# GAYLORD COMMUNITY SCHOOLS An NCA Accredited School District



## Gaylord Middle School

Joe Somerville Principal Dave Smith Asst. Principal

Dear Parent/Guardian,

Thank you for registering your child with Gaylord Community Schools.

Please provide the following documents to complete the enrollment:

- ORIGINAL BIRTH CERTIFICATE
- PROOF OF RESIDENCY must have parent/guardian name and address indicating residency (Ex. driver's license, utility bill, rent/lease agreement, property tax statement, voter's registration, mortgage document, certification from work, etc.)
- Copy of current IMMUNIZATION RECORD
- **POWER OF ATTORNEY** or **GUARDIANSHIP PAPERWORK** if student doesn't live with parent
- Latest IEP or 504 PLAN if student receives special education services

### Please fill out the following forms:

- STUDENT INFORMATION RECORD (Emergency Card)
- REGISTRATION PROOF OF RESIDENCY
- CONSENT FOR DISCLOSURE OF IMMUNIZATION INFORMATION
- STUDENT INFORMATION SHEET
- ELECTIVE CHOICES FORM
- AFFIRMATION OF PRIOR STUDENT RECORD
- AUTHORIZATION TO RELEASE CONFIDENTIAL INFORMATION (Records Request)
- **TRANSPORTATION REGISTRATION FORM** (If applicable)
- CONCUSSION AWARENESS ACKNOWLEDGEMENT FORM

These forms are to be filled out if the enrollment takes place after the school year has started:

- STUDENT/PARENT AGREEMENT SIGNATURE PAGE
- DIRECTORY INFORMATION OPT-OUT FORM
- CHROMEBOOK TECHNOLOGY USE AGREEMENT
- **TECHNOLOGY PROTECTION PLAN** (optional)
- \* Parent and student must schedule a meeting with building administrator before starting classes. That meeting should take place 48 hours after the forms have been completed and turned in.
- \* During the 48 hours prior to the meeting, the school counselor will make contact with the sending school to find the student's school history. The counselor will also contact the student's assigned teachers.
- \* The enrollment interview will then take place with parents, counselor, and building administrators. The student may then start classes the following day once all criteria are met.

Everyone Is Here to Help

There are lots of adults ready to help students make the transition to GMS. Here are some of those people:

- Mr. Somerville, Principal
- Mr. Smith, Assistant Principal
- Mrs. Baril, School Counselor
- Mrs. Hartmann, Secretary
- Mrs. Moore, Secretary
- Teachers

All of the adults at Gaylord Middle School are always willing to answer questions, provide help and listen. Students should not be afraid to ask for help for any reason. Everyone is here to help! Gaylord Middle School 600 East Fifth Street Gaylord, MI 49735 (989)731-0848



# WELCOME TO ...

Gaylord Middle School







#### The First Day of School

Students do not need to worry about where to go or what to do on the first day of school. A letter will be



mailed home at the end of summer. It will indicate the student's 1st hour teacher. On the first day of school, all 7th grade students will report to the gym. The 1st hour teachers will be introduced and students will line

up with their teacher. The teachers will lead the students to their classroom, pass out schedules, assign lockers and give the students a tour of the building.

#### Finding Your Way

Students tend to worry about how they will find their classes. Students will find room numbers on their schedules that match the room numbers on the classrooms. Most importantly, all teachers stand in the hallways between classes ready to help students find their way. There is nothing to worry about!

#### Schedule

One big change that students will experience is switching classes each hour. Students will have seven class periods. Each class will be in a different classroom with a different teacher.

#### Sample Schedule

	Time	Subject	
lst hour	7:58-8:58	ELA	
2nd hour	9:02-9:53	Elective	
3rd hour	9:57-10:49	Elective	
4th hour	10:53-11:45	Science	
Lunch	11:45-12:20	Lunch	
5th hour	12:24-12:59	Seminar	
6th hour	12:59-1:51	Social Studies	
7th hour	1:55-2:47	Math	

#### Lockers

Each student will be assigned their own locker on the first day of school. Combinations will be given out on the first day as well. Students will have a chance to practice opening their locker and get help from the teacher if necessary. It is very

important that students do not share their locker combination with anyone.

#### **School Supplies**

Each teacher will let students know what school sup-



plies will be most helpful for that particular class. However, in general it is helpful if students have some pencils, folders, spiral note-

books, highlighters and most students like to have a 3-ring binder.

#### **Being Prepared**

Students have four minutes in between classes. During this time they will visit their locker to pick up materials for their next class, get a drink or use the bathroom if necessary and arrive at their next class before the bell. It is very important that students come prepared with the materials required for that particular class.

#### Organization

Having several different classes with several different teach-

ers increases the need for good organization. Each student will receive a planner on the first day of school. Students are highly encouraged to write down all assignments in their planner. Looking at the student's



planner is a good way for parents to see what homework students have. It is also important for students to keep their materials well organized. Using separate folders and notebooks for each class is helpful.



#### **Getting Involved**

Getting involved in school activities is a great way to meet new people and feel more connected to GMS. Several athletic activities are available through the school including football, volleyball, basketball, wrestling,, cheerleading and track. Students must have a physical on file to participate in athletics. GMS also offers a number of other activities such as student council, robotics, cross county ski club, art club, archery club, and book club. Announcements are made so students will know when and where to sign up.

#### **Dress Code**

In the first few pages of the student planner, you will find the student handbook which includes the dress code. GMS does enforce this dress code. This is not the dress code in it's entirety, but rather some points to keep in mind while school shopping.

- Shorts and skirts must be at or below the student's fingertips.
- Clothing which exposes undergarments or excessive skin is prohibited.
- Clothing that displays obscene, violent or profane language or pictures are prohibited.



• Ripped or torn clothing, which includes jeans with rips or frayed spots, above the knees, are prohibited.

Pajamas or pajama pants

are not to be worn to school.

•

Headwear (ball caps, winter hats, headbands, etc.) are not to be worn in school.





# 7th Grade Immunization Update

7th grade students must show proof of having had the required childhood immunizations for Michigan school settings by the first day of school. Parents wishing to waive immunizations for religious or philosophical reasons must make an appointment at the local health department for waiver education. Students with true medical contraindications to immunizations must see their primary care provider to receive a *Medical Contraindication Waiver Form*.

# The State of Michigan requires children to be adequately immunized to attend school. Children entering 7th grade who are 11 years old and/or older are required to have the following:

## Two doses of varicella (Var) vaccine or history of chickenpox disease

- Before the vaccine, about 100 people died each year as a result of chickenpox in the United States.
- Getting the recommended doses of chickenpox vaccine greatly reduces your chance of getting chickenpox.
- Anyone who is not fully vaccinated and never had chickenpox should receive the recommended doses of chickenpox vaccine.

## One dose of meningococcal (MCV4) vaccine

- Meningitis is spread through close contact: coughing, kissing and sharing food or drinks.
- Meningococcal vaccine can protect children and teens.
- One dose at ages 11-12 years and a booster dose at age 16 years.

## One dose of tetanus/diphtheria/acellular pertussis (Tdap) vaccine

- Tdap vaccine protects against whooping cough along with diphtheria and tetanus. This vaccine is very effective in preventing all 3 diseases.
- Tdap vaccine is usually given at the 11-12 year old visit.

## Two doses of measles/mumps/rubella (MMR) Vaccine

- MMR vaccine can prevent measles, mumps, and rubella. High rates of vaccination have made these diseases much less common in the U.S.
- Anyone who is not fully vaccinated should receive the recommended doses of MMR vaccine.

## Three doses of hepatitis B vaccine

- Hepatitis B is a liver disease that can cause mild illness lasting a few weeks, or it can lead to a serious lifelong illness. Hepatitis B vaccine can prevent Hepatitis B.
- Children and adolescents who have not yet gotten the vaccine should receive the recommended three doses of Hepatitis B vaccine.

## Three to four doses of polio vaccine (depending on age at time of vaccination)

- Polio is a disabling disease which can infect a person's spinal cord, leading to paralysis. Polio vaccine can prevent Polio.
- Anyone who is not fully vaccinated should receive the recommended doses of Polio vaccine. (Only three doses are needed if dose three was given at or after four years of age).

## \*Two doses of Human Papillomavirus (HPV) vaccine are recommended for all girls and boys

- This vaccine is very effective against several types of HPV, including HPV-related cancers, and works best if given **before** exposure to HPV.
- Vaccination against HPV is usually started at 11-12 years of age. (This vaccine is available for ages 9 years old through 26 years old).
- \* vaccines are recommended, but not required for school entry.

Avoid the last minute rush to have your child vaccinated before they enter 7th Grade! Call to make your child's vaccine appointment today. Contact your child's primary care provider or the Health Department of Northwest Michigan;. immunization records are available as well.

No health insurance? Assistance in applying for free or low cost health insurance is available by calling the Health Department at **1-800-432-4121**. No child is denied immunizations due to an inability to pay. Contact your child's primary care provider or your local health department if you have any questions or would like to schedule an appointment.

Vaccines Required for School Entry in Michigan

Whenever children are in group settings there is a chance for disease to spread. Children must follow vaccine laws in order to attend school. These laws are the minimum standard for preventing disease outbreaks in group settings. The best way to protect children from serious diseases is to follow the recommended vaccination schedule at <u>cdc.gov/vaccines</u>. When following the recommended schedule children are fully protected and any school vaccination requirements are met.

	All Kindergarteners and 4-6 year old transfer students	All 7th Graders and 7-18 year old transfer students			
Diphtheria, Tetanus, Pertussis (DTP, DTaP, Tdap)	4 doses DTP or DTaP 1 dose must be at or after 4 years of age	4 doses diphtheria and tetanus or 3 doses if 1 <sup>st</sup> dose given on or after 1 year of age 1 dose Tdap at 11 years of age or older upon entry into 7 <sup>th</sup> grade or higher			
Polio	4 doses or 3 doses if dose 3 was given on at or after 4 years of age				
Measles, Mumps, Rubella (MMR)*	2 doses at or after 12 months of age				
Hepatitis B*	3 doses				
Meningococcal Conjugate (MenACWY)	None	1 dose at 11 years of age or older upon entry into 7 <sup>th</sup> grade or higher			
Varicella (Chickenpox)*	2 doses at or after 12 months of age or Current lab immunity or History of varicella disease				

\*If the child has not received these vaccines, documented immunity is required. All doses of vaccines must be valid (correct spacing and ages) for school entry purposes. These rules apply to children who are the above ages upon entry into school. During disease outbreaks, incompletely vaccinated children may be excluded from school. Parents and guardians choosing to decline vaccines must obtain a certified non-medical waiver from a local health department. Read more about waivers at Michigan.gov/Immunize.

The Michigan Department of Health and Human Services will not exclude from participation in, deny benefits of, or discriminate against any individual or group because of race, sex, religion, age, national origin, color, height, weight, marital status, gender identification or expression, sexual orientation, partisan considerations, or a disability or genetic information that is unrelated to the person's eligibility.



MDHHS-Pub-1378 (Rev. 6-21)

## GAYLORD COMMUNITY SCHOOLS 2022-2023 STUDENT INFORMATION RECORD

Please print clearly in ink and provide all information requested. Sign, date, and return to your student's school.

STUDENT IN	NFOR	MATION					GRA	DE:	
Student's Legal Las	st Name		First Name		Middle Name	P	Preferred First Name		
Student's Residenc	e Addre	SS	City		Zip Code		School D	District of Residence	
Mailing Address for	r Studen	t Mailings	City		Zip Code	County of Residence			
Student's Home Ph	one Nun	nber	Gender (M/F)		Date of Birth	Birthplace (City / State / Country)			
Please note that if ethni	city and ra	ace information is no	t provided, the US De	epartment	of Education require	es the school	district to	o provide an answer on our behalf.	
ETHNICITY (check one)				RA	CE (number all th	at apply)		· · · · · · · · · · · · · · · · · · ·	
Non-Hispanic:		African American	1	Ar	nerican Indian / Al	aska Native	,	Asian	
Hispanic:		Native Hawaiian	/ Pacific Islander	W	hite			Hispanic / Latino	
Language spoken at home: OEnglish OOther									
Student Lives With:	: (check d	one)							
Natural Parents     Father / Step-Mo     Mother / Step-Fa     Father/Other	Mother / Oth     Father Only     Mother Only     Legal Guard		Rel Cou	st Family ative urt Placed nt Custody	-	Adult Othe	t Student r		
Student's Residenc	e is: (ch	eck one)							
Mother Name:				Fa	ther Name:				
Lives with Student:		YES	NO	Liv	ves with Student:	٢	YES	NO	
Work Place:				W	ork Place:				
Home Phone:				Ho	me Phone:				
Cell Phone:				Ce	II Phone:				
Email:					nail:				
List the names and relationships of all adu			s of all adults res	<u>siding wi</u>			g natura		
	Nai	ne (Last, First)			Relationsh	пр		Phone Number	
							_		
List a parent living in <b>Parent Name:</b>	a differe	nt household, if the	ey should receive i Address		onal mailings from	the school.			
			a member of the A				-	10	
If there are adults wh legal documentation			g your child <u>b<b>y ord</b></u>	ler of a d	<u><b>:ourt</b></u> , please list t	hem here. \	We cann	ot restrict a parent without	
			OFF	FICE USI	EONLY				
STUDENT ID: RESIDENT STATUS: K-8 HOMEROOM TEACHE	ER:		STUDENT UIC: DISTRICT OF RESIDE DISTRICT ENTRY DA			AM BUS RO PM BUS RO Secondary R	UTE:	AM: PM:	

	Other Children Re	siding in the Ho	me		
Name (Last, First)		Birthdate	Grade	Schoo	ol Attending
	MEDICAL IN	FORMATION			
ALLERGIES:		OTHER CONDI			
Food (List below)			Parent providing	inhaler to office?	YES NO
*Contact cafe for special diets		Diabetes	r aron providing		120 110
Animals		Convulsio	ons/seizures (Exp	lain below)	
Medications		Other Me	dical Information	(Explain below)	
Other					
Parent providing Epipen? YES NO					
Medical Authorization	s and Authorization	on to Transport	in Case of Emer	<u>gency</u>	
In case of an assident or parious illness. I request the	a cohool to contact	ma lf tha achool	aannat raach ma	l haraby authori	ize the school to
In case of an accident or serious illness, I request the call the physician indicated and follow his/her instruct					
arrangements for the wellbeing of my child.				nay make needed	
Doctor Name:			Doctor Phone:		
PERSONS AUTHORIZED			FNCY PURPOS		
If your child is injured, ill, etc., and needs to leave sch					arents are
unavailable, we will contact the following individuals a	authorized to pick u	p your child from	school for emerg	jency purposes o	only. Your child
should know the person. ID may be requested.					
Authorized Person	Relationship		Address		Phone Number
Your chile	d will not be relea	sed to any unau	thorized person		
	EARLY D	ISMISSAL			
On early dismissal days or days when school is close	ad early due to wea	ther or other upe	vpected circumst	ances please pr	ovide instructions as
to where your child is to go. The school will follow the	-			ances, please pro	
PLEASE NOTE: LAT	-			AL DAYS.	
(Plea	ise remember zone	rules are to be for	ollowed.)		
Ride the Bus (Must be currently register	ed)	Other (Explain b	elow)		
Walk Home		(	/		
Parent Pickup					

I affirm that as the parent/legal guardian, all information provided is true and accurate, and that my child and I reside at the listed address. I understand that any false information provided by me may subject me to legal penalties for perjury.

# GAYLORD COMMUNITY SCHOOLS

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# **REGISTRATION PROOF OF RESIDENCY**

## **Proof of residency Submitted:**

- O Driver's license
- O Lease / Rental agreement
- O Utility bill for the current month
- O Property Tax Bill

O Mortgage Statement

inengage etatement

O Proof of residency from the County Registrar of Voters O Current vehicle registration showing residency address O Letter from parent's employer on company letterhead O Copy of money order for rent payment O Other

I declare that I physically reside at: \_

(complete address)

I declare under the penalty of perjury that the student listed below resides at the above address. I also agree to notify the school within two (2) weeks when residency has been changed. I understand that a new affidavit and a new proof of residency must be submitted. <u>If I move</u> <u>outside the district, appropriate forms will also be required.</u>

Falsification of any information or document required for residency verification or the use of the address of another person without actually residing there may result in; withdrawal of student from Gaylord Community Schools and/or being held liable to reimburse the district for expenses incurred to educate this student.

Student Name	Grade		
Sibling Names	Grade		School

Parent / Guardian Name

Parent / Guardian Signature

Relationship to Student

Date

## **Gaylord Community Schools**

## Consent for Disclosure of Immunization Information to Local and State Health Departments

Immunizations are an important part of keeping our children healthy. Schools and State and Local health departments must monitor immunization levels to ensure that all communities are protected from potentially life-threatening diseases and, if necessary, respond promptly to an emerging public health threat. It is important that disease threats be minimized through the monitoring of students being immunized.

Sharing immunization and personally identifiable information including the students name, Date of Birth, gender, and address with local and state health departments will help to keep your child safe from vaccine preventable diseases. The Family Educational Rights and Privacy Act (FERPA), 20 U.S.C. § 1232g, requires written parental consent before personally identifiable information from your child's education records is disclosed to the health department. If your child is 18 or over, he or she is an "eligible student" and must provide consent for disclosures of information from his or her education records.

You may withdraw your consent to share this information in writing at any time.

I authorize Gaylord Community Schools to release my child's immunization record\_to the Michigan Department of Health and Human Services and Local Health Department. I understand this information will be used to improve the quality and timeliness of immunization services and to help schools comply with Michigan Law. This includes any immunization information and limited personally identifiable information from the school.

Student's Name:	Date of Birth://
Student Building:	Grade Level:
Signature of Parent/Guardian or Eligible Student:	Date://
Printed Parent/Guardian Name:	

Rev.8/2/18

## **Gaylord Middle School** 7<sup>th</sup> Grade Registration 2022-2023

Student Name (print)

## **Electives** Place an X to indicate your elective choice. You can choose one, both or neither.

## Band

Band is a year-long class. The 7<sup>th</sup> grade band program meets daily. Band students perform 3-4 concerts in per year. Members of the 7<sup>th</sup> grade also have the opportunity to play in the pep band and the jazz band. Students also participate in MSBOA District 2 Band Festival and have the opportunity to participate in Solo and Ensemble Festival.

If you choose band, what instrument do you play? Do you possess an instrument?

## Chorus

Chorus is a **year-long** class that is open to all students who are interested in singing. The group will perform several times a year, including at the annual Veteran's Day assembly, a Winter Concert and a Spring Concert. Gaylord Middle School Choirs will also perform at Choir Festivals. Students will also have the opportunity to audition for Middle School State Honors Choir. In addition to learning how to sing, students will also begin learning basic music theory.

## Rotation classes (nine weeks each):

- Art
- Health
- Physical Education
- Math Connection

## 7<sup>th</sup> Grade Schedule

- Students will take the required core classes of Language Arts, Math, Social Studies and Science.
- Students may choose to take both Band and Chorus.
- Students who choose Band or Chorus will also have all rotation classes.
- Students who do not choose Band or Chorus will have all rotation classes and a pair of other elective classes that vary year to year.
- All course offerings are subject to change.

Parent Signature Student Signature

# GAYLORD COMMUNITY SCHOOLS An NCA Accredited School District



## **AFFIRMATION OF PRIOR STUDENT RECORD**

Student Name:	Grade:
Previous School:	
Previous School District:	

### > **DISCIPLINE**

My child has been suspended or expelled from any public or private school in Michigan or any other state for an offense involving weapons, alcohol or drugs, or for the willful infliction of injury to another person or for any act of violence against persons and/or property committed on school premises, at any school sponsored activity, or on a public or private conveyance providing transportation to and from a school or school sponsored activity.

NO

#### SPECIAL EDUCATION SERVICES / Section 504

My child received the following services:

SPECIAL EDUCATION SERVICES (please provide current IEP, MET, etc. if available)

Section 504 (please provide latest 504 plan if available)

**YES** 

The undersigned affirms that the above information is true.

Parent/Guardia	an Name	Parent / Guardian Signature	Date
o:			
	(name of previous school)		
lease check one and re	turn with appropriate student	records:	
Accor	ding to our records, we verify t	hat the information provided above <u>IS</u> correct.	
Accor	ding to our records, the inform	ation provided above <u>IS NOT</u> correct.	
Attachment:	Discipline Records	IEP, MET, 504 Plan, etc.	
	istrict Administrator or Designee	Title	Date

# GAYLORD COMMUNITY SCHOOLS

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Form 8330 F4/Page 1 of 1

## **AUTHORIZATION TO RELEASE CONFIDENTIAL INFORMATION**

Student Name:	DO	B:	Grade:
Has your child ever attended Gaylord Community Schools?	⊖ NO	⊖YES	School Bldg: SME NOE GMS GIS GHS Year/s attended:
School Transferring From:		_ School I	District:
Previous School Address:			
Phone No.: Fax	No.:		

I authorize release of the following records for the child listed above:

	COMPLETE CUMULATIVE		TRANSCRIPT		CURRENT MET, IEP, 504 Plan		Confidential Files (IEPC)	
	BIRTH CERTIFICATE		WITHDRAWAL GRADES		MEDICAL FILE		Psychological & Diagnostic Reports	
	IMMUNIZATION RECORD		CURRENT SCHEDULE		SOCIAL WORKER REPORTS		DISCIPLINE RECORD	
Has the above child received special education services? ONO OYES								
Has/have the above child received section 504 services?				s?	$\bigcirc$ NO $\bigcirc$ YES			
lf	f marked yes, area(s) services provided:							

\* Parental permission is no longer required when records are requested by authorized school personnel in compliance with "Federal Education Rights and Privacy Act, Final Rule on Educational Records, Federal Register, June 17, 1976, Vol41, No. II, Page 2465."

\* The Michigan Attorney General ruled on April 23, 1982 that a school district may not withhold records of a student who transfer to another district if the student has an outstanding obligation to the school district.

Please accept this as a notification that Gaylord Community Schools will be requesting an FTE adjustment per Section 25 for the above student.

UIC No. \_\_\_\_\_

\_\_\_\_\_ First Date of Attendance: \_\_\_\_

Signature of GCS Representative

## PLEASE FOWARD STUDENT RECORDS TO SCHOOL INDICATED BELOW:

Date Request Sent: \_\_\_\_\_

GCS District Registrar	North Ohio Elem.	South Maple Elem.	Gaylord Intermediate School	Gaylord Middle School	Gaylord High School
615 S. Elm Ave.	912 North Ohio Ave.	650 East Fifth Ave.	240 East Fourth Avenue	600 East Fifth Avenue	90 Livingston Blvd.
Gaylord, MI 49735	Gaylord, MI 49735			Gaylord, MI 49735	Gaylord, MI 49735
Phone: 989-705-3027	Phone: 989-731-2648				Phone: 989-731-0969
Fax: 989-732-6029	Fax: 989-731-3387	Fax: 989-731-0095	Fax: 989-732-6475	Fax: 989-732-2632	Fax: 989-731-2585

## **Gaylord Community Schools Transportation Registration Form**

Transportation questions please call: (989) 705-3022



Return Registration forms to Gaylord Mon-Fri all year / or your students' se	-		Office 615 South El	m St 7:30am	- 4:00pm
Date:	□ New	□ Change	□ Moved		
New registration forms must be completed Registrars' Office for all bus changes.			Families with multi only one form.	ple students need	to submit
It may take Transportation Dept. up to 5 sch for busing upon receiving this form.	ool days to arrange	ġ	<sup>®</sup> More processing tir the new school yea		
Student Name			School	Grade	Gender
Bus Stop will be at or closest to the students	address. We car	n accommodate	e ONLY one Pick Up ar	nd ONLY one Drop	Off location
AM Pick Up (check one)	y Care 🛛 Other	Contact Na	ime		
Address		Phone#			
	_				
PM Drop Off (check one)  Home Day			ame		
Address		Phone#			
*Signature of Parent/Guardian*Print		S	ign		
Email:			Phone:		
1	Please Fill	Out Top Hal	f 🕇		
Joint Custody/Shared Parenting Of above, please indicate below. A copy	•	•			han listed
above, please malcate below. <u>A copy</u>				<u>cion jorni</u> .	
Parent Name		Rela	tionship to Studen	t	
AM Pick Up (check one)	y Care 🛛 Other	Contact Na	me		
Address		_Phone#			
PM Drop Off (check one)  Home Day	Care 🗌 Other	Contact Na	me		
Address					
Email:	d custody parer	nts to inform	Phone: students school o		weekly
					-
Route #Stop				BI	US START
Route #Stop Route #Stop					US START

#### UNDERSTANDING CONCUSSIONS

#### **Educational Material for Parents and Students**

(Content Meets MDCH Requirements)

Sources: Michigan Department of Community Health, CDC and the National Operating Committee on Standards for Athletic Equipment (NOCSAE), National Athletic Trainers Association

Some Common Symptoms					
	Headache	Balance Problems	Sensitivity to Noise	Poor Concentration	Not "Feeling Right"
	Pressure in the Head	Double Vision	Sluggishness	Memory Problems	Feeling Irritable
	Nausea/Vomiting	Blurry Vision	Haziness	Confusion	Slow Reaction Time
	Dizziness	Sensitivity to Light	Fogginess	"Feeling Down"	Sleep Problems
			Grogginess		

### WHAT IS A CONCUSSION?

A concussion is a type of brain injury that changes the way the brain normally works. A concussion is caused by a fall, bump, blow, or jolt to the head or body that causes the head and brain to move quickly back and forth. A concussion can be caused by a shaking, spinning for a sudden stopping and starting of the head. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious. A concussion can happen even if you haven't been knocked out.

You can't see a concussion. Signs and symptoms of concussions can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If the student reports any symptoms of a concussion, or if you notice symptoms yourself, seek medical attention right away. A student who may have had a concussion should not return to activity on the day of the injury and not until a health care professional says they are okay to return to activity.

#### IF YOU SUSPECT A CONCUSSION:

- 1. SEEK MEDICAL ATTENTION RIGHT AWAY-A health care professional will be able to decide how serious the concussion is and when it is safe for the student to return to regular activities, including sports. Don't hide it, report it. Ignoring symptoms and trying to "tough it out" often makes it worse.
- 2. KEEP YOUR STUDENT OUT OF ACTIVITY-Concussions take time to heal. Don't let the student return to activity the day of the injury and not until a health professional says it is okay. A student who returns to activity too soon, while the brain is still healing, risks a greater chance of having a second concussion. Young children and teens are more likely to get a concussion and take longer to recover than adults. Repeat or second concussions increase the time it takes to recover and can be very serious. They can cause permanent brain damage, affecting the student for a lifetime. They can be fatal.
- TELL THE SCHOOL ABOUT ANY PREVIOUS CONCUSSION(S)-Schools should know if a student had a previous concussion. A 3. student's school may not know about a concussion received in another sport or activity unless you notify them.

#### SIGNS OBSERVED BY PARENTS:

- Appears dazed or stunned Can't recall events prior to or after a hit or fall Answers questions slowly Is confused or has trouble with homework or Appears fatigued Loses consciousness (even briefly) school assignments Forgets an instruction Moves clumsily Shows mood, behavior or personality changes

#### **CONCUSSION DANGER SIGNS:**

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. If a student sustains a bump, blow or jolt to the head or body and the following danger signs are present, immediate medical attention should be sought at the closest emergency department.

- One pupil larger than the other
- ٠ Repeated vomiting or nausea
  - Has unusual behavior
- Weakness, numbness or decreased coordination
- places
- Becomes increasingly confused or agitated
- A headache that gets worse
- Loses consciousness (even briefly)
- Is drowsy and cannot be awakened
- **Convulsions or seizures**

- Slurred speech
- Cannot recognize people or
  - WHAT SHOULD YOU DO?

If a student reports one or more symptoms of a concussion after receiving a bump, blow or jolt to the head or body, h/she should be immediately removed from activity (this includes but is not limited to, athletics, PE classes, band, dance, aerobics, theatre and choir.) The student should only return to activity with the permission of a health care professional experienced in evaluating concussions. Rest is key during recovery. Exercising or activities that require a lot of concentration (such as studying, working on the computer or playing video games) may cause concussion symptoms to reappear or get worse. Students who return to school after a concussion may need to spend fewer hours at school, take rest breaks, be given extra help and time, and spend less time reading, writing or on a computer or iPad. After a concussion, returning to sports and school is a gradual process and should be monitored by a health care professional. Concussions affect each individual differently. Some may recover quickly and fully while others may have symptoms that last for days, weeks or even months.

To learn more, go to www.cdc.gov/concussion

# **CONCUSSION AWARENESS**

## EDUCATIONAL MATERIAL ACKNOWLEDGEMENT FORM

By my name and signature below, I acknowledge in accordance with Public Acts 342 and 343 of 2012 that I have received and reviewed the "Understanding Concussions: Education for Parents and Athletes" provided by <u>Gaylord Community Schools.</u>

Student Name Printed

Parent or Guardian Name Printed

Student Name Signature

Parent or Guardian Name Signature

Date

Date

Return this signed form to your school's athletic office or to your coach. The school must keep this on file until the student is age 18. We realize this may not be the first nor the last time you sign and submit this form, as each organization needs to have a copy. Thank you for your cooperation and understanding.

Students and parents please review and keep the educational materials available for future reference.