

Illnesses and Injuries

It is okay to be sick or injured and still participate in P.E. We ask that you let the teacher know before class starts by handing them a doctor's note or a note from your parents.

1. Parent notes that give the reason you are injured or ill, and a daytime phone number or email will excuse you for the day.
2. A note from the doctor is required for any illness or injury that lasts more than a week.
3. Unless you have a cast or crutches, you will still dress in your P.E. uniform. Parent notes cannot excuse you from changing into your P.E. uniform.
4. Please do not have your parents call the school nurse in order to excuse you from activity. She is not in charge of that information.