



MUSC Boeing Center for Children's Wellness School Wellness Checklist® Volunteer Engagement Guide

Getting Started

- Identify a school that you would like to volunteer at this school year and contact boeingcenter@musc.edu to get connected with the school's wellness committee
- Attend school wellness committee meetings throughout the year

Nutrition

- Assist school with starting or maintaining garden projects
- Help implement quarterly fresh fruit and veggie 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

- Assist in the planning and organizing of a school-wide all abilities field day
- Assist the school with organizing Walk or Bike to School Day events
- Join your school's team of students and staff in a community walk, run, biking, or sporting event

Social-Emotional Learning (SEL)

- Invite community partners to your school to present to students, staff, or parents on SEL topics
- Assist in creating a relaxation space for staff and students

Wellness Culture

- Assist in creating a designated room for lactating mothers by creating signage, providing a privacy curtain, or finding donations for seating or milk storage
- Help create a student health and wellness resource library by donating books, cookbooks, or other wellness resources
- Volunteer to support a student-led wellness committee
- Work with students on art or STEM projects related to Nutrition, Physical Activity, or SEL
- Assist school with planning a health and wellness fair
- Share your involvement with school wellness on Facebook. Tag your school and @MUSCBoeingCenter

Staff Wellness

- Connect school with healthcare organizations to provide on-site health screenings for staff
- Work with school staff to find resources to purchase fitness equipment for a dedicated staff workout space
- Connect school with guest speakers to present at staff professional development days on Nutrition, Physical Activity, and SEL
- Help create a staff health and wellness resource library by assisting in finding resources, donating books, cookbooks, or other wellness resources.
- Coordinate with school staff and other volunteers to allow teachers to have duty-free lunch

Sustainability

- Support the school wellness committee's sustainability efforts by assisting with grant writing, community partnerships, and healthy fundraising efforts for 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.