



Manhasset Public Schools

Health Offices

Physical Education/Gym Excusal

Health Office Process

To arrange temporary gym excusal for student's injury, please follow these steps:

1. **Obtain a Medical Note:** Have the doctor provide a note detailing the necessary accommodations and specifying the duration, including the date of the next follow-up appointment.
2. **Understand School Policies:** Be aware that New York State does not accept physical therapist notes for gym excusal; a doctor's note is required.
3. **Notify the School:** Submit the medical note to the health office or email it to SSHealthOffice@manhassetsschools.org
4. **Provide Follow-Up Documentation:** Ensure that any subsequent medical notes or updates are sent to the school promptly.
5. **Obtain Clearance for Physical Activities:** Before your child can resume gym or sports activities, a doctor's clearance note is required.

Sincerely,

Manhasset Secondary School Health Office

Email: SSHealthOffice@manhassetsschools.org

Phone: (516) 267-7520

Fax: (516) 267-7524