



MUSC Boeing Center for Children's Wellness

School Wellness Checklist[®] Action Guide for School Counselors

School Counselors can make a big impact on their school's wellness culture! 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 an MUSC Boeing Center Training
- Encourage a local physician or health professional to join the wellness committee
- Assist in updating your school's Healthier Generation Assessment and Action Plan

Nutrition

- Help implement quarterly fresh fruit and vegetable tastings for students
- Promote water drinking at your school through an ongoing water drinking campaign
- Assist your school with starting or maintaining garden projects
- Connect your school with local chefs, farmers, or Registered Dietitians to teach students about healthy eating or cooking

Physical Activity

- Encourage teachers to incorporate physical activity breaks into the classroom
- Organize an after school, non-competitive walking or running group for students
- Encourage students to participate in community walk, run, bike, or physical activity events

Social-Emotional Learning (SEL)

- Assist in conducting or updating an SEL assessment for your school
- Create a designated calming or relaxation space for students
- 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
- Implement substance misuse or bullying prevention programs for students
- Implement yoga or mindfulness programs for students that are separate from PE
- Offer learning opportunities for staff at your school on trauma-informed practices

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
- Collaborate with wellness committee members to create a quarterly wellness newsletter for families
- Develop an incentive program for students that positively reinforces healthy choices
- Provide staff with alternative ideas for behavior management that include non-food rewards and other ideas that neither deny nor require physical activity as a punishment
- Plan a school-wide health and wellness fair for students, staff, and families
- Support a student-led wellness committee

Staff Wellness

- Conduct a wellness needs or interest survey with staff this year
- Incorporate intentional opportunities into existing staff meetings to encourage team building
- Provide ongoing social-emotional wellbeing programs for staff such as yoga or mindfulness
- Create a designated relaxation space for staff
- Contribute resources to a staff wellness library

Sustainability

- Help apply for grants related to Nutrition, Physical Activity, or SEL
- Maintain 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.