



# **Lakeside Union School District Health Services**

## **Parent Letter- Revised Head Injury Policy**

### **Why did Lakeside Union School District modify our policy for Head Injuries?**

A new law was recently signed, and went into effect on January 1, 2012, giving School Districts stricter rules and regulations for student athletes and concussions. This law was designed to protect our students from long term brain injury and damage that may be sustained during school or sports activities by having a concussion go unrecognized and untreated. Along with this new law the Centers for Disease Control (CDC) has published guidelines for the safety of our students during the regular school day. LSUSD must comply with the new law and recognize the safety guidelines set up by the CDC. Therefore, we have recently modified our Head Injury Procedures for our students.

### **What is a concussion?**

A concussion is a type of brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head. Concussions can also occur from a fall or blow to the body that causes the head and brain to move rapidly back and forth. Even what seems to be a mild bump to the head can be serious.

### **How can concussions happen in schools?**

Children and adolescents are among those at greatest risk for concussion. Although our school staff works very diligently to prevent any head injuries or concussions from happening on campus and to ensure the safety of all of our students on a daily basis, accidents can still happen. Concussions can result from a fall, or any time a student's head comes into contact with a hard object, such as the floor, a desk, or another student's head or body. The potential for a concussion is greatest during activities where collisions can occur, such as during physical education (PE) class, playground time, or school-based sports activities. Students may also get a concussion when doing activities outside of school, but then come to school when symptoms of the concussion are presenting. Concussions can have a more serious effect on a young, developing brain and need to be addressed correctly. Proper recognition and response to concussion symptoms in the school environment can prevent further injury and can help with recovery.

### **What are Signs and Symptoms of Concussion?**

Students who experience **one or more** of the signs and symptoms listed below after a bump, blow, or jolt to the head or body should be referred to a health care professional experienced in evaluating for concussion.

#### **Signs Observed by Personnel/Parent**

- Appears dazed or stunned
- Is confused about events
- Answers questions slowly
- Repeats questions
- Can't recall events *prior* to the hit, bump, or fall
- Can't recall events *after* the hit, bump, or fall
- Loses consciousness (even briefly)
- Shows behavior or personality changes

#### **Symptoms Reported by the Student**

- Difficulty thinking clearly, concentrating, or remembering
- Feeling groggy, hazy, foggy, sluggish, or slowed down
- Headache or "pressure" in the head
- Nausea, vomiting, blurry and/or double vision
- Balance problems or dizziness
- Fatigue or feeling tired
- Sensitivity to light or noise
- Feeling irritable, sad, nervous, more emotional, or just not "feeling right"

### **What are concussion danger signs?**

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. The student should be taken to an emergency department right away if s/he exhibits any of the following danger signs after a bump, blow, or jolt to the head or body:

- One pupil larger than the other
- Is drowsy or can't be awakened, or slurred speech
- A headache that gets worse and does not go away
- Weakness, numbness, or decreased coordination
- Repeated Nausea or Vomiting
- Convulsions or Seizures
- Can't recognize people or places
- Increased confusion, restlessness, or agitation
- Has unusual behavior
- Loses consciousness (even briefly)

We appreciate your patience as we have worked through the process of updating our policies to meet the California State Standards. If you have any further questions please don't hesitate to ask you school Health Clerk or call the District Nurse at (619) 390-2623

Sincerely,

Lakeside Union School District  
Health Services