

Return to Learn Progression

Physical activity recommendations while at school include:

☐ No PE

☐ Non-contact PE

☐ Full PE

☐ _____

1

NO SCHOOL

- ✓ Maintain a low level of cognitive activity with no prolonged concentration
- ✓ Please excuse time missed from school for this injury as it is considered a medical necessity

2

PARTIAL SCHOOL DAYS

- ✓ No quizzes/tests/assessments
- ✓ 25% of expected homework
- ✓ 3-4 scheduled rest breaks, more if needed
- ✓ Nurse's office or training room if needed
- ✓ Lunch in a quiet place
- ✓ Reduce screen exposure by 75%, pre-printed notes
- ✓ Leave class early to avoid loud passing periods
- ✓ No music classes or electives

3

FULL SCHOOL DAYS + MAXIMAL SUPPORT

- ✓ No quizzes/tests/assessments
- ✓ 50% of expected homework
- ✓ 2-3 scheduled rest breaks
- ✓ Nurse's office or training room if needed
- ✓ Lunch in a quiet place
- ✓ Reduce screen exposure by 50%, pre-printed notes
- ✓ Leave class early to avoid loud passing periods
- ☐ NO music class(es)
- ☐ NO electives

4

FULL SCHOOL DAYS + MODERATE SUPPORT

- ✓ Gradually start quizzes, tests, and assessments with extra time, testing in a different room, & verbal admin
- ✓ 75% of expected homework
- ✓ 1-2 scheduled rest breaks
- ✓ Nurse's office or training room if needed
- ✓ Reduce screen exposure by 25%, pre-printed notes
- ✓ Attend all classes, music/electives at provider discretion
- ☐ NO _____

5

FULL SCHOOL DAYS + MINIMAL SUPPORT

- ✓ Tests with extra time
- ✓ 100% of expected homework, with extra time if needed
- ✓ 0-1 rest breaks if needed
- ✓ Nurse's office or training room if needed
- ✓ Attend all classes, including music/electives
- ✓ Begin schedule for make-up work, eliminate non-essential work/assignments

6

FULL DAYS NO EXTRA SUPPORT

- ✓ All quizzes/tests/assessments
- ✓ No rest breaks
- ✓ Full class schedule
- ✓ No accommodations should be needed
- ✓ Completion of make-up work, scheduled reasonably

Additional Comments:

For questions call 469-303-4684 and request to speak with the concussion team.