

Menlo School Recommendations

Cognitive Rest for Concussions*

Do	Don't
Get as much sleep as possible and don't wake up to an alarm—wake naturally	Go to movies, concerts, dances, sporting events or other events with loud noises, bright lights or a lot of people.
Allow short visits with one or two friends	Read difficult books or do mind games
Watch sports on TV with low volume	Send or read text messages
Take short walks around your house or neighborhood	Play handheld video games
Go onto social media sites (Facebook, Twitter, Instagram) for no more than 20 min/day	Look at a computer screen for more than 20 minutes
Rest in a quiet room with no bright lights	Do school work for the first 24-72 hrs
Communicate to your teachers, school nurse, advocate, parents and physician about how you feel	Use the time off from school work to study for SAT/ACT, write college essays or complete college applications

*Remember to always follow the recommendations of your physician. Listen to your body and allow time for your brain to rest and recover. Many experts agree that for the first couple of days after sustaining a head injury, cognitive and physical rest is the cornerstone to a successful recovery. If you have an increase in your symptoms during class, excuse yourself and go to the School Nurse immediately.

You should contact the School Nurse as soon as you have been diagnosed with a concussion in order for her to coordinate your academics with your teachers. This will also include temporary academic accommodations while you recover, if indicated. Please note that in the event you receive academic accommodation because of a head injury, Menlo's policy is that you do not attend Menlo-sponsored co-curricular activities. While receiving temporary academic accommodations due to your head injury, you are not allowed to participate in School-sponsored extracurricular events without express permission from the School Nurse or the Dean of Students.

If you have any questions, please contact Joan Barada at 650.743.1400 or Jon Cohen at 650.714.9761