



LEARN WELL

— AN INITIATIVE OF HEALTHY CPS —

Becoming a LearnWELL School

LearnWELL is an initiative that helps support schools in implementing Chicago Public School Wellness policies that ensure students have access to a healthy school environment. It provides resources for integrating physical activity, nutrition education and healthy foods throughout the school day.



What is LearnWELL?

LearnWELL is an initiative of Healthy CPS that supports 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 offers a variety of resources, including step-by-step guides, training sessions and tips for administrators, teachers and parents that can help schools incorporate policy requirements in an effective and engaging way. By breaking down the CPS wellness policies into criteria, LearnWELL helps make implementing the required policies focused, goal-oriented, and attainable for all schools.

Why become LearnWELL?

In the fall of 2012, the Chicago Board of Education passed an updated Local School Wellness Policy and new Healthy Snack and Beverage Policy. These policies, which are required for all CPS schools, are based on national best practices and federal laws and raise the bar for nutrition and physical activity for CPS students. By becoming LearnWELL, you are ensuring that your school meets (or exceeds) the standards set by these policies, creating a healthy environment for your students.

How can my school get started on the path to become LearnWELL?

- Create a School Wellness Team. Required by the Local School Wellness Policy, Wellness Teams are a way to engage school stakeholders and ensure that wellness initiatives are being put into action.
- Everyone should become familiar with the Local School Wellness Policy and Healthy Snack and Beverage Policy (available at cps.edu/OSHW).
- Download and fill out the LearnWELL Checklist to see what criteria your school is already meeting and what areas need upgrading.
- Download the LearnWELL toolkit for resources about how LearnWELL can help your school meet the policy requirements, and learn what you can do to help out!

How can my school become LearnWELL?

LearnWELL schools meet the following criteria:

- **Healthy Schools Certified:** Schools must apply to become HealthierUS School Challenge Certified through the Office of Student Health and Wellness.
- **LeadWELL:** Wellness Team is established, meets at least quarterly and reports to the Local School Council about progress on their action plan.
- **EngageWELL:** Parent, students and partners are engaged in wellness initiatives at the school.
- **FocusWELL:** The school provides opportunities for physical activity outside of recess and physical education.
- **MoveWELL:** The school meets all CPS Physical Education Policy requirements and maximizes moderate to vigorous physical activity in physical education.
- **PlayWELL:** A minimum of 20 minutes of active recess is provided to all elementary students.
- **EatWELL:** Nutrition education is integrated into every K-8 grade and at least 2 courses required for graduation in high school.
- **DineWELL:** Snacks and beverages are not served in competition with the school lunch and meet the Healthy Snack and Beverage Policy nutrition requirements.
- **CelebrateWELL:** Celebrations focus on fun rather than food. A maximum of 2 school-wide celebrations provide unhealthy food to students.
- **FundraiseWELL:** The school raises money through primarily non-food fundraisers on school grounds.
- **RewardWELL:** Food is not provided as a reward and physical activity is not withheld as punishment.
- **StartWELL:** An early childhood representative is on the School Wellness Team, where applicable.
- **GrowWELL:** School gardens are maintained using the GrowWELL best practices, where applicable.

How will my school know if we are LearnWELL?

The Office of Student Health and Wellness distributes an annual survey to schools to determine their alignment to LearnWELL. Schools will receive a report outlining their school's survey results containing suggested next steps and potential resources for achieving LearnWELL. In order to become LearnWELL, schools must complete the Healthy CPS Survey.

Testimonial

“In order to achieve our goal of becoming a healthy school we have successfully implemented many new strategies through LearnWELL. We are now able to provide healthy alternatives to the sweet treats that kids were accustomed to getting. Students now celebrate through dances and shopping in the new school reward program through good behavior rewards. The students now look forward to monthly healthy celebrations. Through all of this the school has seen better health improvement, better student attendance, and overall better behavior.”

-- Gillespie Elementary Technology Magnet School

Additional Resources

LearnWELL Toolkit

The LearnWELL Toolkit was designed with the school Wellness Champion in mind. However, this toolkit can be used as a resource for any CPS stakeholder aiming to help schools become LearnWELL. This means assisting schools in meeting the requirements established in the Local School Wellness and Healthy Snack and Beverage Policies adopted in the fall of 2012. View the LearnWELL Toolkit [at www.learnwellcps.org](http://www.learnwellcps.org).

Champions for Wellness Digest

The Office of Student Health and Wellness distributes the monthly Champions for Wellness Digest to all district Wellness Champions and Physical Educators. The digest informs school staff on upcoming events, new wellness initiatives and tips for implementing LearnWELL.

Office of Student Health and Wellness

Additional questions? Contact us!

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HEALTHY CPS

— OFFICE OF STUDENT HEALTH & WELLNESS —

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