



## **Boeing Center for Children's Wellness**

### **School Wellness Checklist<sup>®</sup> Action Guide for Physicians and Health Professionals**

#### **Getting Started**

- Identify a school where you would like to join the wellness committee. Contact the MUSC BCCW at [boeingcenter@musc.edu](mailto:boeingcenter@musc.edu) to get connected with the school's wellness committee.
- Attend an MUSC Boeing Center training
- Review this year's School Wellness Checklist<sup>®</sup> to identify items you can assist with
- Attend school wellness committee meetings

#### **Nutrition**

- Advocate for healthy snacks and healthy fundraisers at school by drafting a parent letter, meeting with the principal to advocate changes, or hosting educational presentations for PTA or school staff
- Assist school with promoting water drinking by connecting school with access to water bottles, filling stations, or water coolers, and providing information on benefits of drinking water
- Connect school with local chefs, farmers, Registered Dietitians, nutritionists, or others to provide field trip opportunities or teach students about healthy eating or cooking

#### **Physical Activity**

- Encourage teachers to incorporate physical activity breaks into the classroom by providing resources and trainings
- Work with school staff to find resources for kinesthetic desks and Action Based Learning equipment
- Join your school's team of students and staff in a community walk, run, bike, or sporting event
- Connect the school with local organizations or resources to provide non-competitive physical activity opportunities before or after school for students that are separate from PE

#### **Social-Emotional Learning (SEL)**

- Present or invite community partners to present to staff, students, or parents on SEL topics
- Connect the school with resources to support their substance misuse prevention program
- Advocate for the implementation of a school-wide, evidence-based, comprehensive SEL program for students

#### **Wellness Culture**

- Help draft school-level wellness policies and encourage the implementation of the policies
- Help create a student health and wellness resource library by assisting in finding resources, donating books, cookbooks, or other wellness resources
- Attend or assist the school with setting up a health and wellness fair
- Attend a student-led wellness committee meeting as a community health expert
- Assist school with creating content to include in the school's wellness newsletter for families or staff

#### **Staff Wellness**

- Connect the school with organizations that can provide on-site health screenings for staff
- Help create a staff health and wellness resource library by assisting in finding resources, donating books, cookbooks, or other wellness resources
- Connect school with community partners to offer fitness classes at school for staff, provide free massages to staff, or donate fitness equipment for a dedicated staff fitness area

#### **Sustainability**

- Support your school wellness committee's sustainability efforts by helping with grant writing, establishing healthy fundraisers to raise money for the wellness committee, and engaging community partners
- Attend the end of the year school Wellness Award Celebration to show support for your school!

For more ideas and resources, please visit our website:

<https://musckids.org/our-services/boeing-center/school-wellness-initiative/school-wellness-checklist-resources>

**Please contact your school's MUSC BCCW Program Coordinator with any questions.**