

Return-to-School Strategy

The following is an outline of the Return-to-School Strategy that should be used to help student-participants, parents/legal guardians, and teachers to collaborate in allowing the participant to make a gradual return to school activities. Depending on the severity and type of the symptoms present student-participants will progress through the following stages at different rates. If the student-participant experiences new symptoms or worsening symptoms at any stage, they should go back to the previous stage. Participants should also be encouraged to ask their school if they have a school-specific Return-to-Learn Program in place to help student-participants make a gradual return to school.

Stage	Aim	Activity	Goal of each step
1	Daily activities at home that do not give the student-participant symptoms	Typical activities during the day as long as they do not increase symptoms (i.e. reading, texting, screen time). Start at 5-15 minutes at a time and gradually build up.	Gradual return to typical activities
2	School activities	Homework, reading or other cognitive activities outside of the classroom.	Increase tolerance to cognitive work.
3	Return to school part-time	Gradual introduction of schoolwork. May need to start with a partial school day or with increased breaks during the day.	Increase academic activities.
4	Return to school full-time	Gradually progress.	Return to full academic activities and catch up on missed schoolwork.