



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

### **School Wellness Checklist® Action Guide for Parents**

Parents can make a big impact on wellness for their schools! As a champion in the school community, you are an important member of the Wellness Committee!

#### **Getting Started**

- Join your school's wellness committee
- Attend Wellness Leader Training with your school's wellness team in the fall
- Attend school wellness committee meeting(s) throughout the school year (in person, call in, or receive meeting minutes)

#### **Nutrition**

- Advocate for healthy snacks and healthy fundraisers at school
  - Examples: Draft parent letter, meet with principal to advocate changes, host educational presentation to PTA or faculty, utilize community connections
- Establish a water drinking campaign for staff and students
- Assist with school gardening project
- Help implement quarterly fresh fruit and veggie tastings for students
- Connect your school with local chefs, farmers, or dietitians for healthy eating presentations/demonstrations and field trip opportunities

#### **Physical Activity**

- Help your school organize a walk/run club
- Participate with a school team in a community walk/run event
- Organize walk/bike to school days

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

- Assist school with creating a relaxation area for teachers and staff
- Work with other parents and volunteers to provide duty-free lunches for teachers

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

- Advocate for policy changes at the school, i.e., non-food rewards, birthday and celebration policies, water drinking policy, physical activity policy, breastfeeding policy, etc.
- Create or assist school with developing wellness information to include in school newsletter
- Promote wellness initiatives on the school's social media page
- Set up a health/wellness fair at your school
- Incorporate fruit/veggie tastings and physical activity breaks into parent meetings at the school

#### **Sustainability**

- Establish a healthy or non-food fundraiser to raise money for the wellness committee
- Create a community partnership with a local business or organization that will sponsor or collaborate on healthy events at your school

There are many resources available on our website:

<https://musckids.org/our-services/boeing-center/school-wellness-checklist-resources>

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