



Dear Teacher,

Your student, \_\_\_\_\_, was sent home with symptoms of a concussion, or currently has symptoms of a concussion.

In order to best help their brain heal, (think of a concussion as a bruised brain), we need to allow a slow pacing back to school work and activity. Until further notification by your school nurse, please follow the guidelines below for this student while at school.

- **Remove non-essential work** without penalty to grades
- **Reduce semi-essential work** without penalty to grades
- **Limit screen time** whenever possible
- “Pacing” – **Give FREQUENT eyes closed / head down / water breaks** for 5 to 10 minutes in the classroom after focusing for 20 to 30 minutes on reading or computer
- “Strategic Rest Breaks” – Allow a mid-morning and a mid-afternoon break - ideally this can be done during recess and PE.
  - **Students should not be allowed to be active during recess or PE** until the School RN assesses them and advances them to light activity. Please help them find a quiet space to rest, either in your classroom, library, or health room during PE and recess. Students may go “out” to recess and rest, but not be active. Please ensure recess supervisors are aware of the restrictions if allowed to go outside.
- Consider rest in an alternate space during **band/choir/music class** as the loud noises can also aggravate symptoms.
- **Keep symptoms low and tolerable**; when symptoms increase in frequency, duration or severity, then the “pace” needs to be even slower.
- Focus on just keeping the student feeling well enough to be in class - listening & learning.
- **Focus less on work output** at this point.

(Adapted largely from [www.getschooledonconcussions.com](http://www.getschooledonconcussions.com))

Helpful Teacher Tip Sheets:

[https://www.getschooledonconcussions.com/wp-content/uploads/2019/01/GSOC\\_Mental\\_Fatigue\\_Strategies.pdf](https://www.getschooledonconcussions.com/wp-content/uploads/2019/01/GSOC_Mental_Fatigue_Strategies.pdf)

[https://www.getschooledonconcussions.com/wp-content/uploads/2018/10/GSOC\\_Symptom\\_Wheel.pdf](https://www.getschooledonconcussions.com/wp-content/uploads/2018/10/GSOC_Symptom_Wheel.pdf)

[https://www.getschooledonconcussions.com/wp-content/uploads/2019/01/GSOC\\_Fading\\_Academic\\_Adjustments.pdf](https://www.getschooledonconcussions.com/wp-content/uploads/2019/01/GSOC_Fading_Academic_Adjustments.pdf)

Thank you for your support of a safe and healthy RETURN TO LEARN program!

Sincerely, Your School Nurse