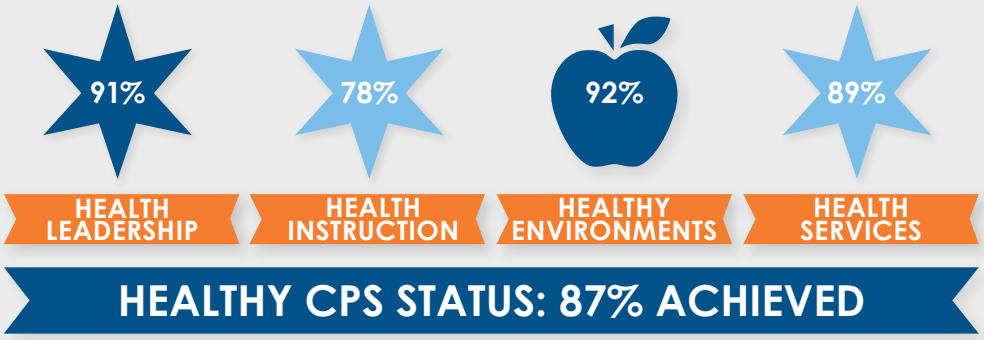
SCHOOL YEAR 2024-2025

Healthy CPS Alignment Report

TILTON

Principal: Quishun Elrod



The Healthy CPS Status pictured on the left is based on data from the Healthy CPS Survey, Learning Hub, Safe Schools, Health Services, Aspen, and the CPS dashboard.

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. Schools that align to 90% or more of the criteria are considered Healthy CPS.

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

This report includes data from the above sources as of May–June 2025. If you have questions, please contact OSHW at 773.553.KIDS or OSHW@cps.edu

LAST UPDATED AUGUST 20, 2025

Chicago Public Schools

HEALTHY CPS
— OFFICE OF STUDENT HEALTH & WELLNESS —

SCHOOL YEAR 2024-2025

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HEALTH LEADERSHIP

91%

WELLNESS CHAMPION

- ✓ My principal nominated a Wellness Champion for school year 24-25

WELLNESS TEAM

- ✓ Our Wellness Team was active and met quarterly during the school year
- ✓ Our Wellness Team reported to the LSC
- ✓ Our Wellness Team was representative of the school community and included required team members (Wellness Champion, Parent/Caregiver, and Student) and other required roles as applicable (i.e. PreK Representative, Garden Coordinator, and Partner Organization)

BEHAVIORAL HEALTH TEAM

- ✓ My school has a Behavioral Health Team (BHT)
- ✓ Our Behavioral Health Team was active and met at least quarterly
- ✓ All staff have completed the Suicide Prevention and Awareness Training

MEDICAID DESIGNEE

- ✓ My principal nominated a school Medicaid Designee to assist families with acquiring health insurance and accessing healthy food through the state (SNAP/LINK) program by collaborating with their assigned benefit coordinator for school year 24-25

CHRONIC CONDITIONS

- ✓ All school staff completed the chronic conditions online training in school year 24-25
- N/A My school had a non-nurse staff member trained annually as a Delegated Care Aide (DCA) to assist students with daily diabetes management
- N/A My school had a non-nurse staff member trained annually as a Delegated Care Aide (DCA) to assist students with seizure management

SAFE AND SUPPORTIVE ENVIRONMENTS

- N/A My school had staff attend training on supporting transgender, nonbinary and gender nonconforming students

SCHOOL GARDENS

- ✓ The school garden was supported by a school garden team which includes at least one teacher and one other staff member

OVERDOSE PREVENTION

- ✗ All staff have completed the Overdose Prevention and Narcan Administration Training (SafeSchools Online Training)

HEALTH INSTRUCTION

78%

HEALTH EDUCATION

- ✓ Health Education is part of the formal regular instructional program at each grade level in elementary school (grades K-6)
- ✓ The minimal Health Education time allocation is at least one full semester (2 quarters) during the middle school (7-8) experience
- N/A The minimal Health Education time allocation is at least one full semester during the high school (9-12) experience

SEXUAL HEALTH EDUCATION

- ✓ A minimum of two school staff members have completed the CPS Sexual Health Education Instructor Training within the last four years
- ✓ If my school has a Diverse Learner population, at least one SPED instructor has completed the CPS Sexual Health Education Instructor Training within the last four years
- ✗ The Sexual Health Education curriculum was taught to all students in all grades, PreK-12
- ✓ My school sent at least three notifications of sexual health education to parents/guardians this year, with at least one notification written on school letterhead, including opt-out language and the specific lessons covered by grade

PHYSICAL EDUCATION

- N/A All high school students were scheduled in a physical education course each semester in every grade level (9-12), unless granted an individual student exemption as outlined by the Physical Education Individual Student Exemption Request Form.
- ✗ All students in elementary and middle school engaged in a course of physical education for a minimum of 3 days per 5-day week for a minimum of 120 minutes per week
- ✓ Every student receives physical education on a weekly basis

NUTRITION EDUCATION

- ✓ Evidence-based nutrition education was integrated into the curriculum for grades PreK-8
- N/A For high schools serving grades 9-12, evidence-based nutrition education was integrated into the curriculum of at least two high school courses required for graduation

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HEALTHY ENVIRONMENTS

92%

CHRONIC CONDITIONS

- ✓ Students with asthma, diabetes, allergies, or seizures are allowed to carry and self-administer any necessary medication as ordered by a healthcare provider

ALLERGIES

- ✓ All school personnel know the unlocked location of the district-issued emergency stock medications (epinephrine, albuterol, Narcan) at the school

PHYSICAL ACTIVITY

- ✓ My school provided opportunities for physical activity during the school day to all students (PreK-8) in addition to recess and PE, including providing all students in grades K-5 30 minutes (inclusive of required 20 minute recess) of supervised, unstructured physical activity daily
- ✓ Teachers did not withhold physical activity (recess and PE) as punishment

RECESS

- ✓ My school offered a minimum of 20 minutes of daily recess to all grades (K-8)

CELEBRATIONS, REWARDS, AND FUNDRAISERS

- ✓ My school does not fundraise with food during the school day
- ✓ Food is not served or sold in competition with school meals (includes fundraisers, school stores, and celebrations)
- ✓ My school focuses on celebrating with fun rather than food, with the exception of no more than two school-wide celebrations per year
- ✓ Teachers do not use food as a reward

BREAKFAST

- ✓ My school implemented Breakfast After the Bell

SCHOOL GARDENS

- ✓ The school garden is utilized for school-related programming
- ✗ Schools growing produce for the purpose of consumption completed the Safe Schools Eat What You Grow training annually and completed the Personalized Food Safety Plan

HEALTH SERVICES

89%

STUDENT MEDICAL INFORMATION

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

MEDICAL COMPLIANCE

- ✗ My school achieved 90% medical compliance by October 15

SCREENINGS/EXAMS

- ✓ My school participated in the CPS Vision Exam Program
- ✓ Students in required grades (PK,K,2,8,IEP) received a vision screening
- ✓ Students in required grades received a hearing screening (PK, K, 1,2,3, IEP)
- ✓ My school participated in the CPS Dental Exam Program

SEXUAL HEALTH SERVICES

- ✓ My school makes condoms freely available to students in grades 5-12
- ✓ My school makes menstrual hygiene products available, at no cost to students, in at least one student bathroom in each school building
- ✓ My school has a Sexual Health Services Referral Designee who refers students to sexual health services (e.g. contraceptives, prenatal care, HIV/STI testing, HPV vaccine)

SYMBOLS ✓ Achieved ✗ Not Achieved N/A Not Applicable ??? No Data

TILTON has achieved 87% of Healthy CPS criteria.

- On average, schools across Network 5 achieved **80%** of Healthy CPS criteria.
- On average, schools across the District achieved **79%** of Healthy CPS criteria.

NEXT STEPS

1. Visit **cps.edu/HealthyCPS** to get started
2. Encourage schools to update Wellness Champion and Medicaid Designee information **here**
3. Refer families to 773-553-KIDS for help with public benefit enrollment