

Dear Parent,

CCHS health clinics and school counselors will be working together to support your student during their concussion recovery. Typical recovery time for most students is 2 to 3 weeks. We ask teachers to reduce work load, determine only essential work to be made up, provide copies of notes and excuse students from tests and participation in P.E. while they are still symptomatic. The challenge at school with concussion management is that your student is still responsible for the content being taught while they recover. Students are provided a form to help them manage this. It is their responsibility to present the Concussion Recovery Academic Plan to each of their teachers and their counselor. Teachers will work with them on a plan for make-up work.

Please review this form with your student. Let your student know it is OK to tell a teacher they are not ready to take a test or finish work if they are still symptomatic. Our students can be so eager to please their teachers they sometimes agree to work before they are truly prepared. It is usually not possible to go back to a teacher to ask to retake exams once taken or change a grade.

We will be tracking your student's symptoms. If they are a CCHS in-season athlete, the athletic trainer will be tracking their symptoms. If they are not, they will be asked to check in weekly at one of the nurses clinics for symptom monitoring. Below is also a copy of the **student agreement** used to help the student understand their role in their recovery.

Please note if your student is currently enrolled in PE. P.E. classes are participation based. Students are required to attend their P.E. class even if they are not able to participate (if they are attending school) and will receive 1 of their 4 participation points for doing so. Teachers will also count every made up class as two classes if they have been attending and receiving this participation point. Contact the teacher or counselor with questions.

In cases of more serious concussions, some students have had to drop a class or change a level in order to manage. Some students, if still symptomatic for a period of around 6 months, are eligible for a 504 plan to extend these temporary accommodations. Let's hope this isn't the case with your student and they recover during the typical 2 to 3 week period.

Communication between you and the school nurses and/or counselor is important in the concussion management process and in determining when these supports are no longer needed and your student is ready to return to full academic participation.

Do not hesitate to contact the nurses and the counselor. We are here for your student.

Counseling Office: 720-554-2260

CONCUSSION - STUDENT AGREEMENT

NAME: _____

You have been diagnosed with a concussion. The symptoms you are experiencing will improve over the next few weeks. Most concussions resolve very well within the first three weeks. You are an important partner in the managing of your concussion along with your doctor, parents, school team, and your coach and trainers if you are an athlete. To get well and back in action you will need to:

1. **BE AN HONEST PARTNER** in the reporting of your symptoms. Share with your parents every day how you are feeling. Are your symptoms better or worse? If worse, what made them worse?
2. **REST.** Follow your doctor's instructions. Rest could mean staying in bed or home from school for a few days. Over the next few weeks get plenty of sleep at night and rest during the day. No late nights, no sleep overs.
3. **REDUCE your activity.** Avoid contact or recreational sports. You may return to these activities slowly when your doctors says you are well enough.
4. **REDUCE what your brain needs to process.** Avoid loud group functions. Avoid loud music. No ear buds. Severely limit TV, texting, video games, and computer use. Limit reading and homework.
5. **MAKE A SCHOOL WORK PLAN.** Complete the Concussion Recovery Academic Plan with all your teachers. You will be given this form. Share this with your counselor.
6. **SPEAK UP to your teachers if you need help.** They know of your concussion and want to work with you to keep up in class. They won't know how you are doing unless you tell them. Do not take any tests until you are ready. Teachers are unable to allow you to retake the test if you do not score well.
7. **COME TO THE CCHS CLINIC you are assigned once a week.** You will be completing a symptom checklist. This is a crucial piece of managing your recovery and school work. If you are a CCHS athlete, report to the trainer as directed.
8. **GRADUALLY INCREASE using your brain, as you are feeling better.** Any time an activity causes symptoms or worsens existing symptoms STOP the activity. You may try again later.
9. **RETURN TO YOUR DOCTOR** after 3 weeks for a follow up appointment or earlier if you are symptom free. Bring a copy of your concussion clearance or further instruction from the doctor to the school nurse.

I have read and understand the points outlined above and agree to be an active participant in my recovery.

Student signature _____ Date _____

Nurse signature _____