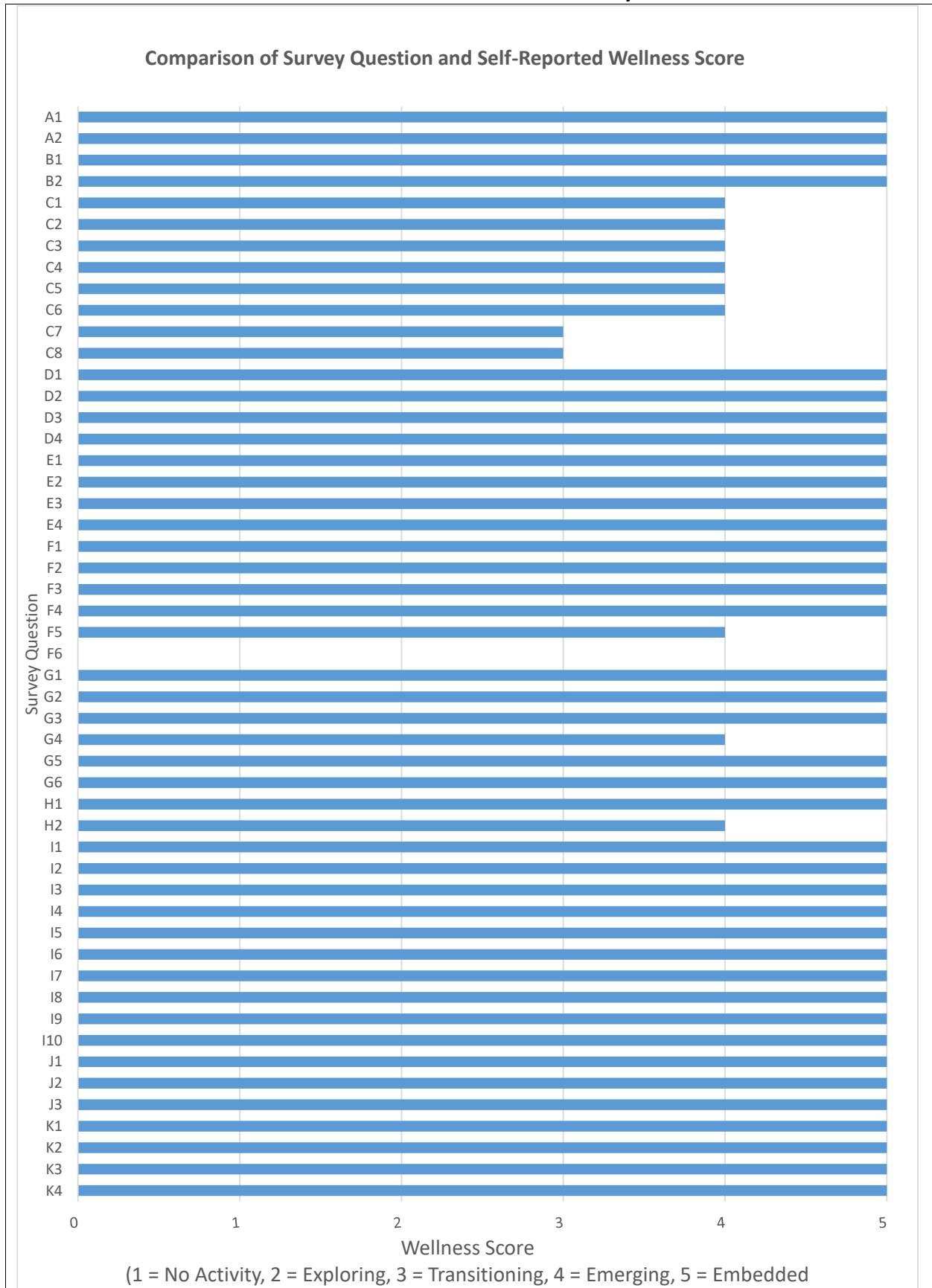
Providence Elementary

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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

Providence Elementary



2022-2023 School Wellness Survey Responses

Providence Elementary

Survey Questions Grouped by Wellness Score

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

2022-2023 School Wellness Survey Responses

Ravensworth Elementary

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.	Embedded

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

- "This year we were very intentional about teaching students how to play on playground equipment and how to play various games during recess."

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.	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

2022-2023 School Wellness Survey Responses

Ravensworth Elementary

- C8: Substance Abuse Prevention. Embedded

Section D – Health Services

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

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

Section E – Healthy and Safe School Environment

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

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

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

Ravensworth Elementary

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

Ravensworth Elementary

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

Section J – Nutrition Education, Promotion, and Food Marketing

2022-2023 School Wellness Survey Responses

Ravenworth Elementary

<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

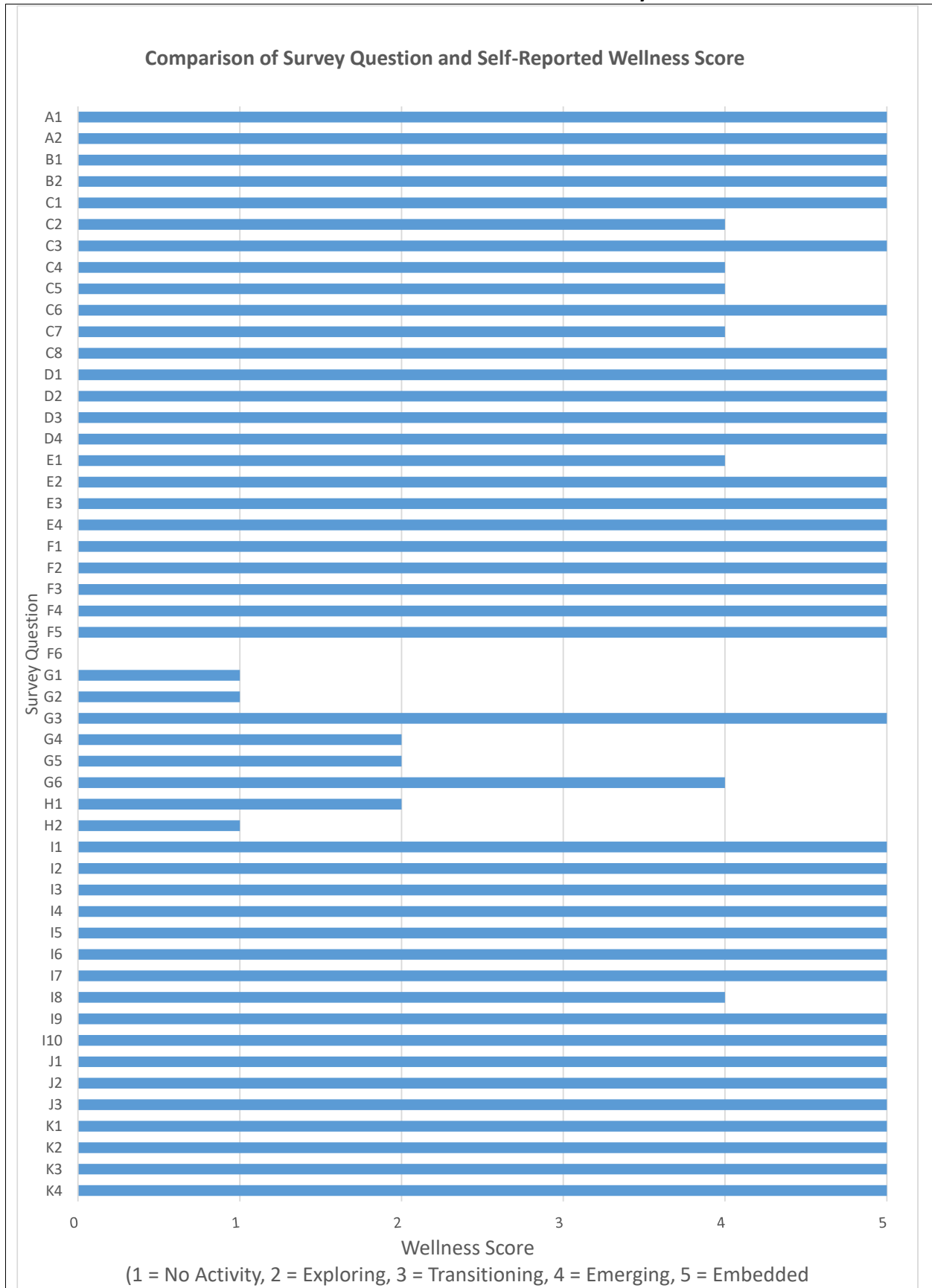
Ravensworth Elementary

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

Ravensworth Elementary



2022-2023 School Wellness Survey Responses

Ravensworth Elementary

Survey Questions Grouped by Wellness Score

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

2022-2023 School Wellness Survey Responses

Riverside Elementary

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.

- "After school clubs (sports and rec, jump rope)"

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.	Exploring
- C3: Coping Skills.	Embedded
- C4: Depression.	Exploring
- C5: Suicide Prevention and Awareness.	Exploring
- C6: Mental Health Issues (general).	Emerging
- C7: Relationship of Healthy Sleep to Mental Health.	Exploring
- C8: Substance Abuse Prevention.	Exploring

2022-2023 School Wellness Survey Responses

Riverside Elementary

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.	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

<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

Riverside Elementary

- 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. Embedded
- G5: Awareness of the Employee Assistance Program Services. Embedded
- G6: Staff celebrations that offer and encourage healthy choices for food and beverages. Emerging

Section H – Family and Community Involvement

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

2022-2023 School Wellness Survey Responses

Riverside Elementary

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

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

- "Parent workshops, messages to community, lessons to classes"

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. | 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. | Emerging |

Section J – Nutrition Education, Promotion, and Food Marketing

2022-2023 School Wellness Survey Responses

Riverside Elementary

<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.	Exploring
- 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.

- “Wellness Wednesdays; Wellness Spirit Week; Parent workshops; Staff wellness month activities”

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.

- “Wellness Audit Tool”

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

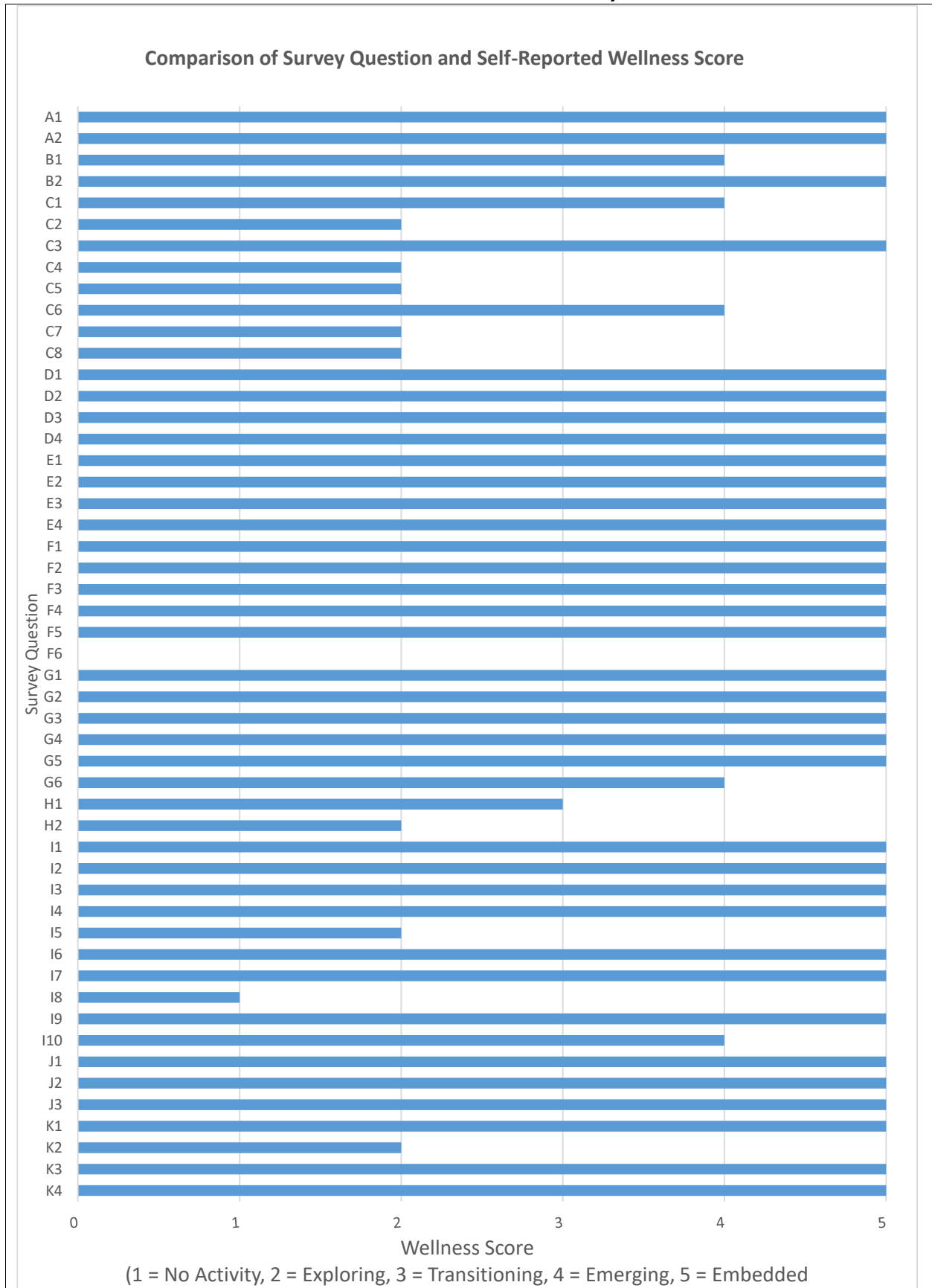
Riverside Elementary

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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

Riverside Elementary



2022-2023 School Wellness Survey Responses

Riverside Elementary

Survey Questions Grouped by Wellness Score

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

2022-2023 School Wellness Survey Responses

Rolling Valley Elementary

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.	Embedded

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

- "In addition to school activities, the PTA runs a number of physical activities after school."

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.	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.	Embedded

2022-2023 School Wellness Survey Responses

Rolling Valley Elementary

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

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>
---	-----------------

2022-2023 School Wellness Survey Responses

Rolling Valley Elementary

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

<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. | 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

<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

Rolling Valley Elementary

- 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 need to do more in this area."

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. 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. Embedded

Section J – Nutrition Education, Promotion, and Food Marketing

2022-2023 School Wellness Survey Responses

Rolling Valley Elementary

<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.

- “Flu shots for staff and general PE lessons.”

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've implemented buddy learning partnerships and community school gatherings to help students connect with those who are not in their grade level.”

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

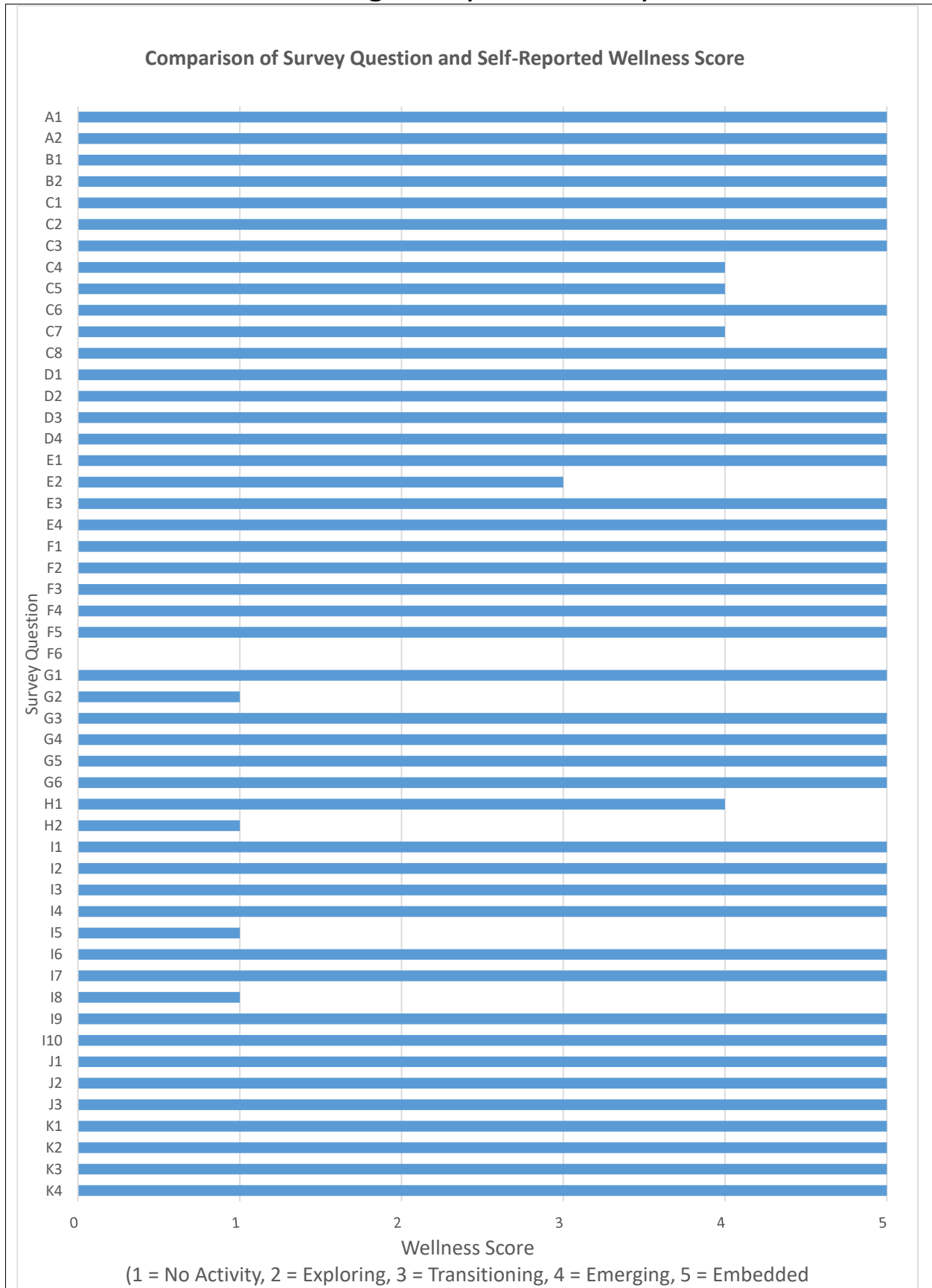
Rolling Valley Elementary

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

Rolling Valley Elementary



2022-2023 School Wellness Survey Responses

Rolling Valley Elementary

Survey Questions Grouped by Wellness Score

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

2022-2023 School Wellness Survey Responses

Rose Hill Elementary

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.

- "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.	Transitioning
- C2: Stress Management.	Emerging
- C3: Coping Skills.	Emerging
- C4: Depression.	Emerging
- C5: Suicide Prevention and Awareness.	Transitioning
- C6: Mental Health Issues (general).	Emerging
- C7: Relationship of Healthy Sleep to Mental Health.	Exploring
- C8: Substance Abuse Prevention.	Transitioning

2022-2023 School Wellness Survey Responses

Rose Hill Elementary

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.	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.	Transitioning
- E2: Promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults.	Emerging
- E3: School buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560.	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.

- "We do not have an adaptive playground which is a huge barrier for many of our students to access it."

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

Section H – Family and Community Involvement

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

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

Section J – Nutrition Education, Promotion, and Food Marketing

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<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.	No Activity
- 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.	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.

- “Ride and Roll to School Day”

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.

- “Additional Counselors at the Elementary Level”

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

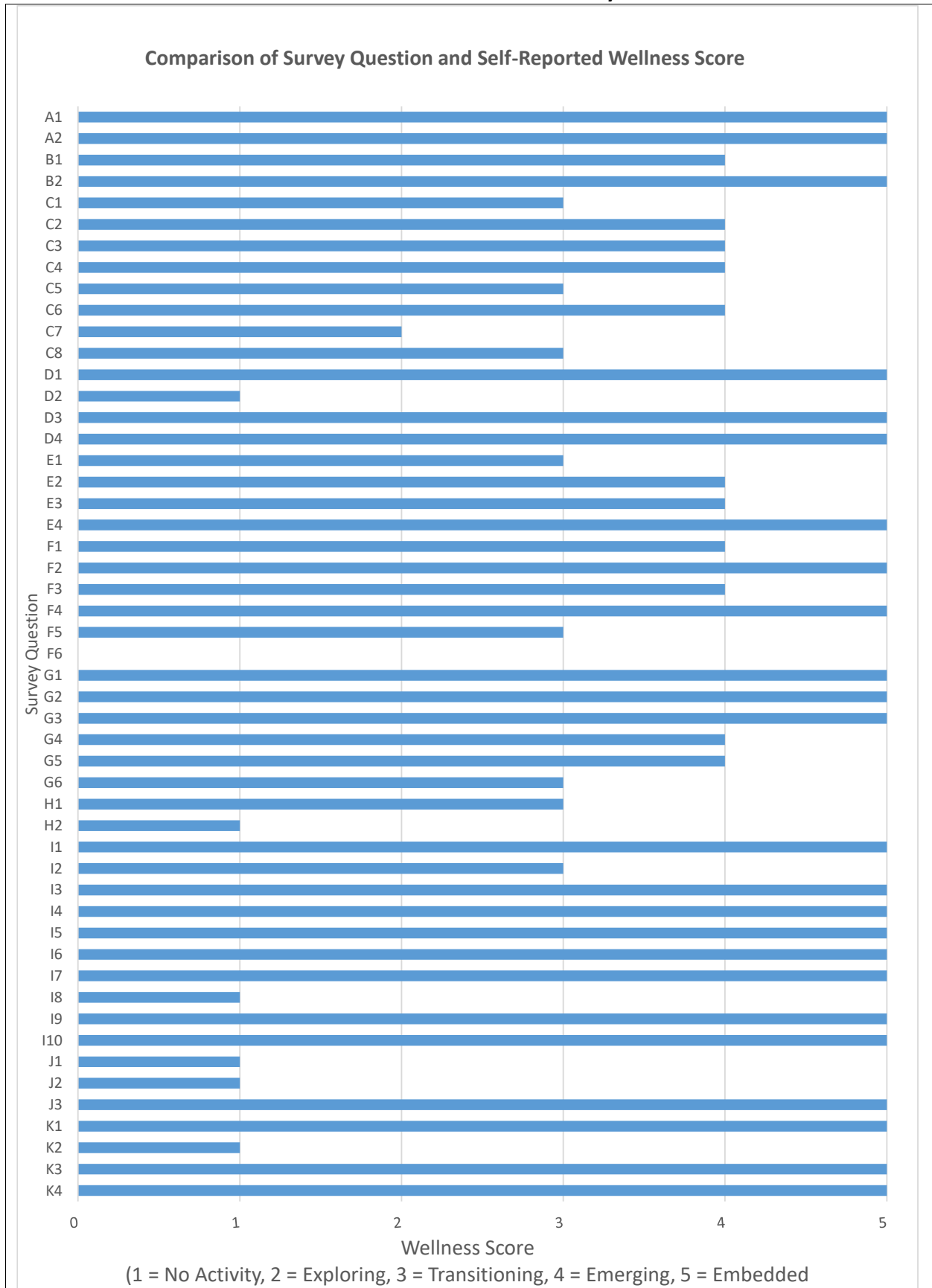
Rose Hill Elementary

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.

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Survey Questions Grouped by Wellness Score

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