



MUSC Boeing Center for Children's Wellness

School Wellness Checklist Volunteer Engagement Guide

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 year

Nutrition

- Assist school with starting or maintaining garden projects
- Help implement quarterly fresh fruit and veggie tastings for students
- Connect school with local chefs, farmers, Registered Dietitians, nutritionists, or others to provide field trip opportunities or teach students about healthy eating or cooking

Physical Activity

- Assist the school with organizing Walk, Bike, or Roll to School Day events
- Join your school's team of students and staff in a community walk, run, biking, or sporting event

Social Emotional Wellness

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

Wellness Culture

- Volunteer to support a student-led wellness committee
- Work with students on art, creative writing and/or STEM projects related to nutrition, physical activity, or social emotional wellness
- Assist school with planning a health and wellness fair for families
- Share your involvement with school wellness on Facebook. Tag using #MUSCBoeingCenter

Staff Wellness

- Connect school with healthcare organizations to provide on-site health screenings for staff
- Work with school staff to find resources to purchase fitness equipment for a dedicated staff workout space
- Connect school with guest speakers to present at staff professional development days on nutrition, physical activity, and social emotional wellness topics
- Assist in creating a designated room for lactating mothers by creating signage, providing a privacy curtain, or finding donations for seating or milk storage
- Coordinate with school staff and other volunteers to allow teachers to have duty-free lunch

Sustainability

- Support the school wellness committee's sustainability efforts by assisting with grant writing, community partnerships, and healthy fundraising efforts for 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.