

Concussion guide for

# PARENTS AND CAREGIVERS



Parachute  
Concussion Series

## What is a concussion?

A concussion is a brain injury that cannot be seen on routine X-rays, CT scans, or MRIs. It affects the way a child may think and remember things, and can cause a variety of symptoms.

## What are the signs and symptoms of a concussion?

**Your child does not need to be knocked out (lose consciousness) to have had a concussion.** Your child might experience one or more of the following:

Thinking Problems	Child's Complaints	Other Problems
<ul style="list-style-type: none"> <li>Does not know time, date, place, details about a recent activity</li> <li>General confusion</li> <li>Cannot remember things that happened before and after the injury</li> <li>Knocked out</li> </ul>	<ul style="list-style-type: none"> <li>Headache</li> <li>Dizziness</li> <li>Feels dazed</li> <li>Feels "dinged" or stunned; "having my bell rung"</li> <li>Sees stars, flashing lights</li> <li> ringing in the ears</li> <li>Sleepiness</li> <li>Loss of vision</li> <li>Sees double or blurry</li> <li>Stomachache, stomach pain, nausea</li> </ul>	<ul style="list-style-type: none"> <li>Poor co-ordination or balance</li> <li>Blank stare/glassy-eyed</li> <li>Vomiting</li> <li>Slurred speech</li> <li>Slow to answer questions or follow directions</li> <li>Easily distracted</li> <li>Poor concentration</li> <li>Strange or inappropriate emotions (i.e., laughing, crying, getting mad easily)</li> <li>Not participating well</li> </ul>

It is harder for infants, toddlers, and preschoolers to communicate how they are feeling. If you have a young child, you might notice any of the following: crying more than usual; unsteady walking; lack of interest in favourite toys; changes in nursing, eating or sleeping patterns; or loss of new skills, such as toilet training.

**Get medical help immediately if your child has any "red flag" symptoms** such as neck pain, repeated vomiting, growing confusion, seizures, and weakness or tingling in their arms or legs. These may be signs of a more serious injury.



Parachute is Canada's  
leading national charity  
dedicated to injury prevention.

[parachutecanada.org](http://parachutecanada.org)



For concussion info on the go, download the app



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# THE GRIZZLY GAZETTE

September/October, 2020

Issue # 1 and 2

K. Simpson, Principal

D. Aspden, Vice-Principal

B. Sinnesael, Secretary

R. Kuiper, Superintendent of Education

## PRINCIPAL'S MESSAGE

Welcome back! We are so happy to be back at school with our students, your children!

We want to again thank you for your patience and flexibility as we worked to welcome our students back to school safely.

This school year may look different, as does our community and our world right now. What has not changed, is not different, is that we are here to educate and support our students; to teach and to learn.

Typically at the beginning of the school year we host our Meet the Family event. While we are not able to gather together for that this year, we are hoping to connect with you virtually in some manner. We will provide you with information as it becomes available.

The Ministry of Education mandates that schools hold specific emergency drills each year. We will be holding those drills this year (fire, high winds/tornado and Code Red/Lockdown), but they will be practiced differently. Please refer to the next page of the newsletter to read about how these drills will be conducted during the pandemic in order to keep the students safe.

We will also have some construction involving the gym beginning this week. They hope to have this project completed by the end of October.

Please do not hesitate to reach out to the school if you ever have any questions or concerns.

Ms. Simpson

## Dates to Remember

**September 29:** Fire Drill

**September 30:** Rowan's Law Day  
Orange Shirt Day

\*This year, Rowan's Law Day coincides with Orange Shirt Day, both being on September 30<sup>th</sup>. Because of this, schools across the TVDSB are encouraged to educate students about Rowan's Law, and concussion awareness, prevention, and management, at any time during the week of September 28-October 2. This allows an equal opportunity to commemorate both days.

\*Every year, Orange Shirt Day, Every Child Matters is held on September 30<sup>th</sup>. This is an important National initiative to honour survivors and remember those who didn't make it home, on or around this day. Please visit the website below for information about Orange Shirt Day:  
<http://www.orangeshirtday.org/>

**October 2:** Fire Drill

**October 5:** Lockdown (Code Red) Drill  
School Council Meeting

**October 6:** Fire Drill #3

**October 8:** High Winds/Tornado Drill

**October 12:** Thanksgiving – no school

**October 21:** Immunization - Grade 7  
(Hep B, Men-C-ACYW135 and HPV)

**October 30:** Orange and Black Day



Thanksgiving

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*A Place of Opportunities :  
We build each child's tomorrow, every day*

Annandale Public School  
60 Tillson Avenue  
Tillsonburg, Ontario N4G 3A1

## MANDATORY DRILLS

### **Fire Drill:**

- Three (3) Fire Drills will be conducted in each the Fall and Spring.
- The total evacuation of the school will take place per procedures outlined in the approved school Fire Safety Plan. As only a few classrooms may be able to evacuate simultaneously, the scheduling of individual classroom evacuations will be required.
- Individual classrooms will evacuate in a manner that ensures physical distancing and the wearing of masks (as required) is maintained in accordance with public health guidance.
- Individual classes or cohorts practice evacuation procedures by walking the primary and secondary exit routes, while maintaining physical distancing.
- Once the class has safely evacuated from the building, students walk to assigned meeting areas before returning to the classroom, all while physically distancing and wearing masks (as required).
- Once the students and teachers have returned to the classroom, they will sanitize/wash their hands.

**\*Note: When a fire alarm sounds, that is not a planned drill, the total evacuation of the school shall proceed as per procedures outlined in the approved school Fire Safety Plan (i.e., everyone evacuates the building as quickly as possible).**

### **Code Red/Lockdown Drill:**

- One (1) Lockdown Drill will be conducted in each the Fall and Spring.
- All mandated personal protective equipment and face coverings shall be worn during entire drill.
- On announcement of the drill, Instructional Staff will direct students to appropriate areas and follow the appropriate procedures.

### **Tornado/High Winds:**

- One (1) High Wind Drill will be conducted in each the Fall and Spring.
- Single Classrooms shall perform the drill at a time to determine their placement within a school and practice the proper positioning once there.

### **Walk Your Wheels**

All bicycles and scooters are to be secured to the bike racks. Scooters and skateboards cannot be kept in the classrooms or at cubbies as they present a safety hazard to both students and staff (tripping and blocking exit routes in the case of an emergency).

### **Peanut and Nut Allergies**

***We currently have students registered at our school that have peanut and nut allergies and as such we are deemed a Peanut/Nut Safe school. Please refrain from sending peanut or nut products in student lunches to ensure that our students are safe during the school day.***

***Thank you for your support!***

## Home Connections in Mathematics



### *Home Connections in Math*

#### *September 2020*

It's an exciting time in mathematics right now. In late June, the Ministry of Education announced the release of the new elementary mathematics curriculum for grades 1 to 8. This new elementary math curriculum describes the knowledge and skills that students are expected to learn in each grade. It is organized into six areas: number, algebra, data, spatial sense and financial literacy, with social-emotional learning skills in mathematics and mathematical processes being taught as part of the learning through all strands. Social-emotional learning skills help students build confidence in their math skills and think critically to support their overall well-being.

The Ministry has revised the assessment and reporting procedures for the math curriculum. There will be only one mark for math, instead of providing a separate mark for each strand.

Mathematics is an integral part of our daily lives. Therefore, [The Curriculum Context](#) outlines the vision, principles and goals of the new mathematics curriculum. We want students to see the value and beauty of mathematics. There is a lot of work to be done to support our students in learning mathematics and parents/guardians play an important part in the learning process. The following link outlines the [Roles and Responsibilities in Mathematics Education](#) in Mathematics Education for all stakeholders including students, parents, teachers, principals, and community members.

Resources and additional information can be found on the Ministry's Curriculum and Resources website:

- [New Elementary Math Curriculum](#)
- [Key Changes – Ontario Mathematics Curriculum](#)

We will continue to provide any updates and support from the Ministry to all our families.