

Concussion Procedures:

A concussion is a type of brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow or jolt to the head. Concussions can also occur from a blow to the body that causes the head and brain to move rapidly back and forth. Even what seems to be a mild bump to the head can be serious.

If your child has been diagnosed with a concussion by a physician, please contact the school immediately. The school will assist you in determining what support your child may need upon their return to classes. Children and teens who return to school after a concussion may need to:

- Take rest breaks as needed
- Spend fewer hours at school
- Be given more time to take tests or complete assignments
- Receive help with schoolwork
- Reduce time spent reading, writing or on the computer.

After a concussion, physical and cognitive activities – such as concentration and learning – may need restricted while under the care of a physician. The school will need a doctor's release for them to return to regular scheduled activities. As your child's symptoms decrease, the extra help or support can be gradually removed. Your physician will release your child when they are symptom-free.

Our nurses, teachers and administrators have received instruction for working with students who have been diagnosed with a concussion.