

Our Vision
*Excellence in education,
 community, and self for success in
 tomorrow's opportunities.*



Our Mission
*Maximize and foster learning and
 growth for all through continuous
 improvement.*

RETURN TO LEARN FOLLOWING A CONCUSSION

When students have symptoms after a concussion, they may need a gradual return to their pre-injury academic load. This progression can speed recovery and support the student's timely return to a full academic load. Important things to remember:

- The stages are flexible based on the student's tolerance to school activities.
- Depending on symptoms, a student may start at any step and remain at each step as long as needed.
- If progression is not being made a referral for a physician evaluation will be made to help guide this process
- If symptoms worsen, the student should return to the previous step
- Periodic check-ins with the school nurse for symptom assessments will be used as a guide to move through the stages.

Parent Participation

- **SUBMIT A MEDICAL PROVIDER NOTE INDICATING AN OFFICIAL CONCUSSION DIAGNOSIS:**
 This is required to initiate the below protocol. Emergency room notes will need to be followed up with a primary care provider note within 3 days or as soon as possible. Return to PE, Sports and Recess requires a PRIMARY CARE RELEASE NOTE
- Share any medical provider follow-up recommendations to the school team throughout recovery
- Assure adequate nighttime sleep
- Limit screen time, especially at bedtime
- Gradually resume activity at home that does not exacerbate symptoms
- Collaborate with school staff on appropriate accommodations
- Avoid prolonged absences from school as social isolation has its own negative consequences
- Encourage child to push through mild symptoms with cognitive activity/homework

Stage	Suggested Accommodations	Criteria for Stage Progression
1 AT HOME Brain Rest - Limited mental activity	<ul style="list-style-type: none"> ● Limited mental exertion (computer, texting, video games, television, reading or homework). ● Assure adequate and consistent sleep ● Maintain adequate fluid intake 	30 minutes of mental exertion without symptom exacerbation and/or physician directive to return to school
2 PART-TIME School with Accommodations	<p style="text-align: center;"><u>Accommodations based on symptoms may include:</u></p> <ul style="list-style-type: none"> ● Shortened day/schedule initially progressively increasing time at school ● Rest breaks- not to exceed 30 minutes ● Limited screen time, option for printed/handwritten work ● Modification of assignments and/or extended due dates ● Limited testing or extended time ● NO standardized testing ● Avoidance of noisy environments- alternate lunch location ● May wear a brimmed hat or sunglasses for light sensitivity ● Others as determined by school team 	<ul style="list-style-type: none"> ● Stage 2 participation without worsening symptoms ● Consistent attendance approaching Full day
3 FULL-TIME School with Accommodations	<p style="text-align: center;"><u>Accommodations based on symptoms may include:</u></p> <ul style="list-style-type: none"> ● Begin to increase workload towards normal ● Reduction in modification of assignments ● Resume testing (modifications if needed) ● Limited Rest breaks- not to exceed 10 minutes ● Limited avoidance of noisy environments, as needed ● NO PE or RECESS to avoid re-injury, Alternate location ● Others as determined by school team 	<ul style="list-style-type: none"> ● Tolerates full day school without symptom increase. ● Clearance letter from primary care provider for full return to school and PE/activity
4 Full-time School NO Accommodations Return to Learn/Return to Play	<ul style="list-style-type: none"> ● Complete return to pre-injury status. ● Full school workload. ● Develop timeline for completing missed essential assignments 	PRIMARY CARE MEDICAL RELEASE NOTE authorizing Return to LEARN Return to PLAY (PE, Sports and Recess)

Fox Lake 114- Concussion Oversight Team- This multidisciplinary team meets annually to review and make revisions as needed.

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