



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

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

School Nurses can make a big impact on wellness for their schools! As a champion for health, 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 an MUSC Boeing Center training
- Invite a local physician or health professional to join the wellness committee
- Assist in updating your school's Healthier Generation Assessment and Action Plan

#### **Nutrition**

- Promote water drinking at your school through an ongoing water drinking campaign
- Encourage teachers to incorporate nutrition education lessons into their classrooms that are consistent with your state's nutrition education standards, the Dietary Guidelines for Americans, and MyPlate

#### **Physical Activity**

- Encourage teachers to incorporate physical activity breaks into the classroom
- Advocate for physical activity opportunities that are separate from PE for students before, during, or after school
- Measure and record student BMIs and send home results to parents

#### **Social-Emotional Learning (SEL)**

- Assist in conducting or updating an SEL assessment for your school
- Invite community partners to your school to present to students, staff, or parents on SEL topics
- Encourage the implementation of a school-wide, evidence-based, comprehensive SEL program for students

#### **Wellness Culture**

- Support school level wellness policies, i.e. non-food rewards, birthday parties and classroom celebrations, water drinking, physical activity, breastfeeding, or bullying prevention
- Create a designated lactation room that includes signage, a locking door, a privacy curtain, and seating
- Collaborate with wellness committee members to create a quarterly wellness newsletter for families
- Develop an incentive program for students that positively reinforces healthy choices
- Plan a school-wide health and wellness fair for students, staff, and families
- Create a student or staff wellness resource library

#### **Staff Wellness**

- Conduct a wellness needs or interest survey with staff this year
- Offer staff health screenings at your school or promote screenings organized by your district
- Implement a weight management program at school for staff
- Participate as a staff team in a community walk, run, or sporting event
- Create a designated relaxation space for staff to use

#### **Sustainability**

- Help apply for grants related to nutrition, physical activity, or SEL
- Host a healthy food or non-food fundraiser to raise funds for the wellness committee
- Maintain a community partnership with a local business or organization to sponsor or collaborate on healthy events at your school

For more ideas and resources, please visit our website:

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

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