



Boeing Center for Children's Wellness

School Wellness Checklist[®] Action Guide for Principals

School Administration plays an integral role in a successful school wellness committee. The support of school administration is vital in forming effective and sustainable school wellness initiatives.

Getting Started

- Join your school's wellness committee and attend committee meetings throughout the school year
- Encourage a diverse group of teachers/staff to join the wellness committee – identify a 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

- Encourage your school's Nutrition Services staff to get involved in wellness initiatives
- Support the sale of USDA SmartSnacks- in cafeteria, vending machines, school stores, classrooms, etc.
- Encourage Farm to School initiatives- promote locally grown produce, school gardens, fruit and vegetable tastings, etc.

Physical Activity

- Encourage opportunities for physical activity for students before, during, and after school
- Work with teachers to find resources for kinesthetic desks, alternative seating options, and Action Based Learning equipment
- Encourage measuring of BMIs and use of FitnessGram
- Assist school with securing an Open Community Use and 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.
- Coordinate with staff 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 rewards, birthday parties and classroom celebrations, water drinking, physical activity, breastfeeding/pumping
- Involve parents in wellness initiatives using school newsletters, healthy events, and incorporating healthy activities into parent meetings

Employee Connections

- Invite healthcare organizations to your school to provide health screenings for staff
- Encourage staff to take physical activity breaks throughout the school day
- Bring outside fitness programs or equipment into the school for staff
- Participate in your school's employee team in community walk/run/sporting events
- Allow speakers to present at staff in-services on nutrition, physical activity, and/or social-emotional wellbeing

Sustainability

- Support your school wellness committee sustainability efforts- grant writing, establishing healthy fundraisers to raise money for your wellness committee, engage community partners, etc.

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.