



Health and Safety

Student Return to School After a Serious Illness or Injury

March 2024 | V2

CATHOLIC SCHOOLS BROKEN BAY

Caroline Chisholm Centre Building 2, 423 Pennant Hills Road, Pennant Hills, NSW 2120 | PO BOX 967 Pennant Hills NSW 1715
02 9847 0000 | csoddb.catholic.edu.au | cso@dbb.catholic.edu.au

Student return to school after an illness or injury

This guideline advises staff and parents/carers of the protocols when a student returns to school after an absence following a serious illness or injury.

Before the first day back following an absence, there may be a requirement to complete a risk assessment to ensure that the student is fit to return to school and that the return presents no unavoidable dangers or hazards to themselves or others.

Example of injuries:

- Broken / sprained or damaged limbs
- Head injuries or concussion
- Return with stitches or other similar treatments
- Eye patches / restricted vision / restricted hearing
- Restricted movement, e.g. use of crutches/wheelchair, heavy plasters etc.
- Persistent respiratory or allergic difficulties
- Surgery

Graduated Return to School

Parents/Carers

Give adequate notice of the return to school to arrange for the completion of a risk assessment before starting back.

- Inform the school in writing of any complications or restrictions on a child's return to school, which should also be identified in the risk assessment completed before the first day back.
- Provide a medical certificate from the treating practitioner advising the child's capacity or restrictions, including injuries for head and concussion.
- If their child requires prescribed or over-the-counter medication while at school or on an excursion, a consent form authorising the school to administer medication must be completed.

Note: *Concussion – a student who has sustained a concussion will not be permitted to recommence sporting activities for at least 21 days. During this time, the student must have been symptom-free for 14 days.*

Schools

Inform the parents/carers of the return-to-school guidelines by email if their child has been involved in a serious accident and has been absent for over five days.

- Make the necessary provision to ensure that, if necessary, the agreed restrictions on the student's movements and/or activities are in place (as documented on the risk assessment) to ensure the safety of the student and/or others in the school.
- Share a copy of the agreed risk assessment with all teaching and support staff.
- The Principal will inform playground/excursion supervisors of any restrictions that need to be in place for the student's safety.
- The risk assessment will be monitored appropriately to ensure that the decisions taken are adequate.

The parent/carer/school will;

Assess the level of risk at the end of the review period and agree on what, if any, controls need to remain in place.

If necessary, extend or amend control measures, revise the risk assessment as agreed by the parents and school and agree to a new review date.

Communicable Illness

Students coming back to school who have had illnesses such as COVID-19, Flu, Gastroenteritis, Measles, Rubella (German Measles), Scarlet Fever, hand, foot & mouth, temperature or fever must be symptom-free and feeling well before returning to school. **Click on the link to [NSW Health](#), which outlines exclusion periods for children returning to school after an illness.**

Some illnesses are required to be notified to [NSW Public Health Unit](#)

The diagnosing doctor will advise parents or carers if the illness needs to be notified.

The diseases are:

- Diphtheria
- Mumps
- Poliomyelitis
- Haemophilus influenzae Type b (Hib)
- Meningococcal disease
- Rubella ("German measles")
- Measles
- Pertussis ("whooping cough")
- Tetanus.

Schools are also encouraged to seek advice from their local Public Health Unit when they suspect an infectious disease outbreak is impacting their school, such as outbreaks (two or more cases) of a gastrointestinal or respiratory illness.

Reference documents

NSW Government – [School Sports Unit – Concussion Guidelines](#)

NSW Government – [School Sport Unit – Concussion Summary Handout](#)

The Sydney Children’s Hospital – [Concussion Action Plan](#)

Further assistance

Further information, advice or assistance on any matters related to student return to school after a serious illness or injury is available by contacting the

Safety Assurance Partner ph. 0427 225 743 or email

csbb.healthsafety@dbb.org.au