



## **MUSC Boeing Center for Children's Wellness School Wellness Checklist® Action Guide for Parents**

Parents can make a big impact on the wellness culture of schools! As a champion of wellness in the school community, you are an important member of the wellness committee!

### **Getting Started**

- Join your school's wellness committee
- Attend an MUSC Boeing Center training with your school wellness committee
- Attend school wellness committee meetings throughout the school year

### **Nutrition**

- Advocate for healthy snacks and healthy fundraisers at school by drafting a parent letter, meeting with the principal to advocate changes, or hosting educational presentations for PTA or school staff
- Promote water drinking at your school by helping organize an ongoing water drinking campaign
- Assist school with starting or maintaining garden projects
- Help implement quarterly fresh fruit and vegetable tastings for students
- Connect school with local chefs, farmers, Registered Dietitians, nutritionists, or others to provide field trip opportunities or teach students about healthy eating or cooking

### **Physical Activity**

- Help organize or chaperone an after-school, non-competitive walking or running club for students
- Join school's team of students and staff in a community walk, run, or other physical activity event
- Assist school with organizing Walk or Bike to School Day events

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

- Support a student-led SEL project or campaign in at least one classroom
- Assist school with creating a relaxation space for students
- Invite community partners to the school to present to students, staff, or parents on SEL topics

### **Wellness Culture**

- Advocate for policy changes at the school, i.e., non-food rewards, birthday and celebration policies, water drinking policy, physical activity policy, breastfeeding policy, or bullying prevention
- Assist school with creating content to include in the school's wellness newsletter
- Share about the school's wellness initiatives on social media and tag @MUSCboeingcenter
- Attend or assist school with setting up a health and wellness fair
- Incorporate fruit and vegetable tastings, physical activity breaks, or mindfulness activities into parent meetings or events at the school

### **Staff Wellness**

- Help create a staff health and wellness resource library by donating books, cookbooks, or other wellness resources
- Coordinate with school staff and other volunteers to allow teachers to have duty-free lunch
- Connect school with community partners to offer fitness classes at school for staff, provide free massages to staff, or donate fitness equipment for staff
- Assist school with creating a dedicated relaxation space staff

### **Sustainability**

- Host a healthy food or non-food fundraiser to raise money for the wellness committee
- Create a community partnership with a local business or organization that will 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.**