

STEPS BACK TO SCHOOL

Speak to your teachers and make a plan that's right for you



A

REST FOR A DAY

A little rest is good in the first day but avoid prolonged rest. No school or schoolwork or screen time for a day. Then start to increase normal activities.

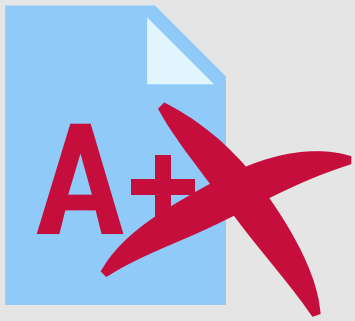


B

SCHOOL PART-TIME

Gradually build up your hours at school. Start with a half day and increase as tolerated. Aim to be back full-time by 2 weeks.

- Sometimes headaches and concentration difficulties make it hard to get back to school
- It's OK to ask for a break
- Initially avoid homework, assemblies, exams, and excursions/field trips.



NO SPORT

NO SPORT

Until you are back to school full-time, don't play sport. Instead, start light exercise (e.g. walk, bike) and gradually increase towards normal



C

SCHOOL FULL-TIME

Once you are doing well at school part-time, return to school full-time with a reduced workload. You are still not ready to do exams, but can start to do some homework and assignments. You may need some extra time for these.



D

SCHOOL AS USUAL

Attend school as usual and do all your homework. You can now try to catch-up on any missed work. Talk to your teacher to get some advice about how to do this. It's often possible to catch up on only a portion of missed work. Focus on your core subjects.

