

2021 - 2022 School Year Concussion Summary

A concussion is a type of traumatic brain injury that is caused by a blow to the head or body, a fall, or another injury that jars or shakes the brain inside the skull. Because of the chance of permanent brain damage, it is important to contact a doctor if you believe your child has sustained a head injury. Some symptoms of head injuries are the following:

- Excessive drowsiness. Your child may be sleepy and tired after a head injury. However, you should be able to wake your child as you would normally from a deep sleep.
- Vomiting that does not stop. Sometimes a child may vomit one or two times after a head injury. However, the vomiting should not continue or start again later. Do not give your child anything to eat for about 2 hours after a head injury. After 2 hours begin by giving your child sips of liquids such as water, Kool Aid, or popsicles- If there is no vomiting after these liquids, your child may try small amounts of regular food.
- Unsteady balance or movement. Watch your child sit, walk, and move. Be sure that your child moves equally on the right side and the left side of their body.
- Headache that gets worse. Many children complain of a headache after a head injury. The headache should not get worse. Do not give any medication without a doctor's permission as this may mask a serious medical problem.
- Confusion, disorientation. Your child doesn't know who or where s/he is or other change in behavior.
- Seizures or convulsions. If your child should have a seizure, do not panic. Place your child on one side so s/he cannot fall and can breathe freely. Then call your child's doctor or go to the emergency department immediately.

The following information has been documented regarding Kutztown Middle/ High School students suffering from concussions in the 2021 – 2022 school year.

High School Athletics

PIAA Soccer – 2
PIAA Field Hockey – 1
PIAA Cheerleading – 1
PIAA – Baseball – 1
PIAA Softball – 1
PIAA Tennis - 1

Middle School Athletics

PIAA Soccer – 2
PIAA Football - 1

Please take time to familiarize yourself with the Concussion Policy. It can be found on the district website as Policy 123.1.

In the event your child sustains a concussion, there is paperwork that must be completed by a physician for academic/activity accommodations. This paperwork may be printed from the Health Services link on the school website or obtained from the school nurse or athletic trainer. Each case will be reviewed and updated every 30 days.

Any questions or concerns regarding concussions and/or the policy, feel free to contact me at the High School 610-683-7346 ext. 5544.

Wishing you a successful athletic experience.



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