

RETURNING FROM EXTENDED MEDICAL LEAVE OR ILLNESS

Supporting Your Child's Return

OVERVIEW: RE-ENTERING THE CLASSROOM

Re-entering after an extended medical absence or serious illness requires balancing your child's recovery with their academic catch up. This guide outlines essential steps and daily strategies for a smooth, low-stress transition.

KEY ACTION STEPS & STRATEGIES



IMMEDIATE ACTION ITEMS

- Contact your child's Counselor and School Nurse to confirm medical clearances and review required return to school paperwork as needed.
- Provide medical excuse notes and Doctor's notes detailing specific care instructions, rest break needs, medication schedules, or physical restrictions
- Request prioritized list of essential core assignments from teachers so your child isn't overwhelmed by non-essential backlog.



HOME STRATEGIES: MANAGING ENERGY & ROUTINE

- Prioritize core subjects first. Avoid forcing late night study sessions that compromise sleep and recovery.
- Re-establish consistent bedtime and wake up schedules. Build in dedicated post school downtime for self care.
- Communicate proactively with teachers if your child experiences fatigue, pain, or significant anxiety regarding missed work.

✓ Academic Support Program

School Support Contacts: Need help planning your child's medical return? Please contact the school's counseling department.

