

Instituto (IHSCA/ IJLA)
Local Wellness Policy
2013-2014

Statement of Responsibility

Instituto recognizes that there is a link between the food served in schools, physical activity, and nutrition education, and that wellness is affected by all of these. We also recognize the important connection between a healthy diet and a student's ability to learn effectively and achieve high standards in school.

We recognize that it is our role, as part of the communities we serve, to model and actively practice healthy lifestyles - the promotion of wellness, good nutrition and physical activity as important parts of the total learning environment.

Goals for Nutrition Education

To ensure the Healthy Lifestyle of each student attending Instituto, and to provide guidance to school personnel in the areas of nutrition, health, physical activity and food service, we encourage teachers, principals and food service staff to recognize breakfast and lunch periods as an integral part of our educational program, and work to implement the goals of this policy. We will ensure that:

- No student at Instituto goes hungry during school.
- Our students learn that food can taste good and be good for them.
- An economically sustainable meal program makes available a healthy and nutritious breakfast and lunch to every student at every school.
- Nutrition education is integrated into the core academic curriculum at all grade levels.
- Meal periods shall be scheduled so that students do not have to eat unusually early or late.
- All school eating areas shall contain free, safe, drinking water and facilities for hand washing.
- Food services use an automated accounting system and card scanning system to protect student privacy.

Goals for Physical Activity

Instituto recognizes the positive benefits of physical activity for student health and academic achievement. We will provide opportunities to ensure that students engage in healthful levels of vigorous physical activity to promote and develop the students' physical, mental, emotional and social well-being. Besides promoting high levels of personal achievement, and a positive self-image, physical education should teach students how to cooperate in the achievement of common goals. We will ensure that:

- Physical education teachers shall develop and implement a curriculum that connects and demonstrates the interrelationship between physical activity, good nutrition and health.
- Schools shall enhance the quality of physical education curricula and increase training of physical education teachers through campus-based and school-wide staff development.
- All students will participate in gym class and/or a sport, every year. An appropriate alternative activity shall be provided for students with a physical disability that may restrict excessive physical exertions.
- Physical education staff shall appropriately limit the amount or type of physical exercise required of students during excessively hot weather or other inclement conditions.

Goals for School-Based Learning Experience

Instituto recognizes that experiential learning activities that assist students to make connections between diet, health and environment are critical to understanding personal wellness within a larger context of environmental health. Schools play a crucial role in educating students on environmental issues and preparing them to be the stewards of their natural resources. At all grade levels, we urge that environmental facts should be taught as they relate to each other, so that students will understand basic ecological principles and appreciate the interrelated nature of living processes. We will ensure that:

- Teachers are encouraged to integrate nutrition education.
- Food service and teaching staff shall work cooperatively to integrate experiences in cafeterias and kitchens with the formal learning experience of all students.

Food Policy and Nutrition Guidelines

- No deep fryers will be used in food preparation.

Lunchroom Climate

One of our goals is to create a lunchroom environment that provides students and teachers with a relaxed, enjoyable atmosphere. We will ensure:

- Convenient access to hand-washing facilities before and after meals.
- Adequate space to eat and pleasant surroundings.
- At least 20 minutes to eat from the time seated.

National School Lunch and Breakfast Programs

- USDA HealthierUS School Challenge (HUSSC) Gold.
- The nutritional value of the food served will meet and improve upon USDA Dietary Guidelines through provision of nutritious, fresh, tasty and age-appropriate food that reflects community and cultural diversity.
- Maximum participation in the school meal programs will be achieved through school procedures, outreach and promotion that encourage eating school meals.

- An electronic scanning card system will be used to eliminate the stigma of Free, Reduced or Paid meal status.
- An after school snack will be provided free of charge to students participating in after school activities.

Government Regulations and Guidelines

Our Internal Chief Administrative Officer and Compliance Support Manager will review this policy and ensure that our guidelines are not less restrictive than those set by the Secretary of Agriculture or state law. To achieve this we will ensure:

- Compliance with applicable federal regulations regarding all aspects of the National School Lunch Program, School Breakfast Program, and all other federally funded food service programs.
- Compliance with applicable Illinois law that regulates the service or sale of foods and beverages made available in participating schools.
- Compliance with food safety, security and HACCP guidelines.
- Safe drinking water fountains are operational and readily available throughout school premises.
- Accommodation of dietary, cultural or religious preferences and needs of students.
- Coordination with our Food Service Management Company.
- Coordination with the nutrition program office at the Illinois State Board of Education, and the program audits it sponsors.

Measurement and Implementation

Instituto has vested responsibility for implementing food and nutrition programs in the Chief Administrative Officer and Compliance Support Manager. These persons are responsible for:

- Food program compliance with USDA and ISBE standards.
- Food procurement and related contracts.
- Oversight of food service budget.
- Oversight of menus and nutritional guidelines, including implementation and enforcement of the Local Wellness Policy.
- Oversight and communication with office and food service staff at each school.

In conjunction with the adoption the Instituto Local Wellness Policy, our Compliance Support Manager will remain actively engaged with food service in monitoring the implementation of the policy and in presenting recommendations to the Chief Administrative Officer. Reports by the Compliance Support Manager will address:

- Finances pertaining to meal programs.
- Participation rates, as well as development and implementation of the outreach and promotion plan to encourage consumption of school meals.
- The performance of the Food Service Management Company.