



MUSC Boeing Center for Children's Wellness

School Wellness Checklist Classroom Teacher Engagement Guide

Getting Started

- Review this year's School Wellness Checklist to identify items you can assist with
- Attend school wellness committee meetings or events throughout the school year

Nutrition

- Let your school's Wellness Leader know when your class takes a field trip, in person or live virtually, to local farms or farmer's markets related to healthy eating and nutrition
- Utilize the school garden to teach nutritional education lessons to your class
- Implement a nutrition education curriculum for students consistent with your state's nutrition education standards, the Dietary Guidelines for Americans, and MyPlate

Physical Activity

- Incorporate physical activity breaks into your classroom daily or weekly
- Provide kinesthetic equipment or sensory tools to students in your classroom
- Incorporate Action Based Learning strategies in your classroom

Social Emotional Wellness

- Provide an ongoing yoga or mindfulness program for your students
- Create with your students and display a classroom shared agreement that fosters a culture of respect and collaboration
- Create a designated calming space for students in your classroom

Wellness Culture

- Implement a list of strategies and alternative ideas for behavior management that include non-food rewards and other ideas that neither deny nor require physical activity as a punishment
- Have students advocate in support of wellness changes at the local, state, or national level
- Work with students on art, creative writing and/or STEM projects related to nutrition, physical activity, or social emotional wellness

Staff Wellness

- Participate in an on-site health screenings for staff organized by your school's wellness committee
- Participate or assist in organizing a fitness class, walking group, or running group at your school
- Join or help organize a social emotional well-being program such as a book club, yoga, or mindfulness at your school
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Sustainability

- Support the wellness committee's sustainability efforts by communicating any grants applied for or received related to nutrition, physical activity, or social emotional wellness to your school's Wellness Leader
- Attend a community based wellness training

For more ideas and resources, please visit our website:

<https://musckids.org/our-services/boeing-center/resources>

Please contact your school's Wellness Leader or boeingcenter@musc.edu with any questions.