

Vista Meadows Academy is currently accepting applications for the 2023-2024 school year.

Our mission is to engage our students in a safe, innovative learning environment that will enable them to graduate and function as productive citizens of society.

Our goal and responsibility is to help each student develop an enthusiasm for learning, a respect for self and others, and the skills to become a creative independent thinker and problem solver.



20651 West Warren Street Dearborn Heights MI 48127 Phone: (313) 240-4347 | Fax: (313) 441-9169 | www.vistameadowspsa.com

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## 2023-2024 9<sup>th</sup> – 12<sup>th</sup> Grade Enrollment Application Check List

Student Name:	Grade:	oc III
Dear Parent/Guardian,		
	Academy. This checklist is designed to assist le at the Academy prior to the first day of sch	
The following information is required u	pon acceptance of enrollment packet:	
Birth Certificate, Original with Sea		
Immunization Record (current)		
Photocopy of Parent/Guardian M	ichigan Driver's License	
Proof of Residency if different tha	an Driver's License	
Most Recent Report Card		
Home Language Survey		
Records Release Request Form		
Special Education Information (if	required)	
PPO/Custody Papers/Other Court	Documents (if required)	
Without the above information, your a	pplication is not complete, and we <u>cannot</u> e	nroll your child.

If you have any questions or require further information, please contact the school office at 313-240-4347.

## Vista Meadows Academy Student Enrollment Application 2023-2024

For Office Use Only		
Date & Time rec'd:	By:	
Start Date:		
Teacher: Room #:		

**Grade Level\_** 

	STUDEN	IT BASIC INFORMATION	
Student's Last Name:	· ·		
Student's First Name:			Middle Initial:
51 . 1. 1/ D			Gender:
Student's Date of Birth: (Provide Birth Certificate)			Male
			Female
Both parts must be	Is your child	What is the race of the child? (	Choose one or more boxes)
completed. If either part is not answered, the U.S.	Hispanic/Latino?	American Indian or Alaska	n Native
Department of Education	(Choose only one)	Asian	
requires the Academy to	Yes	Black or African American	
supply an answer on your	No	Native Hawaiian or Other	Pacific Islander
behalf.		White	
The following information is	Is your child	Was your child born outside	Has your child attended one
not required; however, it will be used to determine	between the ages of	of the United States ("United	or more schools in the
whether the school is eligible	3 and 21?	States" is defined as the 50	United States for less than
for supplemental funding to		states, the District of	three full academic years?
enhance instructional	YesNo	Columbia and the	
opportunities for immigrant children and youth.		Commonwealth of Puerto	
Children and youth.		Rico)?	
		Yes No	Yes No
The following information is		ongue a language other than	What is the primary language
not required; however, it is necessary to determine if	English?   Yes   No		spoken in your home?
your child is eligible for	If yes, what is the langu	age?	English
English as a Second			Othe <u>r:</u>
Language services.			
		IT ADDRESS INFORMATION	
Address where student	Street Address:		
lives	City:	State:	Zip Code:
Mailing address, if	Street Address:		
different from above:	City:	State:	Zip Code:
	1	SUARDIAN INFORMATION	
Parent/Guardian #1	Name:		Relationship:
(if address is different than	Street Address:		
student, would you like separate mailings to this	City:	State:	Zip Code:
address as well?	Home Phone:	Cell Phone:	
Yes No	Work Phone:	Email:	
Parent/Guardian #2	Name:		Relationship:
(if address is different than student, would you like	Street Address:		
separate mailings to this	City:	State:	Zip Code:
address as well?	Home Phone:	Cell Phone:	
Yes No)	Work Phone:	Email:	

			1. 5.	
Name:		Relations	snip:	
Emergency Contact #1	Home Phone:	Cell Phor	ne: The manufactor of the last	
	Work Phone:	Email:	m ell e	
	Name:	Relations	ship:	
Emergency Contact #2	Home Phone:	Home Phone: Cell Phone:		
	Work Phone:	Email:		
	Name: Re		hip:	
Emergency Contact #3	Home Phone:	Home Phone: Cell Phone:		
	Work Phone:	Work Phone: Email:		
Legally, do not release m	y child to:		The Academy will	
not comply with your req	uest until receipt	of Personal Protection Order and/	or Custody Papers.	
		MEDICAL HISTORY		
List severe allergies: (i.e., peanut allergies etc.)				
List medical concerns		Marie II		
which require a medical				
action plan: (Chronic health				
concerns such as diabetes,	The second second			
asthma, epilepsy, etc.) List medications/				
treatments:				
u caunciits.		Phone:		
Doctor's Name:		Phone:		
Doctor's Name:	SPECIAL	Phone: SERVICES (Please check all that apply)		
	SPECIAL	SERVICES (Please check all that apply)		
Support Services:	SPECIAL	SERVICES (Please check all that apply)  Special Education:	Service Delivery:	
Support Services: 504 Plan	SPECIAL	SERVICES (Please check all that apply)  Special Education:  Specific Learning Disability	Service Delivery: Self-contained classroom	
Support Services: 504 Plan Speech Therapy		SERVICES (Please check all that apply)  Special Education:  Specific Learning Disability Emotional Impairment	Service Delivery:  Self-contained classroom Resource Room pull-out	
Support Services: 504 Plan Speech Therapy Occupational Therapy		SERVICES (Please check all that apply)  Special Education:  Specific Learning Disability  Emotional Impairment  Cognitive Impairment	Service Delivery:  Self-contained classroom  Resource Room pull-out  Resource Room push-in	
Support Services: 504 Plan Speech Therapy		SERVICES (Please check all that apply)  Special Education:  Specific Learning Disability Emotional Impairment	Service Delivery:  Self-contained classroom Resource Room pull-out Resource Room push-in Co-taught courses	
Support Services: 504 Plan Speech Therapy Occupational Therapy		SERVICES (Please check all that apply)  Special Education:  Specific Learning Disability  Emotional Impairment  Cognitive Impairment	Service Delivery:  Self-contained classroom  Resource Room pull-out  Resource Room push-in	
Support Services: 504 Plan Speech Therapy Occupational Therapy Physical Therapy		SERVICES (Please check all that apply)  Special Education:  Specific Learning Disability  Emotional Impairment  Cognitive Impairment  Physical Impairment	Service Delivery:  Self-contained classroom Resource Room pull-out Resource Room push-in Co-taught courses	
Support Services: 504 Plan Speech Therapy Occupational Therapy Physical Therapy Social Work	,	SERVICES (Please check all that apply)  Special Education:  Specific Learning Disability Emotional Impairment Cognitive Impairment Physical Impairment Other Health Impairment	Service Delivery:  Self-contained classroom Resource Room pull-out Resource Room push-in Co-taught courses TC support only	
Support Services:  504 Plan  Speech Therapy  Occupational Therapy  Physical Therapy  Social Work  Assistive Technology	,	SERVICES (Please check all that apply)  Special Education:  Specific Learning Disability  Emotional Impairment  Cognitive Impairment  Physical Impairment  Other Health Impairment  Autism Spectrum Disorder	Service Delivery:  Self-contained classroom Resource Room pull-out Resource Room push-in Co-taught courses TC support only Date of last IEP:	
Support Services: 504 Plan Speech Therapy Occupational Therapy Physical Therapy Social Work Assistive Technology English as a Second L	anguage	SERVICES (Please check all that apply)  Special Education:  Specific Learning Disability  Emotional Impairment  Cognitive Impairment  Physical Impairment  Other Health Impairment  Autism Spectrum Disorder  Visual Impairment	Service Delivery:  Self-contained classroom Resource Room pull-out Resource Room push-in Co-taught courses TC support only Date of last IEP;	
Support Services:  504 Plan  Speech Therapy  Occupational Therapy  Physical Therapy  Social Work  Assistive Technology  English as a Second L  Title IA/31a Services	anguage	SERVICES (Please check all that apply)  Special Education:  Specific Learning Disability  Emotional Impairment  Cognitive Impairment  Physical Impairment  Other Health Impairment  Autism Spectrum Disorder  Visual Impairment  Hearing Impairment  Early Childhood	Service Delivery:  Self-contained classroom Resource Room pull-out Resource Room push-in Co-taught courses TC support only Date of last IEP:	
Support Services:  504 Plan  Speech Therapy  Occupational Therapy  Physical Therapy  Social Work  Assistive Technology  English as a Second L  Title IA/31a Services	anguage	SERVICES (Please check all that apply)  Special Education:  Specific Learning Disability  Emotional Impairment  Cognitive Impairment  Physical Impairment  Other Health Impairment  Autism Spectrum Disorder  Visual Impairment  Hearing Impairment  Early Childhood Developmental Delay  Speech and Language Impairment	Service Delivery:  Self-contained classroom Resource Room pull-out Resource Room push-in Co-taught courses TC support only Date of last IEP:	
Support Services:  504 Plan  Speech Therapy  Occupational Therapy  Physical Therapy  Social Work  Assistive Technology  English as a Second L  Title IA/31a Services	anguage	SERVICES (Please check all that apply)  Special Education:  Specific Learning Disability Emotional Impairment Cognitive Impairment Physical Impairment Other Health Impairment Autism Spectrum Disorder Visual Impairment Hearing Impairment Early Childhood Developmental Delay Speech and Language Impairment Severe Multiple Impairment	Service Delivery:  Self-contained classroom Resource Room pull-out Resource Room push-in Co-taught courses TC support only Date of last IEP:	
Support Services:  504 Plan  Speech Therapy  Occupational Therapy  Physical Therapy  Social Work  Assistive Technology  English as a Second L  Title IA/31a Services	anguage	SERVICES (Please check all that apply)  Special Education:  Specific Learning Disability  Emotional Impairment  Cognitive Impairment  Physical Impairment  Other Health Impairment  Autism Spectrum Disorder  Visual Impairment  Hearing Impairment  Early Childhood Developmental Delay  Speech and Language Impairment	Service Delivery:  Self-contained classroom Resource Room pull-out Resource Room push-in Co-taught courses TC support only Date of last IEP:	

UISCIPLI	INE HISTORY			
Has your child ever received an in-school detention?   Yes	□ No			
If yes, how many times?When did the detention o				
Has your child ever received a suspension from school?				
If yes, how many times?When did the suspension	occur?			
Has your child ever been expelled from school?   Yes   No				
Has your child ever been convicted of a felony?   Yes   No	ı			
affirm that my child	has has not been suspended or			
laffirm that my childexpelled from any public or private school in Michigan or a	ny other state, for an offense involving weapons, alcohol			
or drugs, or for the willful infliction of injury to another per				
property committed on school premises, at any school spo providing transportation to and from a school or school sp	· · · · · · · · · · · · · · · · · · ·			
providing transportation to and from a school of school sp	unsored activity.			
SIBLINGS (Please all siblings who are also applying for enrollm	nent at the Academy. Information in this section is to ensure sibling			
status if one of your children is accepted. Each child applyi	ng must complete a separate Student Enrollment Application.)			
Last Name First Name	Class			
(14:-)				
	hear about us?			
☐ Radio ☐ Billboard ☐ Mailing ☐ Facebook ☐ Comm	ercial  Referred by:			
London-to-data to the state of				
	that my child will be considered for enrollment at the			
	not automatically guarantee enrollment in the Academy,			
	or enrollment purposes. I affirm that all the information			
provided is complete and accurate to the best of my k	nowledge:			
Deposit / Council on Cinnetons				
Parent/Guardian Signature	Date			
FOR OFFICE HEE ONLY (Initial complete NA if not continue)				
FOR OFFICE USE ONLY (Initial complete, NA if not applicable) Birth Certificate (copy)	Orientation			
Immunizations Record or Waiver (current)	Free & Reduced Meals Application			
Photocopy of Parent/Guardian Michigan Driver's License	Authorization for Administering Medication/Treatment			
Proof of Residency (if different from Driver's License)	Medical Action Plan			
Student Residency Questionnaire	Student Handbook Acknowledgement			
Most Recent Report CardHome Language Survey	Concussion Information Acknowledgement			
Completed Records Release Form	Student CompactDirectory Information opt Out Form			
Special Education Documentation (complete)	occcory information opt out Form			
PPO/Custody Papers/Other Court Documents (complete)				



## **RECORDS RELEASE**

Today's Date:	I C XIII	Date Request :	Sent:	_
	llative files, inclu	iding: (check all that apply)		
☐ CA-60		☐ Health Records		
☐ Social Work Records		Special Education Records	(include IEP)	
☐ Psychological Report		<ul> <li>Discipline Records</li> </ul>		
Other:				
Name of Student:				
Records being requeste	d from:			
Necords being requeste	a nom.			
School/Address:		The Markett of the		
-				
Send Records To:	Vista Meadow	ys Academy		
Sena Necoras ro.	20651 West W			
	Dearborn, MI			
	Phone: 313-24	10-4347 Fax: 313-441-9169		
		9.31, June 17, 1976 states: "prior		
the disclosure isto off	icials of another	r school or school system in which	the student seeks of	' intenas to enroi
		Date:		
Check all documents be			• • • • • • • • • • • • • • • • • • • •	
□ CA-60		☐ Health Records		
☐ Social Work Records		☐ Special Education Records	(include IEP)	
☐ Psychological Records	□ Discipline Red	52965 ·	,	
Other:				
Registrars Signature:				



### **Home Language Survey**

The information requested will be used only to determine whether the student may be eligible for programs offered at the Academy that provide enhanced instructional opportunities for limited English proficient and/or immigrant students. You are not required to complete this information. However, if you choose not to complete this information, the Academy may not be eligible for supplemental funding. Please respond to the questions below by checking the appropriate boxes.

Thank you for your cooperation.

<b>Studen</b>	<u>it Information</u>				
Stude	nt Name:				
	First		Middle	Last	
Date	of Birth:			Grade Level:	
	Month	Day	Year		
<u>Studer</u>	<u>nt Language In</u>	<u>formatio</u>	o <u>n</u>		
1.		· · · · · · · · · · · · · · · · · · ·	= =	English?  Yes  No	
2.	What is the *pr	i <b>mary</b> lan	guage spoken in yo	our home?   English  Other:	<u> </u>
	*Primary	Language	means the domino	nt language used by a person for com	nmunication.
<u>Studer</u>	<u>ıt Immigrant I</u>	nformat	<u>ion</u>		
1.	Is your child be	tween the	ages of 3 through	21? □ Yes □ No	
2.	•			rates ("United States" is defined as the not Puerto Rico)?   Yes  No	≥ 50 states, the
3.	Has your child a		one or more school	s in the United States for less than thr	ree full academic
I here	by verify that the	above inf	formation is true a	nd correct to the best of my knowledg	ge.
Paren	t/Guardian Signa	ture		Date	

## **Student Residency Questionnaire**

This questionnaire is intended to address the McKinney-Vento Act, in regards to children and youth in transitional living arrangements. Your answer will help the administration determine residency documents necessary for enrollment and additional services available to your family. This questionnaire will be kept separately from the student's permanent record and filed by the Homeless Education Liaison.

1. Presently, where is the student living? Please ch	ieck one:	
in a shelter		
with more than one family in a house or	apartment	
in a motel, car or campsite		
with friends or family members (other th	nan parent/guardian)	
awaiting foster care placement	Ab do NOT ad 4.0 com	
none of the above If you checked this it	em, then you do NOT need to con	npiete the
remainder of this form.		
2. The student lives with:		
1 parent		
2 parents		
1 parent & another adult		
a relative, friend(s) or other adult(s)		
alone with no adults		
an adult that is not the parent or the leg	al guardian	
School: Vista Meadows Academy		
Name of Parent/Guardian:		
Address:		·
Phone:		
Student Names:		<del></del>
Signature of Parent/Guardian:	Date	





### **Home Language Survey**

The information requested will be used only to determine whether the student may be eligible for programs offered at the Academy that provide enhanced instructional opportunities for limited English proficient and/or immigrant students. You are not required to complete this information. However, if you choose not to complete this information, the Academy may not be eligible for supplemental funding.

Please respond to the questions below by checking the appropriate boxes.

Thank you for your cooperation.

tudent informati	On		
Student Name:			Last
First		Middle	Last
Date of Birth:			Grade Level:
Mont	th Day	Year	
Student Language	Informatio	on	
COUNTY OF STREET, THE COUNTY BEST TO STREET, AND A	's primary lar	guage other than	English?   Yes   No
2. What is the	*primary lan	guage spoken in y	our home?   English  Other:
			ant language used by a person for communication.
Pililic	iry Language	means the domin	ant language asca by a person jor communication.
Student Immigrai	nt Informat	ion	
1. Is your child	between the	ages of 3 through	n 21? □ Yes □ No
			States ("United States" is defined as the 50 states, the th of Puerto Rico)?   Yes  No
3. Has your ch	ild attended	one or more school	ols in the United States for less than three full academic
years? □ Ye			
I hereby verify that	the above in	formation is true	and correct to the best of my knowledge.
Parent/Guardian S	ignature		Date

	**



## **Photograph and Publicity Release Form**

I, give <i>Vista M</i>	eadows Academy and its fiscal agent, if any, permission to use
my child's name, likeness, image, voice, and/or video recordings, audiotapes, digital images, and	appearance as such may be embodied in any pictures, photos the like, taken or made on behalf of <i>Vista Meadows Academy</i>
copyright, and may use them for any purpose continuited to, illustrations, bulletins, exhadvertisements, and any promotional or other including the Internet. I acknowledge that I will	e complete ownership of such pictures, etc., including the entire consistent with Academy's missions. These uses include, but are libitions, videotapes, reprints, reproductions, publications, er materials in any medium now known or later developed, not receive any compensation, etc. for the use of such pictures, my and its agents and assigns from any and all claims which arise se.
I have read and understood this consent and re	lease.
I give my consent to Vista Meadows Academy	to use my child's name and likeness as described above.
Signature	Date
Parent/Legal Guardian (if age 17 or below)	Date
I do not give my consent to Vista Meadows Ac	cademy to use my child's name and likeness as described above
Signature	Date
Parent/Legal Guardian (if age 17 or below)	Date

		¥

# Vista Meadows Academy Virtual Learning Permission

My student,	has permission to take virtual courses while attending
Vista Meadows Academy.	
Parent / Guardian	

ederal program benefits that your child(ren) may	(school name) is participating in the community Enginery breakfast/funch at no charge regardless of completion of this qualify for, please complete, sign and leturn this application t	0		tschoell
any member of your household receives Food A	ssistance Program (FAP), Family Independence Program(FIP), aid Numbers are NOT ACCEPTABLE case numbers.	or FDPIK, provide the na	He and case number to t	nic person and
Name:	n to your child's school or mail to the address listed	above.		
			P.P.	
	se sections must be completed by the head of h			
. SIZE OF FAMILY - Indicate the total num	ber of individuals living in your household, including	all adults and childre	1	-
2. STUDENT INFORMATION - Complete for each	h student Pre-K through 12th Grade			Identify
Last Name	First Name	Birth Date MM-DD-YYYY	School	H if Homeless M if Migrant R if Runaway
				F if Faster
1.				
2				
3.		1		
4.				
5.				
3.				
6.				
7.		1		
	1	1		
8				
8.	and sheet to this survey or attach a copy of this surv	vey clearly marked a	s a <u>Page 2</u> .	er above vou do not
8. If you need additional lines, attach a seco	E — Report income for all members of household excluding Fo	vey clearly marked a oster Children. If you ha	s a <u>Page 2</u> . ve reported a case numbe	
8.  If you need additional lines, attach a seconomic of the seconomic of t	E — Report income for all members of household excluding Form.	oster Children. It you ha	s a <u>Page 2</u> . vereported a case numbe	Circle if
8.  If you need additional lines, attach a second sec	E — Report income for all members of household excluding Foorm.  The of Income	oster Children. It you ha	Ve reported a case numbe	
8.  If you need additional lines, attach a second sec	E — Report income for all members of household excluding Foorm.  Type of Income  Type Commissions	sster Children. IT you na	Ve reported a case numbe	Circle if
8.  If you need additional lines, attach a second attach at a second attach at	E — Report income for all members of household excluding Foorm.  The of Income  The Commissions  The ort, Alimony	sster Children. If you ha	Ve reported a case numbe	Circle if
8.  If you need additional lines, attach a second s	E — Report income for all members of household excluding Foother.  Type of Income  Type of Microme  Type of Microme  Type of Income  Type of I	\$ \$	Ve reported a case numbe	Circle if
8.  If you need additional lines, attach a second s	E — Report income for all members of household excluding Foorm.  Type of Income  Type of Incom	\$ \$ \$	Ve reported a case numbe	Circle if
8.  If you need additional lines, attach a second 3. TOTAL MONTHLY HOUSEHOLD INCOM need to fill in this section. Simply sign and date for the fill in this sect	E — Report income for all members of household excluding Form.  Type of Income  Type of Income	\$ \$ \$ \$ \$ \$	Ve reported a case numbe	Circle if
8.  If you need additional lines, attach a second s	E — Report income for all members of household excluding Footh.  Type of Income  Type of Incom	\$ \$ \$ \$	Ve reported a case numbe	Circle if
8.  If you need additional lines, attach a second 3. TOTAL MONTHLY HOUSEHOLD INCOM need to fill in this section. Simply sign and date for the fill in this sect	E — Report income for all members of household excluding Foorm.  Type of Income  Type of Income (Add lines 1-1)	\$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$	ncome	Circle if No Income
8.  If you need additional lines, attach a second 3. TOTAL MONTHLY HOUSEHOLD INCOM need to fill in this section. Simply sign and date for the fill in this sect	E — Report income for all members of household excluding Foorm.  Type of Income  Type of Income (Add lines 1-1)	\$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$	ncome	Circle if No Income
8.  If you need additional lines, attach a second 3. TOTAL MONTHLY HOUSEHOLD INCOM need to fill in this section. Simply sign and date for the fill in this sect	E — Report income for all members of household excluding Foorm.  Type of Income  Type of Incom	\$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$	ncome  ecurity Number or check to	Circle if No Income  the "I do not have a Social and/or state funds
8.  If you need additional lines, attach a second 3. TOTAL MONTHLY HOUSEHOLD INCOM need to fill in this section. Simply sign and date for the fill in this sect	E — Report income for all members of household excluding Foorm.  Type of Income  Type of Incom	\$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$	ncome  ecurity Number or check to	Circle if No Income  the "I do not have a Social and/or state funds
8.  If you need additional lines, attach a second 3. TOTAL MONTHLY HOUSEHOLD INCOM need to fill in this section. Simply sign and date for the fill in this sect	E — Report income for all members of household excluding Foorm.  Type of Income  Type of Incom	\$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$	ncome  ecurity Number or check to	Circle if No Income  the "I do not have a Social and/or state funds
8.  If you need additional lines, attach a second 3. TOTAL MONTHLY HOUSEHOLD INCOM need to fill in this section. Simply sign and date for the fill in this sect	E — Report income for all members of household excluding Foorm.  Type of Income  Type of Incom	\$ \$ \$ \$ \$ \$ \$ \$ Ithat the sponsor will be er stand that if I purposel	ncome  ecurity Number or check to eligible for certain federa y give false information, n	Circle if No Income  the "I do not have a Social and/or state funds my child may lose
8.  If you need additional lines, attach a second 3. TOTAL MONTHLY HOUSEHOLD INCOM need to fill in this section. Simply sign and date for the fill in this section. Simply sign and date for this section. Simply	E — Report income for all members of household excluding Foorm.  Type of Income  Type of Incom	\$ \$ \$ \$ \$ \$ \$ \$ Ithat the sponsor will be er stand that if I purposel	ncome  ecurity Number or check to	Circle if No Income  the "I do not have a Social and/or state funds my child may lose
8.  If you need additional lines, attach a second 3. TOTAL MONTHLY HOUSEHOLD INCOM need to fill in this section. Simply sign and date for the fill in this sect	E — Report income for all members of household excluding Foorm.  Type of Income  Type of Incom	\$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$  Ithat the sponsor will be et stand that if I purposel	ncome  ecurity Number or check to eligible for certain federa y give false information, n	Circle if No Income  the "I do not have a Social and/or state funds my child may lose

By providing your email address, you may be contacted it a mittal by the identifit

Work Phone

Home Phone

		ε.

# Concussion INFORMATION SHEET



This sheet has information to help protect your children or teens from concussion or other serious brain injury. Use this information at your children's or teens' games and practices to learn how to spot a concussion and what to do if a concussion occurs.

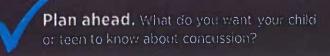
### What Is a Concussion?

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

# How Can I Help Keep My Children or Teens Safe?

Sports are a great way for children and teens to stay healthy and can help them do well in school. To help lower your children's or teens' chances of getting a concussion or other serious brain injury, you should:

- Help create a culture of safety for the team.
  - Work with their coach to teach ways to lower the chances of getting a concussion.
  - Talk with your children or teens about concussion and ask if they have concerns about reporting a concussion.
     Talk with them about their concerns; emphasize the importance of reporting concussions and taking time to recover from one.
  - Ensure that they follow their coach's rules for safety and the rules of the sport.
  - Tell your children or teens that you expect them to practice good sportsmanship at all times.
- When appropriate for the sport or activity, teach your children or teens that they must wear a helmet to lower the chances of the most serious types of brain or head injury.
   However, there is no "concussion-proof" helmet. So, even with a helmet, it is important for children and teens to avoid hits to the head.



# How Can I Spot a Possible Concussion?

Children and teens who show or report one or more of the signs and symptoms listed below—or simply say they just "don't feel right" after a bump, blow, or jolt to the head or body—may have a concussion or other serious brain injury.

#### Signs Observed by Parents or Coaches

- Appears dazed or stunned
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- · Can't recall events prior to or after a hit or fall

### **Symptoms Reported by Children and Teens**

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness, or double or blurry vision
- Bothered by light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Confusion, or concentration or memory problems
- Just not "feeling right," or "feeling down"

Talk with your children and teens about concussion. Tell them to report their concussion symptoms to you and their coach right away. Some children and teens think concussions aren't serious, or worry that if they report a concussion they will lose their position on the team or look weak. Be sure to remind them that it's better to miss one game than the whole season.



CONCUSSIONS AFFECT EACH CHILD AND TEEN DIFFERENTLY.

While most children and teens with a concussion feel better within a couple of weeks, some will have symptoms for months or longer. Talk with your children's or teens' healthcare provider if their concussion symptoms do not go away, or if they get worse after they return to their regular activities.

# What Are Some More Serious Danger Signs to Look Out For?

In rare cases, a dangerous collection of blood (hematoma) may form on the brain after a bump, blow, or jolt to the head or body and can squeeze the brain against the skull. Call 9-1-1 or take your child or teen to the emergency department right away if, after a bump, blow, or jolt to the head or body, he or she has one or more of these danger signs:

- One pupil larger than the other
- Drowsiness or inability to wake up
- A headache that gets worse and does not go away
- Slurred speech, weakness, numbness, or decreased coordination
- Repeated vomiting or nausea, convulsions or seizures (shaking or twitching)
- Unusual behavior, increased confusion, restlessness, or agitation
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously
- Children and teens who continue to play while having concussion symptoms, or who return to play too soon—while the brain is still healing—have a greater chance of getting another concussion. A repeat concussion that occurs while the brain is still healing from the first injury can be very serious, and can affect a child or teen for a lifetime. It can even be fatal.

# What Should I Do If My Child or Teen Has a Possible Concussion?

As a parent, if you think your child or teen may have a concussion, you should:

- 1. Remove your child or teen from play.
- 2. Keep your child or teen out of play the day of the injury. Your child or teen should be seen by a healthcare provider and only return to play with permission from a healthcare provider who is experienced in evaluating for concussion.
- 3. Ask your child's or teen's healthcare provider for written instructions on helping your child or teen return to school. You can give the instructions to your child's or teen's school nurse and teacher(s) and return-to-play instructions to the coach and/or athletic trainer.

Do not try to judge the severity of the injury yourself. Only a healthcare provider should assess a child or teen for a possible concussion. Concussion signs and symptoms often show up soon after the injury. But you may not know how serious the concussion is at first, and some symptoms may not show up for hours or days.

The brain needs time to heal after a concussion. A child's or teen's return to school and sports should be a gradual process that is carefully managed and monitored by a healthcare provider.

To learn more, go to cdc.gov/HEADSUP





Discuss the risks of concussion and other serious brain injuries with your child or teen, and have each person sign below.

Detach the section below, and keep this information sheet to use at your children's or teens' games and practices to help protect them from concussion or other serious brain injuries.

O I learned about concussion and talked with my parent or coach about v	what to do if I have a concussion or other serious brain injury.
Athlete's Name Printed:	Date:
Athlete's Signature:	
O I have read this fact sheet for parents on concussion with my child or to other serious brain injury.	een, and talked about what to do if they have a concussion or
Parent or Legal Guardian's Name Printed:	Date:
Parent or Legal Guardian's Signature:	

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