

STATEMENT of POLICY			
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POLICY

The Niagara Children's Centre School Authority (NCCSA) is committed to helping all students succeed and lead safe, healthy, and active lives. As part of our commitment to student safety, injury prevention, and well-being, NCCSA supports concussion awareness, prevention, identification, management, tracking, and training in our school.

A concussion is defined as:

- a brain injury that causes changes in the way in which the brain functions and that can lead to symptoms that can be physical (e.g., headache, dizziness), cognitive (e.g., difficulty in concentrating or remembering), emotional/behavioural (e.g., depression, irritability), and/or related to sleep (e.g., drowsiness, difficulty in falling asleep);
- may be caused either by a direct blow to the head, face, or neck or by a blow to the body that transmits a force to the head that causes the brain to move rapidly within the skull;
- can occur even if there has been no loss of consciousness (in fact most concussions occur without a loss of consciousness);
- cannot normally be seen by means of medical imaging tests, such as X-rays, standard computed tomography (CT) scans, or magnetic resonance imaging (MRI) scans.

Second Impact Syndrome is defined as:

- Injuries that result from a concussion may lead to "second impact syndrome", which is a rare condition that causes rapid and severe brain swelling and often catastrophic results, if an individual suffers a second concussion before being free from symptoms sustained from the first concussion.

In accordance with Policy Program Memorandum (PPM) 158 - School Board Policies on Concussion (Revised September 25, 2019), and Education Act amendments, NCCSA has developed and implemented concussion management strategies. These strategies include:

- Develop awareness of the seriousness of concussions

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- Annual concussion training for relevant school staff to assist in preventing and identifying concussions
- The establishment of a procedure to identify a potential concussion at school.
- For those diagnosed with a concussion, a Return to School Plan, which includes their Return to Learning and Return to Physical Activity;
- The establishment of a process to address the management of diagnosed concussions.