

Post Injury/Surgery Return to School Guidelines:

If your child is returning to school with any of the following:

- physical injury,
- post any surgery,
- any other issue that would physically limit a student's participation in any sports, education, wellness classes, and/or recess

A **doctor's note** needs to be obtained and provided to the **school nurse**.

Excusal Notes

Other things to be taken into consideration:

- A parent may provide a written excuse from PE for **ONLY** 1-2 days, after that a doctor's note is required
- A doctor's note is required for the use of crutches in school.
- A doctor's note is required for any orthopedic boots, casts, arm slings and use of *any* splints.
- A doctor's note is required for any diagnosed concussion outlining activity restrictions, as well as all academic accommodations.
- A doctor's note is required for release/return to physical activity after suspected or diagnosed [concussion](#) and/or any injury/surgery

Physician Notes

If you need to provide a doctor's note for a student's injury or status post surgery, please make sure it includes the following information:

- **Nature** of the injury/surgery,
- **Any limitations or restriction(s)**,
- The **date(s)** the student should be excused from any physical activity and/or limitations INCLUDING **physical education** and **recess**
- Dates of any follow up appointments and/or date of release from restrictions

Please contact the school nurse office with any questions or concerns.