



Dear teacher,

\_\_\_\_\_ has sustained a concussion, on (date) \_\_\_\_\_

Concussion affects the way the brain functions. Different people can be affected in different ways. It is common for concussed children or adolescents to have difficulty concentrating in class and they will not perform as well as usual in exams and assessments. They may require more time to complete work.

When a concussed child or adolescent starts to concentrate for long periods, the 'load' on the brain can bring on or worsen symptoms of concussion. Some of the subtle symptoms of concussion include:

- > fatigue
- > difficulty concentrating
- > sensitivity to light and noise
- > confusion or disorientation
- > memory impairment
- > nausea
- > headache or pressure in the head
- > feeling slowed or not right
- > dazed, blank or vacant stare
- > behaviour or emotional changes, not themselves.

Gradually increasing the load on the brain without provoking symptoms is recommended.

Medical recommendations to assist in returning to school are as follows:

(check those applicable)

- breaks from class every \_\_\_\_\_ minutes
- postpone exams by \_\_\_\_\_ days/weeks
- additional time to complete exams and assessments
- additional time to complete tasks in class.

\_\_\_\_\_ has been reviewed by a medical doctor and cleared for return to school so none of the following are expected, however, please seek urgent medical attention if there are any of the following symptoms:

- > neck pain
- > increasing confusion or irritability
- > repeated vomiting
- > seizure or convulsion
- > weakness or tingling/burning in the arms or legs
- > deteriorating conscious state
- > severe or increasing headache
- > unusual behaviour change
- > visual or hearing disturbance.

**Until they receive written medical advice otherwise, students recovering from concussion should not participate in high-intensity physical activity including PE class, school sport or playground activity. However, having rested for 24 - 48 hours, light aerobic activity is recommended until symptom-free.**

The symptoms of concussion usually resolve in less than 4 weeks in young people aged 18 years or younger. Rest for 24 - 48 hours followed by a gradual return to learn and activity is the main treatment for concussion. If you notice that your student is having symptoms beyond the expected 4 week period, please discuss with their parent/guardian so that a medical review can be arranged.

Medical doctors details: \_\_\_\_\_

Name: \_\_\_\_\_

Practice: \_\_\_\_\_

Contact details: \_\_\_\_\_