Concussion - Return to Learn Suggestions for Parents/Guardians

Eric Small, MD, School Physician

A concussion is a type of brain injury that changes the way the brain normally functions. A concussion is caused by a bump, blow, or jolt to the head/neck/chest. Concussions are serious injuries that take time to heal.

The purpose of Return to Learn is to ensure that students who are concussed return to school in a safe and controlled manner.

Many people have difficulty recognizing the severity of a concussion because there is no visible injury. However, just like a visible injury, a concussion requires rest and accommodations. Math and foreign language tend to be the most difficult subjects for students with a concussion. The recovery period for a concussion can vary greatly, from student to student.

Your child may feel frustrated, sad, and even angry because he/she cannot return to recreation and sports right away, or cannot keep up with schoolwork. Your child may also feel isolated from peers and social networks. Talk often with your child about these issues and offer your support and encouragement.

Discuss with your child's physician possible home and school accommodations/restrictions. All school accommodation requests should be signed by your physician and given to your School Nurse.

The following are some general suggestions:

- Extra rest periods during the school day

- Shortened school day (i.e. half day, late arrival, early dismissal)

- Limited testing and/or extended time on test

- Limited homework and/or extended time on assignments

- Sitting in front of classroom to lessen distractions

- Request copies of class notes to student

- Have teachers simplify assignments down into manageable tasks

- Reduce time on computer, e.g. Chromebook, television, video games and cell phone

- Allow to leave classroom early to avoid loud hallways/chance of falling

Additional resources are available at: https://www.cdc.gov/headsup/parents/index.html

If you have any questions or concerns please contact your School Nurse.

Thank you

11/2017