

# Glenlola Collegiate School

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Headmaster: W E Thompson BSc MSc MEd PGCE PQH(NI)



4<sup>th</sup> February 2019

Dear Parent/Guardian,

Concussion is an issue that has been highlighted in recent years and we would like to take this opportunity to draw your attention to this critical topic. There is no such thing as minor concussion. All concussion must be taken extremely seriously.

Attached is the Recognise and Remove leaflet published by the Department of Education. This includes the Pocket Concussion Recognition Tool which gives the signs and symptoms of concussion. We recommend that all parents/guardians talk with their children about concussion, how to recognise the signs and symptoms, including that it can take 48 hours to develop. It is vital that any concussion symptoms are reported immediately to a member of staff, leader of the activity (if outside of School) and to the parent/guardian.

In the event of an injury occurring, it is important that we are able to make contact with a parent/guardian, so please ensure we have your most up to date and correct contact information on our School records.

Following a suspected concussion, it is our recommendation that your child be checked by a medical professional to assess the severity of the injury. Close parental supervision is vital in the immediate 48 hours following the injury and during the Graduated Return to Play period if applicable. If your child develops any delayed signs or symptoms after a bump to the head or whiplash type injury seek further medical advice immediately.

**It is important that School is informed of any diagnosed concussion even if the injury happened outside of School.**

Any pupil suspected of having sustained a concussion will be removed immediately from the activity.

In cases of diagnosed concussion in hockey, the School will follow the IRFU Graduated Return to Play protocol. For concussion sustained during other physical activities, the pupil will be suspended from Games activities for 3 weeks.

At the end of the recovery period a return to play permission letter must be submitted by the parent/guardian.

We hope you will find this information informative and useful.

Yours sincerely

A handwritten signature in black ink that reads 'W E Thompson'.

W E Thompson  
Headmaster