

Student Name: _____

Date: _____

Healthcare Signature: _____

The student named above has suffered a concussion. Concussion symptoms resolve slowly and steadily over 3 to 4 weeks.

1. Welcome this student back to class whenever they feel well enough to be at school. After just a few days home resting, the student should be back at school when symptoms are "tolerable and intermittent". Allow the student to manage/"pace" symptoms by learning for 20 to 30 minutes, followed by rest (5 to 10 minute brain/eye rest **in the classroom**) if needed. Help the student "pace" him/herself to keep the symptoms at bay. This is **most** important - the student must feel well enough to be/stay in your class to hear your **lesson!** If they've heard instruction, it might be easier to remove and reduce some of the non-essential work.
2. **Apply any and all adjustments you see fit for your classroom and for this student.**
3. Be most generous with your adjustments in the earlier weeks; wean back with time and as symptoms resolve. Be flexible and adjust up or down as needed.
4. **Lift** academic adjustments whenever you feel they are no longer necessary! You do NOT need medical approval to apply or remove academic adjustments!

PHYSICAL:

REMOVE from school sports, PE, physical recess, & dance classes, without penalty, until medically cleared.

Provide "Strategic Rest" - scheduled 15 to 20 minute breaks in clinic/quiet space (1X mid-am &/or 1X mid-pm). Schedule and take breaks preventatively to avoid symptoms flaring.

Allow sunglasses (inside and outside) &/or headphones/earplugs.

Provide quiet room/environment, quiet lunch, quiet recess. Allow quiet passing in halls.

Allow option to sit out (without penalty) of music, orchestra, band &/or computer class if symptoms are provoked. Attempt return to class (try headphones) ASAP &/or when symptoms subside.

EMOTIONAL:

Allow student to have "signal" to leave room.

Understand that mental fatigue can manifest in "emotional meltdowns" (often anger/frustration with adolescents; sad/frustration with younger children).

Allow student to remove him/herself to de-escalate &/or visit with supportive adult (counselor, nurse, advisor).

Watch for secondary symptoms of depression and anxiety usually due to social isolation and concern over "make-up work" and slipping grades. These extra emotional factors can delay recovery.

SYMPTOM WHEEL

This student has been coached to talk with each teacher frequently about this concussion and throughout recovery. It is not the teacher's job to do FOR the student; it is the job of both the student and the teacher to work closely together to make joint, fair and reasonable decisions.

Physical:

headache/nausea
 dizziness/balance problems
 light sensitivity/blurred vision
 noise sensitivity

Cognitive:

trouble with:
 concentration
 remembering
 mentally "foggy"
 slowed processing



Emotional:

feeling more:
 emotional
 nervous
 sad
 angry
 irritable

Sleep/Energy:

mental fatigue
 drowsy
 sleeping too much
 sleeping too little
 can't initiate/
 maintain sleep



COGNITIVE:

REMOVE non-essential work. Is it essential for mastery or grades? If not, consider removal without penalty or make-up.

REDUCE workload in the classroom/homework. Consider 10% to 33% Week 1; 33% to 66% Week 2; 66%+ Week 3.

REDUCE repetition of work - go for quality not quantity.

Adjust "due" dates if work is deemed essential; allow for extra time if needed.

Do not penalize for work exempted during recovery. Grade on work completed.

Allow student to "audit" classwork (listen, learn, discuss)

Exempt/postpone tests/projects; alternative testing (quiet testing, one-on-one testing, oral testing).

Allow for "buddy notes" or teacher notes, study guides, word banks, open book.

Allow for technology (tape recorder, smart pen) if tolerated. "Pace" time on computers.

SLEEP/ENERGY:

Allow for rest breaks -in classroom preferably ("brain rest breaks" = head on desk eyes closed 5 to 10 mins./hour prn). "Pace = mental challenge followed by mental rest".

Allow late start or early dismissal, for a short time or prn.