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St. Gabriel Catholic School

*“Faith in our Future”*

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Sprains, Strains, and Fractures

Fall is upon us- not only are we back in school, but our students are back on the athletic fields. I have noticed an increasing number of casts, boots, and braces around campus. As parents and teachers alike, we want to see our kids back with their team, playing on the playground, and participating in P.E. If your child sustains an injury that prohibits them from functioning normally at school, it must be medically addressed. Please provide documentation to the school nurse if a medical professional has placed your child in a boot, cast, or crutches as these will require additional safety parameters for our team to follow to maintain their safety while they are healing. If your child needs to use the elevator, we MUST have a doctors note to accommodate this request. Lastly, a medical note is required to excuse your child from P.E. as this is a graded course. In the event a child cannot participate in P.E., the child should also be resting at recess. Please help reiterate this to students. While some injuries may linger, please do your best to keep us updated when they are released from these restrictions. Thank you again for helping us to better care for your children.

Nurse K