



Parent-Student Concussion Information

Dear Parent(s)/Guardian(s),

Your child _____ may have sustained a concussion on _____.

Parent(s)/Guardian(s) are advised to:

- Check with their Primary Care Physician. (He or she may have to go to the ER.)
- Keep him/her home from school if recommended by the treating physician **or** if he/she hasn't been seen by a physician and you are waiting for an appointment and your son or daughter is symptomatic.
- Have him/her REST/sleep as much as possible, NO physical activity of any kind, computer work or games, texting or heavy reading. (nothing that increases symptoms)
- Do homework in small time increments if symptoms don't increase.
- Upon returning to school he or she **must** report to the Health Center with a return note from the treating physician.
- If academic accommodations are necessary, request a medical note specifying accommodations for the school. Students will then be **required** to pick up a RED SHEET from the Health Center and have their teachers sign off on the sheet daily. This sheet is to be returned daily to the Academic Studies Office. Once students are OFF RED SHEET they will be **required** to meet with the Director of Studies to review and set a plan for any missed academic work.
- Once students have been cleared for full academic return and also cleared for athletics by their treating physician they will then be referred by the Health Center to the Athletic Department for a gradual return to play protocol.

Additional Information on concussions may be found on www.CDC.gov.

If you have any questions please do not hesitate to call.

Melinda Raboin, MD
Director of Health Services
Lawrence Academy
508-254-9664(c)
978-448-6670(o)
978-44808857(f)
mraboin@lacademy.edu

Frank Mastrangelo, ATC, LAT, EMT
CMAA-Assistant AD, Head Athletic Trainer
Lawrence Academy
978-987-1688(c)
978-448-1551 (o)
978-448-1588 (f)
fmastrangelo@lacademy.edu

