



**School District U-46**  
Education Service Center  
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Dr. Suzanne Johnson Superintendent

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[www.u-46.org](http://www.u-46.org)

To Parents/Guardians:

Your child presented the nurse's office with a medical note excusing him/her from their Physical Education class. The district will address these matters as follows:

1. Students with a medical note excusing them from PE will not be able to participate in physical activities during PE or recess.
2. Students will attend their PE class and the PE teacher will provide accommodations to allow the student to continue to learn alongside their peers while keeping them safe and adhering to the limitations noted in his/her medical note.
3. Students will continue to participate in indoor or outdoor recess with their peers. Physical activity restrictions during recess will be the same as those implemented in Physical Education. (Examples: no running, no team/sport activities, no climbing, no throwing, no catching)
4. A student who has a serious injury where additional injury or harm may occur from being in a Physical Education classroom will be provided with an alternate setting for both PE and recess to be determined by the building administrator.

If you have any questions regarding this policy, please contact your school nurse or principal.

Sincerely,

U-46 Student Wellness Coordinator  
1-847-888-5000 ext. 7039