



## Academic Accommodations

The following academic accommodations may help the student to better participate in the academic process. **The student and parent are encouraged to discuss and establish accommodations with the school on a class-by-class basis.**

**Attendance Accommodations:** Full/partial days missed due to migraine/headache symptoms should be medically excused.    Full days    Schedule non critical classes in the morning    Modified days/late start days

**Note Taking:**

Provide study guides, peer and/or teacher notes to supplement missed classroom time

**Breaks:**

She/he may need to go to the nurse's or counseling office to rest in a quiet, dark or dimly lit room.

May provide a cool compress or ice to head or neck

Allow access to school counselor/social worker for anxiety/depression

**Other Accommodations:**

Allow for snacks and drinks

Allow student to wear hat/sunglasses (sensitivity to light)

Allow liberal bathroom privileges

Change brightness/contrast setting on computer

Allow to wear earplugs or headphones when experiencing phonophobia

Allow excusal from assemblies

No MSG, artificial sweeteners, or dyes

Lunchroom Accommodations (see attached)

Allow to leave class without permission for nausea/vomiting

Home-based instruction for extended absence or hospitalization    Other: \_\_\_\_\_

*By signing, I give my consent for my child to receive the services as outlined in this plan.*

\_\_\_\_\_  
Parent/Guardian

Date

\_\_\_\_\_  
Student

Date

\_\_\_\_\_  
Case Manager (School Nurse)

Date

\_\_\_\_\_  
Administrator

Date

Copy of this form distributed to teachers, counselor, attendance:

\_\_\_\_\_  
Date

The school and parent may wish to formalize accommodations through an IEP or 504 process. For Testing and Workload Accommodations contact the school to formalize accommodations.    504    IEP

Reference: [MigraineAtSchool.org](http://MigraineAtSchool.org).

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