

## **Concussions**

A concussion is a type of traumatic brain injury- or TBI- caused by a bump, blow or jolt to the head or by a hit to the body that causes the head and brain to move rapidly back and forth. This sudden movement can cause the brain to bounce around or twist in the skull, stretching and damaging the brain cells and creating chemical changes in the brain. A health care provider may describe a concussion as “mild” because concussions are usually not life-threatening. However, the effects of a concussion can be very serious and long-lasting (CDC, 2015). It can affect a student’s ability to learn, impact their vision, and can result in a child having to change their usual activities and routines.

**If you suspect that a student may have a head injury resulting in a concussion**, bring them to the office or health room and report it to the secretary or health room aide. If a school nurse is in the building, bring the student to the nurse for further assessment. If a nurse is unavailable, follow this procedure:

1. Use the Concussion Signs and Symptoms Checklist by the CDC to determine if a head injury may have resulted in a possible concussion.  
\*\*Find the checklist called “Concussion S&S Checklist” under STAFF FORMS.
2. If you suspect that the student has a concussion, call the parent. Complete a District Accident/Incident Report and the Head Injury Report, found under STAFF FORMS.
3. The secretary will send the original Head Injury Report home with the student, but will make a copy of the original, attach it to a completed District Accident/Incident Report, and turn it into the building principal.

If a student has a diagnosed concussion and requires accommodations at school, you will be notified by an administrator and/or school nurse.