

PINE VALLEY CENTRAL SCHOOL

ATHLETIC DEPARTMENT



Date: _____

To Parents/Guardians:

Your child _____ sustained a head injury during their sports activity today.

Most head injuries do not cause serious problems. However, problems related to a head injury may not always occur right away. If your child develops any of the following problems you should get in touch with your healthcare provider immediately. Be sure to tell them there was a head injury and when it happened.

- Unusual sleepiness or dizziness
- Vomiting
- Convulsions (fits) (seizures)
- Clear fluid or blood draining from ears or nose without other cold symptoms
- Any trouble with vision
- Weakness or numbness of arms or legs or trouble with walking
- Fever and stiff neck
- Change in usual behavior or confusion
- Continued headache

Please have your child see the school nurse, Mrs. Kenney, first thing in the morning upon returning to school.

Please call the School's Health Office if you have any questions or concerns.

Jill A. Kenney, RN

716-988-3276 Ext: 4324

**PLEASE NOTE AS PER THE PINE VALLEY CENTRAL SCHOOL CONCUSSION POLICY:
When a student receives medical treatment for a head injury by a physician's assistant, nurse practitioner, or doctor, the student must be cleared by Pine Valley's school physician before returning to practice, or competition.**

For more information about the concussion policy at Pine Valley Central School, please contact the school nurse or visit: <http://www.pval.org/domain/25>