

Nutrition Services

- 100% of District students are eligible to receive one free breakfast and one free lunch per day.
- Smart Snack compliant.
- Seamless Summer Option Food Service Program.
- Annual Professional Development.
- At least one Nutrition Services employee per building is ServSave Certified.
- All Nutrition Services employees have been trained in proper and safe-handling of foods.
- Required bi-annual kitchen inspections by Ashtabula County and City Health Departments.

School-Based Activities

- Vision and Hearing Screenings provided to students by school nurses
- Mobile Dentist Unit for students
- Nutrition and Dental Health Programs presented to 2nd grade students by Ashtabula County Health Department
- Immunization records audited by school nurses to maintain compliance with Ohio Department of Health rules for student immunization
- Tdap and Meningitis Immunization Clinics held at Erie and Superior Intermediates, Lakeside Jr. High School and Lakeside High School by Ashtabula County and City Health Departments.
- Strengthening and conditioning options for Lakeside High School and Lakeside Jr. High students.

Ashtabula Area City Schools

District Wellness Brochure



Together Preparing
Every Student for
Future Success

For more Wellness
Information, please
visit our website and
search “Wellness” in
the Board Policies

Web site: www.aacs.net

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Physical/Health Education

- Students are encouraged to engage in physical activity in class and at home.
- High school students are required to keep activity logs and need to have at least 30 minutes of physical activity per school day to meet the class requirement.
- Elementary students take physical dance and brain breaks often.
- Elementary students receive daily announcements that encourage a good night's sleep.
- Movement within classroom – “Brain Breaks”
- Elementary students receive weekly physical education classes.
- Lakeside Jr. High health classes are provided speakers to address and promote mental health wellness by listening and sharing personal experiences.
- Girls' Circle at the junior high school promotes mental health using PBIS and Quest 305.

Nutrition Education

- Students are encouraged to participate in the school meal program.
- Digital menu allows for students and staff to see nutritional information on all menu items. Allergens can also be filtered out.
- Nutrition and Dental Health Programs presented to 2nd grade students by the Ashtabula County Health Department.

Staff Wellness

- Wellness initiatives with outside programs (i.e., IMPACT, Weight Watchers, Premier Fitness and Ashtabula County Medical Center)
- Smoke Free District
- Wellness program offered to all staff by University Hospitals.
- Partnership with Ashtabula County Medical Center (Cleveland Clinic) for wellness checks.
- Staff are encouraged to walk every day.
- Staff attend mental health wellness professional development.
- Medical clinic conveniently located at Lakeside High School on Mondays and Huron Primary on Wednesdays to provide staff a resource for routine medical concerns.