

Wellness Policy for Willits Charter School

Willits Charter School recognizes the link between student health and learning and provides a comprehensive program promoting healthy eating and physical activity. The Wellness Policy was adopted/approved by our CSAW Board of Directors.

An emphasis is placed on teaching personal responsibility for one's health, respect for and promotion of the health of others, the process of growth and development, and informed use of health-related information, products, and services. Nutrition education is provided as part of the required health education program for all 9th grade students and, as applicable, in other life science classes.

Food prepared for students at WCS adheres to the following healthful guidelines:

- No trans fats or hydrogenated oils in any food products
- Only non-fat, 1% or 2% milk soymilk, rice milk, or other similar nondairy milk.
- No products with high fructose corn syrup
- Priority will be given to serving unprocessed foods
- Low fat/lean meat will be used in meals
- Vegetarian options will be provided with every meal
- Whole grain breads, whole wheat flour and brown rice are to be staples
- Organic produce will be used when economically feasible
- Produce from school garden will be used whenever possible
- Only 100% juices with no added sugars will be served
- Drinking water will be available at all times
- No deep frying of any foods



*Above:
Students enjoy a
healthy lunch before
Thanksgiving Break*

Willits Charter School recognizes the positive benefits of physical activity for student health and academic achievement. Due to limited resources, Willits Charter provides the best physical education possible without an indoor gymnasium. We encourage students to take physical education classes on campus and to supplement their physical activity with off campus activities such as martial arts, dance, youth soccer, horse riding and any other available community activities. All of our middle school students take onsite P.E.

Students in grades 9-12 are required to have 20 credits of physical education in order to graduate. These credits may be earned through on campus classes, off campus activities or classes or a combination of the two.