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# HEALTHY CPS

— OFFICE OF STUDENT HEALTH & WELLNESS —

## Healthy CPS Overview

November 12th, 2019

NOPREN/PAPREN+

School Wellness Working Group



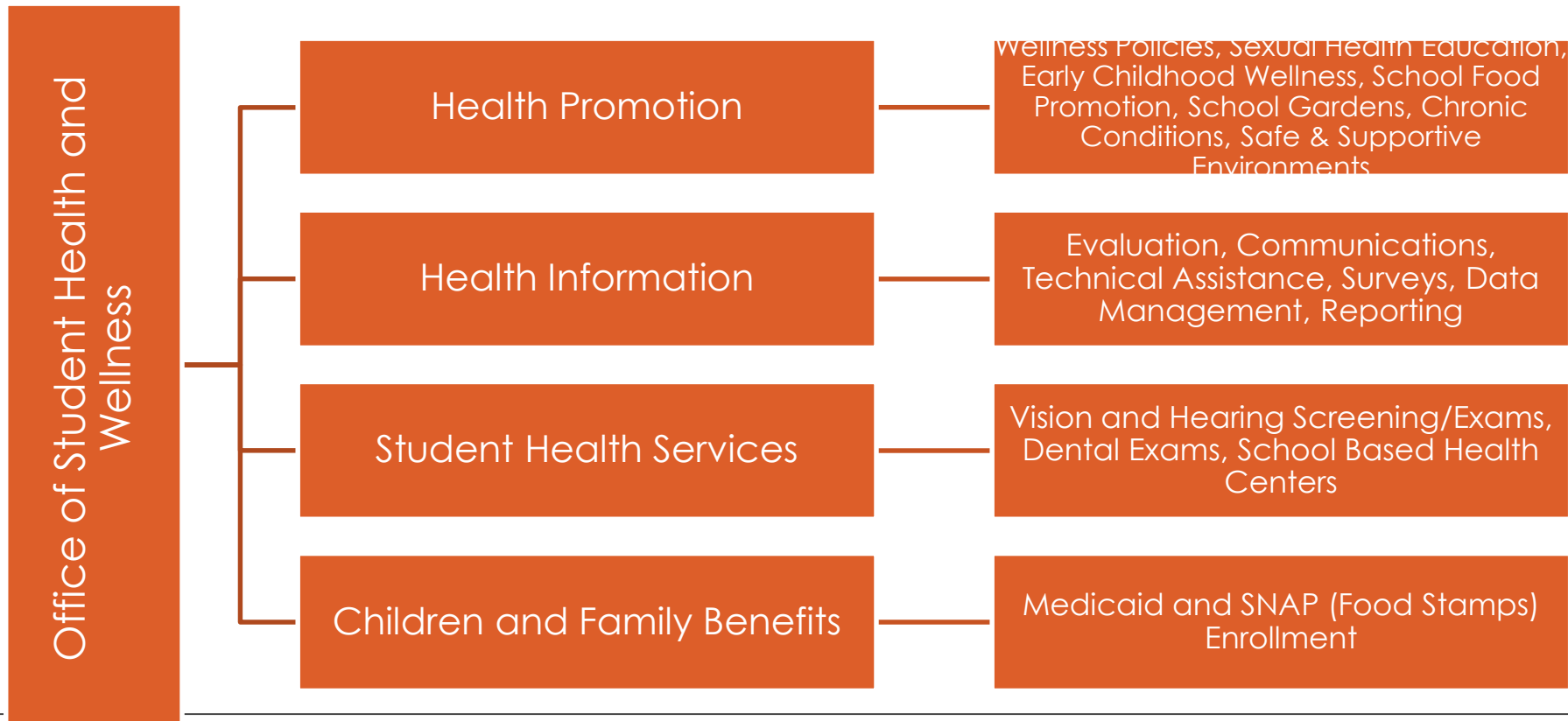


## Office of Student Health and Wellness

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



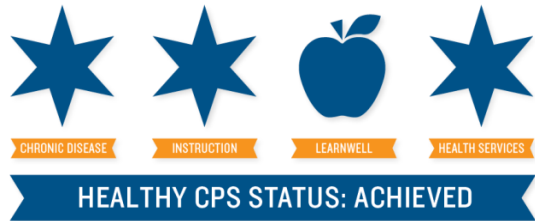
# Office of Student Health and Wellness





# HEALTHY CPS INDICATOR

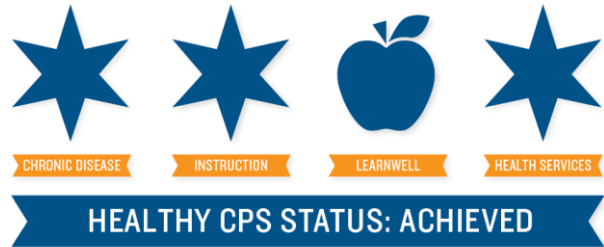
Healthy CPS Indicator is the first ever comprehensive health-focused measure that is included on the CPS school progress report. Partners and parents are able to identify if their school is meeting key policies and initiatives that focus on chronic disease, health services, health and physical education 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

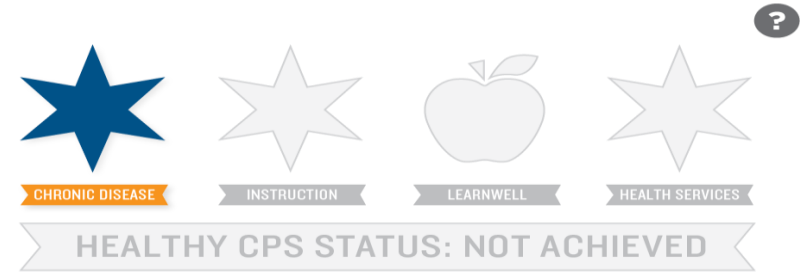


# HEALTHY CPS BADGES



# CHRONIC DISEASE BADGE

- Supporting students with chronic disease:
  - Student identification
  - Proper accommodations
  - Staff training
  
- Chronic conditions supported:
  - Asthma
  - Food Allergies
  - Diabetes

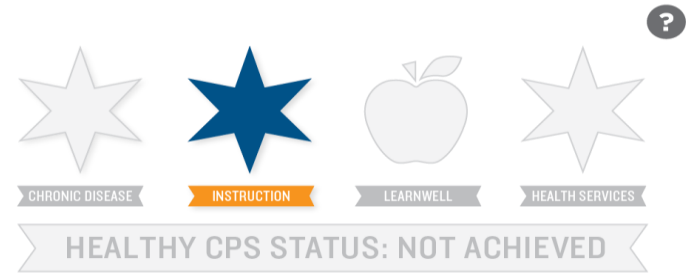






# INSTRUCTION BADGE

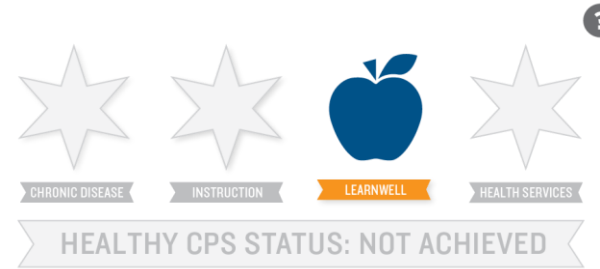
- Ensure students are provided accurate, high-quality and comprehensive:
  - Nutrition Education
  - Physical Education
  - Sexual Health Education





## LEARNWELL BADGE

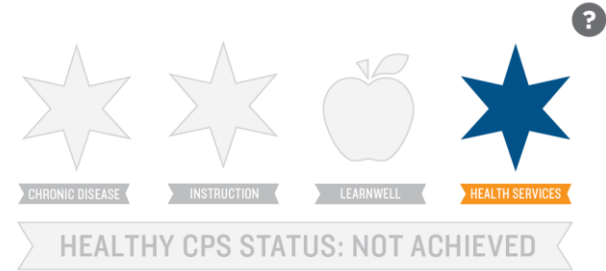
- Ensures student access to healthy foods and physical activity
  - Recess
  - Nutrition standards
  - Physical activity integration
  - Safe and Supportive Environments
  - School gardens
  - Healthy Fundraisers, Rewards and Celebrations
  - Safe and Supportive Environments for LGBTQ+





# HEALTH SERVICES BADGE

- Promotes student access to
  - Vision & Hearing Screening
  - Dental Exam Program
  - Vision Exam Program
  - State required immunizations and physical exams





**HEALTHY CPS  
ASSESSMENT &  
STRATEGIES**



## 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



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](mailto:OSHW@cps.edu) for questions or more information.



CRITERIA	GOAL	ACTION STEPS	LEAD PERSON
<p><b>CHRONIC DISEASE</b>            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:</p> <ul style="list-style-type: none"> <li>• Student identification</li> <li>• Proper accommodations</li> <li>• Staff training as it relates to chronic condition management and emergency response.</li> </ul>			
<p><b>INSTRUCTION</b>            The Healthy CPS Instruction badge measures whether schools provide students dedicated instructional time for the following content areas:</p> <ul style="list-style-type: none"> <li>• Nutrition Education</li> <li>• Physical Education</li> <li>• Sexual Health Education</li> </ul>			



# HEALTHY CPS ACTION PLAN

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CRITERIA	GOAL	ACTION STEPS	LEAD PERSON
<p><b>LEARNWELL</b> 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:</p> <ul style="list-style-type: none"> <li>• Healthy Fundraisers, Rewards and Celebrations</li> <li>• Nutrition standards for any food served in school</li> <li>• Utilizing and integrating school gardens schoolwide (where applicable)</li> <li>• Daily and active recess</li> <li>• Integration of physical activity throughout the school day</li> </ul>			
<p><b>HEALTH SERVICES</b> The Healthy CPS Health Services badge measures whether schools are providing student access to direct healthcare services that impact learning. This is accomplished through:</p> <ul style="list-style-type: none"> <li>• Screening (Vision and Hearing)</li> <li>• Vision Exam Program</li> <li>• Dental Exam Program</li> <li>• Medical compliance (physical exams and immunizations)</li> </ul>			

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**  
OFFICE OF STUDENT HEALTH & WELLNESS

**HEALTHY CPS SURVEY**  
This survey is an opportunity for your school to report on your current alignment to the Healthy CPS indicator on the 2017-18 School Progress Report. The Healthy CPS indicator is the first ever comprehensive health-focused measure that is included on the CPS School Progress Report, created to help schools streamline health and wellness initiatives already taking place at the school. These include efforts that focus on chronic disease, health-related instruction (physical education, nutrition education, and sexual health education), wellness (LearnWELL) and health services.

**HOW THE INFORMATION WILL BE USED**  
Schoolwide survey responses will be used to assess the efforts of the OSRW and direct appropriate resources and support to your school. Schools will receive a report outlining their survey results, suggested next steps and potential resources for meeting Health and Wellness policy requirements and implementing programs and services. The survey will take approximately 20 minutes to complete.

Survey information will not affect existing programs. Please answer the questions as completely and accurately as possible.

Please note that this year, Healthy CPS Reports will be made public on the CPS website and will be available for download.

**DOCUMENTS TO BE UPLOADED WITH THIS SURVEY**

- Sexual Health Education Parent Notification (example)
- Nutrition Education Lesson Plan (example)
- Completed/Restricted Student Medical Information Form

All schools that complete the survey will be entered into a raffle to win \$1000.

**HOW TO COMPLETE THE SURVEY**  
The following are the steps to help you complete the survey:

- Print a copy of the Healthy CPS Survey
- Complete the survey as a group with other school health and wellness stakeholders. Engaged participants include the school's Principal, Assistant Principal, Wellness Champion, Health Champion, Nurse and Dining Manager.
- Identify School ID number through CPS School Directory
- One person submit Healthy CPS Survey answers online.
- For questions, contact OSRW at [cas@cps.edu](mailto:cas@cps.edu), or (773) 532-3580

All surveys must be submitted electronically. **NO PAPER SURVEYS** will be accepted.

1. Which school do you represent?  
\_\_\_\_\_
2. Please provide the contact information for the person completing this survey:  
First Name: \_\_\_\_\_  
Last Name: \_\_\_\_\_  
Email: \_\_\_\_\_  
Title: \_\_\_\_\_
3. Please select which grades your school serves.  
 PK, K, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12

Healthy CPS — Office of Student Health & Wellness







# HEALTHY CPS DATA SOURCES

- Healthy CPS Survey
- Student Information System
- Learning Hub
- Aramark


GETTING STARTED




**Nominate Champions**  
Principal submits nominations for Health and Wellness Champions each Fall.



**Launch a Wellness Team**  
Health and Wellness Champions engage school stakeholders.




**Complete Checklist**  
Healthy CPS Indicator Checklist is online at [www.CPS.edu/HealthyCPS](http://www.CPS.edu/HealthyCPS).




**Create an Action Plan**  
Identify 1-2 priority goals to complete at your school.

IMPLEMENTING


Ongoing activities to support Healthy CPS throughout the school year.



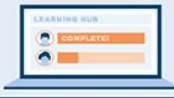
**Implement Action Plan**  
Wellness Team works toward achieving its prioritized goals.



**Attend Trainings and PD**  
Upcoming opportunities are available on the Learning Hub.




**Monitor the Dashboard**  
Utilize health data to check compliance and plan for health services.




**Monitor the Learning Hub**  
Ensure staff has completed relevant trainings.

ACHIEVING



**Complete the Survey**  
Healthy CPS Survey is distributed to Principals and Champions.



**Achieve Healthy CPS!**  
Schools are notified of their Healthy CPS achievements in the Summer and achievements are reflected on School Progress Reports in the Fall.



HSC Parent Summit 10-3 X CPS : School Health and X CPS : Schools : School X

www.cps.edu/Schools/Pages/school.aspx?SchoolId=610353

Overview Reports Admissions Programs Downloads

Select Language



### 2016 School Progress Report

SCHOOL RATING ?	STUDENT GROWTH ?	STUDENT ATTAINMENT ?	CULTURE & CLIMATE ?
<b>Level 1 ?</b>	<b>ABOVE AVERAGE ?</b>	<b>AVERAGE ?</b>	<b>WELL ORGANIZED ?</b>
Good Standing			

NWEA Reading Growth 2016 ?	NWEA Math Growth 2016 ?
78th	48th
National Average 50th percentile	National Average 50th percentile

Healthy CPS	Creative Schools Certification ?
	

Awards

schoolinfo.cps.edu/schoolprofile/schooldetails.aspx?SchoolId=610353#progress

1:01 PM 10/3/2017

# Healthy CPS Report

SCHOOL YEAR 2016-2017

## Healthy CPS Alignment Report

BELDING

**HEALTHY CPS STATUS: ACHIEVED**

The healthy CPS Status pictured on the left is based on data from the Healthy CPS Survey, Learning Hub and IMPACT. The Healthy CPS status will be reflected on the SY17B School Progress Report.

Healthy CPS demonstrates a school's commitment for a safe and healthy learning environment by offering access to daily physical activity, nutritious foods, school-based health services, health education and supports for students with chronic conditions.

The healthy CPS indicator is the first ever comprehensive health-focused measure that is included on the CPS school progress report. It was created to help schools streamline health and wellness initiatives already taking place on the school. Learn more at [cps.edu/healthycps](http://cps.edu/healthycps)

SCHOOL YEAR 2016-2017

## Healthy CPS Alignment Report

CHRONIC DISEASE

100%

INSTRUCTION

100%

**GENERAL**

- ✓ The Student Medical Information form is distributed to all students and parents at the beginning of each school year
- ✓ With the proper documentation on file, students are allowed to carry their own medication, such as epinephrine or inhalers
- ✓ With the proper documentation on file, students are allowed to self-administer their own medication, such as epinephrine or inhalers

**STAFF TRAINING**

- ✓ All staff received asthma management education in the last two years
- ✓ All school staff received diabetes management education this school year
- ✓ The Delegated Care Aide (DCA) attended the OSHW Initial DCA training
- ✓ All school staff received food allergy management education in the last two years
- ✓ All school personnel know the location of the District-issued EpiPens® at the school

**SEXUAL HEALTH EDUCATION**

- ✓ A minimum of two school staff members have completed the CPS Sexual Health Education Instructor Training
- ✓ All of the required sexual health education minutes are taught in all grade levels at my school (300 min in K-4, 675 min in 5-12<sup>th</sup>)
- ✓ My school sends at least one written notification about sexual health education to parents/guardians every year

**PHYSICAL EDUCATION**

- ✓ My elementary or middle school offers 150 minutes per week of physical education in alignment with the CPS PE Policy
- ✓ Fitness testing results for all students in grades 3-12 at my school are submitted into IMPACT CIM

**NUTRITION EDUCATION**

- ✓ All elementary schools K-8 receive nutrition education as a systematic unit of instruction

**NETWORK & DISTRICT COMPARISON**

BELDING has achieved **100%** of Healthy CPS criteria.

- On average, schools across the district achieved **71%** of Healthy CPS Criteria
- On average, schools in Network 1 achieved **79%** of Healthy CPS criteria

**YOUR SCHOOL'S PROGRESS**

BELDING has achieved **13%** more Healthy CPS criteria compared to SY1516.

**SYMBOLS**

- ✓ Achieved
- ✗ Not Achieved
- ⊘ Not Applicable
- ? No Data (a. did not complete Healthy CPS Survey)

SCHOOL YEAR 2016-2017

## Healthy CPS Alignment Report

LEARNWELL

100%

HEALTH SERVICES

100%

**SCHOOL LEADERSHIP**

- ✓ My school has a Wellness Champion & Health Champion nominated by the principal
- ✓ Our Wellness Team is active and meets quarterly
- ✓ Parents, students and/or partners are involved with my school wellness team

**PHYSICAL ACTIVITY**

- ✓ My school provides opportunities for daily physical activity to all students in addition to recess and physical education during the school day
- ✓ My school offers a minimum of 20 minutes of daily recess.

**FUNDRAISERS**

- ✓ My school does not fundraise with food during the school day
- ✓ Food is not served or sold in competition with school meals

**SCHOOL GARDENS**

- ✓ The school garden is supported by a school garden team
- ✓ The school garden is utilized for instruction at the school at least twice a month during the growing season
- ✓ The school garden is growing edible food and striving to be Eat What You Grow certified

**EARLY CHILDHOOD**

- ✓ A representative of early childhood (Prekindergarten 0-5) is on my wellness team (where applicable) and promotes health and wellness throughout the Pre-K program

**SCHOOL FOOD ENVIRONMENT**

- ✓ School has implemented Breakfast in the Classroom (BIC)
- ✓ Snack Vending machines are not available to students anywhere on school grounds during the school day

**CELEBRATIONS & REWARDS**

- ✓ School limits unhealthy school-wide celebrations to only two per school year
- ✓ Teachers do not use food as a reward
- ✓ Teachers do not withhold physical activity as punishment (recess and PE)

**EXAMS**

- ✓ My school participates in CPS Dental Exam program
- ✓ My school participates in the CPS Vision Exam program

**SCREENINGS**

- ✓ 95% of students in required grades (PK, K, 2, 8, IEP) received a vision screening
- ✓ 95% of students in required grades receive a hearing screening (PK, K, 1,2,3, IEP)

**MEDICAL COMPLIANCE**

- ✓ My school achieves 90% medical compliance by October 15

**NEXT STEPS**

1. Visit [cps.edu/HealthyCPS](http://cps.edu/HealthyCPS) to get started
2. Update Health and Wellness Champion information [here](#)
3. Identify priority areas for next school year. Guidance on specific criteria is included in [Healthy CPS Checklist](#)
4. Incorporate health and wellness goals into your school's [CIWP](#)



**Upcoming  
Innovations**





## 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



## CONTACT US

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# HEALTHY CPS

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**THANK YOU!**

