

STRATEGIES AND TIPS FROM CPS STAKEHOLDERS

# How Can the Healthy CPS Network Specialist Support the Network & Schools?

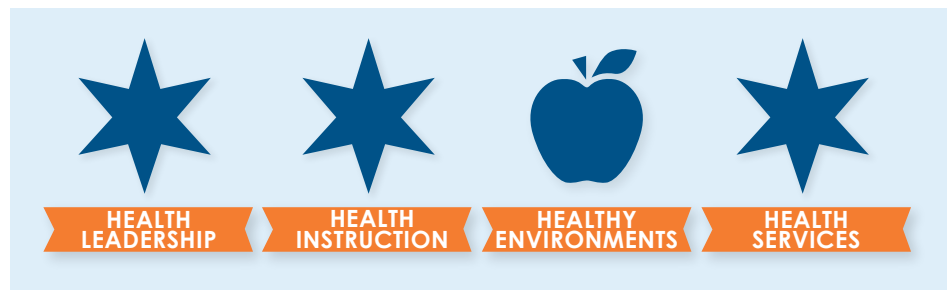
## What is this Handout?

This tool seeks to provide insights for the Network Chief as to how the Healthy CPS Network Specialist can support the Network and schools within the Network with health and wellness-related programming, Healthy CPS achievement, and related issues. Information in this tool was compiled from key informant interviews with the Healthy CPS Network Specialist, the Network Chief, Principals/Assistant Principals, Wellness Teams, Wellness Champions, and CPS Office of Student Health and Wellness leadership between 2020-2022.

## Do You Know the Healthy CPS Network Specialist?

In order to promote and enhance the Office of Student Health and Wellness (OSHW) efforts to support and improve the health and wellbeing of all students, Chicago Public Schools (CPS) introduced the Healthy CPS Network Specialist

to Network 5 (N5) schools at the beginning of SY 20-21. **The Healthy CPS Network Specialist serves as a navigator and technical assistance (TA) provider for N5 schools and supports them in achieving Healthy CPS and working towards their own school health and wellness goals.** [Healthy CPS](#) demonstrates a school's commitment to supporting the health and wellbeing of all students. Encompassing over 50 policies, Healthy CPS assists schools in eliminating health-related barriers to learning by providing guidance for health education, physical activity, school health services, support for students with chronic conditions, and more. Together, the four Healthy CPS badges, Health Leadership, Health Instruction, Healthy Environments, and Health Services, provide a framework for schools to create a culture of health in support of the whole child.



## HOW CAN THE SPECIALIST HELP THE NETWORK CHIEF?

- ★ Communicate directly with schools about the Network's priorities related to health and wellness
- ★ Improve Network-wide achievement of Healthy CPS
- ★ Maintain an open line of communication with OSHW
- ★ Champion health by participating in school visits and providing feedback and suggestions to schools

- ★ Work with families by connecting them with additional supports or services
- ★ Meet with principals and regularly share school health data to identify priorities and track progress
- ★ Liaise with OSHW and/or appropriate staff to help schools respond to urgent health-related needs

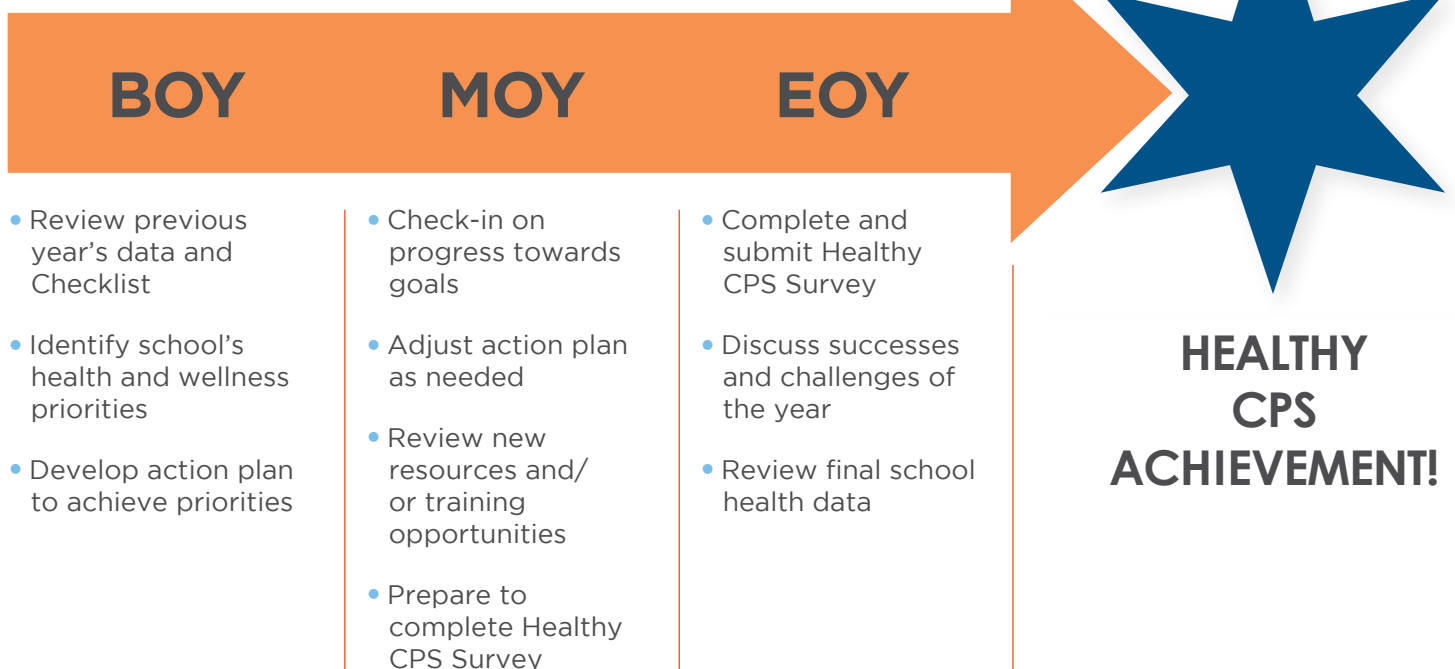
For more examples of how the Specialist supports schools and Wellness Champions, see [Supporting Schools: Healthy CPS Network Specialist Supports](#).

## HOW CAN THE SPECIALIST HELP SCHOOLS?

- ★ Nominate a Wellness Champion and other required roles
  - ★ Assemble a Wellness Team
  - ★ Communicate with the Network and OSHW about their own school's health and wellness priorities
  - ★ Learn about outside funding and training opportunities that would support school's health and wellness efforts
  - ★ Assess their current status towards achieving Healthy CPS
  - ★ Improve compliance with health and wellness policies
  - ★ Stay in the know about Healthy CPS, OSHW, and Network updates
- For more examples of how the Specialist supports schools and Wellness Champions, see [Supporting Schools: Healthy CPS Network Specialist Supports](#).

### Healthy CPS Timeline

At a minimum, the Chief can expect the Specialist to meet with schools at the beginning (BOY), middle (MOY), and end (EOY) of each school year and engage in specific activities:



### Acknowledgments

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