Parent Notes

Please make sure to include the following information when writing a parent note excusing your child from physical education.

- Date
- Students Name
- Explanation of limitations
- Signature and contact information.

Please remember that a note you have written excusing your child from physical education is good for three school days only. Anything beyond this time frame will require a doctor’s note.

Sample Parent Note

September 5, 2007

Dear Ms. Leavitt,

Please excuse Suzy Sample from activities involving her upper body in physical education.

Thank you,

Mrs. Sample
(805) 555-1212