



# Carniny Primary School



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Dear Parent/Guardian

## CONCUSSION AWARENESS - WHO NEEDS TO KNOW?

I wish to draw all parents' attention to recent advice from the Department of Education regarding concussion.

Concussion is a brain injury which is usually caused by hitting the head or a fall. It can happen at any time, anywhere: for example, during sports, in the school playground, or at home.

Possible signs of concussion following a head injury include:

- A headache
- Feeling dazed or confused
- Feeling drowsy or sleepy
- Feeling sick
- Feeling irritable or "in a fog"
- Having difficulty remembering things
- Any other change in normal behaviour

Concussion must always be taken seriously and it is vitally important that any child/young person suspected of having concussion should **immediately** be stopped from continuing whatever activity they are doing and be assessed by a medical professional for diagnosis and guidance.

If your child suffers a concussion in school or outside school, it is vitally important that you keep all people/organisations with responsibility for caring for your child informed so they are aware of the potential dangers and any restrictions that may apply to the activities your child is permitted to do.

The '**Recognise and Remove**' leaflet produced by the Department of Education and the Department of Culture, Arts and Leisure is available on the Department of Education's website <https://www.education-ni.gov.uk/publications/concussion-recognise-and-remove-leaflet> and provides guidance on the signs to look out for.

Keeping everyone informed about concussion is in your child's best interests and parents/guardians have a key role in making sure that information is passed on to their child's teacher, sports coach, youth leader or other care provider.

Yours sincerely

Raymond Ross  
Principal

