



## **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 a MUSC Boeing Center start-of-year wellness training
- Invite a local physician or health professional to join the wellness committee
- Assist in completing or updating your school's Healthier Generation Assessment or SMART Goals for this school year

#### **Nutrition**

- Promote water drinking by helping organize an ongoing water drinking campaign or challenge for students and/or staff
- Invite community partners to your school on professional development days to present to staff on nutrition topics

#### **Physical Activity**

- Advocate for physical activity opportunities that are separate from PE for students before, during, or after school
- Assist with measuring and recording student BMIs

#### **Social Emotional Wellness**

- Invite community partners to your school to present to students, staff, or parents on social emotional wellness topics
- Assist the school with creating relaxation or sensory spaces for students

#### **Wellness Culture**

- 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
- 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**

- 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
- Support a weight management challenge or wellness challenge for staff
- Participate as a staff team in a community walk, run, or sporting event
- Create a designated lactation room that includes signage, a locking door, a privacy curtain, and seating

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