



MUSC Boeing Center for Children's Wellness Spending Guide for Your School District Coordinated School Health Advisory Council (CSHAC)

The CSHAC funds awarded by the MUSC BCCW must be used to enhance wellness initiatives at the district level by supporting nutrition, physical activity, or social-emotional wellness strategies in your district offices or district-wide. The CSHAC committee should discuss how funds are spent and align spending as closely as possible with their established Local Wellness Policy goals.



Professional Development Wellness Trainings

- Fund professional development opportunities for district staff related to nutrition, physical activity, or social-emotional learning.
 - Support a train-the-trainer model in which staff attend training and share strategies with colleagues.
- Invite guest speakers to present during district professional development days.

Healthy Meetings and Events

- Purchase healthy foods, beverages, or non-food incentive items for:
 - Wellness trainings
 - Focus group meetings
 - CSHAC meetings
 - District wellness celebrations or recognition events

School Wellness Recognition

- Purchase a traveling trophy, banner, plaque, or similar recognition item for the MUSC BCCW School Wellness Initiative grant prize winner!
- Purchase fruit and vegetable tray for the grand prize wellness committee
- Purchase non-food recognition items for second- and third-place schools, if applicable.

District Employee Wellness

- Start or expand a wellness program for district office staff.
- Purchase non-food incentives to encourage participation and recognize achievements.
- Cover registration fees for district office staff participating together in community wellness or physical activity events.
- Purchase wellness resources for a district wellness library, such as cookbooks, wellness books, self-care resources, or exercise materials.
- Purchase wellness equipment for district office staff, such as standing desks, pedal desks, exercise balls, or similar active workstations.

Healthy Environments

- Supplement the cost of offering healthier vending machine options in district office buildings.

Community Wellness

- Collaborate with community partners to host a district-wide wellness event that encourages healthy eating and physical activity while highlighting the district's Local Wellness Policy and wellness initiatives.