Standing Committees have the flexibility to use a work session notes template tailored to their needs, as long as it fulfills the minimum requirements.

Work Session Notes
- Notes are a record of what is done at a work session, not what is said.

Notes should include:

Notes do not include
- Detailed Discussion
- Personal opinion
- Motions withdrawn
- Entire reports (rather, attach separately)

Standing Committee Name: Fitness and physical Activity

Date of Work Session: 10/21/26

Location of Work Session: Boardroom

List of attendees (note presence of a quorum)

Debbie Frend	Lori Fitch
Anna Ramsey	
Sara Cullinan	
Ruth Whitenton	
Brandon T	

Time work session was called to order: 1:05

For motions, please be sure to include motion text, name of maker and name of seconded by and status/results of motions

Approval of previous work session notes

Current work session items

Cooling down tech usage in the elementary level. Explore how and what type of tech is driving physical activity in the school day.

Still exploring physical activity at the middle school and even high school level.

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Future work session action items:

Time work session was adjourned: _____