



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

### **School Wellness Checklist Action Guide for Principals**

The support of school administration is vital in forming a successful wellness committee and implementing effective and sustainable school wellness initiatives.

#### **Getting Started**

- Join your school's wellness committee and/or attend committee meetings throughout the school year
- Encourage a diverse group of teachers and staff to join the wellness committee
- Attend an MUSC Boeing Center start-of-year wellness training
- Review this year's School Wellness Checklist to identify items you can assist with

#### **Nutrition**

- Encourage your school's Nutrition Services staff to join the wellness committee
- Support the sale of USDA Smart Snacks in cafeteria, vending machines, school stores, and classrooms
- Encourage Farm to School initiatives by promoting locally grown produce, maintaining a school garden, or implementing fresh fruit and vegetable tastings for students

#### **Physical Activity**

- Encourage physical activity opportunities that are separate from PE for students before, during, or after school
- Work with school staff to find resources for kinesthetic and Action Based Learning equipment
- Encourage the use of FitnessGram® for student fitness education, assessments and measuring student BMIs
- Assist your school with securing Open Community Use and Facility Use Agreements to encourage physical activity in the surrounding community

#### **Social Emotional Wellness**

- Support the implementation of a school-wide, evidence-based, comprehensive SEL programs for students
- Offer learning opportunities for staff on trauma-informed strategies and practices
- Encourage school staff to create shared classroom agreements with students in their class
- Send a letter home to inform parents of your school's SEL programs, policies, and procedures
- Allow community partners to come to your school to present to students, staff, or parents on social emotional wellness topics

#### **Wellness Culture**

- Support school level wellness policies, i.e., non-food rewards, birthday parties and classroom celebrations, water drinking, physical activity, breastfeeding, or bullying prevention
- Send a letter home to encourage parents to send healthy items to school for parties, celebrations, or meetings to promote school wellness policies
- Involve parents in wellness initiatives by promoting wellness in school newsletters, offering healthy events, and incorporating healthy activities into parent meetings
- Provide staff with alternative ideas for behavior management that include non-food rewards and other ideas that neither deny nor require physical activity as a punishment

#### **Staff Wellness**

- Partner with healthcare organizations to provide on-site health screenings for staff
- Coordinate with staff and volunteers to allow teachers to have duty-free lunch
- Participate in your school's employee team in a community walk, run, bike, or sporting event
- Incorporate physical activity breaks and opportunities for staff team building into existing staff meetings
- Collaborate with staff to create and post shared staff agreements that foster a culture of respect and collaboration

#### **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

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](mailto:boeingcenter@musc.edu) with any questions.**