

Health Education

The Manteca Unified School District governing Board recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating, active living, and physical activity for district students Kindergarten through Eighth Grade. The Superintendent or designee shall coordinate and align district requirements to support student wellness through health education, physical education and activity, health services, nutrition services, psychological and counseling services, and a safe and healthy school environment for all students Kindergarten through Eighth Grade.

The Board has adopted goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. The district's Kindergarten through Eighth Grade nutrition education and physical education programs shall be included in the grade level instruction and be based on research, be consistent with the expectations established in the state's curriculum frameworks and content standards, and shall be designed to build the skills and knowledge that all students need to maintain a healthy active lifestyle.

The nutrition education programs for Kindergarten through Eighth Grade shall include, but is not limited to, information about the benefits of healthy eating, active lifestyles, shall be provided as part of the health education program, part of the Physical Education Program and, as appropriate, shall be integrated into other academic subjects in the regular education program throughout the school year, before and after school programs, summer learning programs, and school garden programs.

All students Kindergarten through Eighth shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through classroom physical activity breaks, physical education and recess and may also be provided through school athletic programs, extracurricular programs, before and after school programs, summer learning programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities.