

# A Student In Your Class Has A Concussion

>> Student's Name \_\_\_\_\_

Date \_\_\_\_\_

**As a teacher** you are a very important part of the Multi-Disciplinary Team who helps to manage this concussion. Here is some information that will be very helpful to you:

- Concussions are a traumatic brain injury
- It takes a child/adolescent an average of 7 to 21 days to recover fully from a concussion
- Because of the risk of further brain damage, **the most important and most immediate action** following a concussion is to reduce PHYSICAL **and** MENTAL activity.
- The symptoms of a concussion can be seen in your classroom in any of these four ways.

It can affect how a student might FEEL PHYSICALLY: (Physical Symptoms)	It can affect how a student might LEARN: (Cognitive Symptoms)	It can affect how a student might experience SLEEP or ENERGY LEVELS: (Maintenance Symptoms)	It can affect how a student FEELS EMOTIONALLY: (Emotional Symptoms)
<ul style="list-style-type: none"><li>➤ Headaches</li><li>➤ Blurry vision</li><li>➤ Dizziness</li><li>➤ Seeing “double”</li><li>➤ Disorientation</li><li>➤ Nausea</li><li>➤ Sensitivity to noise</li><li>➤ Sensitivity to lights</li></ul>	<ul style="list-style-type: none"><li>➤ Feel mentally “foggy”</li><li>➤ Easily confused</li><li>➤ Feel “slowed down”</li><li>➤ Slowed speech (may be due to word finding difficulty)</li><li>➤ Difficulty remembering</li><li>➤ Difficulty concentrating</li></ul>	<ul style="list-style-type: none"><li>➤ Fatigue</li><li>➤ Drowsiness</li><li>➤ Excess sleep</li><li>➤ Too little sleep</li><li>➤ Trouble falling or staying asleep</li></ul>	<ul style="list-style-type: none"><li>➤ Personality change</li><li>➤ Inappropriate emotions</li><li>➤ Feeling more emotional</li><li>➤ Irritable</li><li>➤ Sad</li><li>➤ Nervous</li><li>➤ Lack of motivation</li></ul>

The majority of students recover quite well from a single concussion with rest and reduction of physical and academic demands. This recovery *usually* takes place over a period of three weeks. The changes you might see in a student following a concussion are generally temporary. However, if you have any concerns about this student, please report them immediately to the school nurse and:

Name \_\_\_\_\_ Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Throughout this process, your input on how this student has performed in your classroom is essential. Please coordinate your on-going feedback with person(s) listed above. **Thank you!**