



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

### **School Wellness Checklist<sup>®</sup> Action Guide for Physicians and Health Professionals**

#### **Getting Started**

- Contact your school's wellness leader to officially "adopt" the school. Please notify your MUSC BCCW Program Coordinator if you need assistance connecting
- Attend Wellness Leader Training with your school's wellness team in the fall
- Review this year's checklist and make notes of items you would like to assist with
- Attend wellness committee meetings throughout the school year (in-person or request call-in option)

#### **Nutrition**

- Advocate for healthy snacks and healthy fundraisers at school
  - Examples: Draft parent letter, meet with principal to advocate changes, host educational presentation
- Assist school with organizing a water campaign
  - Examples: Provide information on the benefits of drinking water; connect school with access to water bottles, drinking fountains, water coolers, etc.
- Connect school with local chefs, farmers, or dietitians for healthy eating presentations/demonstrations and field trip opportunities

#### **Physical Activity**

- Educate school staff on the importance of physical activity breaks in the classroom
- Connect school with resources for kinesthetic desks/chairs or Action Based Learning equipment
- Bring outside fitness programs or equipment into the school for students or staff
- Participate with a school team in a community walk/run event or a walk/bike to school day

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

- Present to staff about the benefits of reducing stress
- Help connect school with massage therapists, chiropractors, and/or yoga instructors
- Advocate for social-emotional wellbeing programs for students

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

- Provide nutrition and/or physical activity tips for school morning announcements
- Help create and implement school-level wellness policies- meet with principal to advocate changes, host educational presentation to PTA and/or faculty, etc.
  - Non-food reward, birthday and celebration, water drinking, physical activity, and breastfeeding policies
- Help identify resources for a wellness library for students and/or staff (physical or digital resources)
- Provide resources or services for school-wide health/wellness fair
- Present at a parent meeting or family night about the benefits of physical activity and proper nutrition
- Meet with the student-led wellness committee as a community health expert
- Contribute a brief wellness article or healthy tip(s) for school newsletters

#### **Employee Connections**

- Assist in the development of an employee wellness survey
- Connect school to health screening resources (BMI, glucose, BP, cholesterol, cancer screenings, etc.)
- Be a guest speaker on Professional Development days for school staff

#### **Sustainability**

- Have your practice/organization be a community partner for your school's wellness committee
  - Contribute monetary donations to the school's wellness fund or donate wellness-related items
- Contact organizations/businesses to request contributions for your school's wellness committee
- Help your school identify and apply for wellness-related grants
- Assist school with organizing a healthy fundraiser to raise funds for the wellness committee
- Attend the end of the year school wellness awards celebration to show support for 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.**