BUILDING SCHOOL WELLNESS TEAMS
OUR MISSION STATEMENT

The Chicago Public Schools (CPS) Office of Student Health and Wellness aims to remove health-related barriers to learning such that all CPS students may succeed in college, career and life.
OFFICE OF STUDENT HEALTH AND WELLNESS

Office of Student Health and Wellness

- Student Health
  - School-Based Health Centers & Direct Service
    - Chronic Health Policies
    - Sexual Health Education & STI/HIV Project

- Health and Physical Education
  - PE Policy Implementation
    - Comprehensive and Coordinated Health Education

- Student Wellness
  - LearnWELL
    - Food and Fitness Partners
      - School Food
      - School Gardens
      - Healthy Food Access

- Vision and Hearing
  - Screenings
    - Exams

HEALTHY CPS

- Office of Student Health & Wellness
ACCESS TO HEALTH SERVICES

Vision and Hearing Screening & Exam Program
- Screenings for students in all mandated grades
- Princeton Vision Clinic, year round clinic
- School-Based Vision Services in partnership with CDPH

Dental Program
- School-Based Dental Program in partnership with CDPH provides students with free dental exams

STI Project
- Sexual health education, chlamydia and gonorrhea testing, and treatment for students who are positive

Mobile Providers
- Mobile providers who provide health services & immunizations

School Based Health Centers
- 31 SBHCs that provide comprehensive, quality healthcare services to students and families
OFFICE OF STUDENT HEALTH AND WELLNESS POLICIES

Asthma
- Student carry/self-administer medication, 504 offered, school wide staff training

Food Allergy
- School-Based Team developed, 504 offered, Food Allergy Drill, school wide staff training

Administration of Medication
- Epi-Pen Program, over the counter medications, school wide staff trainings, prescribed medication
- District-issued EpiPens in all schools

Diabetes
- Delegated Care Aide (DCA) and school wide staff training
- Principal must be DCA if no staff volunteer

Sexual Health Education Policy
- All students in grades K-12 to receive sexual health education annually
- Minute requirements: K-4: 300 minutes per grade; 5-12: 675 minutes per grade
- Principal designate a minimum of 2 sexual health education instructors per school who complete CPS training
- CPS Sexual Health Education curriculum topic areas aligned with National Sexuality Education Standards
OFFICE OF STUDENT HEALTH AND WELLNESS POLICIES

Local School Wellness Policy
• School Wellness Teams
• School Food
• Nutrition Education
• Physical Education
• Physical Activity
• Recess

Healthy Snack and Beverage Policy
• Nutrition Standards for Snacks and Beverages
• Student Rewards / Punishments
• Fundraisers
• Celebrations

Physical Education Policy
• Quality standards for PE
• Teacher certification requirements
• Minute requirements for elementary and high school
HEALTHY SCHOOL ENVIRONMENT HAS MANY PIECES

- SCHOOL BASED DENTAL
- SCHOOL BASED VISION
- VISION AND HEARING SCREENING
- SCHOOL BASED HEALTH CENTER
- WELLNESS TEAM & WELLNESS CHAMPION
- ASTHMA POLICY
- SEXUAL HEALTH EDUCATION
- DIABETES POLICY
- AED/CPR TRAINING
- FOOD ALLERGY/EPIPEN POLICY
- DAILY PHYSICAL EDUCATION AND RECESS
- LEARNWELL POLICY

HEALTHY CPS
OFFICE OF STUDENT HEALTH & WELLNESS
COMING SOON!
HEALTHY CPS INDICATOR ON PROGRESS REPORT

• Healthy CPS Indicator is the first ever comprehensive health-focused measure that will be included on the CPS School Progress Report.

• Stakeholders will be able to identify if school is meeting key policies and initiatives that focus on chronic disease, health services, health and physical education and wellness (LearnWELL).

• Standard OSHW reporting will increase overall awareness of OSHW policies, initiatives and programs.

• Visit CPS.edu/HealthyCPS for more information!
HOW SCHOOLS BECOME HEALTHY CPS

• Must meet all requirements as indicated on the Healthy CPS Checklist
• Complete the Healthy CPS Survey each spring
• Healthier School Challenge applications should **not** be completed to receive a change in status with their school progress report.
• Contact [OSHW@cps.edu](mailto:OSHW@cps.edu) for any questions regarding School Progress Reports
WELLNESS TEAMS
POLICY REQUIREMENT OF WELLNESS TEAM

Local School Wellness Policy Requirement:
• Principals are required to nominate a Wellness Champion whose responsibility is to convene a School Wellness Team
• Wellness Teams are required to have quarterly meetings
ROLE OF HEALTH AND WELLNESS CHAMPIONS

A more comprehensive wellness team is integral to becoming a Healthy CPS school. Health and Wellness Champions engage with relevant Healthy CPS Indicator badges:

- **Wellness Champion**: 1) LearnWELL and 2) Instruction
- **Health Champion**: 1) Chronic Disease and 2) Health Services
- These roles currently exist in the school. However identifying these roles increase coordination of services and programs within the school environment.
WHAT IS A WELLNESS TEAM?

- A wellness team is an essential advisory group concerned with the health and wellbeing of students and staff.
- These groups have anywhere from 3 to 20 members.
- It should include representatives from school staff, school community, families and students.
WELLNESS TEAM ROLES AND ACTIONS

- Make sure the school is in alignment with the Health and Wellness Policies
- Ensure that students are receiving coordinated health services
- Assess the health and wellness needs of students’ families and staff.
- Implement programs, activities, to meet these needs.
- Ensure sustainability measures around Healthy CPS School Certification.
FORMING A WELLNESS TEAM - MEMBER RECRUITMENT

Start forming your wellness team by asking the following questions:

• Are there groups and committees at your school that have wellness items or events on their agendas?
• Does your LSC promote healthy events/policies at school?
• Is there an active parent organization focused on school wellness efforts?
• Is the fundraising committee a good place to begin?
• Who is coordinating health services with student needs and policy requirements?
WHO IS ON A WELLNESS TEAM?

In addition to the Health and Wellness Champions, each Wellness Team is required to include parents, students and/or partners.

- PE Teacher
- School Nurse
- Delegated Care Aide
- Dining Manager
- Case Manager

- Counselors
- Person Trained in AED/CPR
- Person Trained in Epi-Pens
- Trained Sex Ed Teachers
- Persons Coordinating Health Services (Dental Vision)
- Medical Compliance Designee
- Health Teacher
- Garden Coordinator
- Recess Coordinator
- Parent Liaison
- Early Childhood Representative
- Student Representative
WELLNESS TEAM ACTION STEPS

Assess Your School
- Recruit Team members
  - Complete the Healthy CPS Checklist

Convene and Implement Policies
- Schedule Quarterly Meetings
  - Create an Action Plan

Become Healthy CPS
- Complete the Healthy CPS Survey
  - Report on Action Plan to your LSC and Principal
LEARN MORE AND TAKE ACTION!

• Review the new Healthy CPS Checklist
  CPS.edu/HealthyCPS
• Encourage schools to take steps to become certified in SY16-17
• Encourage schools to nominate/update their Wellness and Healthy Champions in September