

What is SWC?

The MUSC Boeing Center for Children's Wellness (BCCW) Docs Adopt School Health Initiative© is a school-based initiative that supports schools in creating a culture of wellness through the utilization of the School Wellness Checklist© (SWC). The SWC is an implementation tool that provides schools with evidence-based strategies and resources that will assist them in making the policy, systems, and environmental changes required to build and sustain a culture of wellness.

The School Wellness Checklist is supported by the Pottstown Area Health & Wellness Foundation. Grantee schools participate in a competition that takes place over the duration of the school year. Schools that implement significant wellness changes and meet the minimum requirements are awarded a cash prize. Top performers in the overall and/or designated areas of focus receive additional cash prizes.

Talk To Us

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School Wellness Checklist Challenge



A program by:

**Pottstown Area Health & Wellness
Foundation**

In partnership with

**MUSC Boeing Center for Children's
Wellness**



WHAT TO EXPECT

- Alignment with evidence-based strategies recommended by the USDA and CDC
- Policy and programmatic resources provided by Medical University of South Carolina (MUSC) and Foundation
- Program runs parallel to school calendar year
- Peer learning community to share best practices
- Technical support through site visits, interactive trainings, phone, and email
- Award funding to support wellness programming

\$100,000

Awarded
since 2015



OUTCOMES

An evaluation of the initiative has shown that students who attended schools where more wellness policies and practices were put in place had healthier weights, missed fewer days, behaved better, and were more likely to be promoted to the next grade.

RECENT CHAMPIONS

- Ringing Rocks Elementary (Pottsgrove)
- West-Mont Christian Academy
- West Vincent Elementary (OJR)
- Rupert Elementary (Pottstown)
- Franklin Elementary (Pottstown)
- The Wyndcroft School

40+

Schools

25,000+

Students

FOCUS AREAS

- Capacity Building
- Nutrition
- Physical Activity
- Social Emotional Wellbeing
- Establishing a Wellness Culture
- Employee Connections
- Sustainability

“The whole school has really been affected, and it is making a positive difference.”

