

# Understanding Concussion



## and its impact on learning

*A concussion can impact a child's ability to learn and stay focused*

Regardless of the intensity of the head impact, a concussion is a type of brain injury that changes the way the brain normally works. It is caused by a bump, blow or jolt (with or without physical contact) to the head. Concussions can occur without loss of consciousness. Signs and symptoms of a concussion can show up right after an injury or may not appear or be noticed until hours or days after the injury.

- Physical symptoms that are common following a concussion may include:**
- Headaches
  - Double Vision
  - Light & Noise Sensitivity
  - Dizziness
  - Lack of Coordination
  - Physical Fatigue

- Learning difficulties that are common following a concussion may include:**
- Mental Fatigue
  - Memory Lapses
  - Slower ability to take in/respond to new information
  - Attention Slippage
  - (Potential) language problems

Any of these symptoms may negatively impact a student's learning, behavior, emotional regulation,

### North Carolina Brain Injury Advisory Council

Children & Youth Committee



[www.bianc.net](http://www.bianc.net)



[www.cdc.gov/headsup](http://www.cdc.gov/headsup)



Public Schools of North Carolina  
State Board of Education  
Department of Public Instruction

**Return-to-Learn After Concussion**  
NC State Board of Education Policy (SHLT-001)



**Gfeller-Waller Concussion Awareness Act**

**2018**

# Returning to School After a Concussion



## Parent Information

### North Carolina Brain Injury Advisory Council Children & Youth Committee

# Head Injury: Concussion

There are many signs and symptoms of a head injury or concussion. If your child or teen has one or more of the symptoms below following an injury to their head or neck, seek medical attention right away.

- Appears dazed or stunned
- Is confused about events
- Answers questions slowly
- Repeats questions
- Nausea/vomiting
- Unsteady on their feet
- Loses consciousness (even briefly)
- Shows behavioral or personality changes
- Can't recall events prior to/after the hit, bump or fall
- Forgets their class schedule or assignments; other memory lapses



## Returning to School After a Concussion:

### How can I help my child return to school safely following a concussion?

The North Carolina Department of Public Instruction has a policy requiring each public school system to develop a plan to provide needed support for students who have been diagnosed with a concussion.

#### *Children and teens who return to school after a concussion may need to:*

- Take rest breaks as needed
- Spend fewer hours at school
- Be given more time to take tests or complete assignments
- Reduce time reading or writing or in other academic tasks
- Reduce time on computers or other electronic devices

## Steps Parents Should Take:



*Learning, behavior, and emotions can be affected in many different ways and for differing lengths of time following a concussion.*

- Seek/ensure treatment by a health care provider
- Find out who the “Concussion Contact” is at your child’s school
- Talk with your child’s teacher, school nurse, coach, school psychologist, and/or counselor about your child’s concussion and symptoms they are experiencing
- Provide the paperwork from your health care provider, documenting the concussion and any suggested accommodations for school
- Provide ALL follow up documentation from the health care provider to the appropriate school personnel
- Communicate with school staff members any concerns you have regarding your child’s recovery/functioning

Your child’s school will assist you in developing a plan of action specific to your child in order to facilitate their safe return to the classroom/school environment.