

Dear Parent/Guardian,

Your child sustained a head injury today. Symptoms may not appear immediately and may change over time. The first 24 hours are vital to determine possible severity. If your child is symptom-free later this evening, or tomorrow morning, no other action may be required. However, if their symptoms persist after 24 hours, they will need to be evaluated and cleared by a physician before returning to activity. All teachers and the Division Head will be notified of your child's head injury by the Head Athletic Trainer.

Your child's brain needs time to heal. **They should stay at home tomorrow and not attempt ANY homework if they report a headache or any of the following symptoms:**

Nausea	Sensitivity to light	Memory Problems
Dizziness	Sensitivity to noise	Does not "feel right"
Confusion	Double/blurred vision	Feeling sluggish

Please watch for any of the following symptoms:

If any of these symptoms develop, immediately take your child to the emergency room.

Worsening Headache	Vomiting	Stumbling/loss of balance
Decreased level of consciousness	Dilated pupils	Increased confusion
Weakness in one arm/leg	Blurred vision	Change in normal behavior
Change in normal behavior	Increased irritability	

What to do next:

- If your child's symptoms do not resolve within 24 hours, they should be seen by a physician to be evaluated for a concussion. Please use the Physician Form that can be found in this packet.
- If there is a diagnosis of a concussion, please be in touch as soon as possible with the Health Office and Division Head, who will coordinate and monitor all academic requirements throughout the recovery process.
- Once diagnosed with a concussion, a physician **MUST** provide the school with recommendations for returning to academics. When symptom-free, a clearance note is required to return to activities.
- After being cleared for activity, all students must pass a state mandated Return to Play protocol with the Head Athletic Trainer
- Your child should check in with the Health Office every morning to report daily symptoms.
- Sometimes concussions can have mental health components, such as anxiety or depression. Our Counseling and Wellness Department is available to support your child through this process as well.

If you have any questions, please do not hesitate to contact Laura London or Nina Keller.

Sincerely,

Danielle King
Director of Athletics

Laura London
Head Athletic Trainer

Nina Keller
Head School
Nurse