

# Returning to School and Learn Following a Concussion



Return to school and return to learn guidance requires integrated coordination between guardians, the health care professional, and school when a student has sustained a concussion.

## Key Points for Health Care Professionals:

### Return to School (RTS)

- Guardians and health care professionals should work closely with the school to return the student physically back to school without waiting for student to be 100% symptom-free.
- Research has found withholding a student's return to school may result in a longer duration of concussion symptoms.
- Schools have support systems in place to assist students in their recovery.
- Health care professionals should encourage guardians to alert the school nurse, counselor, administrator when their student with a concussion is returning to school.
- Students should be encouraged to manage concussion symptoms at school.



### Return to Learn (RTL)



- A successful return to learn plan is directed and implemented by educators.
- Educators have the expertise to customize instruction to meet the needs of all students.
- Classroom teachers are “first responders” to students with concussion and can apply/remove academic supports as needed.
- Schools have an existing framework called Multi-Tier System of Support (MTSS) or Response to Intervention (RTI) to support all students whether they are challenged by a concussion, behavior, or learning difficulties.

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