



Return to School Letter

Date: _____

Student's Name: _____

To Whom It May Concern,

Your student was recently evaluated for a possible concussion. Please see below for the results of his or her medical assessment, and guidelines for returning to school.

- ☐ This patient has not been diagnosed with a concussion and can resume full participation in school, work, and sport activities without restriction.
- ☐ This patient has not been diagnosed with a concussion but the assessment led to the following diagnosis and recommendations:

- ☐ This patient has been diagnosed with a concussion, also known as a mild traumatic brain injury. The goal of concussion management is to promote recovery by guiding a safe and gradual return to school and sports activities.

Common symptoms of a concussion include headaches, dizziness, nausea, difficulty sleeping, and fatigue. Other symptoms include irritability, anxiety, difficulty with memory, concentration, and attention, and sensitivity to light, sound and motion.

Following a concussion, I recommend no school for 2 days, then 1-2 half-days, and finally full days as tolerated. After this short rest, the student should start activities that do not make the symptoms worse or bring on new symptoms. A step-by-step return to school can be expected.



Each step should take about one day, and if symptoms get worse, the student should return to the prior step. Modifications to the student's workload, note-taking, and testing may be necessary, and allowing breaks and other accommodations can be helpful. These accommodations can be modified as the symptoms resolve. However, if these symptoms are still present 4 weeks following the injury, additional evaluation by a concussion management team is necessary.

Please see the attached return to school guidelines for additional details.

Thank you very much in advance for your understanding.

Sincerely,

Print _____ M.D. / N.P.

Signature _____ M.D. / N.P.

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Return to School

This tool is a guideline for managing a student's return to school following a concussion and does not replace medical advice. Timelines and activities may vary by direction of a health care professional.

AT HOME			AT SCHOOL		
STAGE 1:	STAGE 2:	STAGE 3:	STAGE 4:	STAGE 5:	STAGE 6:
Physical & cognitive rest <ul style="list-style-type: none"> Basic board games, crafts, talk on phone Activities that do not increase heart rate or break a sweat Limit/Avoid: <ul style="list-style-type: none"> Computer, TV, texting, video games, reading No: <ul style="list-style-type: none"> School work Sports Work Driving until cleared by a health care professional 	Start with light cognitive activity: <ul style="list-style-type: none"> Gradually increase cognitive activity up to 30 min. Take frequent breaks. Prior activities plus: <ul style="list-style-type: none"> Reading, TV, drawing and social networking Contact school to create Return to School plan.	Back to school part-time <ul style="list-style-type: none"> Part-time school with maximum accommodations. Prior activities plus: <ul style="list-style-type: none"> School work at school as per Return to School plan No: <ul style="list-style-type: none"> PE, physical activity at lunch/recess, homework, testing, sports, assemblies, field trips Communicate with school on student's progression.	Part-time school <ul style="list-style-type: none"> Increase school time with moderate accommodations. Prior activities plus: <ul style="list-style-type: none"> Increase time at school Decrease accommodations Homework – up to 30 min./day Classroom testing with adaptations No: <ul style="list-style-type: none"> PE, physical activity at lunch/recess, sports, standardized testing Communicate with school on student's progression.	Full-time school <ul style="list-style-type: none"> Full days at school, minimal accommodations. Prior activities plus: <ul style="list-style-type: none"> Start to eliminate accommodations Increase homework to 60 min./day Limit routine testing to one test per day with adaptations No: <ul style="list-style-type: none"> PE, physical activity at lunch/recess, sports, standardized testing 	Full-time school <ul style="list-style-type: none"> Full days at school, no learning accommodations. Attend all classes All homework Full extracurricular involvement All testing No: <ul style="list-style-type: none"> Full participation in P.E. or sports until Return to Sport protocol completed and written medical clearance provided
Rest	Gradually add cognitive activity including school work at home	School work only at school	Increase school work, introduce learning accommodations	Work up to full days at school, minimal learning accommodations	Full academic load
	When symptoms start to improve OR after resting for 2 days max, BEGIN STAGE 2	Tolerates 120 min. of cognitive activity in 30-45 min. intervals, BEGIN STAGE 4	Tolerates 240 min. of cognitive activity in 45-60 min. intervals, BEGIN STAGE 5	Tolerates school full-time with no learning accommodations BEGIN STAGE 6	Return to School protocol completed; focus on RETURN TO SPORT

Note: A student is tolerating an activity if symptoms are not exacerbated.

Adapted from the Return to Learn School Program (Vancouver School Board), Adolescent and Young Adult Program, G.F. Strong Rehabilitation Centre.