

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.

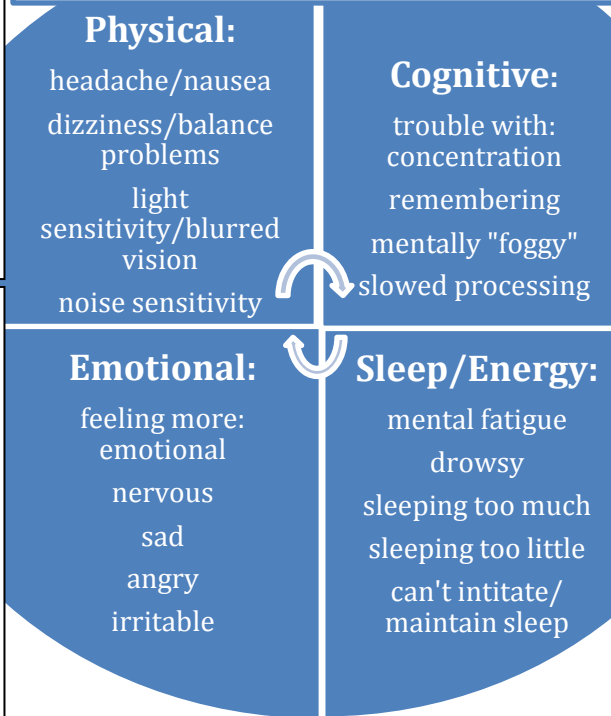
Understand that mental fatigue can manifest in "emotional meltdowns" (often anger/frustration with adolescents; sad/frustration with younger children).

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.



**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.

*If student symptoms persist or are severe (symptoms compromise attendance, quality of work or grades), consider a Section 504 plan and/or consider an Individualized Healthcare Plan (IHP) or Response-to-Intervention Plan (RTI). If prolonged recovery requires **specialized instruction** or **modified** curriculum, school is obligated to consider an IDEA referral.*