

Wellness Committee Minutes



Date: November 11, 2025



Location: High School Conference Room

I. Wellness Policy Updates

- PDE did not advise on any required changes; District website is up to date.
- The last triennial assessment was completed in April 2023. The next assessment will be completed in April of 2026.

II. Food Service Updates

- Labels, Smart Snacks, and menus have been updated to reflect new nutritional information and ensure compliance with USDA guidelines.

III. Old Business

- Ongoing *Health Topics* at the high school: courses run as needed, topics continue to evolve. ADAS liaison continues to support the classrooms. Additional programs are available, as needed.
- At the elementary level, ADAS Liaison continues to work with grade 6.
- Student Peer Helper representative is Natalie Clayson (Grade 11).
- Parent Representative is Mrs. Donya Mealy.

IV. New Business

- Staff Allergy Awareness training was completed by most staff in August. The link and information are available in the Health Suite at both buildings.
- Highmark Blue 365 (attachment) is available to participating staff members.
- Counslr Wellness Toolkit (attachment) is also available to staff (and students) for overall wellbeing. For students, on demand clinicians are available as permitted by parents (ages 14+). Refresh sessions provided by Mrs. Jackson.
- Whole School, Whole Heart is an initiative through American Heart Association to promote student and family wellness. Professional development is available for staff in pre-recorded sessions. Grant funds are available for those who participate in the Play360 program. Mrs. S. Graham will seek additional information and Mrs. Burns will select PD opportunities for staff members to access.

V. Open Discussion

- Personal Wellness Needs: round table discussion to be led by Mr. Splain to discuss needs/services available in our area. How do we maintain health while rural healthcare struggles?
- Mrs. Jackson and Mr. Splain will work to develop a Staff Wellness Fair for a future date.



Next Meeting:



Date: Tuesday, April 14, 2026



Time: 3:00 PM



Location: High School Conference Room

With the winter months approaching, discounted gym memberships are available through our insurance provider, **Highmark**, via their **Blue365** website under the **Fitness** tab. Memberships are coordinated through **Fitness Your Way by Tivity Health**, and you must enter your insurance information to check eligibility.

Option 1: Fitness Your Way – Power Package

- **Cost:** \$39.99/month
- **Access:** Multiple gyms including Bowman Fitness (Smethport), Main Street Fitness (Eldred), Health Center (Port), and Eade Fitness (Olean)
- **Notes:** Membership must be set up individually at each gym, including paperwork and key fob access. Once set up, you have 24/7 access to all locations in the network.
- **Benefits:** Ideal for families or individuals who travel between towns; flexible access across multiple gyms.

Option 2: Active & Fit Direct

- **Cost:** \$28/month
- **Access:** One gym per month, with the ability to switch gyms monthly. Options include Anytime Fitness, YMCA locations, Main Street Fitness, Bradford Regional Medical Center, and Droney's Fit & Wellness.
- **Notes:** Cost-effective and convenient for those seeking a single primary gym. Great option for accountability partners or for maintaining fitness while traveling.

Additional Notes:

- These programs are convenient for vacation travel, offering access to participating gyms in different areas.
- Special thanks to Nicole Graham for sharing this helpful information!
- For questions or assistance signing up, please reach out.

Helpful Links:

- [Blue365 Deals – Home Page](#)
- [Tivity Health – Waived Gym Memberships](#)



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