Teams: Please distribute to ALL teachers that will be working with this student.

Dear Teachers,

You have a student that is returning to school after sustaining a traumatic brain injury (TBI).

As he/she reintegrates back into school, please be on the watch for lingering signs and symptoms related to the injury. It can take weeks to months to fully recover from a TBI.

The goal is to monitor the student's return back into your class, identify any issues, and come up with accommodations as needed to help the student succeed. Attached is a document to help you recognize potential symptoms following a TBI. Helpful accommodations are also provided. If any of these symptoms are observed (signs can present early on or later on after the injury), please have a discussion with

Thank you for your cooperation in this matter.

Sincerely,

Interdisciplinary common language for monitoring and reporting

Colorado Department of Education, Concussion Management Guidelines | 2012 Certain symptoms lend themselves to certain interventions. *The Symptom Wheel* helps educators align concerns with solutions (McAvoy, 2011)

Symptom Wheel

- -"Strategic Rest" --scheduled breaks
- -Sunglasses
- -Quiet room/environment
- -More frequent breaks in classroom/clinic
- -Remove from PE, recess, and dance classes without penalty

Physical

Headache/nausea
Dizziness/balance problems
Photophobia/blurred vision
Noise sensitivity
Neck pain

- -Workload reduction in the classroom/ homework
- -Adjust "due" dates
- -Allow student to "audit" classroom
- -Exempt/postpone large tests/projects
 - -Alternative testing

-Allow for "buddy notes"
-Allow for technology

-Allow for extra time

-Do not penalize for work not completed during

recovery

Cognitive

Concentration
Remembering
Mentally foggy
Slowed processing

Cumulative fatigue

Emotional

More emotional Nervous Sad Angry

Irritable

Unmotivated

- -Allow student and teacher to have a "signal"
- -Help staff understand that mental fatigue can manifest in "emotional meltdowns"
- -Allow student to remove him/herself to deescalate

Maintenance

Mentally fatigued Drowsy Sleeping too much Sleeping too little Can't initiate/ maintain sleep

-Allow for rest breaks
-Allow students to start school
later in the day
-Allow student to leave school early