



Sulphur Springs

Independent School District

Local Wellness Policy: Triennial Progress Assessment 2024-25

The district will gather wellness information from each campus and appropriate District administrators every three years to evaluate compliance with the wellness policy.

Process

Data collection was completed using relevant portions of the Centers for Disease Control and Prevention's (CDC) School Health Index (SHI). Data was collected from each District campus in December 2024 (4 Primary schools, 1 Elementary school, 3 secondary schools). The following report includes the average rating score for each campus SHI question. SHI questions are organized under their relevant Local Wellness Policy Goal to demonstrate compliance and progress with our wellness goals. Rating: 3 = Fully in place; 2 = Partially in place; 1 = Under development; 0 = Not in place

Review

The School Health Advisory Council (SHAC) reviewed the results of the triennial progress assessment on April 25th, 2025. The SHAC will consider the assessment results along with evidence-based strategies and techniques to make recommendations to the Board and District to update or modify the wellness policy and may solicit input and involvement from persons knowledgeable of wellness or interested in the wellness plan. Each campus will consider implementing additional wellness activities based on their triennial progress assessment results and progress toward local wellness goals.



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SSISD School Wellness/Triennial Assessment

Rating:

3 = Fully in place; 2 = Partially in place; 1 = Under development; 0 = Not in place

Primary (4 Campuses)

Nutrition Promotion and Education Goals

Goal: The District shall consistently promote healthy nutrition messages and share educational information to promote healthy nutrition choices and positively influence the health of students.		District Average Rating
School Meals	All foods and beverages sold to elementary students during the school day meet Smart Snacks Standards.	3
	Campus offers fully accessible breakfast and lunch programs.	3
	Use of strategies by school to maximize school breakfast program participation.	3
	Campus offers a variety of offerings in school meals.	3
	Campus offers adequate time to eat school meals	3
Other School Food	Campus discourages using food as a reward or punishment.	2
	Campus offers access to free drinking water via water fountains and bottle fillers	3
	Campus ensures that no foods and beverages will be sold outside of the school meal programs and cafeteria a la carte or snack offerings during the school day aside from fundraising.	3
	Fundraising efforts during school hours meet Smart Snacks nutrition standards.	2
	All foods and beverages served and offered during the school day meet Smart Snack standards.	3
	All foods served and sold to staff in the cafeteria meet Smart Snack standards.	3
Goal: The District shall deliver nutrition education that fosters a lifestyle of healthy eating behaviors through integration of nutrition education into appropriate curriculum areas and provision of professional development to staff responsible for nutrition education.		District Average Rating
	Annual continuing education and training for Child Nutrition staff.	3
	Campus promotes healthy food and beverage choices	3
	Campus implements farm-to-school activities.	0
	Campus health education curriculum addresses essential topics on healthy eating	3

Physical Activity Goals



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Goal: The District shall provide an environment that fosters a lifestyle of physical activity and fitness behaviors through integration into appropriate curriculum areas and provision of professional development to staff responsible for physical activity.		District Average Rating
Physical Education	Campus ensures students at all grade levels are receiving their required state-required minutes for physical activity in physical education class each week (140 minutes).	3
	Curriculum will follow the most current version of state learning standards for physical education	3
	In campus physical education classes, students are active at least 50% of class time.	3
	Professional learning provided for educators	3
	Curriculum will integrate healthy lifestyle strategies into physical education such as:	2
	- strategies to cope with stress, resolve conflict, and maintain emotional balance	1
	- healthy eating choices that align with the district child nutrition goals	3
	- access to community sports organizations and groups	3
	- wellness routines at home that can be done at home/as a family	0
Physical Activity	Different curriculum areas on campus work together to integrate movement, stretching, and other wellness activities as breaks from academics.	3
	Campus offers a variety of athletics and extracurriculars to sustain activity outside the school day.	1
	Campus encourages family engagement in physical activity.	0
	Recess occurs daily in Early Childhood through 5th Grade on Campus	3
	Campus discourages the loss of recess as punishment for students.	3
	Campus promotes programs such as: Kids Heart Challenge; Healthy Zone; Kids Teaching Kids - 21 Day Challenge, etc.	3
Goal: The District shall permit the use of District's recreation facilities in accordance with policy		District Average Rating
	Public has access to request/reserve facilities	3
	Facilities maintained for proper safety, cleanliness, and access	3
	Promote community physical activities	2
Other School-Based Activities		
Goal: Promote wellness for students, families, and employees at suitable District and campus activities.		District Average Rating
Wellness Environment	Someone on campus oversees or coordinates health and wellness programs and activities.	3
	Campus has a representative school health committee or team.	1
	Campus has implemented components of the district's local school wellness policy.	2
	Campus has an action plan that serves as a road map for health and wellness initiatives.	0



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	Campus fosters a positive psychological school climate.	3
Health Education	Health education is taught in all grades on campus.	3
	Sequential health education curriculum is consistent with national education standards	3
	Teachers of health education use a variety of culturally-appropriate activities and examples that reflect the diversity among students and within the community.	3
	Teachers of health education have the opportunity to participate in professional development each year	3
Staff Involvement	There is collaboration on campus between child nutrition staff members and teachers.	1
	Health Services are provided by a full-time school nurse on campus.	3
	Campus nurse collaborates with other school staff members.	3
	Campus counselor collaborates with other school staff members.	3
	Campus counselors provide community resources for staff.	3
	Campus helps staff to model healthy eating and physical activity behaviors.	1
Mental Health and Social-Emotional Learning Goals		
Goal: The District shall promote mental health awareness and wellness for students and their families through suitable District and campus activities.		District Average Rating
Education	Implementation of Counseling SEL Calendar	3
	Campus ensures students at all grade levels are receiving their required state required education in Child Abuse Prevention, Suicide Prevention, Drugs and Alcohol Prevention, and Character Traits.	3
	Campus partners with local community organizations, businesses, or hospitals to engage students and their families in mental health promotion activities.	1
Goal: The District shall promote employee mental health awareness, wellness, and training activities and involvement through suitable District and campus activities.		District Average Rating
Education	Implementation of Counseling SEL Calendar	3
	Campus provides Trauma-Informed Education through Counselor Conversations.	2
	Campus provides Grief-Informed Education through Counselor Conversations.	1
	Campus partners with local community organizations, businesses, or hospitals to engage staff in mental health promotion activities.	1



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Elementary (1 Campus)

Nutrition Promotion and Education Goals

Goal: The District shall consistently promote healthy nutrition messages and share educational information to promote healthy nutrition choices and positively influence the health of students.

District
Average
Rating

School Meals	Campus offers fully accessible breakfast and lunch programs.	3
	Campus offers a variety of offerings in school meals.	3
	Campus offers adequate time to eat school meals.	3
Other School Food	Campus discourages using food as a reward or punishment.	2
	Campus offers access to free drinking water via water fountains and bottle fillers.	3
	Campus ensures that no foods and beverages will be sold outside of the school meal programs and cafeteria a la carte or snack offerings during the school day aside from fundraising.	3

Goal: The District shall deliver nutrition education that fosters a lifestyle of healthy eating behaviors through integration of nutrition education into appropriate curriculum areas and provision of professional development to staff responsible for nutrition education.

District
Average
Rating

	Annual continuing education and training for Child Nutrition staff.	3
	Campus promotes healthy food and beverage choices.	3
	Campus implements farm-to-school activities.	0
	Campus health education curriculum addresses essential topics on healthy eating	3

Physical Activity Goals

The District shall provide an environment that fosters a lifestyle of physical activity and fitness behaviors through integration into appropriate curriculum areas and provision of professional development to staff responsible for physical activity.

District
Average
Rating

Physical Education	Campus ensures students at all grade levels are receiving their required state-required minutes for physical activity in physical education class each week (140 minutes).	3
	Curriculum will follow the most current version of state learning standards for physical education	3
	In campus physical education classes, students are active at least 50% of class time.	3
	Professional learning provided for educators	3
	Curriculum will integrate healthy lifestyle strategies into physical education such as:	2
	- strategies to cope with stress, resolve conflict, and maintain emotional balance	1
	- healthy eating choices that align with the district child nutrition goals	3



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	- access to community sports organizations and groups	3
	- wellness routines at home that can be done at home/as a family	0
Physical Activity	Different curriculum areas on campus work together to integrate movement, stretching, and other wellness activities as breaks from academics.	3
	Campus offers a variety of athletics and extracurriculars to sustain activity outside the school day.	1
	Campus encourages family engagement in physical activity.	0
	Recess occurs daily in Early Childhood through 5th Grade on Campus	3
	Campus discourages the loss of recess as punishment for students.	3
	Campus promotes programs such as: Kids Heart Challenge; Healthy Zone; Kids Teaching Kids - 21 Day Challenge, etc.	3
Goal: The District shall permit the use of District's recreation facilities in accordance with policy		District Average Rating
	Public has access to request/reserve facilities	3
	Facilities maintained for proper safety, cleanliness, and access	3
	Promote community physical activities	2
Other School-Based Activities		
Goal: Promote wellness for students, families, and employees at suitable District and campus activities.		District Average Rating
Wellness Environment	Someone on campus oversees or coordinates health and wellness programs and activities.	3
	Campus has a representative school health committee or team.	1
	Campus has implemented components of the district's local school wellness policy.	2
	Campus has an action plan that serves as a road map for health and wellness initiatives.	0
	Campus fosters a positive psychological school climate.	3
Health Education	Health education is taught in all grades on campus.	3
	Sequential health education curriculum is consistent with national education standards	3
	Teachers of health education use a variety of culturally-appropriate activities and examples that reflect the diversity among students and within the community.	3
	Teachers of health education have the opportunity to participate in professional development each year	3
Staff Involvement	There is collaboration on campus between child nutrition staff members and teachers.	1



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	Health Services are provided by a full-time school nurse on campus.	3
	Campus nurse collaborates with other school staff members.	3
	Campus counselor collaborates with other school staff members.	3
	Campus counselors provide community resources for staff.	3
	Campus helps staff to model healthy eating and physical activity behaviors.	1
Mental Health and Social-Emotional Learning Goals		
Goal: The District shall promote mental health awareness and wellness for students and their families through suitable District and campus activities.		District Average Rating
Education	Implementation of Counseling SEL Calendar	3
	Campus ensures students at all grade levels are receiving their required state required education in Child Abuse Prevention, Suicide Prevention, Drugs and Alcohol Prevention, and Character Traits.	3
	Campus partners with local community organizations, businesses, or hospitals to engage students and their families in mental health promotion activities.	1
Goal: The District shall promote employee mental health awareness, wellness, and training activities and involvement through suitable District and campus activities.		District Average Rating
Education	Implementation of Counseling SEL Calendar	3
	Campus provides Trauma-Informed Education through Counselor Conversations.	2
	Campus provides Grief-Informed Education through Counselor Conversations.	1
	Campus partners with local community organizations, businesses, or hospitals to engage staff in mental health promotion activities.	1



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Secondary (3 Campuses)

Nutrition Promotion and Education Goals

Goal: The District shall consistently promote healthy nutrition messages and share educational information to promote healthy nutrition choices and positively influence the health of students.

District
Average
Rating

School Meals	Campus offers fully accessible breakfast and lunch programs.	3
	Campus offers a variety of offerings in school meals.	3
	Campus offers adequate time to eat school meals.	3
Other School Food	Campus discourages using food as a reward or punishment.	3
	Campus offers access to free drinking water via water fountains and bottle fillers.	3
	Campus ensures that no foods and beverages will be sold outside of the school meal programs and cafeteria a la carte or snack offerings during the school day aside from fundraising.	3

Goal: The District shall deliver nutrition education that fosters a lifestyle of healthy eating behaviors through integration of nutrition education into appropriate curriculum areas and provision of professional development to staff responsible for nutrition education.

District
Average
Rating

	Annual continuing education and training for Child Nutrition staff.	3
	Campus promotes healthy food and beverage choices.	3
	Campus implements farm-to-school activities.	0
	Campus health education curriculum addresses essential topics on healthy eating	3

Physical Activity Goals

The District shall provide an environment that fosters a lifestyle of physical activity and fitness behaviors through integration into appropriate curriculum areas and provision of professional development to staff responsible for physical activity.

District
Average
Rating

Physical Education	Campus ensures students at all grade levels are receiving their required state-required minutes for physical activity in physical education class each week (140 minutes).	3
	Curriculum will follow the most current version of state learning standards for physical education	3
	In campus physical education classes, students are active at least 50% of class time.	3
	Professional learning provided for educators	3
	Curriculum will integrate healthy lifestyle strategies into physical education such as:	3
	- strategies to cope with stress, resolve conflict, and maintain emotional balance	3
	- healthy eating choices that align with the district child nutrition goals	3



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	- access to community sports organizations and groups	3
Physical Activity	Different curriculum areas on campus work together to integrate movement, stretching, and other wellness activities as breaks from academics.	3
	Campus offers a variety of athletics and extracurriculars to sustain activity outside the school day.	3
	Campus encourages family engagement in physical activity.	0
Goal: The District shall permit the use of District's recreation facilities in accordance with policy		District Average Rating
	Public has access to request/reserve facilities	3
	Facilities maintained for proper safety, cleanliness, and access	3
	Promote community physical activities	2
Other School-Based Activities		
Goal: Promote wellness for students, families, and employees at suitable District and campus activities.		District Average Rating
Wellness Environment	Someone on campus oversees or coordinates health and wellness programs and activities.	3
	Campus has a representative school health committee or team.	1
	Campus has implemented components of the district's local school wellness policy.	2
	Campus has an action plan that serves as a road map for health and wellness initiatives.	0
	Campus fosters a positive psychological school climate.	3
Health Education	Health education is taught in all grades on campus.	3
	Sequential health education curriculum is consistent with national education standards	3
	Teachers of health education use a variety of culturally-appropriate activities and examples that reflect the diversity among students and within the community.	3
	Teachers of health education have the opportunity to participate in professional development each year	3
Staff Involvement	There is collaboration on campus between child nutrition staff members and teachers.	1



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	Health Services are provided by a full-time school nurse on campus.	3
	Campus nurse collaborates with other school staff members.	3
	Campus counselor collaborates with other school staff members.	3
	Campus counselors provide community resources for staff.	3
	Campus helps staff to model healthy eating and physical activity behaviors.	1
Family Engagement	Campus communicates with all families about school health activities and programs in a culturally-and linguistically-appropriate way, using a variety of communication methods.	2
	Campus families have opportunities to be involved in school decision-making for health and safety policies and programs.	1
	Campus partners with local community organizations, businesses, or hospitals to engage students and their families in health promotion activities.	1
	Students and family members have opportunities to provide suggestions for school meals and other foods and beverages sold, served or offered, and to provide feedback on the school meal programs.	0
Mental Health and Social-Emotional Learning Goals		
Goal: The District shall promote mental health awareness and wellness for students and their families through suitable District and campus activities.		District Average Rating
Education	Implementation of Counseling SEL Calendar	2
	Campus ensures students at all grade levels are receiving their required state required education in Child Abuse Prevention, Suicide Prevention, Drugs and Alcohol Prevention, and Character Traits.	3
	Campus partners with local community organizations, businesses, or hospitals to engage students and their families in mental health promotion activities.	1
Goal: The District shall promote employee mental health awareness, wellness, and training activities and involvement through suitable District and campus activities.		District Average Rating
Education	Implementation of Counseling SEL Calendar	2
	Campus provides Trauma-Informed Education through Counselor Conversations.	2
	Campus provides Grief-Informed Education through Counselor Conversations.	1
	Campus partners with local community organizations, businesses, or hospitals to engage staff in mental health promotion activities.	1