

ALTON HIGH SCHOOL



RETURN TO LEARN

In most cases, a concussion will not significantly limit a student's participation in school and usually involves temporary, informal instructional modifications and academic accommodations. In approximately 75% of cases, recovery from symptoms occurs within seven days, while roughly 90% recover from symptoms within 10 days. If recovery becomes more prolonged (more than three weeks), there should be greater concern for a student developing depression and anxiety. Additionally, a 504 plan or an IEP may need to be considered for those having prolonged recovery beyond several months. RETURN TO LEARN is a stepwise progression that fits the needs of the individual and each student will move through the plan at his or her own pace. When a student returns to school following any injury, the school team's responsibility is to (a) assess the needs, (b) design an intervention plan, (c) monitor the effectiveness of the plan, and (d) adjust and readjust until the student no longer has special needs resulting from the condition.

If the student cannot tolerate 30 minutes of light cognitive activity, he or she should remain at home. Once the student can tolerate 30-45 minutes of cognitive activity without return of symptoms, he or she should return to the classroom in a step-wise manner.

SCHOOL ACCOMMODATION OPTIONS BASED ON SYMPTOM TYPE

HEADACHES	ALLOW TO LAY HEAD DOWN AT DESK ALLOW FREQUENT BREAKS IDENTIFY TRIGGERS THAT CAUSE HEADACHES TO WORSEN
SENSITIVITY TO NOISE (PHONOPHOBIA)	NO PE, BAND, CHORUS, SHOP CLASS; MEET IN LIBRARY AVOID LUNCH ROOM; EAT IN QUIET SETTING AVOID ATTENDING ATHLETIC EVENTS, GYMNASIUMS ALLOW EARLY HALL PASS TO CLASS AVOIDING LOUD CORRIDORS REFRAIN FROM USING CELL PHONE, HEADPHONES/EAR BUDS
SENSITIVITY TO LIGHT (PHOTOPHOBIA)	ALLOW TO WEAR SUNGLASSES MOVE TO AREA WITH LOW-LIGHTING, DIMLY-LIT ROOM AVOID SEATING WITH DIRECT SUNLIGHT FROM WINDOWS AVOID OR MINIMIZE BRIGHT PROJECTOR/COMPUTER SCREENS
OTHER VISUAL PROBLEMS I.E. BLURRED OR DOUBLE-VISION SACCADIC EYE MOVEMENTS (TRACKING) NEAR-POINT CONVERGENCE (CLOSE-UP)	LIMIT COMPUTER USE REDUCE/SHORTEN READING ASSIGNMENTS RECORD LECTURES, USE AUDITORY LEARNING APPS ALLOW FOR MORE LISTENING AND DISCUSSION VS READING INCREASE FONT SIZE ON COMPUTER SCREENS DESKTOP WORK ONLY REFRAIN FROM TEXTING, VIDEO GAMING REFRAIN FROM WATCHING TV CLOSE-UP OR FROM A DISTANCE

CONCENTRATION OR MEMORY (COGNITIVE) PROBLEM	PLACE MAIN FOCUS ON ESSENTIAL ACADEMIC CONTENT/CONCEPTS POSTPONE MAJOR TESTS OR PARTICIPATION IN STANDARDIZED TESTING ALLOW EXTRA TIME FOR ASSIGNMENTS, QUIZZES ALLOW EXTRA TIME TO COMPLETE TESTS, PROJECTS REDUCE CLASS ASSIGNMENTS, HOMEWORK
SLEEP DIFFICULTIES	ALLOW LATE START TO SCHOOL ALLOW FREQUENT REST BREAKS

LEVELS OF INSTRUCTIONAL MODIFICATIONS AND ACADEMIC ACCOMMODATIONS

NO SCHOOL (STAY HOME)	DISCOURAGE TEXTING, VIDEO GAMING, WATCHING TV, USING CELL PHONE, LISTENING TO MUSIC WITH HEADPHONES NO HOMEWORK OR COMPUTER USE COGNITIVE "SHUT DOWN" USE DARKENED, QUIET ROOM
LIMITED SCHOOL ATTENDANCE (HALF DAYS/PART-TIME) MAXIMUM ACCOMMODATIONS ABLE TO TOLERATE UP TO 30 MINUTES MENTAL EXERTION	LIMIT/PARTIAL CLASS ATTENDANCE; NO PE PERIODIC REST BREAKS AWAY FROM CLASS IN A QUIET AREA ALLOW TO LAY HEAD DOWN AT DESK LIMIT/MODIFY ACADEMIC CLASSWORK NO MAJOR/ STANDARDIZED TESTING PROVIDE EXTRA HELP; PEER NOTE TAKING CLEAR DESK AND LISTEN EXTRA TIME FOR QUIZZES IN A QUIET AREA EXTRA TIME FOR ASSIGNMENTS; MODIFY ASSIGNMENTS MINIMAL OR NO HOMEWORK
FULL-DAY ATTENDANCE (LIMIT CLASS ATTENDANCE) MODERATE ACCOMMODATIONS ABLE TO TOLERATE UP TO 45 MINUTES MENTAL EXERTION	NO PE LIMIT CLASS ATTENDANCE IN ACADEMICALLY CHALLENGING CLASSES NO MAJOR/STANDARDIZED TEST; MODIFIED TESTING REST PERIODS IN CLASSROOM AS NEEDED EXTRA TIME FOR ASSIGNMENTS; QUIZZES AS NEEDED LIMITED HOMEWORK, I.E. LESS THAN 30 MINUTES
FULL CLASS ATTENDANCE MINIMAL ACCOMMODATIONS ABLE TO TOLERATE UP TO 60 MINUTES MENTAL EXERTION	NO PE INCREASE RETURN TO NORMAL CLASS WORKLOAD BEGIN WORKING ON MISSED WORK/ASSIGNMENTS MODERATE HOMEWORK, I.E. LESS THAN 60 MINUTES
FULL ACADEMICS NO ACCOMMODATIONS	RESUME NORMAL HOMEWORK ASSIGNMENTS IDENTIFY ESSENTIAL CONTENT AND ASSIGNMENTS TO MAKE UP DEVELOP REALISTIC TIMELINE FOR COMPLETING ASSIGNMENTS RE-EVALUATE WEEKLY UNTIL ASSIGNMENTS ARE COMPLETED WHEN INDICATED BY SCHOOL'S ATHLETIC TRAINER OR LICENSED HEALTH CARE PROVIDER, START STEP 2, RETURN-TO-PLAY PROGRESSION