



Parent-Athlete Concussion Information

Dear Parent(s)/Guardian(s),

Your child _____ may have sustained a concussion today.

Parent(s)/Guardian(s) are advised to:

- Check with their Primary Care Physician. (He or she may have to go to the ER.)
- Contact the student's advisor regarding the concussion.
- Keep him/her home from school if recommended by the treating Physician **or** if he/she hasn't been seen by a physician and you are waiting for an appointment and you're your son or daughter is symptomatic.
- Have him/her REST/sleep as much as possible, NO physical activity of any kind, computer work or games, texting or heavy reading. (nothing that increases symptoms)
- Do homework in small time increments if symptoms don't increase.
- Upon returning to school he or she **must** see the Nurse and check in **daily** for a symptom checklist. (Students may have to attend school part-time as recommended by the treating Physician).
- If academic accommodations are necessary, request a medical note specifying accommodations for the school. Students will then be **required** to pick up a RED SHEET and have their teachers sign off on the sheet daily. This sheet is to be returned daily to the health center. Once students are OFF RED SHEET they will be **required** to meet with the Director of Studies to review and set a plan for any missed academic work.

PLEASE REMIND your student to report to the Athletic Trainer once they return to school as well so that a timeline and plan for return to athletics can be discussed.

Additional Information on concussions may be found on www.CDC.gov.

If you have any questions please do not hesitate to call.

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