# SCHOOLFirst

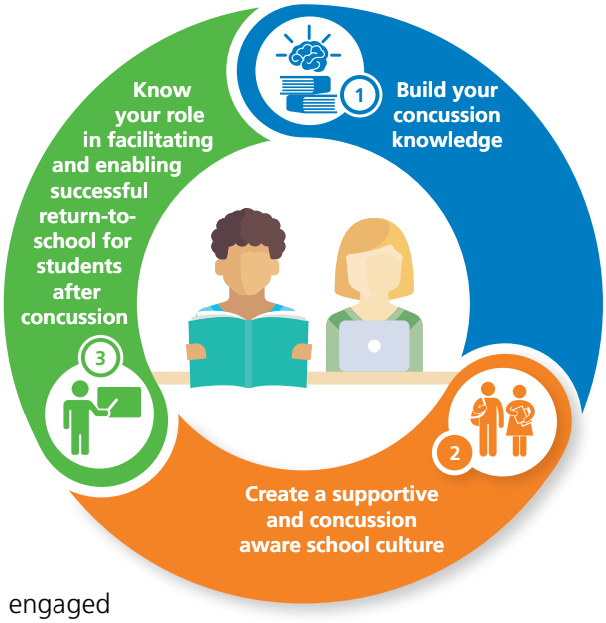
Enabling successful return-to-school for Canadian youth following a concussion

A concussion is a complex injury. Students with a concussion require support and guidance to help them plan and organize how to reintegrate back into school.

You can be a concussion champion and support students to successfully return-to-school and life after a concussion. To be a **Concussion Champion** you need to:

## Create a supportive and concussion aware school culture

Having a school culture that is concussion aware and supportive involves prioritizing the needs of the student. Everyone plays a role in creating a safe and supportive environment to enable students to return-to-school after a concussion.




As a **Concussion Champion**, you can help build a school environment that is concussion aware and supportive by:

1. getting the right people on board (e.g. central point-person) to support the students
2. recognizing the importance of providing concussion education to school staff
3. helping teachers and school staff to feel engaged and empowered in supporting students

Look at the "Create a supportive and concussion aware school culture" section of the SCHOOLFirst tool to:

- understand the role of a central point-person within the school for a student with a concussion
- identify education opportunities for teachers, peers and families
- learn about solution-focused coaching as an example of a strengths-based approach that can engage and empower students, teachers and school staff
- read about how Bill Crothers Secondary School in York Region created a concussion protocol to support their students with a concussion

To learn more, please download the SCHOOLFirst tool at:
**www.hollandbloorview.ca/SCHOOLFirst**

Holland Bloorview Kids Rehabilitation Hospital | Concussion Centre