

C7- Script for School Contact to Parents when a Concussion has been diagnosed

- I understand your child has been diagnosed with a concussion by a medical doctor/nurse practitioner
- I am connecting with you to explain the Board's protocol in terms of coming back to the learning environment and returning to physical activity
- The protocol is based on the Ontario Physical Education Safety Guidelines and is standard province wide.
- Once a concussion is diagnosed your child **MUST** stay home and rest for a minimum of 24 hours after diagnosis
 - Rest means physical and cognitive rest – limiting activities that require concentration such as TV, reading, texting, computer, electronic games
- If the symptoms have subsided, but not gone away, he/she can return to school. Your child may need to be put on a modified work plan until symptom free in the school environment.
- When he/she returns to school and is provided with a package of correspondence, it will be used as a method of communication until everyone, including the medical doctor/nurse practitioner is sure the concussion has cleared
- If the symptoms have cleared completely, the staged process for getting back into physical education or team sports can be started.
 - Not until your child is able to be fully engaged in the learning part of school is he/she permitted to start activity.
- Once you receive the package at home, please feel free to connect with me with questions regarding the process

