

**Appendix B**  
**Return to School Following Concussion**  
**Harriton High School**



**Should a concussed athlete attend school?**

If the athlete is still very symptomatic (headaches, extreme fatigue, dizziness, feeling “out of it”) it may be best to keep the athlete at home for “brain rest” in the days immediately following concussion. Athletes who avoid physical and cognitive challenges (reading, writing, texting and video games) for a few days following concussion may recover more quickly from concussion than others who try to “tough it out”. Some physicians will recommend complete brain rest at home or partial day attendance on return to school until the athlete is less symptomatic.

It is important to notify the school nurse or school counselor if your child has sustained a concussion. The athletic trainer will plan for your child’s rehab to sports following concussion following the Step Program. The school-based team will address any accommodations that may be necessary during the school day including partial attendance, if recommended. Please provide any physician recommendations to the school nurse for review by the school team which includes counselor, administrator, psychologist etc. The school-based team can share appropriate information with your child’s teachers regarding the concussion.

**Contact Information:**

For information about return to athletics/rehab following concussion contact:

Athletic Department:

- Jamie Goldberg, Athletic Trainer, The Rothman Institute: 610 658-3950 ex 2742 or 484-459-4029
- Tom Ferguson, Athletic Activities Director: 610 658-3976

For information or questions about return to school, accommodations during the school day contact:

School-Based Team:

- 9<sup>th</sup> and 10<sup>th</sup> grade students: Lisa Farber, School Nurse 610-658-3977 or [Farberl@lmsd.org](mailto:Farberl@lmsd.org)
- 11<sup>th</sup> and 12<sup>th</sup> grade students: Kathleen McNulty, School Nurse 610-658-3977 or [McNultK@lmsd.org](mailto:McNultK@lmsd.org)
- 9-12 grade, A-De students: Mandy Carl , Counselor 610-658-3963 or [Carlm@lmsd.org](mailto:Carlm@lmsd.org)
- 9-12 grade, I-Mc students: Carla Coleman, Counselor 610-658-3966 or [Colemac@lmsd.org](mailto:Colemac@lmsd.org)
- 9-12 grade, Me-Se students: Kim Contegiacomo, Counselor 610-658-3968 or [contegk@lmsd.org](mailto:contegk@lmsd.org)
- 9-12 grade, Sh-Z students: Joe Havlick, Counselor 610-658-3964 or [havlicj@lmsd.org](mailto:havlicj@lmsd.org)
- 9-12 grade, Di-H students: Barbara Serratore , Counselor 610-658-3986 or [Serratb@lmsd.org](mailto:Serratb@lmsd.org)