



Orenda Return-to-Learn Following Concussion

Student Name: _____

Concussion Diagnosed On: _____ by: _____

Orenda is committed to working with students, their families, and their healthcare providers to ensure that they are provided the necessary support as students recover from concussion. This letter does not create a 504 plan or IEP, as most students will only need these supports for short periods.

Based on the student's symptoms, please make the short-term changes checked below:

Attendance

- Stay home for _____ days, then return with adjustments as indicated
- Shorten school day by _____
- Full school day as tolerated
- Student is cleared to return to full school participation without restrictions/modifications
- Student may not return to school until further notice; please initiate homebound instruction

Environment

- Transfer between classes a few minutes early to avoid hallway traffic/crowds
- Limit bright lights, screens; allow sunglasses, hat as needed
- Allow rest in a quiet area as needed if having increased symptoms
- Avoid noisy, crowded areas such as gym, cafeteria, choir, etc.

School Work

- Allow extra time to complete assignments, homework
- Reduce amount of schoolwork/homework by _____%
- Modify large projects or reports to reduce workload

Testing

- Allow extra time and rest breaks as needed
- Modify tests to reduce length or difficulty
- Allow memory aids/open note
- No testing until further notice; allow make-up tests when cleared
- Excuse from standardized testing only

Physical Activity

- No recess, PE, or athletics during class time or during after school sports
- Low-impact, non-contact exercise such as walking or jogging on track, or non-contact games such as tennis, as tolerated; rest breaks as needed
- Cleared for playground, PE, and return to play protocol

Other Recommendations: _____

Healthcare Provider's Name (printed): _____

Healthcare Provider's Signature: _____

Date: _____

Next Visit: _____

To be completed by Licensed Physician (MD/DO) or an LAT, PA, or NP