Date:

Dear Parent,

You are receiving this letter because your son has been diagnosed with a concussion; and we feel it important to make you aware of our concussion policy, and how we will support your son through his recovery.

A concussion can be a serious injury, and one that could have a profound effect on your son’s future if it is not treated with the utmost care. Returning to school, academic work, and physical activity is a step-wise process that requires patience and diligence, and returning too soon to any of these activities may cause the concussion symptoms to return. The brain needs time to heal.

The brain is multi-faceted, and when a boy has suffered a concussion it is not simply physical sports that he needs to refrain from participating in. He also needs to stop “exercising” the brain academically, for instance looking at a screen (computer, TV), doing homework, reading, and perhaps even focusing in a classroom setting—anything that causes symptoms of a concussion. We call this “cognitive rest”, and often a boy will be prescribed full cognitive and physical rest as long as symptoms persist.

The UCC Health Centre’s nurses, together with our Athletic Therapist, and in cooperation with The Wernham-West Centre for Learning, have weekly meetings to discuss every student at UCC diagnosed with a concussion. We ensure that each student’s progress is discussed in detail, both physically and academically, as we believe that your son should “return to play” safely as well as “return to learn” safely. Your son, in the “return to play/learn” process will be asked to check in daily with Sonya Pridmore, our athletic therapist. She will assess him daily and mark his progress. His progress is then relayed tactfully to his teachers so that everyone is aware. Once a boy is officially cleared to return to academic and physical activity, we notify the teachers and work closely to get him caught up academically.

In some cases, boys will experience some side-effects post-concussion (called postconcussive syndrome) weeks or even months after he has been cleared. These may include: anxiety, depression, fatigue, headaches, irritability, and insomnia to name a few. If you find your son is experiencing any of these signs or symptoms, please contact us in the Health Centre.

It is our hope that your son will recover completely from his concussion, and return to his usual routines and sports, and in order to do so, we ask for your support in this endeavour.

Please see the website below for more information:

thinkfirst.ca

Sincerely,

The Health Centre & The Wernham-West Centre for Learning
Sonya Pridmore CAT(C)
Avia Peacock RN
Cindy Lima Rivera RN
Gina Suva RN
Jody McLean OCT, M.Ed.
Mary Gauthier