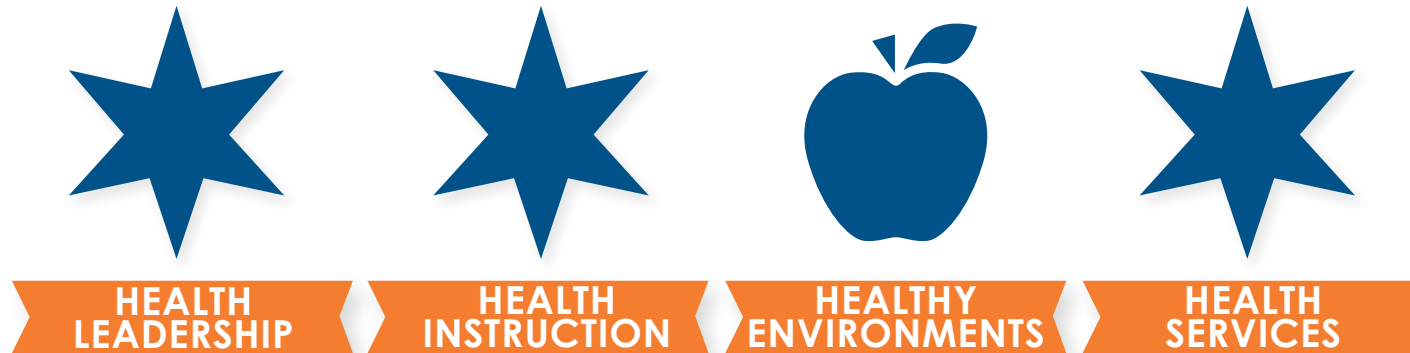


HEALTHY CPS INDICATOR CHECKLIST: SY2021



INTRODUCTION

Students learn better in schools with a culture of health and wellness.

Healthy CPS is a communications initiative that seeks to eliminate health-related barriers to learning by streamlining over 50 health and wellness policies into four badges: Health Leadership, Health Instruction, Healthy Environments, and Health Services. In alignment with the CDC Whole School, Whole Community, Whole Child (WSCC) Framework and the CPS Five-Year Vision, Healthy CPS provides schools with guidance and resources to demonstrate their commitment to supporting the health and wellbeing of all students and highlights the initiatives already taking place in schools.

A school must earn four badges to achieve Healthy CPS. The four badges are designed to align with policies focusing on health, safety, wellness, and academics to promote an ideal learning environment for CPS students, so that they may grow and succeed. Your school's Wellness Team can use the Healthy CPS Checklist to identify top priorities and action items for your school. Please note that this checklist is for your school's internal use and will not be used by OSHW to determine your Healthy CPS Status.

As SY2021 looks different from year's past, we encourage you to utilize the [OSHW Knowledge Center](#) for remote learning resources, up to date health services information, upcoming trainings and deadlines, and any updates to Healthy CPS as the year progresses. Additionally, you can receive monthly communications and updates on Healthy CPS by [subscribing to the Healthy CPS Digest](#).

Questions? Email OSHW@cps.edu or call the Healthy CPS Hotline **773-553-KIDS (5437)**.



HEALTH LEADERSHIP

The Health Leadership badge measures whether staff is appropriately trained to support the health and wellness of all students.

CHRONIC CONDITIONS

COMPLETED?

NOTES: Who is responsible for this requirement? What is the timeline for completing this requirement? What additional support do you need?

All school staff completed the SY21 Chronic Conditions Training (SafeSchools Online Training).

Resources:

[SY2021 Healthy CPS Mandatory Trainings](#)

Yes No In Progress

The school has a non-nurse staff member trained annually as a diabetes Delegated Care Aide (DCA) to assist students with daily diabetes management.

Yes No In Progress

The school has a non-nurse staff member trained annually as the seizure Delegate Care Aide to assist students with seizure management.

Yes No In Progress

WELLNESS TEAM

The principal has nominated a school Wellness Champion.

Resources:

[Wellness Champion Nomination Form](#)

Yes No In Progress

The Wellness Team is active, meets quarterly, and reports progress to the Local School Council.

Resources:

[Wellness Team Guidance](#)

Yes No In Progress

The applicable required members (Pre-K Representative, Garden Coordinator, Parent, Student, and /or Partner Organization are on the wellness team).

Yes No In Progress



HEALTH LEADERSHIP

AED/CPR

COMPLETED?

NOTES: Who is responsible for this requirement? What is the timeline for completing this requirement? What additional support do you need?

At least one school staff member is certified in Automated External Defibrillator and Cardiopulmonary Resuscitation (AED/CPR).

Yes No In Progress

ALLERGIES

All school personnel know the unlocked location of the district-Issued EpiPens® at the school.

Resources:

[School Staff Notification Template](#)

Yes No In Progress

SEXUAL HEALTH EDUCATION

A minimum of two school staff members have completed the CPS Sexual Health Education Instructor Training within the last four years.

Resources:

[Sexual Health Education Training Schedule SY2021](#)

Yes No In Progress

SAFE AND SUPPORTIVE ENVIRONMENTS

All school staff have completed the Supporting Transgender, Nonbinary and Gender Nonconforming Students webinar (SafeSchools Online Training).

Yes No In Progress

SCHOOL GARDENS (WHERE APPLICABLE)

The school garden is supported by a school garden team.

Yes No In Progress



HEALTH INSTRUCTION

The Health Instruction badge measures whether schools provide adequate instruction for nutrition education, physical education, health education, and sexual health education.

SEXUAL HEALTH EDUCATION

COMPLETED?

NOTES: Who is responsible for this requirement? What is the timeline for completing this requirement? What additional support do you need?

Only school or partner organization staff (CBO Locator) who have completed the CPS Sexual Health Education Instructor Training are teaching sexual health education in the school—no untrained staff are teaching sexual health education.

Yes No In Progress

Resources:

[CBO Locator](#)

[CBO Materials Review Committee](#)

The Sexual Health Education curriculum (as outlined in the scope and sequence) is taught to all students in all grades, K-12.

Yes No In Progress

Resources:

[Sexual Health Education Scope and Sequence](#)

The school sends three notifications of sexual health education to parents/guardians every year. At least one notification is written on school letterhead, includes only opt-out language, and includes the specific lessons covered by grade.

Yes No In Progress

Resources:

Trained sexual health instructors have access to notification templates.

SCHOOL GARDENS (WHERE APPLICABLE)

The school garden is utilized by at least 50% of the student body for instruction at the school at least twice a month during the growing season.

Yes No In Progress



HEALTH INSTRUCTION

PHYSICAL EDUCATION

COMPLETED?

NOTES: Who is responsible for this requirement? What is the timeline for completing this requirement? What additional support do you need?

All high school students 9-12 are scheduled into daily physical education (PE) to all grade levels.

Yes No In Progress

All elementary or middle school students receive 150 minutes per week of PE in alignment with the CPS PE Policy.

Yes No In Progress

All students in grades 3-12 must participate in fitness education. Fitness testing results for all students in grades 3-12 at the school are submitted into Aspen by the end of the year only if school resumes to in-person instruction and students are not required to wear masks and students have had sufficient time to practice the tests.

Yes No In Progress

Resources:

[Fitness Education Guidance](#)

NUTRITION EDUCATION

All elementary school students K-8 receive nutrition education as a systematic unit of instruction.

Yes No In Progress

All high school students 9-12 receive nutrition education integrated in two courses required for graduation.

Yes No In Progress

EARLY CHILDHOOD WELLNESS (WHERE APPLICABLE)

My school's Pre-K program follows the guidelines outlined in the StartWELL initiative.

Yes No In Progress

Resources:

[StartWELL Guidance](#)



HEALTHY ENVIRONMENTS

The Healthy Environments badge measures whether schools foster environments that support the health and wellness of students.

EMERGENCY MANAGEMENT PLAN

COMPLETED?

NOTES: Who is responsible for this requirement? What is the timeline for completing this requirement? What additional support do you need?

The school's Emergency Management Plan has been expanded to include medical emergencies via the OSHW Medical Emergency Preparedness Plan.

Yes No In Progress

Resources:

[Medical Emergency Preparedness Plan Google Form](#)

PHYSICAL ACTIVITY

The school provides opportunities for daily physical activity during the school day to all students in addition to recess and PE.

Yes No In Progress

Resources:

[Physical Activity at Home](#)

[Example: Morning Movement](#)

Teachers do not withhold physical activity as punishment (recess and PE).

Yes No In Progress

Resources:

[Alternatives to Withholding Recess as Punishment](#)

RECESS

All K-8 students are provided with at least 20 minutes of daily recess (PE does not count as recess).

Yes No In Progress



HEALTHY ENVIRONMENTS

SCHOOL GARDEN (WHERE APPLICABLE)

COMPLETED?

NOTES: Who is responsible for this requirement? What is the timeline for completing this requirement? What additional support do you need?

If your school is growing edible food, then you must be Eat What you Grow Certified.

Yes No In Progress

CELEBRATIONS, REWARDS, & FUNDRAISERS

The school does not fundraise with food during the school day (defined as 12 a.m. until 30 min after the final bell).

Yes No In Progress

Food is not served or sold in competition with school meals (includes fundraisers, school stores, and celebrations).

Yes No In Progress

The school focuses on celebrating with fun rather than food during the school day (12 a.m. to 30 min after the final bell).

Yes No In Progress

Teachers do not use food as a reward.

Yes No In Progress



HEALTH SERVICES

The Health Services badge measures whether schools are providing student access to healthcare services that impact learning.

STUDENT MEDICAL INFORMATION

COMPLETED?

NOTES: Who is responsible for this requirement? What is the timeline for completing this requirement? What additional support do you need?

The Student Medical Information form is distributed to all students and parents at the beginning of each school year.

Resources:
[Student Health & School Forms Booklet](#)

Yes No In Progress

MEDICAL COMPLIANCE

My school achieves 90% medical compliance by October 15.

Yes No In Progress

CHRONIC CONDITIONS

Students with asthma, diabetes, allergies, or seizures are allowed to carry and self-administer any necessary medication.

Yes No In Progress

MEDICAID DESIGNEE

My school's Medicaid Designee assists families with acquiring health insurance and accessing healthy food through the state (SNAP/LINK) program by collaborating with their assigned Benefit Coordinator.

Resources:
[Medicaid Designee Form](#)

Yes No In Progress



HEALTH SERVICES

SCREENINGS / EXAMS

COMPLETED?

NOTES: Who is responsible for this requirement? What is the timeline for completing this requirement? What additional support do you need?

My School participates in the CPS Vision Exam program.

Resources:

[Vision and Hearing Screening & Examinations School Guide](#)

Yes No In Progress

My school participates in vision screenings for students in the required grades (PK, K, 2, 8, new to the district, IEP).

Resources:

[Vision Program Parent Letter \(Pg. 12\)](#)

Yes No In Progress

My school participates in hearing screenings for students in the required grades (PK, K, 1,2,3, new to the district, IEP).

Yes No In Progress