



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

### **School Wellness Checklist<sup>®</sup> Action Guide for Nurses**

School Nurses can make a big impact on wellness for their schools! 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 Wellness Leader Training with your school's wellness team in the fall
- Encourage a local physician or health professional to join the wellness committee
- Assist in updating your school's Alliance for a Healthier Generation Assessment and Action Plan

#### **Nutrition**

- Organize a water drinking campaign
- Encourage teachers to incorporate nutrition and health education lessons into their classroom through utilizing MyPlate, Dietary Guidelines, state health standards, etc.

#### **Physical Activity**

- Encourage students and teachers to incorporate physical activity breaks throughout the school day
- Measure and record student BMIs and send home results to parents

#### **Social-Emotional Wellbeing**

- Create a relaxation space where staff can go during breaks
- Advocate for or coordinate stress relief initiatives for staff- chair massages, yoga classes, etc.
- Work with staff members and volunteers to allow teachers to have duty-free lunch
- Encourage the implementation of social-emotional wellbeing programs for students

#### **Establishing a Wellness Culture**

- Support school level wellness policies: non-food reward, birthday parties and classroom celebrations, water drinking, physical activity, breastfeeding, etc.
- Create a designated space for lactating mothers
- Collaborate with wellness committee members on a quarterly wellness newsletter for parents
- Develop an incentive program for students that positively reinforces healthy choices
- Plan a school-wide health/wellness fair for students, staff, and families
- Create an easily accessible student and/or staff wellness resource library

#### **Employee Connections**

- Conduct a school employee wellness needs or interest survey
- Offer staff health screenings at your school (cholesterol, BMI, blood pressure, glucose, cancer screenings, etc.) or promote screenings organized by the district
- Participate as an employee team in a community walk, run, or sporting event
- Connect your school with community partners who can present to teachers and staff on physical activity, nutrition and/or social-emotional wellbeing at faculty meetings

#### **Sustainability**

- Assist with applying for grant funding related to nutrition or physical activity
- Establish a healthy or non-food fundraiser where funds go to the wellness committee
- Create or maintain a community partnership with a local business or organization to sponsor or collaborate on healthy events at your school

There are many resources available on our website:

<https://musckids.org/our-services/boeing-center/checklist-contest/resources-by-category>

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