

## Concussion Information

1. **Please contact the school and your school nurse if your student is diagnosed with a concussion.** The school nurse will follow all students who sustain a concussion to assist in managing their academic accommodations during recovery.
2. A concussion, no matter how mild it may seem at the time, is a brain injury. A concussion temporarily changes how the brain processes information. This causes symptoms such as headache, dizziness, and poor memory, as well as possible changes in normal sleep. The more demands placed on the brain, the more potential for the student's symptoms to worsen and may delay your student's recovery. Initially, it is important to give the student both physical and mental REST – which includes restricted TV, computers, video games, reading, texting, etc. Sleep is very important at this stage. See CDC's Know Your Concussion ABCs - Fact Sheet for Parents.
3. The student may return to school with mild symptoms if they are able to function (please refer to the attached *Return to School After a Concussion* handout). If the student experiences a sharp increase in symptoms, it may be necessary to attend half days or only attend certain classes to help the recovery process. The student can also go to the health room (in the front office) during the school day to rest if necessary. Please leave the details regarding your student's attendance on the attendance line.
4. Academic accommodations are sent as a guideline for teachers only. They should be tailored individually to each student and may not be needed with every student or class. **The student (and parents if needed) must make personal contact with each teacher and put together a plan for catching up.** Some work may be excused, but that is up to teacher and administrator discretion. A student may not be able to take tests or tackle large assignments until they are able to do so without an increase in symptoms. The student will need to advocate for themselves if they are asked in class to do something they should not.

Thank you for your time and attention to this matter and feel free to call the school nurse or school counselor with any questions.