

Big Spring Independent School District

Administration Office

Jay McWilliams, Superintendent

Jeffrey Perez, Assistant Superintendent of Operations

Dana Scott, Assistant Superintendent of Academics and Assessment



BIG SPRING ISD WELLNESS PLAN

Goals for nutrition promotion

Goal 1: The District's food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.

- Objective – To improve student health by consistently promoting healthy nutritional information in places like cafeterias, classrooms, and other appropriate settings.
- School and Community Stakeholders – District and campus administrators, district and campus faculty and staff, food service department and employees, and students and parents.
- Resources Required – Health information signs, health information posters, promotion through student organizations, mass communication via campus wide public announcements and social media platforms.
- Measures of Success – Periodic checkpoints throughout the semester to evaluate the effectiveness of health communication and address needs appropriately.

Goal 2: The District shall share educational nutrition information with families and the general public to promote healthy nutrition choices and positively influence the health of students.

- Objective – To positively influence student health by sharing educational nutrition information that promotes healthy nutritional choices.
- School and Community Stakeholders – District and campus administrators, district and campus faculty and staff, food service department and employees, and students and parents.
- Resources Required – Various nutritional food choices to provide options to students that will positively influence their health.

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- Measures of Success – SHAC students will gather information from the student body during lunch periods. Targeted data will be about healthy food choice options.

Goals for nutrition education

Goal 1. The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.

- Objective – To positively influence students and educate them on the benefits of adopting healthy eating habits.
- School and Community Stakeholders – District and campus administrators, district and campus faculty and staff, food service department and employees, and students and parents.
- Resources Required – Visual aids that promote and communicate the importance of healthy eating behaviors placed throughout the cafeteria.
- Measures of Success – Periodically check visual aids to ensure they are still in place and replace as needed.

Goal 2. The District shall make nutrition education a District-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate.

- Objective – To make nutrition education a priority and include nutrition education in the curriculum district wide.
- School and Community Stakeholders – District and campus administrators, district and campus faculty and staff, food service department and employees, and students and parents.
- Resources Required – Curriculum materials to aid in the instructional setting.
- Measures of Success – To ensure the curriculum is addressed at all grade levels.

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Goal 3. The District shall provide professional development so that teachers and other staff responsible for the nutrition education program are adequately prepared to effectively deliver the program

- Objective – To ensure that individuals responsible for the nutrition education program are properly trained and prepared to deliver the program.
- School and Community Stakeholders - District and campus administrators, district and campus faculty and staff, food service department and employees.
- Resources Required – Professional development materials to aid in training.
- Measures of Success – Ensure that all individuals are prepared to deliver the program.

Goals for physical activity

Goal 1. The District shall provide an environment that fosters safe, enjoyable, and developmentally appropriate fitness activities for all students, including those who are not participating in physical education classes or competitive sports.

- Objective – To allow students an opportunity to partake in fitness activities.
- School and Community Stakeholders - District and campus administrators, district and campus faculty and staff, and students and parents.
- Resources Required – Access to facilities such as the district track, gyms throughout the district, various fields like baseball, softball, and football fields. Materials to support planned events.
- Measures of Success – Ensure that all campuses are offering these opportunities to all students.

Goal 2. The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.

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- Objective – To empower teachers to incorporate physical activity into the curriculum where appropriate.
- School and Community Stakeholders - District and campus administrators, district and campus faculty and staff.
- Resources Required – Possible materials to integrate the curriculum and physical activity.
- Measures of Success – Ensure that teachers who find it appropriate to integrate physical activity into their academic curriculum have appropriate professional development.

Goal 3. The District shall make appropriate before-school and after-school physical activity programs available and shall encourage students to participate.

- Objective – To ensure have an opportunity for physical activity and that students are encouraged to participate in these before and after school activities.
- School and Community Stakeholders - District and campus administrators, district and campus faculty and staff, and students and parents.
- Resources Required – Access to district facilities.
- Measures of Success – Ensure that each campus has opportunities for students to participate when possible.

Goal 4. The District shall make appropriate training and other activities available to District employees in order to promote enjoyable, lifelong physical activity for District employees and students.

- Objective – To make trainings and activities available to employees and students that promote lifelong physical activities that are enjoyable.
- School and Community Stakeholders - District and campus administrators, district and campus faculty and staff, and students and parents.
- Resources Required – Training materials and access to district facilities.

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- Measures of Success – Ensure communication that training and activities are available to district employees and students who are seeking enjoyable lifelong physical activity.

Goal 5. The District shall encourage parents to support their children’s participation, to be active role models, and to include physical activity in family events.

- Objective – To influence parents to support their children’s health by being good role models and improving their physical activity as a family.
- School and Community Stakeholders - District and campus administrators, district and campus faculty and staff, and students and parents.
- Resources Required – Communication methods such as flyers to be sent home, social media post encouraging parents to improve family physical activity.
- Measures of Success – Ensure that communication to parents encourages parental support of their children and promotes healthy family events.

Goal 6. The District shall encourage students, parents, staff, and community members to use the District’s recreational facilities, such as tracks, playgrounds, and the like, that are available outside of the school day.

- Objective – To improve individual health by encouraging students, parents, staff, and community members to use the districts recreational facilities when available.
- School and Community Stakeholders - District and campus administrators, district and campus faculty and staff, and students and parents.
- Resources Required – Communication methods such as flyers to be sent home, as well as social media post encouraging individuals to use the districts recreational facilities when available for a healthier lifestyle.
- Measures of Success – Ensure that this communication happens at all campuses.

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Goal – School Based Activities

Goal 1. The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.

- Objective – To ensure that students have time to eat a healthy meal in an environment that is clean, safe, and comfortable.
- School and Community Stakeholders - District and campus administrators, district and campus faculty and staff, food service department and employees, and students and parents.
- Resources Required – Proper scheduling to ensure sufficient time for meals, proper preparation from our food service personnel, individuals to ensure a clean and safe facility.
- Measures of Success – In-person observations evaluating meal times to ensure all students are able to eat in a safe and clean environment.

Goal 2. The District shall promote wellness for students and their families at suitable District and campus activities.

- Objective – To promote wellness for students and their families at district and campus activities such as Open House, Meet the Teacher, Thanksgiving lunches, etc.
- School and Community Stakeholders - District and campus administrators, district and campus faculty and staff, food service department and employees, and students and parents.
- Resources Required - Visual aids that promote and communicate wellness for students and their families.
- Measures of Success – Ensure that visual aids are displayed at suitable district and campus activities.

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Goal 3. The District shall promote employee wellness activities and involvement at suitable District and campus activities.

- Objective – To promote wellness for employees at district and campus activities such as convocation, campus staff meetings, department meetings, etc.
- School and Community Stakeholders – District and campus administrators, district and campus faculty and staff.
- Resources Required – Provide access to district facilities to allow opportunities to improve employee wellness.
- Measures of Success – Evaluate district and campus efforts to ensure that wellness for employees is being promoted.