

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

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

School Counselors can make a big impact on wellness for their schools! As a champion for your students, 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**

- Implement quarterly fresh fruit and vegetable tastings for students
- Organize a water drinking campaign
- Participate in your school's gardening projects
- Connect your school with local chefs, farmers, or dietitians to present on healthy eating/cooking

#### **Physical Activity**

- Advocate for teachers to incorporate physical activity breaks into the classroom throughout the school day
- 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

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

- Create a relaxation space where staff can go and relax
- Coordinate stress management initiatives for staff- chair massages, meditation, yoga classes, etc.
- Work with staff members and volunteers to allow teachers to have duty-free lunch
- Implement social-emotional wellbeing programs for students- anti-bullying, conflict resolution, emotion management, life coping skills, relationship therapy, yoga/mindfulness, substance abuse prevention, peer mediation, etc.

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

- Organize and encourage non-food or healthy fundraisers for the school
- Support school level wellness policies: Non-food reward, birthday parties and classroom celebrations, water drinking, physical activity, breastfeeding
- 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
- Support a student-led wellness committee
- Contribute to an easily accessible student and/or staff wellness resource library

#### **Employee Connections**

- Participate as an employee team in a community walk/run/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/maintain 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.**