



## 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:

- 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](http://www.learnwellcps.org) or email: [studentwellness@cps.edu](mailto: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.LEARNWELLCPS.ORG](http://WWW.LEARNWELLCPS.ORG) TO START YOUR JOURNEY TO BECOME A LEARNWELL SCHOOL TODAY!



Made possible by a grant from the Centers for Disease Control and Prevention (CDC) (Grant Number: 1H75DP004181-01) to the Chicago Public Schools (CPS) Office of Student Health and Wellness, Healthy CPS. The views expressed in this document do not necessarily reflect the views, opinions and official policies of CDC.

HEALTHY CPS • HEALTHY SCHOOLS • HEALTHY STUDENTS • HEALTHY CHICAGO