

# What's the difference between the "School Wellness Checklist Contest" and the "Wow Us With Wellness Challenge"?

## **MUSC Boeing Center for Children's Health School Wellness Checklist ("SWC") Contest**

- Outside program - sponsored by Boeing in partnership with MUSC
- Is intended to impact the health of the school environment and reduce childhood obesity over time
- Schools participate throughout the academic year
- Items are broken down into seven categories including: nutrition, physical activity, stress management, wellness culture, employee connections and sustainability
- Varying points assigned for each item and schools receive tiered monetary awards based on total points achieved
- DIS engages in many items that help us earn points on the SWC Contest. ONE of these activities is the Wow Us With Wellness Challenge

## **DIS Wellness Committee Wow Us With Wellness Challenge**

- Internal program - Developed by DIS PTA Wellness as part of our participation in the SWC Contest, and as a vehicle to share information on wellness related topics
- Encourages families to improve or round out their overall wellness picture by reviewing/discussing/learning more about physical activity, nutrition, mindfulness and more
- Students and families participate on a quarterly basis, using reference list for suggested activities and logging participation at the end of each academic quarter.
- Each reference list includes activities in the categories of physical activity, nutrition, mindfulness, screen time balance and more
- Participants are eligible for individual prizes, as well as rewards for their classroom and/or teacher.
- Participation earns points on the SWC and helps the DIS Wellness Committee track qualifying activities so that we can accurately report our point-getting activities and win more wellness funds for our school!