

WHITE BEAR LAKE RETURN TO LEARN PROTOCOL

Students will follow a progressive program in order to return to full academic participation. If a student cannot make it through a day without the onset of lasting symptoms, the student will repeat that level the following day. If symptoms return during any of the following levels, the student will report to the nurse and rest until they are symptom free. Throughout this process students will be granted extensions on assignments, tests, and quizzes. The student should not be engaging in activities outside of the house and should remain in a quiet controlled environment until they have been cleared for full academic participation.

Level 1: No class, no homework.

Students will spend the day resting at home.

They should not be engaging in any cognitive activity and should have no screen time (Television, computer screen, phone screen)

Students should NOT be completing schoolwork at this time.

In the evening, students should rest. The environment in and around the student should be quiet.

Level 2: Sit in class, no notes, no homework, no videos.

Students are cleared to sit through classes again today with the expectation of attendance only.

Students are still NOT cleared for school-work.

Students are NOT cleared for tech use. If a student is seen on her phone (other than making a phone call) or using other screens, they will be reminded to put it away.

Teachers will print any material that is planned to be projected on a smart board so they can follow along at their desk.

If the class is showing a video, teachers will allow students to sit so that they cannot see the screen or to take a break in the hallway.

Level 3: Increase class participation, begin homework, and limit videos.

Students are cleared to begin classwork and homework.

Teachers will help students identify where they should start with make-up work.

Work periods will be relatively short, (up to 30 minutes) with frequent breaks.

During class students will be allowed extra time to complete work or reduce the expectation for work output (i.e. two practice problems rather than four).

Students may begin to introduce short periods of tech use. They will be allowed to look up assignments or quickly check email on their phone.

Students should not be watching video or working on online work at this point so any homework assignments should be paper-based.

Students are cleared to attempt homework as tolerated. They should work for up to 30 minutes followed by rest (15-30 minutes).

Students are NOT cleared for tests or quizzes at this point.

Level 4: Full class participation, homework ok.

Students are cleared to attempt classwork and homework.

Teachers will work with the student and counselor to make a plan for work completion.

Students are NOT cleared for tests or quizzes, the focus will be on assignments that they need to complete to get back on track and extensions will be granted on all assignments and assessments as needed.

Students may increase his tech use to 30 minutes as tolerated followed by a break.

Students are cleared to watch short video clips and complete online work as long as they do not experience symptoms.

Students may attempt homework as tolerated. He should continue to work in cycles, but may increase the duration of his work periods up to 45 minutes followed by periods of rest 15-30 minutes.

Level 5: No restrictions.

Teachers will continue to work with the student and counselor on a plan for work completion and teachers and counselors will help the student set realistic goals for making up any missed assessments.

As the student works to get caught up, they will be granted extensions as needed.

Students may schedule time to make up tests and quizzes at this point.

Students may work for longer periods as tolerated but students may still benefit from frequent breaks, but can continue working as long as they remain symptom free.

NOTES:

- The counselor and teachers will receive notification that a student has been diagnosed with a concussion from either the athletic trainer or school nurse.
- The athletic trainer, nurse, or counselor will assist in developing options in the individual case. These may include (dependent on the diagnosis):
 - No school or limited classes
 - Leniency or special assistance in test taking, notes, homework, computer work and projects
 - Physical accommodations such as the use of elevators, low noise and low light areas, use of sunglasses or hats to decrease light
- The counselor or teachers will notify either the athletic trainer or school nurse if there is any change of condition or new challenge the student is exhibiting in the classroom.
- Please notify the nurse, counselor or athletic trainer immediately if students are acting outside of these set parameters (classroom behavior, present at an event outside of school hours, ect).