



MUSC Boeing Center for Children's Wellness School Wellness Checklist Action Guide for Parents

Parents can make a big impact on the wellness culture of schools! As a champion of wellness in the school community, you are an important member of the Wellness Committee!

Getting Started

- Attend an MUSC Boeing Center start-of-year wellness training
- Review this year's School Wellness Checklist to identify items you can assist with
- Attend school wellness committee meetings throughout the school year

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
- Promote water drinking by helping organize an ongoing water drinking campaign or challenge for students and/or staff
- Assist school with starting or maintaining garden projects

Physical Activity

- Help school organize or chaperone an after-school, non-competitive walking or running club for students
- Join school's team of students and staff in a community walk, run, or other physical activity event
- Assist school with organizing Walk, Bike, or Roll to School Day events

Social Emotional Wellness

- Help organize or volunteer with a mentoring program that supports the social emotional wellness of students
- Assist school with creating relaxation or sensory spaces for students
- Invite community partners to the school to present to students, staff, or parents on social emotional wellness topics

Wellness Culture

- Advocate for policy changes at the school, i.e., non-food rewards, birthday and celebration policies, water drinking policy, physical activity policy, breastfeeding policy, or bullying prevention
- Attend or assist school with setting up a health and wellness fair for families
- Incorporate fruit and vegetable tastings, physical activity breaks, or mindfulness activities into parent meetings or events at the school

Staff Wellness

- Coordinate with school staff and other volunteers to allow teachers to have duty-free lunch
- Connect school with community partners to offer fitness classes at school for staff, provide free massages to staff, or donate fitness equipment for staff
- Assist school with creating a dedicated relaxation space staff

Sustainability

- Host a healthy food or non-food fundraiser to raise money for the wellness committee
- Create a community partnership with a local business or organization that will sponsor or collaborate on healthy events at your school

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.