



Bishop Wordsworth's School

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Date:

Dear Parents/Guardians

Advice to Parents/Guardians regarding care of a student following a Head Injury

Student's Name:

Date of Incident:

Your son was seen by a first aider today following a head injury. Usually following such an injury there is no serious damage, but occasionally problems can occur.

If your son, whilst recovering at home, complains of any of the following symptoms, we would advise you to take him to be seen in A&E:

- **Headaches:** a headache associated with bruising is not uncommon but persistent, intense or severe pain must be reviewed.
- **Visual/Hearing disturbances:** if your son complains of blurred or double vision, buzzing in the ears or is unsteady on his feet.
- **Vomiting:** it is not uncommon for the shock of the injury to cause one isolated episode of vomiting.
- **Altered behaviour:** if your son exhibits strange, uncharacteristic behaviour or if his personality alters. Reading/writing problems.
- **Drowsiness:** if your son appears drowsy, or is difficult to wake, or has difficulty staying awake. Excessive drowsiness is often the first indication that further problems may arise.

DO NOT LEAVE YOUR SON ALONE FOR THE FIRST 48 HOURS

THE FOLLOWING ARE RED FLAGS – if present, phone 999 for immediate care

- clear fluid coming from ears or nose
- headache which is getting worse
- weakness, numbness or decreases in coordination/balance
- repeated vomiting or prolonged nausea
- slurred speech, difficulty speaking or understanding
- increased confusion, restlessness or agitation
- loss of consciousness
- convulsions

Paracetamol can be given after a head injury as long as the casualty is not vomiting.

Important:

If you are in any doubt about your child's health or are worried, seek medical advice without delay.

For a few days you may notice that your son:

- is more tired than usual
- feels miserable
- has a headache
- has a reduced tolerance of loud noise and bright lights

To aid recovery:

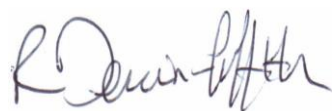
- discourage active play, screen time, watching TV, reading and computer games
- encourage plenty of drinks
- allow more rest than usual
- reduce noise and light levels
- avoid stressful situations
- do not allow to take alcohol or drugs
- do not allow to drive or ride a bike

He should not return to school until he feels well enough to do so.

Your son's welfare, both short term and long term, will always come first and we expect support from parents to adhere to the 4Rs, (Recognise, Remove, Recover, Return). Your son will be given a Graduated Return to Play (GRTP) form, which will be stapled into his planner/homework diary.

Attached to this letter is a copy of the GRTP form. If you have any questions with regards to this letter, please visit www.englandrugby.com/my-rugby or email me rdg@bws.wilts.sch.uk

Yours sincerely



R Demain-Griffiths
Director of Sport