

PEER-TO-PEER LEARNING TOOL: LESSONS FROM WELLNESS TEAMS

Working to Achieve the Healthy CPS Health Instruction Badge



HEALTH INSTRUCTION

What is the “Health Instruction” Badge?

The Health Instruction Badge is an indicator that schools are providing adequate instruction for nutrition education, physical education, health education, and sexual health education.

What is this Handout?

This handout includes basic information about the Health Instruction badge, key resources to help schools in achieving this Badge, and recommendations from Wellness Teams who have been working to achieve this Badge.

Did you know?

- Research shows that whole-school health interventions, including health education instruction:
 - **Increase sexually healthy behaviors such as condom use.¹**
 - Create **school environments free from bullying.¹**
 - **Increase children’s knowledge** of healthy nutrition practices and **self-efficacy** to consume fruits and vegetables.²
- Research shows that **engaging in physical activity improves students’ concentration.³**

WHAT DO SCHOOLS NEED TO EARN THE HEALTH INSTRUCTION BADGE?

- ★ Only school or partner organization staff who have completed the CPS Sexual Education Instructor Training are teaching sexual health education.
- ★ The Sexual Health Education curriculum is taught to all students in all grades.
- ★ The school sends three notifications of sexual health education to the parents/ guardians every year (on school letterhead, including only opt-out language and specific lessons covered by grade.)
- ★ If school has a garden, it is utilized by at least 50% of the student body for instruction at least twice a month during the growing season.
- ★ All high school students 9-12 are scheduled into daily physical education (PE).
- ★ All elementary or middle school students receive 150 minutes per week of PE.
- ★ All students in grades 3-12 participate in fitness education and fitness testing results for all students are submitted into Aspen by end of the year.
- ★ All elementary students K-8 receive nutrition education as a systematic unit of instruction.
- ★ All high school students 9-12 receive nutrition education integrated in two courses.
- ★ The school’s Pre-K program follows the guidelines outlined in the StartWELL initiative (where applicable).

TIPS FOR WELLNESS TEAMS IN ACHIEVING THE HEALTH INSTRUCTION BADGE

TRAINING



- 1 Identify designated staff.** Wellness teams successful in achieving this badge were able to identify designated staff who are dedicated to meeting instructional minute requirements and can support their efforts. Consider supporting these staff through stipends or non-monetary benefits and recognition.
- 2 Ensure proper staff training.** Wellness teams found success when teachers were specifically designated to teach Sexual Health Education and felt supported in attending the Sexual Health Training offered by OSHW.

PLANNING & PREPARATION



- 3 Strategically plan the academic schedule.** Wellness teams noted that at the beginning of the academic year it is necessary to map out how each class will achieve the minute requirements for Nutrition, Physical Education, and Sexual Education across all grades.
- 4 Use creative solutions for space limitations.** Be strategic in scheduling and plan where classes will take place throughout the school environment. Use spatial barriers in large spaces to facilitate shared space. Remove furniture to create transitional spaces for yoga, dance, etc.
- 5 Compile appropriate curricular resources.** Many wellness teams leveraged resources including: OSHW resources, online resources, other curricula available in the school, such as health textbooks, etc.

COMMUNITY ENGAGEMENT



- 6 Work with community partners.** Community partners, such as nutrition education providers or sexual health education providers, can supplement resources or conduct lessons in schools to enhance the students' learning experiences.



Have you used these Healthy CPS Resources?

Healthy CPS website resources:

- [Healthy CPS Checklist](#)
- [Wellness Team Guidance](#)
- [COVID Wellness Team Guidance](#)
- [Health Instruction Landing Page](#)
- [Healthy CPS Preparation Guide](#)
- [Why Healthy CPS?](#)
- Healthy CPS Hotline: 773-553-KIDS (5437)

Health Instruction Supports:

- [Physical Education](#)
- [Nutrition Education](#)
- [Sexual Health Education](#)
- [School Gardens](#)
- [StartWELL: Healthy CPS for Pre-K](#)
Sexual Health, Nutrition, and Physical Education Specialists serve as content experts with regard to all policies related to their respective areas. Contact OSHW@cps.edu with any questions.
- For StartWELL, OSHW works closely with the [Office of Early Childhood Education \(OECE\)](#) to align all of our district's health and wellness policies and protocols—from physical activity to food allergy management.

Where did the tips come from?

Virtual discussion groups with eleven Wellness Teams were conducted in spring of 2020 by researchers at the Policy, Practice, and Prevention Research Center at the University of Illinois at Chicago who is partnering with CPS' Office of Student Health and Wellness to support implementation of Healthy CPS strategies. A total of 45 individuals participated in the groups, including principals, assistant principals, classroom teachers, PE/Health teachers, counselors, nurses, and other support staff members. Discussions lasted approximately 60 minutes and were recorded and transcribed. Transcripts were analyzed and key themes associated with each of the four badges were identified.

References

1. Shackleton N, Jamal F, Viner RM, Dickson K, Patton G, Bonell C. School-Based Interventions Going Beyond Health Education to Promote Adolescent Health: Systematic Review of Reviews. *Journal of Adolescent Health*. 2016;58(4):382-396. doi:[10.1016/j.jadohealth.2015.12.017](https://doi.org/10.1016/j.jadohealth.2015.12.017)
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3. Taras H. Physical activity and student performance at school. *J Sch Health*. 2005;75(6):214-218. doi:[10.1111/j.1746-1561.2005.00026.x](https://doi.org/10.1111/j.1746-1561.2005.00026.x)
4. Centers for Disease Control and Prevention. [2019] Youth Risk Behavior Survey Data. Available at: www.cdc.gov/yrebs. Accessed on December 9, 2020.

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