

HELPFUL INFORMATION FOR **PARENTS** OF BARRINGTON PUBLIC SCHOOL
STUDENTS WHO HAVE SUFFERED A **CONCUSSION**

The Barrington Health and Wellness Subcommittee recognizes the importance of identifying students who have suffered a concussion and assisting in implementation of physical and cognitive rest, surrounding school activities, to assist in their recovery. Here are a few helpful tips for parents of students who have suffered a concussion.

Barrington High School:

Call the child's assistant principal and the school nurse (247-3150) to alert them of the injury. The assistant principal will assist you in contacting the child's guidance counselor and teachers to implement an individual plan to best address the child's needs. Parents will need *documentation from a treating physician* to initiate this process (which includes *dismissal from PE class*).

Mr. George Finn (finng@bpsmail.org), Athletic Director, is a valuable resource for concussion information. An informative link can also be found on the school's website:
<http://www.sportsconcussions.org/ibaseline/>. BHS has the assistance of a certified sports trainer and a concussion expert, Dr. Peter Kriz, to further assist students and families.

Barrington Middle School:

Contact *your child's guidance counselor* and the school nurse (247-3160) for assistance.

All elementary schools:

Contact the *school nurse* for assistance
Hampden Meadows School (247-3166)
Nayatt School (247-3175)
Primrose School (247-3170)
Sowams School (247-3180)