Concussion – return to learn

Returning to school following a concussion

Students returning to school following a concussion will require teaching and learning adjustments to enable them to access educational content and outcomes on the same basis as their peers. The table below, adapted from the NSW Department of Education, contains potential adjustments to teaching and learning for common symptoms.

Note: The teaching and learning adjustments are general. Students should have a personalised plan from their medical practitioner.

Symptom	Potential teaching and learning adjustment
Headache	Frequent breaks. Identifying triggers and reducing exposure to them. Rest breaks – planned or as needed in a quiet area.
Dizziness	Allow student to put head down and rest. Give student early dismissal from class and extra time to get from class to class to avoid crowded walkways.
Trouble with vision	Reduce exposure to computers, tablets, smart boards and videos. Reduce brightness on screen. Use of audiobooks for reading tasks. Turn off fluorescent lights. Seat student at the centre of classroom activities.
Noise sensitivity	Allow the student to have lunch in a quiet area with a classmate. Limit or avoid band, choir, music and lessons that involve loud noise. Use of ear plugs. Give student early dismissal from class and extra time to get from class to class to avoid crowded walkways.
Memory and concentration	Avoid testing or completion of major projects while recovering. Simplify learning tasks. Provide extra time to complete tasks. Provide student with pre-printed notes.
Sleep disturbances	Shortened school day. Rest breaks.