

Peaster Independent School District

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Return to Class Information Letter

Dear Teacher

_____, is returning to school after having sustained a concussion. A concussion is a complex injury to the brain caused by movement of the brain within the skull. Please observe this student during class. He/she may still be suffering from post concussion syndrome and may not be able to participate at their normal level. Some things that you may notice are headaches, dizziness, nausea, lethargy, moodiness, blurred vision, poor concentration, mentally slow, depression, or aggression. These symptoms may be temporary or long lasting. Please also realize that the student athlete may seem “normal” at times, and then affected by symptoms within the same class period or throughout the day. This is to be expected with a concussion. Symptoms can and do wax and wane.

Because these symptoms may linger for an unspecified period of time, the student athlete is likely to miss some school days and you may need to modify school work until he/she is symptom free. Workload, homework, and testing may need to be reduced or more time given. Frequent breaks while doing schoolwork are very important. Pre-printed class notes would be helpful. Math, reading, computer, or other work requiring intense concentration will be more difficult. Reading will very often lead to headaches. Students may also have trouble with the bright lights of your classroom and ask for permission to wear sunglasses. If you have this student at lunch time, they may also ask to go eat in a quiet place to avoid the noisy lunch room.

You are an important member of the team that is treating our athlete. The physician, athletic trainer, and coach only get to see a snapshot of their daily activity. Any information that you observe and you feel would be helpful to us in the care of the athlete do not hesitate to contact us and share.

Thank you in advance.