



MUSC Boeving Center for Children's Wellness

School Wellness Checklist Action Guide for School Counselors

School Counselors can make a big impact on their school's wellness culture! As a champion for your students, you are an important member of your school's Wellness Committee and your school needs you!

Getting Started

- Join your school's wellness committee or become the Wellness Leader
- Attend an MUSC Boeving Center start-of-year wellness training
- Assist in completing or updating your school's Healthier Generation Assessment or SMART Goals for this school year

Social Emotional Wellness

- Assist in completing or updating your school's Healthier Generation's RISE Index or CASEL Schoolwide SEL Rubric assessment
- 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 your school to present to students, staff, or parents on social emotional wellness topics
- Encourage the implementation of a school-wide, evidence-based, comprehensive Social Emotional Learning program for students
- Implement an evidence-based substance misuse or bullying prevention programs for students
- Implement yoga or mindfulness programs for students that are separate from PE
- Offer learning opportunities for staff at your school on trauma-informed strategies that follow the three R's (Regulate, Relate and Reason)
- Assist your school with starting a sensory garden and use it to teach lessons with students

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
- Collaborate with wellness committee members to create a quarterly wellness communication for families
- Develop an incentive program for students that positively reinforces healthy choices
- 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
- Assist with planning a school-wide health and wellness fair for students, staff, and families
- Support a student-led wellness committee

Staff Wellness

- Incorporate intentional opportunities into existing staff meetings to encourage team building and connectedness.
- Provide ongoing social-emotional wellbeing programs for staff such as yoga or mindfulness
- Assist school with creating a dedicated relaxation space for staff

Sustainability

- Support your school wellness committee's sustainability efforts by helping with grant writing and establishing healthy fundraisers to raise money for the wellness committee.
- Maintain 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.