

Student's Name : \_\_\_\_\_ Date: \_\_\_\_\_

Dear Teacher,

Your student has sustained a concussion and recovery requires physical and mental rest. Symptoms may subside during times of rest and get aggravated in times of activity or stress. Returning to school is the priority and therefore careful monitoring of symptoms and a gradual return is the recommended strategy.

The ZONE assigned below is based on the student's most significant limitation in any one class. This concept has been develop to help teachers determine the level of instruction that may be appropriate in the recovery process. Your feedback is very valuable in the recovery process and we encourage you to report any behaviour, personality or cognitive changes in your student. Thank you for your assistance and support.

ZONE	Restrictions (based on current concussion symptoms)	Information for School
<b>1</b> <b>RED</b>	No School Attendance Symptoms at Rest	Student requires complete mental and physical rest at this time. They have been instructed to avoid school work that might aggravate their symptoms. As they improve they will likely require a graduated return to academics and a plan will need to be developed to allow them to catch up on the work they have missed
<b>2</b> <b>ORANGE</b>	Limited School Day & Limited Physical Class Attendance <ul style="list-style-type: none"><li>• Auditory only</li><li>• No written work</li><li>• Limited classes</li></ul>	Student is being closely monitored for concussion symptoms & communication regarding changes in their status is important. Too much physical or mental activity can cause an increase in their symptoms and may slow their overall recovery process <ul style="list-style-type: none"><li>• Allow for Head down rest with eyes closed</li><li>• Limit testing</li><li>• Develop schedule for completing assignments</li></ul>
<b>3</b> <b>YELLOW</b>	Full School Day & Limited Mental Class Attendance <ul style="list-style-type: none"><li>• Classroom participation as tolerated</li><li>• Limited classwork</li></ul>	Student is attempting to complete a full school day but may need periods of mental and physical rest throughout the day. Communication with student regarding their overall recovery and class participation continues to be important. <ul style="list-style-type: none"><li>• Increasing amounts of classwork/testing</li><li>• Emphasis formative rather than summative assessments</li></ul>
<b>4</b> <b>BLUE</b>	Full Class Attendance (Mental and Physical) with Instructional Strategies <ul style="list-style-type: none"><li>• Attends full class</li></ul>	Student is attending full school day and is participating throughout the class with minimal instructional strategies required. <ul style="list-style-type: none"><li>• Begin actively working on completing missed assignments</li></ul>
<b>5</b> <b>GREEN</b>	Full Class without instructional strategies	Student has resumed all aspect of his/her academic day. They have begun to return to sports and increased physical activity. Remain alert for any exacerbation of concussion symptoms that may require them to drop down a zone. <ul style="list-style-type: none"><li>• Completing make up work as appropriate</li></ul>

Please contact \_\_\_\_\_ at \_\_\_\_\_  
if you have any questions or concerns.