



Oregon Episcopal School

ALWAYS OPEN

Dear Parent,

We have learned of your child's recent potential concussion and are reaching out to partner with you to support a swift and successful recovery from the injury. This letter holds important information that will assist you through out your child's recovery but especially during the first few days. Please read thoroughly and keep for reference.

Current research shows that youth are particularly vulnerable to the effects of a "concussion," or traumatic injury to the brain. With guidance from our local sports medicine physicians who are knowledgeable in the Oregon Concussion and Management Program guidelines (www.ocamp.org), OES has a school-based Concussion Management Team (CMT) approach that will help your child return to school and daily activities as quickly as possible.

Concussion recovery is a dynamic process; is complex and unique to the individual. Sometimes symptoms can clear in a few days; most typically recover within three weeks. However, for some students they may last several months. Our experience shows, and research confirms, however, that when symptom relief and control measures are put in place quickly and maintained consistently, students tend to heal sooner.

The CMT includes Athletic Trainer Joel Gray, Nurse Elaine Elliott and Academic Specialist Colleen Shoemaker. We along with your child's advisor manage and communicate the school-based support for your child's recovery. Here are research-based relief interventions that we recommend.

What to do following a head injury:

1. Keep your child home from school for the first 24 hours after a head injury. Contact the AT via phone or email to discuss post-injury assessment.
2. During a concussion the brain needs to rest for healing to occur. The goal is to decrease all stimuli to the brain. Encourage extra sleep, limit physical activity and limit access to symptom-inducing stimuli such as loud music, video games, movies, screen time on computers, phones, outside activities such as classes and clubs etc. Read more details at the OCAMP site (www.ocamp.org).
3. Seek prompt diagnosis and treatment from a medical practitioner. Sports medicine physicians are up to date on the latest concussion management protocols. Contact OES Athletic Trainer, Joel Gray or School Nurse, Elaine Elliott for referrals.
4. Provide a copy of the medical diagnosis to a member of the Concussion Management Team as soon as possible.
5. Notify your child's Advisor, club sports coach, and other extracurricular providers about the injury as well.



6. While your child remains symptomatic and/or Accommodations are in place, we encourage a parent-school partnership to balance afterschool activities and recovery. We will work with you to create a plan for return to life activities to avoid a return of symptoms. Examples of settings with stimuli that induce symptoms and should be avoided include dances, sport events, play rehearsals, parties, SAT prep classes, concerts and movies.
7. Familiarize yourself with Academic Accommodations provided by the Academic Specialist, Colleen Shoemaker and help your child moderate their at-home work time.
8. Communicate regularly with your child's Advisor and a member of the CMT.
9. For more information refer to the Concussion Management Protocol linked on the OES Athletics webpage.

School Role:

1. OES CMT will communicate and collaborate with your child's medical practitioner as needed to ensure alignment of our policies with physician recommendations.
2. Academic Specialist Colleen Shoemaker, will provide Academic Accommodations to your child's Advisor and teachers so that clear expectations for classroom work promote symptom control and healing.
3. Athletic Trainer Joel Gray will monitor the step-wise Return to Play protocols (www.ocamp.org). OES will follow the Concussion Management Protocol including post-injury ImPACT testing which can be shared with the medical practitioner managing your child's concussion.
4. While your child remains symptomatic and/or Accommodations are in place, we request that students consult with a member of CMT to develop a plan for managing participation in afterschool activities such as sports competitions, dances, and trips. Any limits placed on your child's participation are intended to aid your child's recovery.
6. Academic Accommodations are aligned with the Return to Play/Return to Learn sequence. As your child starts the sequence and is progressing, anticipate that Academic Accommodations will be modified and eventually end.
7. Advisor and Academic Specialist will communicate with teachers and meet with your child to review Accommodations, symptoms, and to facilitate their gradual return to full academic participation.
8. OES provides a school environment that allows students to rest in a quiet space if they become fatigued at school (nurse health office or Learning Center) as some students may find it necessary to begin by attending partial days.

In the last few years our experience has shown that concussion recovery can be a very challenging time for our students. Resting the brain is not an easy idea especially for OES students who work hard with rigorous schedules. It is important that parents and school collaborate to limit symptoms and promote brain healing. We look forward to a full return to school activities for your child.

Thank you,

Joel Gray- OES Athletic Trainer
 Colleen Shoemaker-Academic Specialist
 Elaine Elliott-OES School Nurse

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