



MUSC Boeing Center for Children's Wellness

School Wellness Checklist® Action Guide for School Nurses

School Nurses can make a big impact on their school's wellness culture! As a champion for health, 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 Boeing Center training
- Invite a local physician or health professional to join the wellness committee

Nutrition

- Post nutrition facts signage in cafeteria for all cafeteria menu items
- Invite community partners to your school on professional development days to present to staff on nutrition topics
- Encourage teachers to incorporate nutrition education lessons into their classrooms that are consistent with your state's nutrition education standards, the Dietary Guidelines for Americans, and MyPlate

Physical Activity

- Advocate for physical activity opportunities that are separate from PE for students before, during, or after school
- Measure and record student BMIs and send home results to parents

Social-Emotional Learning (SEL)

- Assist in conducting or updating an SEL assessment for your school
- Invite community partners to your school to present to students, staff, or parents on SEL topics
- Encourage the implementation of a school-wide, evidence-based, comprehensive SEL program for students

Wellness Culture

- Create a designated lactation room that includes signage, a locking door, a privacy curtain, and seating
- Collaborate with wellness committee members to create a quarterly wellness newsletter for families
- Plan a school-wide health and wellness fair for students, staff, and families
- Create a student or staff wellness resource library

Staff Wellness

- Conduct a wellness needs or interest survey with staff this year
- Offer staff health screenings at your school or promote screenings organized by your district
- Implement a weight management program at school for staff
- Participate as a staff team in a community walk, run, or sporting event

Sustainability

- Help apply for grants related to Nutrition, Physical Activity, or SEL
- Maintain a community partnership with a local business or organization to 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/school-wellness-initiative/school-wellness-checklist-resources>

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