

## OUR MISSION

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

Healthy students are better learners. In Chicago, where students spend at least seven hours a day at school and nearly 90% of families are low-income, the school environment plays an especially critical role in ensuring student health and wellness. Therefore, OSHW strives to improve academic achievement across the district by increasing access to quality school health services and improving the school wellness environment through strong collaborations with health and wellness partners.

### OUR VISION

To create a Healthy CPS that serves as a national benchmark for student health and wellness.

## WHAT IS HEALTHY CPS?

Healthy CPS is an initiative of *Healthy Chicago* and led by the Chicago Public Schools Office of Student Health and Wellness. Healthy CPS school supports encompass policy, direct service, partnerships, health and physical education (PE), and health promotion. Healthy CPS includes:

- » Promotion and support for health and wellness during the school day and throughout the school environment
- » Establishment of healthy habits that will continue throughout a student's lifetime
- » Building an infrastructure for student health and wellness within schools
- » Access to school-based healthcare services
- » Assistance for schools on aligning with health policies
- » Assistance for schools on LearnWELL, an initiative of Healthy CPS to support schools in aligning with the CPS wellness policies

Healthy CPS addresses nine of the 12 key priorities of *Healthy Chicago*, the city's first public health agenda including: **tobacco use, obesity prevention, communicable disease, HIV prevention, access to health care, violence prevention, adolescent health, healthy moms and babies and school health infrastructure.**

Through Healthy CPS, OSHW will continue to provide supports to help schools build capacity and implement services to improve and promote the health and safety of CPS students.

## HEALTHY CPS WORKS TO PROVIDE SCHOOLS:

**Health and Wellness Promotion** – Best practices and guidance on how to create healthy school environments

**School Supports** – Technical assistance from experts, training/professional development and curriculum for Health, Sexual Health and Physical Education

**Policy & Procedural Guidance** – Direct assistance provided to schools to become LearnWELL and ensure health policy alignment

**Direct Services** – Vision, hearing and dental screenings, immunizations, dental and physical exams, and chronic disease management

**Partnerships** – Collaborative relationships with partner organizations to provide health and wellness programming in schools

Successful achievement of Healthy CPS will ensure that Chicago's youth obtain academic achievement now and a healthy and successful life in the future.

For more information please contact [oshw@cps.edu](mailto:oshw@cps.edu) or 773-553-3560.

Visit our website at:  
[http://cps.edu/About\\_CPS/Departments/Pages/studenthealthandwellness.aspx](http://cps.edu/About_CPS/Departments/Pages/studenthealthandwellness.aspx)

### Guide to the Office of Student Health and Wellness

| Departments             | Policies   | Services & Supports  | Resources   |
|-------------------------|--|--|---|
| <b>Student Health</b>   | <p><b>Asthma</b></p> <ul style="list-style-type: none"> <li>» Student carry/self-administer medication; 504 offered; school wide staff training</li> </ul> <p><b>Food Allergy</b></p> <ul style="list-style-type: none"> <li>» School-Based Team developed; 504 offered; Food Allergy Drill; school wide staff training</li> </ul> <p><b>Administration of Medication</b></p> <ul style="list-style-type: none"> <li>» Epi-Pen Program; over the counter medications; school wide staff trainings</li> </ul> <p><b>Diabetes</b></p> <ul style="list-style-type: none"> <li>» Delegated Care Aide (DCA) trained and approved and school wide staff training</li> </ul> <p><b>Sexual Health Education</b></p> <ul style="list-style-type: none"> <li>» Required annually in all grade levels, with minimum teaching minutes per grade</li> <li>» Minimum 2 instructors trained per school</li> <li>» Parents notified of instructional plan</li> </ul> | <p><b>Dental Program</b></p> <ul style="list-style-type: none"> <li>» School based dental program in partnership with Chicago Department of Public Health (CDPH) provides all consented students with dental exams at no cost to families</li> </ul> <p><b>District Issued Epinephrine Initiative (Emergency Epinephrine)</b></p> <ul style="list-style-type: none"> <li>» Provides all schools with a stock of Epinephrine for emergency use.</li> </ul> <p><b>Vision and Hearing Screening Program</b></p> <ul style="list-style-type: none"> <li>» School-based screening services</li> <li>» Clinic-based screening services</li> </ul> <p><b>Vision Exam Program</b></p> <ul style="list-style-type: none"> <li>» Princeton Vision Clinic, year round clinic</li> <li>» School-based vision examinations in partnership with CDPH</li> </ul> <p><b>STI Project</b></p> <ul style="list-style-type: none"> <li>» Sexual health education, testing, and treatment for students who test STI positive in partnership with CDPH</li> </ul> <p><b>Mobile Providers</b></p> <ul style="list-style-type: none"> <li>» Partnership with mobile providers who provide health services &amp; immunizations</li> </ul> <p><b>School Based Health Centers (SBHC)</b></p> <ul style="list-style-type: none"> <li>» Partnership with 34 SBHCs that provide healthcare services to students and families.</li> </ul> | <p>Healthy CPS Guidebook</p> <p>CPS Knowledge Center website</p> <p>Chronic Disease Policy Guidelines</p> <p>Sexual Health Education Toolkit</p> <p>Professional Development</p> <p>Online Webinars and Trainings</p> <p>Menu of Healthcare Services</p> <p>Partner Coordination for Health Programming/ Services</p> |
|                         |  |  |   |
| <b>Student Wellness</b> | <p><b>Physical Education (PE)</b></p> <ul style="list-style-type: none"> <li>» Minds in Motion five year strategic plan</li> <li>» Policy to support high quality and increased quantity PE throughout the district.</li> </ul> <p><b>LearnWELL</b></p> <p>Local School Wellness Policy</p> <ul style="list-style-type: none"> <li>» School Wellness Teams</li> <li>» School Food</li> <li>» Nutrition Education</li> <li>» Physical Education</li> <li>» Physical Activity</li> <li>» Recess</li> </ul> <p>Healthy Snack and Beverage Policy</p> <ul style="list-style-type: none"> <li>» Nutrition Standards for Snacks and Beverages</li> <li>» Student Rewards/Punishments</li> <li>» Fundraisers</li> <li>» Celebrations</li> </ul>   | <p><b>Training and Technical Assistance</b></p> <ul style="list-style-type: none"> <li>» LearnWELL - Direct support to ensure alignment with CPS Local School Wellness and Healthy Snack and Beverage Policies</li> <li>» HealthierUS School Challenge application process support for schools to become <i>Healthy Schools Certified</i> on School Progress Reports</li> <li>» Physical Education Curriculum implementation</li> <li>» Nutrition Education implementation</li> </ul> <p><b>Partner Coordination/Matching for School Wellness Programming</b></p> <ul style="list-style-type: none"> <li>» Over 50 Food and Fitness partners who offer programs and support to schools for improving health and wellness</li> </ul> <p><b>Professional Development</b></p> <ul style="list-style-type: none"> <li>» Workshops and trainings available for teachers, administration, and partners to encourage and promote healthier school environments</li> </ul>   | <p>Healthy CPS Guidebook</p> <p>LearnWELL Toolkit</p> <p>Learnwellcps.org</p> <p>Online Webinars</p> <p>CPS Knowledge Center PE and LearnWELL websites</p>  |