Dorchester County School District Two

MUSC BCCW School-Based Wellness Initiative Training
Mission

The MUSC Boeing Center for Children’s Wellness addresses children’s health and development from birth through adolescence. In partnerships across the state, we are working to instill a culture of wellness and prevent obesity such that each child is healthy, succeeds in school and thrives in life.
Whole School, Whole Community, Whole Child Model
School Wellness Checklist

1. Getting Started
2. Nutrition
3. Physical Activity
4. Social-Emotional Wellbeing
5. Establishing a Wellness Culture
6. Employee Connections
7. Sustainability

- Must log at least one point in each category
- Minimum of 50 points
- At least 3 wellness committee members
- Minimum of 4 wellness committee meetings
Dorchester County School District Two
Changes in School Environment

95% held healthy fundraisers

96% kinesthetic equipment in classrooms

79% had staff walking groups

83% served and promoted locally grown produce
Dorchester County School District Two
Changes in School Environment

- 29% encouraged healthier school parties and celebrations
- 29% sent home wellness newsletters to parents
- 33% implemented a physical activity policy
- 29% incorporated classroom nutrition education
2019-2020 Timeline

- **Wellness Checklist Initiative starts now**
  - Identify wellness leader and start meetings
  - Online Checklist ready August 2019
  - Usernames and Passwords: emailed in August

- **Wellness Leader Training**
  - Sign in and claim **points today**!

- **Wellness Focus Group**
  - February 2020: TBA

- **Checklist due Friday, April 17th at Noon**
  - Spring Break April 10-17 so have checklist done **April 9**!
  - Verification process
  - Prize Patrol to top three schools in each district
  - Tell us what great things you did with the money!
  - **May awards celebration** and winner announced
Award Structure

- 50-70 points → $250
- 71-100 points → $350
- 101-150 points → $500
- 150-200 points → $750
- 201+ points → $1000
Award Structure

- Grand Prize Winner
  - Additional $1000

- Second Place Winner
  - Additional $500

- Third Place Winner
  - Additional $500

Congratulations to Ashley Ridge High
Grand Prize Winner
2018-2019
Getting Started

▸ Minimum of 3 wellness committee members

▸ At least 4 meetings this school year

▸ Get the community involved!

▸ Alliance for a Healthier Generation Assessment and Action Plan
8. All students seated for **20 or 25 minutes** for lunch
   - Lunch period longer than 20 minutes for 1 point
   - Lunch period longer than 25 minutes for 2 points

13. Nutrition services member attends training where nutrition is the training topic
    - Food safety trainings do not count

14. Offer students a healthy cooking/culinary club
    - High school culinary classes do not count
Nutrition

17. Hydroponic gardens
   ▸ 3 point item

18. Nutrition education utilizing school garden
   ▸ 3 point item

22. Health Education Curriculum
   ▸ Lessons must include components related to health promotion and disease prevention
   ▸ Separate from reproductive health education lessons

23. Nutrition Education Curriculum- New curriculums!
   ▸ Healthy Kids Challenge (Elementary/Middle)
   ▸ Exercise Your Options (Middle)
   ▸ Eat Move Win (High)
Nutrition
Nutrition

- Carries oxygen & nutrients to your cells
- Converts food to energy
- Removes waste
- Regulates body temperature
- Prevents & controls diabetes
- Makes your entire body happy

Weekly Nutritional Analysis

Weekly Infused Water

Changing What’s Possible | MUSCkids.org
Physical Activity

4. Kinesthetic (movement) desks, chairs, and/or equipment in classrooms
   - Does not include alternative seating (couches, bean bags)
Physical Activity

5. Action Based learning lessons in classroom
Physical Activity

15. Open Community Use
   ▸ District policy OR
   ▸ School signage

16. Facility Use Agreement
   ▸ Current and filled out form for community organization utilizing physical activity facilities at school

OPEN FOR COMMUNITY USE

Hours of Operation
Mon.-Fri.: After School Hours
Weekends & Holidays: Dawn-Dusk

1. Use facilities at your own risk.
2. Children under the age of 12 must be accompanied by an adult.
3. No glass, alcohol, tobacco products, or drugs.
4. Place all trash in a trash can.
5. For emergencies, call 9-1-1.
Physical Activity
Social-Emotional Wellbeing

2. Bring in chiropractors/massage therapists to offer free massages at your school

6. Social-emotional wellbeing programs for students
   ▸ Substance abuse prevention
Establishing a Wellness Culture

- School Level Wellness Policies
  - Non food rewards
  - Birthday parties
  - Celebrations
  - Water Drinking
  - Physical Activity
  - Breastfeeding

- Health/Wellness Fair at school for parents to attend
  - 5 point item
  - Presentations and demonstrations from community partners and community health resources shared
Establishing a Wellness Culture

- **Dunston Dollars for Healthy Choices**
  - $2 - Choosing healthy snacks
  - $2 - Actively playing at recess
  - $2 - Choosing water for lunch

- **High Five for a Healthy Heart at MPS**
  - “High Five for a Healthy Heart” is a school-wide incentive program that positively reinforces healthy choices!
  - Students earn “PAW-SOME” tickets when observed:
    - Drinking water (using a water bottle)
    - Making healthy choices
    - Encouraging/showing respect to a peer by using kind words
    - Picking up trash in the hallway or on the playground
  - Please note, “PAW-SOME” tickets must be earned for making a healthy choice pertaining to nutrition, water intake, and/or positive behavioral/mental health interactions with peers/adults.

  Students who earn 5 “PAW-SOME” tickets will be rewarded with a “non-food” prize.
  The student should take his/her 5 tickets to Room 113 (Ms. Shelly’s classroom).
  Tickets may be redeemed daily from 7:30-8:15 and 2:00-2:30.
Employee Connections

3. **Employee health screenings hosted at your school**
   - Up to 5 points
   - BMI, Blood Pressure, Glucose, Cholesterol, Cancer Preventative screenings

4. **Employee health screenings organized by the district**
   - Promote to teachers at your school for 1 point

14. **Wellness Newsletter for staff sent out quarterly. New!**
   - 2 points
Employee Connections
Sustainability

1. Grant Opportunities
   - Panthers Hometown Huddle Grant: Due Sept 1
   - Whole Kids Foundation Garden Grant: Due Oct 15
   - AHA Kids Heart Challenge Grant

3. Community Based Wellness Trainings
   - School Gardening for SC Educators:
     - Online Course September through October 2019
     - Includes 15 CEUs, curriculum books, and materials
   - Kidsfit Action Based Learning:
     - September 30 in Summerville
     - $50 off registration cost with code MUSC50
Sustainability

4. Healthy fundraiser ideas to raise funds for wellness
   - Jeans Pass
   - Dress like PE teacher day
   - Hat days
   - Penny Wars
   - School wide 5K run/walks
   - Selling reusable water bottles
   - Selling student-made cookbooks
   - Success sharing
5. Community partnerships with businesses or organizations that donate time, services, and/or items to your school’s wellness initiative
   ▸ 2 points per partnership, up to 10 points
Bonus

- 1 point: Nutrition item
- 1 point: Physical Activity item
- 1 point: Social-Emotional Wellbeing item

Does NOT Count:
- Blood drives
- Flu shots
- First Aid and/or CPR
- Red Ribbon Week
- Dental Hygiene
Tips for School Wellness Success

- Strong wellness committee and school wellness leader
  - Engage entire school
  - Have a co-leader
  - Delegate responsibilities

- Do not wait until last minute to input points and upload documentation
  - Review admin notes

- Email or call with all questions! We are here to help 😊

- Build upon initiative each year. It takes time!

- Success sharing with group
Wellness Award Spending

- Spending guide on website
  - Unauthorized purchases:
    - Nursing supplies
    - First aid
    - Dental hygiene
    - Jump castles
    - Inflatable obstacle courses
  - Ask if you are unsure about a purchase!
Wellness Checklist Resources

Website:
musckids.org/our-services/boeingcenter

Wellness Checklist Resources

Facebook Group:
MUSC Boeing Center for Children’s Wellness Group
New! Request to join.
Community Partners

- Summerville YMCA
- American Heart Association
- MUSC Safe Kids
- KidsFit Action Based Learning
- Lowcountry Street Grocery
- SC DHEC- Open Community Use signage
- Team Nutrition Toolkit
- Run Hard
- Girls on the Run
Contact Us

Carolyn Lindstrom
clindst@musc.edu
843.452.9757
leanteam@musc.edu
Break-out Groups

Successes

Challenges