WHAT IS LEARNWELL?
LearnWELL is an initiative of Healthy CPS*, to support schools in aligning with the Chicago Public Schools (CPS) wellness policies, which promote improved health and academic performance of all students as well as healthier school environments.

LEARNWELL:
» Engages all school stakeholders including principals, teachers, students, parents and partner organizations in school wellness activities.
» Provides resources, training, and technical assistance to help schools meet policy requirements.
» Builds school capacity to strengthen integrated nutrition education, healthy food, quality physical education and opportunities for daily physical activity.

WHY BECOME A LEARNWELL SCHOOL?
» In the fall of 2012, the Chicago Board of Education passed an updated Local School Wellness Policy and new Healthy Snack and Beverage Policy.
» Policy guidelines are based on national best practices and federal laws.
» Policies raise the bar for nutrition and physical activity in all CPS schools.
» Schools will strive to become LEARNWELL status by SY 2013-2014.
» Become nationally recognized by the United States Department of Agriculture through application to the HealthierUS School Challenge.

A LEARNWELL SCHOOL WILL STRIVE TO MEET CRITERIA IN THE FOLLOWING AREAS:

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LeadWELL: Establishing Wellness Teams
EngageWELL: Parent, Student and Partner Engagement
FocusWELL: Physical Activity
MoveWELL: Physical Education
PlayWELL: Recess
EatWELL: Nutrition Education
DineWELL: School Food & Healthy Snacks & Beverages
CelebrateWELL: Healthy Celebrations
FundraiseWELL: Healthy Fundraising
RewardWELL: Rewards and Punishments
StartWELL: Early Childhood

ARE YOU A LEARNWELL SCHOOL ALREADY?
Meet with one of our specialists for a school visit and make sure you are recognized! Start your journey to become a LEARNWELL school today! For more information about LEARNWELL or how to become a LEARNWELL school, please visit www.learnwellcps.org or email: studentwellness@cps.edu

*Healthy CPS encompasses many components of the OSHW school supports including policy, direct service, partnerships and health promotion. One facet of Healthy CPS includes:
» Promotion of health and wellness during the school day and throughout the school environment.
» Establishment of healthy habits that will continue throughout a student’s lifetime.
» Assistance for schools on LearnWELL, an initiative of Healthy CPS.

VISIT WWW.LEARNWELLCPSCS.ORG TO START YOUR JOURNEY TO BECOME A LEARNWELL SCHOOL TODAY!

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