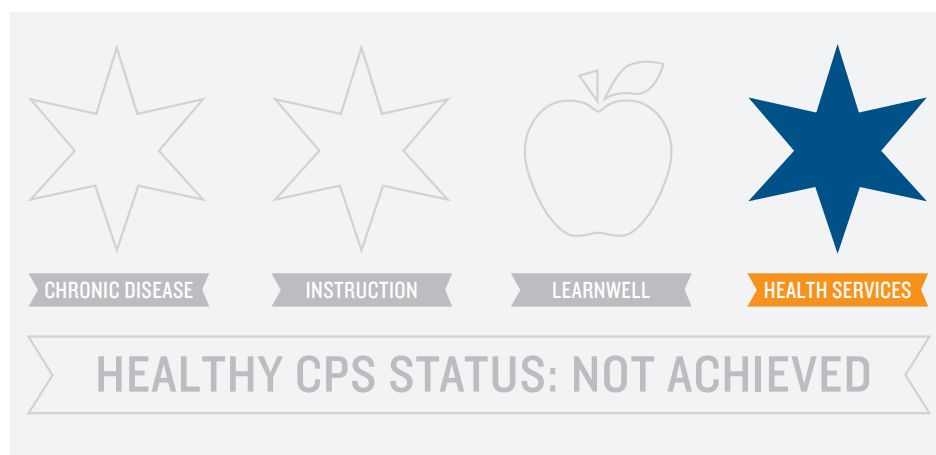


SCHOOL YEAR 2017-2018

# Healthy CPS Alignment Report

WEST RIDGE

Principal: Antigoni Xanthipi Lambrinides-Sofios



The Healthy CPS Status pictured on the left is based on data from the Healthy CPS Survey, Learning Hub and IMPACT. The Healthy CPS status will be reflected on the SY1718 School Progress Report.

Healthy CPS demonstrates a school's commitment to a safe and healthy learning environment by offering access to daily physical activity, nutritious foods, school-based health services, health education and supports for students with chronic conditions.

The Healthy CPS Indicator is the first ever comprehensive health-focused measure that is included on the CPS school progress report. It was created to help schools streamline health and wellness initiatives already taking place at the school. Learn more at [cps.edu/HealthyCPS](http://cps.edu/HealthyCPS).



## CHRONIC DISEASE

83%

### GENERAL

- ✓ The Student Medical Information form is distributed to all students and parents at the beginning of each school year
- ✓ With the proper documentation on file, students are allowed to carry their own medication, such as epinephrine or inhalers
- ✓ With the proper documentation on file, students are allowed to self-administer their own medication, such as epinephrine or inhalers

### STAFF TRAINING

- ✓ My school has a Delegated Care Aide (DCA) to assist students with daily diabetes management
- ✓ All school personnel knows the location of the District-Issued EpiPens at the school
- ✗ All school staff completes the chronic conditions training webinar every school year

### SYMBOLS

- ✓ Achieved
- ✗ Not Achieved
- N/A Not Applicable
- ? No Data (i.e. did not complete Healthy CPS Survey)



## INSTRUCTION

33%

### SEXUAL HEALTH EDUCATION

- ✓ A minimum of two school staff members have completed the CPS Sexual Health Education Instructor Training within the last 4 years
- ✗ All of the required sexual health education minutes are taught in all grade levels at my school (300 min in grades K-4, 675 min in grades 5-12)
- ✓ My school sends at least one written notification about sexual health education to parents/guardians every year

### PHYSICAL EDUCATION

- ✗ My elementary or middle school offers 150 minutes per week of physical education in alignment with the CPS PE Policy (K-8)
- ✗ Fitness testing results for all students in grades 3-12 at my school are submitted into IMPACT CIM

### NUTRITION EDUCATION

- ✗ My school offers nutrition education as a systematic unit of instruction for grades K-8

WEST RIDGE has achieved 68% of Healthy CPS criteria.

- On average, schools across the district achieved 65% of Healthy CPS criteria.
- On average, Network 2 schools achieved 79% of Healthy CPS criteria.
- WEST RIDGE has achieved 7% more Healthy CPS criteria compared to SY1617.

%



## LEARNWELL

63%

## SCHOOL LEADERSHIP

- ✓ My school has a Wellness Champion nominated by the principal
- ✗ Our Wellness Team is active and meets quarterly
- ✓ Parents, students and/or partners are involved with my school wellness team

## PHYSICAL ACTIVITY

- ✗ My school provides opportunities for physical activity to all students in addition to recess and physical education
- ✓ My school offers a minimum of 20 minutes of daily recess

## FUNDRAISERS

- ✗ My school does not fundraise with food during the school day

## SCHOOL GARDENS

- ✓ The school garden is supported by a school garden team
- ✓ The school garden is utilized for instruction at the school at least twice a month during growing season
- ✗ The school garden is growing edible food

## EARLY CHILDHOOD

- ✗ A representative of early childhood is on my wellness team and promotes health and wellness throughout the Pre-K program

## SCHOOL FOOD ENVIRONMENT

- ✓ Food is not served or sold in competition with school meals
- ✓ My school implements Breakfast After the Bell
- ✓ My school limits unhealthy school-wide celebrations to only two per school year
- ✓ Teachers do not use food as a reward
- ✗ Teachers do not withhold physical activity (recess and PE) or food as punishment

## SAFE AND SUPPORTIVE ENVIRONMENTS

- ✓ My school has staff who has attended PD on supporting LGBTQ students



## HEALTH SERVICES

100%

## EXAMS

- ✓ My school participates in the CPS Dental Exam Program
- ✓ My school participates in the CPS Vision Exam Program

## SCREENINGS

- ✓ 95% of students in required grades receive a hearing screening (PK, K, 1,2,3, IEP)
- ✓ 95% of students in required grades (PK,K,2,8,IEP) receive a vision screening

## MEDICAL COMPLIANCE

- ✓ My school achieves 90% medical compliance by October 15

## MEDICAID DESIGNEE

- ✓ My principal nominates a school Medicaid Designee to assist families with acquiring health insurance

## NEXT STEPS

1. View your electronic report on the School Progress Report "Downloads" page
2. Visit [cps.edu/HealthyCPS](https://cps.edu/HealthyCPS) to get started
3. Encourage schools to update Wellness Champion and Medicaid Designee information [here](#)
4. Review requirements and guidance on specific criteria with the [Healthy CPS Checklist](#)
5. Incorporate health and wellness goals into schools' [CIWP](#)
6. Refer families to 773-553-KIDS for help with public benefit enrollment