



## **Conant High School** **Return to Learn After a Concussion**

**\*Every child's injury and recovery is unique and requires careful observation from parents and doctors.\***

**The following is the concussion protocol the school will initiate unless specific doctors' orders are received.**

### **When can my child return to school?**

School-specific activity should be increased gradually:

- When feeling better, your child should try to do activities similar to schoolwork (computer work, reading etc.) at home and increase the duration as tolerated.
- Your child should continue to participate in this activity in short bursts of time (up to 30 minutes) as tolerated and then work up to longer time periods.

Follow these guidelines to determine when your child is ready to return to school:

- When your child is able to do one to two hours of homework at home for one to two days, she may try to return for a half day of school. Alternately, if your child is able to do three to four hours of homework at home for one to two days, she may try to return to school for a full day.
- If symptoms develop while your child is at school, she should take a break in a quiet, supervised area until symptoms resolve. When symptoms resolve, she may return to class.
- If symptoms do not resolve, your child should go home.
- Your child may increase her time in school as tolerated.

**After the student returns to school the school will begin with phase 1 on the reverse side of this document. The school recommendations form is attached, please have your doctor complete and return to Conant High School health office Fax # 532-8102**

**Phase 1:** Any student who has been diagnosed with a concussion will immediately fall under the guidance of the concussion protocol for a period of two weeks (protocol begins at time of injury). During that time there are no work expectations for the injured student. Listening and following along with the lesson is all that is required of the student. During the two-week period, teachers should collect "**essential**" work expected to be made up and hold it for the student. Teachers will leave the non-essential work grade blank on web2school. At the conclusion of the two weeks the student may resume a full academic workload. At that time the teacher will prove the missed essential work to the student and identify a length of time for make-up consistent with our policy.

**Phase 2:** If at the end of two weeks the school receives notice by a physician that the injured student is still suffering symptoms, the school nurse will inform teachers that the protocol has to be extended for an additional two weeks.

If the physician extends the protocol beyond two weeks, a student's academic workload may be adjusted if advised by the physician. When a physician has confirmed concussion symptoms are still problematic, all teachers will continue to collect the **"essential"** missed during the recovery period. The length of time a student has to make up the essential work missed while under the protocol will be commensurate with the length of the injury. (This is consistent with our make-up work policy.) At the conclusion of the extended protocol (weeks three and four) the student will resume a full work-load unless the school receives notice by a physician that the injured student is still suffering symptoms. If notified, the school nurse will inform teachers of the continued diagnosis.

A 504 referral might be warranted based upon the severity of the injury, its anticipated duration, and impact on student's participation in school.

When a student is cleared of the injury, completion all academic make-up work should be returned to the teacher of the course for evaluation and grade entry.

If the injury and/or recovery period extends through a grading period, assign an "Incomplete" for the grade in the course. Once the student has been cleared and resumes academic work, he/she may complete the missed work and turn it into the teacher for evaluation.

Notification of injury and subsequent clearance will be initiated through the nurses' office to the teachers, counselors, advisors, coaches and administrators.

***\*There will be no participation in extra-curricular activities until the student has resumed a full academic workload\****