

MUSC Boeing Center for Children's Wellness

Spending Guide for Wellness Awards

Wellness Awards are designed to help grow and sustain your school's wellness initiatives. This document contains a list of approved ideas for spending your Wellness Award funds. Please contact your Program Coordinator for approval of items that are not listed.

Nutrition

- Teaching kitchen supplies, including cooking tools, small appliances, and ingredients for nutrition education
- Smoothie or salad bar equipment and supplies
- Fresh produce for student taste tests and nutrition education
- Healthy snacks for school wellness events (e.g., family nights, fun runs)
- Posters, banners, and promotional materials that encourage healthy choices and local foods
- Reusable water bottles for students
- Water refill stations



Farm to School

- Raised garden beds
- Gardening supplies: Containers, hoses, gardening tools, wheelbarrows, shovels, compost bin, portable greenhouse, labeling supplies, rain gauges, shade structures
- Indoor food-based garden windowsill classroom project(s)
- Hydroponic garden systems, including tabletop and tower gardens
- Sensory plants: Lamb's ears, colorful flowers, honeysuckle, herbs, satiny wormwood
- Field trips to local farms
- Gardening classes for teachers



Training & Professional Development

- Wellness conferences registration fees
- Wellness Professional Development trainings for teachers and school staff
- Mindfulness training
- Nutrition training for school foodservice staff members (not food safety)
- Guest speaker fees for staff and school community wellness events (e.g., registered dietitians, M.D.s, and mental health experts)
- Action-Based Learning training



Physical Activity

- Exercise equipment: Jump ropes, medicine balls, hula hoops, bicycles, stationary bikes, yoga mats, and treadmills
- Adaptive physical education equipment
- Recess/outdoor equipment: volleyball nets, GaGa pits, sports balls, bats, goals, and basketball hoops (available to all students)
- Build a walking trail on campus
- Frisbee golf course
- Host a school-based community race/wellness event
- Class set of pedometers (eg. step watches)
- Supplies for a walking/running club
- Shade coverage for the playground



Classroom Tools

- Brain Break program subscriptions
- Walkabout Curriculum
- Action Based Learning Lab or space equipment
- Sensory fidget tools
- Calming space setups: comfortable seating, calming jars, stress balls
- Kinesthetic seating
- The Walking Classroom Program



Social & Emotional Wellness

- Yoga classes and yoga mats
- Build a sensory garden
- Host a wellness event at your school for the community
- Invest in a social emotional learning curriculum: anti-bullying, trauma, conflict resolution, substance misuse prevention
- Offer caregiver learning opportunities on social-emotional wellness topics
- Build a sensory path
- Guest speaker fees for presentations to students on social-emotional wellness topics



Staff Wellness

- Create/ improve the staff relaxation space: comfortable seating, healthy snacks, mini fridge, massage chair
- Create/improve staff fitness room: weights, mats, treadmill, stationary bikes
- Create/improve staff private lactation room
- Offer group Fitness classes held at your school
- Offer free additional health screenings at your school: Glucose, BMI, blood pressure, cholesterol
- Offer massage and chiropractor sessions on-site for staff

