

Winchester High School
Return To Learn Classroom Protocol For Concussions

Stage 1: Student typically does not attend school based on medical recommendation for full cognitive rest.

- Student's absences are medically excused.
- Teachers will provide class notes or assign a classmate to provide notes.
- Student will be excused from all assessments assigned or conducted during this time. The student is NOT required to make-up these assessments (excluding Mid-Year or Final exams) after their return but IS required to learn the material for future cumulative assessments. Students are encouraged to meet with their teachers to confirm understanding of materials covered and Teachers are encouraged to conduct un-graded verbal assessments to confirm student understanding.
- Student may not participate/attend any school activities including sports practices, games, dances, meetings, etc. even as an observer.

Stage 2: Student returns to school on a modified schedule.

- Student may not attend any "high-noise level" classes (Band, Physical Education, Wood, etc.).
- Guidance counselors will work with the student team to develop a schedule that meets the student's physical needs and allows for partial attendance in all classes with the exception of those deemed "high-noise".
- Student may audit classes but should avoid note taking. Teachers will provide class notes or assign a classmate to provide notes.
- No homework assignments given
- Teachers will begin to identify NEW classroom assignments in to two categories:

Excused – not to be made up.

Responsible – must be completed AFTER student returns to full time.

- Student will eat lunch in a low volume setting separate from the cafeteria such as the nurse's office, guidance open area, or courtyard (weather permitting). Students with open-campus privileges will be required to remain at the high school during their lunch period.
- Student will have unlimited access to the nurse's office for rest.
- Student may not participate in any school activities including sports practices, games, dances, meetings, etc. even as an observer.

Stage 3: Student returns to school full time.

- Student is restricted to one assessment per day.
- Student is responsible for notifying teachers when multiple assessments are scheduled for the same day so that a schedule can be created
- Teachers are encouraged to consider un-timed assessments and a reduced homework load.
- Student has unlimited access to the nurse's office for rest and lunch period.
- Student team evaluates decision to attend high noise level classes.
- No physical education class participation.
- Student may observe but not participate in school activities including sports practices, games, dances, meetings, etc.
- Student-Athletes begin Return To Play Protocol supervised by the WHS Athletic Trainer.

Stage 4: Student is attending all classes full time and symptom free.

- Student resumes full expectations of classroom teachers.

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Students who are diagnosed with traumatic brain injuries (TBI) can experience temporary or permanent impairments to their physical abilities which change how the student thinks, acts and learns in school. A concussion is a type of TBI. The goal of this protocol is to assist students, teachers, parents, and other faculty with by providing a clear framework of expectations and procedures for reducing the student's cognitive activity while providing a clear progression of steps (Stages 1-4) to successfully return the student to the classroom.

Diagnosis:

The school nurse must be notified by the parent/guardian as soon as possible after a student is diagnosed with a concussion so that the Return to Learn Classroom Protocol can be activated.

If the student is injured during a WHS activity or while participating in a WHS athletic program notification can come from the WHS Athletic Trainer.

All notifications must include medical documentation.

Protocol Implementation:

The school nurse informs the student's guidance counselor of the injury and subsequent medical documentation related to the student's recovery. The guidance counselor will serve as the point-person for communications between the student "team" – administrators, nurse, teachers, student, and parent/guardian by providing copies of the Return To Learn Protocol Clearance Sheets to teachers as the student's recovery progresses. Parent/guardians and students must take an active role in communicating with the student team.

All progressions from Stages will be approved by the school nurse following medical documentation updates provided by the student's parent/guardian.

Student-Athletes will be required to follow an additional **Return To Play Protocol** supervised by the WHS Athletic Trainer which begins during Stage 4 of the Return To Learn Protocol.

Regardless of the speed of their recovery, NO student will be allowed to participate in any WHS sponsored physical activity (including athletics) for a minimum of 5 school days following a concussion diagnosis.

Every student recovers at their own rate and experiences different symptoms and triggers. The goal is for students to increase their cognitive rest while avoiding activities that trigger symptoms to speed recovery and prevent additional injuries.

General Timeline For Stages of Recovery		
Stage 1	RED	2-4 days (but could last weeks)
Stage 2	ORANGE	3-5 days
Stage 3	YELLOW	3-5 days
Stage 4	GREEN	