



Highline Public Schools Athletics

Extended Learning Accommodations for Concussion Injury

DATE: _____

TO: Counselor of _____

CC: School Nurse, Building Athletic Director

FROM: HIGHLINE PUBLIC SCHOOLS ATHLETIC TRAINER

<input type="checkbox"/>	Lara D'Orvilliers, M.ED, ATC, LAT	206-631-6787	lara.dorvilliers@highlineschools.org
<input type="checkbox"/>			
<input type="checkbox"/>	Jenn Mackenzie, MS, ATC, LAT, NREMT-B	206-631-7019	jennifer.mackenzie@highlineschools.org
<input type="checkbox"/>	Corinne Schneider, MS, ATC, LAT	206-631-6159	corinne.schneider@highlineschools.org

_____ sustained a concussion on _____

Due to continued and prolonged signs and symptoms of this concussion, the following learning accommodations are required until further notice. Please inform this student's teachers with copy to me, the school nurse, and the building AD, and ask that they let us know immediately if the student experiences additional issues or if there are questions.

GENERAL RECOMMENDATIONS

- Abbreviate daily class schedule. Example: Every other day, shortened day, etc.
- No physical education classes to include no weight training, aerobics, yoga, etc.
- Reduce make-up work.
- Reduce or eliminate time spent on a computer or looking at a projector screen

RECOMMENDATIONS FOR COGNITIVE ISSUES

- Provide extended time to complete assignments and/or shorten assignments.
- Provide extended time to take tests and/or quizzes.
- Provide a quiet environment to take tests.
- Provide written instructions for homework.
- Provide class notes by teacher or peer.
- Allow utilization of notes for test taking due to memory issues.

RECOMMENDATIONS FOR FATIGUE AND/OR PHYSICAL ISSUES

- Allow time to visit school nurse for treatment of headaches or other symptoms as needed.
- Allow rest breaks during the day as needed.
- Allow "hall passing time" before or after crowds have cleared.
- Allow use of sunglasses indoors as a control for light sensitivity.
- Allow lunch to take place in a quiet space to allow for rest and as a control for noise sensitivity.

RECOMMENDATIONS FOR EMOTIONAL ISSUES

- Allow time to visit school counselor to share progress or difficulties.
- Allow time to step out of class to gain composure from changes in emotion or mood.
- Development of an emotional support plan.

If student symptoms require ongoing accommodations past a three weeks, a meeting will be initiated to discuss implementation of a 504 plan. If you have questions or feedback throughout this process, please contact me at the phone number or email noted above. Thank you for your support.