



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

### **School Wellness Checklist<sup>®</sup> Action Guide for Physical Education Teachers**

PE teachers can make a big impact on wellness for their schools! As a champion for physical activity, 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
- Assist in updating your school's Alliance for a Healthier Generation Assessment and Action Plan

#### **Nutrition**

- Organize a water drinking campaign
- Implement nutrition and health education lessons (MyPlate, Dietary Guidelines, state health standards)

#### **Physical Activity**

- Encourage teachers to incorporate physical activity breaks into the classroom. Provide teachers resources, trainings, etc.
- Offer physical activity opportunities (separate from PE) for students before, during, or after school
- Organize an after school non-competitive student walk/run club
- Encourage students to participate in community walk/run events
- Assist in planning Walk or Bike to School Days
- Conduct FitnessGram education and testing
- Measure and record student BMIs and send home results to parents
- Help plan a school-wide field day
- Assist school with securing an Open Community Use or Facility Use Agreements to encourage physical activity in your surrounding community

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

- Advocate for or coordinate stress relief initiatives for staff- chair massages, yoga classes, etc.
- Encourage the implementation of social-emotional wellbeing programs for students (yoga)

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

- Support school level wellness policies: i.e., non-food reward, birthday parties and classroom celebrations, water drinking, physical activity, breastfeeding, etc.
- Organize and encourage non-food or healthy fundraisers for the school
- 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

#### **Employee Connections**

- Create a workout room for staff
- Start a staff walk/run club and/or offer staff fitness classes at school
- Participate as an employee team in a community walk/run/sporting event

#### **Sustainability**

- Assist with applying for grant funding related to nutrition or physical activity
- Participate in a community wellness-based training
- Establish a fundraiser where funds go directly to 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/checklist-contest/resources-by-category>

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