

15th October 2015



SIR JAMES SMITH'S
COMMUNITY SCHOOL

Dear Parent/Carer

CONCUSSION - WHO NEEDS TO KNOW?

Following a tragic accident involving a boy of school age in Northern Ireland and recent advice from medical experts I have decided to write to parents/carers to highlight the need for you to keep all organisations informed if your child receives a concussion injury outside of school.

Concussion is a brain injury which is usually caused by hitting the head or a fall. It can happen at any time, anywhere: for example during sports, in the school playground, whilst out skateboarding or cycling, or at home even in the shower.

Concussion must always be taken seriously and it is vitally important that any child/young person suspected of having concussion should be stopped immediately from continuing whatever activity they are doing and assessed by a medical professional for diagnosis and guidance.

A second injury when a child has concussion can be extremely serious and may even be fatal. It is vitally important therefore that medical clearance is sought before your child returns to school or participates in outdoor activities. Children should not resume physical activities such as Physical Education (PE), sports or games until permitted to do so by a medical professional.

Concussion may also affect your child's ability to learn at school. This must be considered and medical clearance should be sought before the child returns to school. As symptoms vary from child to child, a graduated return or flexi-timetable may be needed.

If your child suffers a concussion in school or outside school, it is important that you keep all people/organisations with responsibility for caring for your child informed so they are aware of the potential dangers and any restrictions that may apply to the activities your child is permitted to do.

On the school website you will find a leaflet, '**Recognise and Remove**', which provides guidance on the signs to look out for.

Keeping everyone informed about concussion is in your child's best interests and parents/carers have a key role in making sure that information is passed on to their child's teacher, sports coach, youth leader or other care provider.

Yours faithfully

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