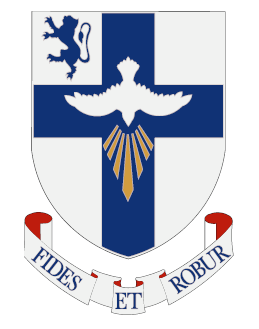
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***Willow Park Junior School***

*Advice on concussion*

*Dear Parents,*

*There has recently been a lot of media discussion surrounding the issue of ‘concussion’ in sport. Because ‘games’ are so much a part of Willow life, I felt it important to advise Parents on the matter (see below).*

*As Parents, you play an integral role in supporting your child and you are, of course, the primary carer for your child. As such, you want to ‘do your best’.*

*When your son is diagnosed with a concussion, it is important that you communicate with both your son’s GP / medical provider and the school. Understandably this is a stressful time for you (the parents) -as you will be very concerned about your son’s well-being.*

Therefore, it is recommended that parents:

Be familiar with the signs and symptoms of concussions- speak to your family GP, read relevant pamphlets and check-out Web based resources - eg. IRFU guidelines: *www.irishrugby.ie/downloads/****IRFU****-Guide-to-****Concussion****.pd*

Be aware that any pupil believed to have suffered a concussion must immediately be removed from sporting activities.

Be familiar with any concussion procedures implemented in Willow - as per IRFU guidelines (see above or on the school website). Note that Willow coaches have attended a special seminar on dealing with concussion and are aware of the IRFU Guidelines. These procedures are in operation in Willow and are in the best interest of your child.

Be made aware that concussion symptoms that are not addressed can prolong concussion recovery.

Provide any forms and written orders from their GP/ medical provider to the school in a timely manner.

Monitor your son’s physical and mental health as he gradually returns to full activity after sustaining a concussion.

Report concerns to your son’s GP/medical provider and the school as necessary.

Communicate with your son’s class-teacher & Dean to assist your son in his return to school following concussion.

Communicate with the class-teacher & Dean if your son is experiencing significant fatigue or other symptoms at the end of the school day.

Follow the guidelines for return to activities as laid out in guidelines recommended by the school (see IRFU guidelines): www.irishrugby.ie/downloads/**IRFU**-Guide-to-**Concussion**.pdf

***Remember…..***

*A Pupil may feel upset or frustrated about having to limit physical activities or have concerns with missing school. Your son should be reassured that the situation is temporary, that the goal is to help ‘him’ get back to full activity as soon as it is safe, and to avoid activities which will delay his recovery. A Pupil should be informed that the concussion will resolve more quickly when he follows medical advice.*

*Pupils will need encouragement and support at home and at school until symptoms fully resolve themselves.*

*\*Please note that the above advice may be amended in response to changing medical knowledge and practice in the area of ‘Concussion’.*

Thank you for your support.