

## Return-to-Learn After Concussion

### Socrates Academy Return-to-Learn Post Concussion Policy

Socrates Academy is committed to the health and wellbeing of students. Following the diagnosis of a concussion it is deemed best to allow for a transition time back into the classroom.

**What is a Concussion?** A concussion is an injury to the brain caused by a direct or indirect blow to the head. It can happen from a fall, hit to the head, or hit to your body that causes your head to your brain to move quickly back and forth.

#### What to look for?

**Thinking:** Difficulty thinking/remembering clearly, taking longer to figure things out, difficulty concentrating, difficulty remembering new information.

**Physical:** Headache, fuzzy/blurred vision, nausea, vomiting, dizziness, balance problems, sensitivity to light/noise.

**Emotional:** Irritability, sadness, crying, feeling nervous, worried, or moody.

**Sleep:** Sleeping more and/or less than usual, trouble falling asleep, feeling tired.

- A. When a student hits their head during school hours they will be sent to the health room for evaluation by the nurse/office staff. Scholars' parents will be contacted and informed of any injury to the head and the need to follow up with the student after school.
  1. If a student is showing signs of a concussion while at school the parent will be notified and advised to pick their child up from school to seek expert medical care from a physician.
  2. The scholar's home-based teacher will be notified and notify any specials/Greek teachers that the child has a head injury. If the scholar has seen a physician they will provide documentation to their home-based teacher and the health room regarding restrictions from activity.
  3. The student will provide documentation until they are released from all restrictions from the physician. Socrates will work with the student to create a medical care plan and learning accommodations in the event of a concussion to tailor learning to the medical necessity of the student with a concussion.
  4. Returning to the classroom may be a slow progression following a concussion. All students progress differently. Students will remain at a level as long as necessary. Students may return to a previous step if symptoms worsen.

Step 1: Home – Total Rest

Step 2: Home – Light Mental Activity

Progress to step 3 when student handles up to 30 minutes of sustained mental exertion without worsening symptoms.

Step 3: School Part Time – Maximum accommodations, Shortened day/schedule

- Provide quiet place for scheduled mental rest
- Lunch in quiet environment

## Return-to-Learn After Concussion

No significant classroom or standardized testing

- Modify rather than postpone academics
- Provide extra time, help and modified assignments

Progress to step 4 when student handles 30-40 minutes of sustained mental exertion without worsening symptoms

Step 4: School Part Time – Moderate accommodations, Shortened day/schedule

- No Standardized testing
- Modified Classroom testing
- Moderate decrease of extra time, help and modification of assignments

Progress to Step 5 when student handles 60 minutes of mental exertion without worsening of symptoms

Step 5: School Full Time – Minimal accommodations

- No standardized testing; routine tests are OK
- Continued decrease of extra time, help and modification of assignments
- May require more support in academically challenging subjects

Progress to Step 6 when student handles all class periods in succession without worsening of symptoms AND received medical clearance for full return to academics and athletics

Step 6: School Full Time – Full academics, no accommodations

- Attends all classes
- Full homework and testing

When symptoms continue beyond 3-4 weeks, prolonged in-school supports are required. A 504 meeting will be planned to coordinate student supports.

- A team of people will work with the student and the parents to identify the return to learn needs of the student including the principal, assistant principal, school nurse, school counselor or any other school personnel that may be necessary in collaborating a safe return to learn plan for the student.
- Annual training will be conducted to all teachers and other school personnel in order to support and assist students who have sustained a concussion in accordance with their learning and behavior needs. This training will include information on concussions with a focus on return-to-learn issues and concerns.
- Socrates Academy will include on its annual student health history and emergency medical information update a question related to any head injury/concussion the student may have incurred during the past year.