

Concussion Information for Teachers

Concussion is a mild traumatic brain injury that occurs when a blow or jolt to the head disrupts the normal functioning of the brain. After a concussion the brain needs time to “rest” in order to heal. Concussion is diagnosed by a medical professional based on the student’s symptoms. As a result of the injury, your student can be experiencing symptoms that can cause difficulties in the classroom. For example:

- Get tired more easily
- Easily distracted
- Difficulty with doing multiple tasks at once (i.e. listening and taking notes)
- Be bothered by bright fluorescent lights
- Be bothered by loud noises
- Take longer and need more repetition to learn new material
- Experience difficulty with recall
- Read more slowly due to difficulty with comprehension
- Persistent headaches
- Feelings of dizziness or lose balance
- Feeling blurry or double vision
- Difficulties with organization and losing track of time
- Get frustrated, nervous or irritated more easily.

Your student’s progress towards recovery will vary based on the individual and the severity of the concussion. Each student passes through the recovery stages differently. The student’s level of recovery will be based on the symptoms that the student is reporting at a particular point in time. Please refer to the Post Concussion Stages of Recovery (red, orange, yellow and green). It should be noted that the Stages of Recovery are meant as a guide for teachers and student can actually be within the orange and yellow stage at the same time. Students should be active participants in the recovery process by communicating with teachers and self advocating to reach his/her academic goals.

Most students will recover completely from a concussion, usually in a matter of days. However, it can take several weeks and even months for some students to recover. Students experiencing symptoms lasting longer than a few weeks may need accommodations that should be coordinated with teachers, guidance, nursing and possibly administration. Please contact the Health Office if you have concerns about a student that is suffering from a concussion.

Stages of Recovery

(Stages of Recovery can overlap with one another.
Total recovery time should be 3 – 14 days)

RED: Approximately 1 – 4 days

- No school, lots of cognitive rest.

ORANGE: Approximately 2 – 10 days

- May need half day of school, avoid bus and carrying text book.
- Avoid non essential classes
- May require no tests or homework or a reduced work load (to be discussed with student).
- No significant classroom or standardized testing until symptoms have resolved.
- Discuss with the student what work will be excused and what work they will be responsible for.
- Help student prioritize work load and set date/goals for when work should be completed.

YELLOW: Approximately 3 – 7 days

- Full day of school. Gradual resumption of responsibility for homework, test, quizzes and make-up work.
- No significant classroom or standardized testing until symptoms have resolved.
- Continue to discuss with the student what work remains to be completed and that goals are being met. Reformulate a plan if necessary.

GREEN: Full academic load and return to normal physical activity.

*** If you feel like the student is not making significant progress after approximately 2 weeks please contact the nurses to reevaluate the situation and student's symptoms. Please feel free to contact us sooner if you have immediate concerns.