Office of Student Health and Wellness

The Office of Student Health and Wellness (OSHW) aims to eliminate health-related barriers to learning and advance health equity in Chicago.
Office of Student Health and Wellness

- Health Promotion
  - Wellness Policies, Sexual Health Education, Early Childhood Wellness, School Food Promotion, School Gardens, Chronic Conditions, Safe & Supportive Environments

- Health Information
  - Evaluation, Communications, Technical Assistance, Surveys, Data Management, Reporting

- Student Health Services
  - Vision and Hearing Screening/Exams, Dental Exams, School Based Health Centers

- Children and Family Benefits
  - Medicaid and SNAP (Food Stamps) Enrollment
Healthy CPS Indicator is the first ever comprehensive health-focused measure that is included on the CPS school progress report. Partners and parents are able to identify if their school is meeting key policies and initiatives that focus on chronic disease, health services, health and physical education and school wellness.
HEALTHY CPS INDICATOR

• Aids schools in meeting existing requirements (encompasses over 48 federal, state, and local wellness policies)

• Helps schools coordinate a comprehensive healthy school environment for students to learn

• Recognizes schools’ efforts for creating healthy school environments for students to learn

• Healthy kids attend school and achieve higher academically!
Healthy CPS: What is it?

Communications initiative for policy implementation

Tool for compliance monitoring

A movement for schools
HEALTHY CPS BADGES
CHRONIC DISEASE BADGE

• Supporting students with chronic disease:
  • Student identification
  • Proper accommodations
  • Staff training

• Chronic conditions supported:
  • Asthma
  • Food Allergies
  • Diabetes
INSTRUCTION BADGE

• Ensure students are provided accurate, high-quality and comprehensive:
  • Nutrition Education
  • Physical Education
  • Sexual Health Education
LEARNWELL BADGE

• Ensures student access to healthy foods and physical activity
  • Recess
  • Nutrition standards
  • Physical activity integration
  • Safe and Supportive Environments
  • School gardens
  • Healthy Fundraisers, Rewards and Celebrations
  • Safe and Supportive Environments for LGBTQ+
HEALTH SERVICES BADGE

• Promotes student access to
  • Vision & Hearing Screening
  • Dental Exam Program
  • Vision Exam Program
  • State required immunizations and physical exams
Wellness Champion & Wellness Team

Wellness Champion: should be a CPS employee whose role is to promote health and wellness initiatives to create a healthier school environment for its students.

Wellness Team: can potentially consist of the following team members…

● Wellness Champion
● Medicaid Designee
● Delegated Care Aide
● Sexual Health Ed Instructor
● School Clerk
● School Nurse
● Early Childhood Rep
● PE/ Health Teacher(s)
● Dining Manager
● Case Manager
● Garden Coordinator
● Medical Compliance Designee
● Counselor(s)
● Recess Designee
● Parent, Student, or Partner

Update your wellness champion & medicaid designee information here.
Download the interactive Healthy CPS checklist [here](#).
HEALTHY CPS ACTION PLAN
Schools can determine priorities for the school year based on Healthy CPS Checklist. Contact OSHW@cps.edu for questions or more information.

<table>
<thead>
<tr>
<th>CRITERIA</th>
<th>GOAL</th>
<th>ACTION STEPS</th>
<th>LEAD PERSON</th>
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<tbody>
<tr>
<td><strong>CHRONIC DISEASE</strong></td>
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<tr>
<td>The Healthy CPS Chronic Disease badge measures whether schools are effectively providing a safe and supportive environment for students with chronic conditions including asthma, food allergies, and diabetes. This is accomplished through:</td>
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<tr>
<td>• Student identification</td>
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<td>• Proper accommodations</td>
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<td>• Staff training as it relates to chronic condition management and emergency response.</td>
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| **INSTRUCTION** |      |              |             |
| The Healthy CPS Instruction badge measures whether schools provide students dedicated instructional time for the following content areas: |      |              |             |
| • Nutrition Education |      |              |             |
| • Physical Education |      |              |             |
| • Sexual Health Education |      |              |             |
HEALTHY CPS ACTION PLAN

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<td>The Healthy CPS LearnWELL badge measures whether schools provide access to healthy foods and physical activity to students throughout the school day. This is accomplished through:</td>
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<tr>
<td>• Healthy Fundraisers, Rewards and Celebrations</td>
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<tr>
<td>• Nutrition standards for any food served in school</td>
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<td>• Utilizing and integrating school gardens schoolwide (where applicable)</td>
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<tr>
<td>• Daily and active recess</td>
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<tr>
<td>• Integration of physical activity throughout the school day</td>
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<td><strong>HEALTH SERVICES</strong></td>
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<tr>
<td>The Healthy CPS Health Services badge measures whether schools are providing student access to direct healthcare services that impact learning. This is accomplished through:</td>
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<tr>
<td>• Screening (Vision and Hearing)</td>
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<td>• Vision Exam Program</td>
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<td>• Dental Exam Program</td>
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<tr>
<td>• Medical compliance (physical exams and immunizations)</td>
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Healthy CPS — Office of Student Health & Wellness
Achieving Healthy CPS

- Establish a Wellness Team
- Monitor required training completion status
- Periodically review the Healthy CPS checklist
- Create, Share, and Implement your Action Plan’s with OSHW staff or Healthy CPS partner
- Schedule Health Services
- Report progress to LSC quarterly
- Refer to OSHW calendar
- Bookmark the OSHW Knowledge Center page
- Subscribe & Read the Healthy CPS Digest
- Complete the annual Healthy CPS survey
OSHW Supports

- Technical assistance to schools
- Professional development
- Resources
- Partner matching & training
- Grants to schools
HEALTHY CPS ANALYSIS
**SURVEY TIMELINE**

**Spring:** Survey distributed.

**Summer:** Manual review, Data analysis, Reports issued, and Follow Up Period.

**Fall:** Reports Published and Healthy CPS Celebration Reception.
HEALTHY CPS DATA SOURCES

- Healthy CPS Survey
- Student Information System
- Learning Hub
- Aramark
2016 School Progress Report

SCHOOL RATING Level 1 Good Standing

STUDENT GROWTH ABOVE AVERAGE

STUDENT ATTAINMENT AVERAGE

CULTURE & CLIMATE WELL ORGANIZED

NWEA Reading Growth 2016 76th National Average 50th percentile

NWEA Math Growth 2015 48th National Average 50th percentile

Healthy CPS

Creative Schools Certification

Awards

HEALTHY CPS STATUS: NOT ACHIEVED

ARTS EXCELLENCE
Healthy CPS Report

Healthy CPS Alignment Report

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IY INSTRUCTION 100

GENERAL
- The student information form is distributed to all students and parents at the beginning of each school year.
- All the documentation on file is available to carry out their written plan, such as aggregates or ideas.
- All students are allowed to self-admission their own medication, such as aggregates or ideas.

STAFF TRAINING
- All staff shall receive instruction in any area of school
- All staff shall receive instruction in any area of school
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SEXUAL HEALTH EDUCATION
- A minimum of two school staff members have completed the CPS Sexual Education training.
- All of the required sexual education minutes are met in all grades.
- Students are allowed to self-admission their own medication, such as aggregates or ideas.

PHYSICAL EDUCATION
- All elementary schools offer 90 minutes per week of physical education in alignment with the CPS PE Policy.
- All students participate in grade 3-5 all at my school are submitted into Impact CPS.

NETWORK & DISTRICT COMPARISON
- Belvid has achieved 100% of Healthy CPS criteria.
- N/A: school across the district achieved 77% of Healthy CPS criteria.
- N/A: school across the district achieved 77% of Healthy CPS criteria.

YOUR SCHOOL’S PROGRESS
- Belvid has achieved 13% more Healthy CPS criteria compared to the 2016

SYMBOLS
Healthy CPS Report
Delphi Study: Validating the Healthy CPS Survey

The purpose of this study was to develop, pilot and validate a school health and wellness policy implementation survey, in collaboration with Chicago Public Schools (CPS), Healthy CPS initiative.
Process

Survey Development: Delphi Committee
Survey Pilot: April 2019
Environmental Audit
Survey Revision
Healthy CPS Geographic Network Pilot

In collaboration with UIC (Dr. Chriqui) CPS is:

Testing and evaluating the effectiveness of a CPS Health & Wellness Specialist in:

- Network and school-level achievement of Healthy CPS strategies
- Network and school level health service delivery and public assistance program enrollment
- Network, school, and student level health and academic outcomes

To integrate the Whole School, Whole Community, Whole Child framework throughout CPS health and wellness initiatives
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