

# Health professional notification letter to school

## Re: Return to school after a concussion

Date

*(Date of letter)*

Dear

*(School and/or teacher name)*

was diagnosed with a concussion that occurred on

*(Student name)*

*(Date of diagnosis)*

Most children and adolescents with a concussion will feel better within a few weeks. For some, symptoms can last longer. When returning to school following a concussion, students may need short term supports or adjustments. The time it takes a student to fully recover is variable, so regular communication between the individual, family, and school staff is important. Making short term changes to a student's daily activities and schedule can help him or her return to their normal routine more quickly.

Following a concussion, children and adolescents commonly experience headaches, fatigue, and reduced concentration and memory. Some may also have emotional changes, sensitivity to light or noise, or seem slower in their thinking. These symptoms may temporarily impact a student's social and academic performance.

After a day or two of rest, children and adolescents are encouraged to begin a graded return to school. Helpful adjustments to support a successful return are:

- > Start back part time, with shorter days and reduced demands.
- > Allow the student regular rest breaks throughout the day.
- > Provide a quiet space for the student to access for study, quiet time or a rest.
- > Lessen the amount of screen time for the student.
- > Provide extended time to complete school work, homework or for tests.
- > Provide written notes from lessons where possible.
- > Limit over stimulation to avoid symptoms worsening (e.g. heavy computer work, school assemblies, overwhelming recess or lunch areas).

Check in regularly with the student and note if, and when, symptoms get worse. The aim is to keep activities below a level that worsens symptoms. If symptoms do get worse with a particular activity, the student should cut back on the time spent on that activity. Pushing through worsening symptoms can prolong recovery.

Activity demands should be increased gradually until the student is symptom free. Adjustments and supports can be reduced as the student feels better.

Thank you for your support and understanding.

Please visit [www.wch.sa.gov.au/cabirs](http://www.wch.sa.gov.au/cabirs) for further information about concussion and its management.

Health Professional's name

*(Full name of Health Professional)*

Health Professional's practice name and address

*(Health Professional practice name and address)*

Phone number

*(Practice phone number)*

**Lifetime**  
SUPPORT

Women's and Children's Hospital Child and Adolescent Brain Injury Rehabilitation Service (CABIRS)  
Telephone: (08) 8161 7367 Email: Health.WCHNCABIRS@sa.gov.au [www.wch.sa.gov.au/cabirs](http://www.wch.sa.gov.au/cabirs)

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