

Marcellus Central Schools

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Dear Parents,

We would like to take this opportunity to share with you a change in how the district is addressing the issue of concussions that happen during the school day, during school events (i.e. Athletics) and after school and weekends.

On July 1, 2012, NYS enacted legislation designed to protect students and hold the school more accountable for students who experience a concussion both on and off school grounds. All students identified as having a concussion as a result of an athletic game, practice, physical education or from any other injury occurring both during the school day, on a school sponsored activity or after school and weekends; must be cleared by the school Medical Director, Dr. James Edinger, M.D., prior to their beginning the return to play protocol. The return to play protocol is a routine designed to slowly increase the amount of physical activity a student participates in. If you would like a copy of this, please contact your school nurse.

After your child has been cleared by the emergency room, concussion clinic or private doctor to return to PE or athletics, parents are asked to provide copies of all medical notes related to the evaluation and treatment of the concussion to the school Medical Director or arrange for a phone conference between the school Medical Director and the private physician or clinic. Medical forms should be faxed to Dr. Edinger's office at 315-696-6108. Phone conferences can be arranged by asking your Dr. to contact Dr. Edinger for the purpose of discussing the concussion treatment. Your Dr. can contact Dr. Edinger at 315-696-4635. The school Medical Director must agree with the private Dr. in order for your student to be released to begin the return to play protocol and participate in PE, fieldtrips or school sponsored activities and events. Parents also have the option of taking their child to the Dr. Edinger's office for the treatment of the concussion.

Based upon the most recent information on the treatment of concussions and the importance of rest, we are also asking parents to keep students home if they are still experiencing symptoms of concussions, fatigue, headaches, need for rest. While we understand the student's desire to get back to school as soon as possible, recent research as supported that an early return to cognitive stress while the brain is still healing is not in the child's best interest and may hinder the student in his or her recovery. When your Dr. clears your child to return to school, if they are in need of frequent breaks and

rest times, we will be sending them home until they can make it through the time approved by the Dr. (partial or full day)

Please see the attached description of a concussion and symptoms. Even a mild bump to the head can have serious ramifications to your child's ability to learn, both now and in the future. We appreciate that this procedure is different from other districts, but feel that the time and effort to assure a safe return for your child's participation in sports or PE, as well as their success in school, is worth it.

Information on the concussion law can be found at www.p12.nysed.gov/sss/schoolhealth/ConcussionManageGuidelines.pdf. If you have a question on the procedure we are following please contact Trish McCarron at 673-6006 or pmccarron@marcellusschools.org. If you would like to request IMPACT testing for your child please contact Michael Free, Athletic Director, at 673-6300 or mfree@marcellusschools.org.

We appreciate your understanding and cooperation with these procedures. We look forward to a safe and healthy school year.

Sincerely,

Patricia McCarron
Assistant Superintendent of Pupil Services

Michael Free
Athletic Director

Amanda Bowman
Athletic Trainer

Concussions

According to the Center for Disease Control, "A concussion is a type of traumatic brain injury or TBI, caused by a bump, blow or jolt to the head that can change the way your brain normally works. Concussions can also occur from a blow to the body that causes the head to move rapidly back and forth. Even a "ding" or what seems to be a mild bump or blow to the head can be serious."

Signs and symptoms of concussion may include loss of consciousness, dizziness, ringing in the ears, unusual drowsiness/sleepiness, "I don't feel right", seizures, memory problems, blurred or double vision, vacant stare/glassy eyed, headache, nausea/vomiting, fatigue, low energy, feeling "dazed", poor balance/coordination, loss of orientation, sensitivity to light, sensitivity to noise.

If your child is experiencing any of the above symptoms shortly after any injury or blow to the head, please follow up with your primary physician to rule out any potential concussion.