



Palisades School District Student Concussion Instruction Sheet

Name: _____ Grade: _____

Academic Classes/Teachers:

Athletic Restrictions (as per Physician):

- No Participation in Athletics until further notice
- Student is not to participate in Physical Education class or any physical activity until further notice

Behavioral Needs/Accommodations:

- Using Computers/TVs may be difficult – Students should be given alternate assignments
- Bright lights or loud noise may be bothersome – Student should be excused to nurse if necessary
- Student may become frustrated or irritated more easily – Please be aware of this possible behavior
- Student may experience headaches/dizziness/lack of balance – Student should be sent to nurse
- Student may have a lack of energy or be sleepy – Student should be sent to nurse

Academic Accommodations (as per Physician):

- Student is in need of extended time to complete assignments but may continue with school work
- Student is excused from all school work until further notice – Student should sit and listen in class
- Student may continue with assessments but should be given extended time in a quiet place
- Student is excused from all assessments until further notice

Note: In cases where students are excused from assignments during the time of a concussion, students will be expected to make up essential material upon their release to return to a regular academic day.

Additional Notes/Comments:

Physician signature: _____

Signatures: Principal _____ Counselor _____ Nurse _____