



The Newton School
ENHANCING MINDS THROUGH MOTION

45965 Nokes Blvd, Suite 120

Sterling, Virginia 20166

703-772-0480

www.thenewtonschool.org

The Newton School Concussions and Head Injuries Policy

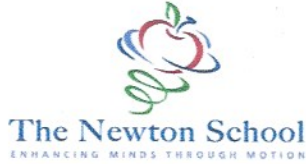
The Newton School is committed to the safety of all students participating in the School's athletic activities. An essential part of ensuring the safety of all School activities is confirming that each student is healthy and medically able to participate fully. Concussions are medical conditions which are taken seriously by the School. As defined by the Center for Disease Control, a concussion is a type of traumatic brain injury, or TBI, caused by a bump, blow, or jolt to the head that can change the way a brain normally works. Concussions can also occur from a fall or a blow to the body that causes the head and brain to move quickly back and forth.

Before a student will be allowed to participate and as a condition of continued participation in The Newton School's Movement Class, the School must have on file a "Emergency Medical Authorization Form" (Appendix A) executed by the parent and or legal guardian of the participating student granting the School permission to secure and authorize emergency medical treatment during and following any injury including a concussion.

Attached to this policy is the Center for Disease Control's "Head's Up" concussion information sheet (Appendix B). This document contains important information on the treatment and identification of concussions. Concussions and head injuries may vary depending on the individual student, the severity of the concussion, and the mechanism of the injury. As a result, while guidelines have been established to respond to and address concussions, the School retains the right to address each situation in a manner that best serves the School and the student. The Newton School will:

- a) At the beginning of every school year, The Newton School shall make the parents or legal guardians of every student aware of an information sheet which informs them of the nature and risks of concussions and head injuries and the actions to be taken by the schools to minimize the risks and effects of concussions and head injuries.
- b) If a staff member observes a student exhibit any sign, symptom, or behavior consistent with a concussion or head injury, the staff must immediately remove that student from Movement Class or field trip activities. The student may not return to Movement Class or activities determined by school staff to put the student at further risk of injury until a Health Care Provider has determined that the student has not suffered a concussion. In the case where a Health Care Provider has determined that the student has suffered a concussion, the student may not resume movement class or activities determined by school staff to put the student at further risk of injury until medically determined capable of doing so for full or graduated return. In no circumstance may a student return to movement class or activities determined by school staff to put the student at further risk of injury on the same day that a concussion has been diagnosed by a Health Care Provider or cannot be ruled out.
- c) All staff must participate in a first aid course approved by The American Red Cross. The Newton School must maintain record of each staff member's participation in the course.

APPENDIX A



EMERGENCY MEDICAL AUTHORIZATION FORM

I, _____

Parent/ Son/ Daughter/ Guardian of:

Born on _____, do hereby give my consent to The Newton School to secure and authorize such emergency medical treatment as the above name might require while under the supervision of The Newton School staff. I also agree to pay all the costs and fees contingent on emergency medical care or treatment for this person as secured or authorized under this consent.

NOTE: Every effort will be made to notify the parents/ son/ daughter/ guardian, etc. in case of an emergency. In the event of an emergency, it would be necessary to have the following information:

Physician's Name and phone number: _____

Preferred Hospital: _____

Address: _____

Phone: _____

Insurance company: _____

ID _____ Group: _____

If the parents are not available, please name other relatives or persons to contact in emergency:

Name: _____

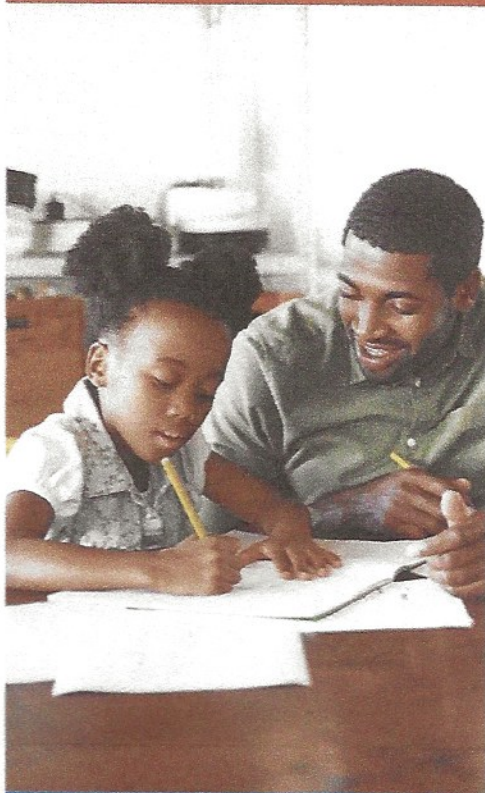
Address: _____

Phone: _____

Relationship: _____

Signature of parent or guardian: _____

Date: _____



What is a concussion?

A concussion is a type of brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head. Concussions can also occur from a blow to the body that causes the head and brain to move rapidly back and forth. Even what seems to be a mild bump to the head can be serious. Concussions can have a more serious effect on a young, developing brain and need to be addressed correctly.

What are the signs and symptoms of a concussion?

You can't see a concussion. Signs and symptoms of concussion can show up right after an injury or may not appear or be noticed until hours or days after the injury. It is important to watch for changes in how your child or teen is acting or feeling, if symptoms are getting worse, or if s/he just "doesn't feel right." Most concussions occur without loss of consciousness.

If your child or teen reports one or more of the symptoms of concussion listed below, or if you notice the signs or symptoms yourself, seek medical attention right away. Children and teens are among those at greatest risk for concussion.

Signs & Symptoms of a Concussion

Signs Observed by Parents or Guardians

- Appears dazed or stunned
- Is confused about events
- Answers questions slowly
- Repeats questions
- Can't recall events *prior* to hit, bump, or fall
- Can't recall events *after* hit, bump, or fall
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Forgets class schedule or assignments

Symptoms Reported by Your Child or Teen

Thinking/Remembering

- Difficulty thinking clearly
- Difficulty concentrating or remembering
- Feeling more slowed down
- Feeling sluggish, hazy, foggy, or groggy

Physical

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Fatigue or feeling tired
- Blurry or double vision
- Sensitivity to light or noise
- Numbness or tingling
- Does not "feel right"

Emotional

- Irritable
- Sad
- More emotional than usual
- Nervous

Sleep*

- Drowsy
- Sleeps *less* than usual
- Sleeps *more* than usual

**Only ask about sleep symptoms if the injury occurred on a prior day.*

Danger Signs

Be alert for symptoms that worsen over time. Your child or teen should be seen in an emergency department right away if she or he has one or more of these danger signs:

- One pupil (the black part in the middle of the eye) larger than the other
- Drowsiness or cannot be awakened
- A headache that gets worse and does not go away
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Difficulty recognizing people or places
- Increasing confusion, restlessness, or agitation
- Unusual behavior
- Loss of consciousness (even a brief loss of consciousness should be taken seriously)

Children and teens with a suspected concussion should NEVER return to sports or recreation activities on the same day the injured occurred.

They should delay returning to their activities until a healthcare provider experienced in evaluating for concussion says it's OK to return to play. This means, until permitted, not returning to:

- Physical Education (PE) class
- Sports practices or games
- Physical activity at recess

➤ What should I do if my child or teen has a concussion?

1. Seek medical attention right away.

A healthcare provider experienced in evaluating for concussion can determine how serious the concussion is and when it is safe for your child or teen to return to normal activities, including physical activity and school (concentration and learning activities).

2. Help them take time to get better.

If your child or teen has a concussion, her or his brain needs time to heal. Your child or teen may need to limit activities while s/he is recovering from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games may cause concussion symptoms (such as headache or tiredness) to reappear or get worse. After a concussion, physical and cognitive activities—such as concentration and learning—should be carefully managed and monitored by a healthcare provider.

3. Talk to your child or teen about how they are feeling.

Your child may feel frustrated, sad, and even angry because s/he cannot return to recreation and sports right away, or cannot keep up with schoolwork. Your child may also feel isolated from peers and social networks. Talk often with your child about these issues and offer your support and encouragement.

➤ How can I help my child return to school safely after a concussion?

Most children can return to school within a few days. Help your child or teen get needed support when returning to school after a concussion. Talk with your child's teachers, school nurse, coach, speech-language pathologist, or counselor about your child's concussion and symptoms.

Your child's or teen's healthcare provider can use CDC's Letter to Schools to provide strategies to help the school set up any needed supports.

As your child's symptoms decrease, the extra help or support can be removed gradually. Children and teens who return to school after a concussion may need to:

- Take rest breaks as needed
- Spend fewer hours at school
- Be given more time to take tests or complete assignments
- Receive help with schoolwork
- Reduce time spent reading, writing, or on the computer
- Sit out of physical activities, such as recess, PE, and sports until approved by a healthcare provider
- Complete fewer assignments
- Avoid noisy and over-stimulating environments

To learn more, go to www.cdc.gov/HEADSUP or call 1.800.CDC.INFO

January 2021

