

Dear Parents,

Under **NJAC 6A:16-10.1**, students may receive home instruction due to a temporary or chronic health condition. This support is available when a physician anticipates that a student will be absent for:

- **More than 10 consecutive school days, or**
- **17 cumulative school days** within a school year.

To initiate home instruction, the student's physician must submit a **written request** that includes:

- The medical diagnosis
- A rationale for home instruction
- The expected duration of absence

Please note: The school physician may request additional information to make a final determination.

Supporting Your Child's Return to School

While home instruction is a helpful short-term solution, it is not a substitute for in-person learning. Our shared goal is to return your child to school as soon as medically appropriate, so they can benefit from full academic, social, and emotional development.

Understanding and Preventing School Avoidance

In some cases, students may develop school avoidance, especially after an extended absence. This can begin innocently but may grow over time if not addressed. Returning to school can feel stressful, and staying home may seem easier—but prolonged avoidance can make re-entry even harder.

If school avoidance becomes a concern, we encourage families to partner with the school to develop a support plan. This may include:

- Identifying sources of anxiety or discomfort at school
- Understanding what the child gains by staying home
- Creating a gradual re-entry plan, starting with short daily visits
- Adjusting home routines to reduce comfort-based reinforcement
- Building positive incentives for attending school

We also recommend consulting your child's pediatrician or care provider to explore additional supports, such as behavioral therapy, if needed.

We're Here to Help

Our team is committed to supporting your child's education and well-being. We will provide home instruction when medically warranted and work collaboratively to prevent and address school avoidance.

Please don't hesitate to reach out with questions or concerns. We're here to help.