

RIPPLES FROM THE HARBOR



OCTOBER 2012

Your Monthly Newsletter from
Cold Spring Harbor Junior/Senior High School

COMMUNITY ORGANIZATIONS

ARTS BOOSTER CLUB

(Please see attached flyer)



Special Education PTA
everychild. onevoice.®

Thanks to your support we are happy to report SEPTA has enjoyed its biggest Membership Drive numbers yet!

The Lloyd Harbor School Homework Club initiative has produced such an overwhelming response we will be adding a second session to begin in January of 2013. If you are still interested in signing up for the current session there are still openings. We will hold the club every Tuesday and Thursday, 3:15 – 4:15, beginning October 16th and running through to holiday break. The cost is \$400 for 20 sessions of 5:1 student/teacher ratio help with any homework/project your child is currently working on. We are working with the Special Education Department to broaden the reach of our Homework Help Club to other buildings. Stay tuned!

At CSH High School SEPTA will be developing our Transitions Program in conjunction with the Guidance Department. The program will be designed to aid students as they transition from high school to college. If you would like to suggest ideas to augment this program or any other programming, please join us at **10am October 2nd at the Cold Spring Harbor Library** for our general session meeting where we will discuss building-level programming ideas. Your input counts!

CALENDAR CHANGE!!!! October 10th is a Welcome Mixer Luncheon to be held at District Office. Meet your Cold Spring Harbor School District Special Education Staff October 10th at 12noon. Come have a wrap, some coffee and chat with the people that make your child's education even more special.

Our last Lunch and Learn was a success! We had such a wonderful time at lunch and encourage anyone who wants to join us to text 917-837-1114 for the location. Maybe Cassis? October 24th at noon.

CULTURAL ARTS COMMITTEE (CAC)

The CAC is looking forward to bringing many new programs to the Jr./Sr. High School as well your favorite workshops from years past.

On Wednesday, September 19th and Thursday, September 20th, 7th graders participated in “**Journey into American Indian Territory**” in the PAC to enhance their understanding of the Algonquian and Iroquoian Indians way of life. The students learned through group interactive projects the role that cooperation plays in survival.

On Friday, September 28th the “**Civil War Living Historians**” brought Company K of the 67th New York Volunteer Infantry to the PAC for our 8th grade Social Studies classes. The students learn firsthand the life of a Civil War soldier.

Award-winning writer, Brian Heinz returns on Monday, October 1st and Tuesday October 2nd to conduct a writing workshop for the 7th grade English classes. Using readings, discussions, and interactive writing exercises the students learn how to identify the critical elements of a story.

All are welcome to attend our next CAC meeting at West Side Elementary School on Thursday, October 18th @ 9:30AM.

LITTLE APPLE FUN RUN

Start Training!

- The 19th Annual LHS Little Apple Fun Run is on November 4, 2012.
- Get exercise and enjoy spending time with your family and friends while you help raise money to support our school. The 1 mile fun run begins at 9:30 am and the 5K begins at 10:30 am. You will be able to register soon at LHSPTG.org or active.com. Physical registration forms will go out in LHS, WSS and GHS student’s backpacks and be placed throughout CSH HS and around Huntington and Cold Spring Harbor businesses.
- If you are interested in volunteering to help or interested in sponsoring the race at any monetary level, please contact Terri Coyle at (631) 659-3253 or pnpterri@gmail.com . All sponsors will receive recognition in our 2012 race flyer. Business sponsors at \$200 or more will be recognized on the back of the race t-shirt. Please provide Terri Coyle with your business card or artwork as soon as possible, if you are interested in being on the back of the t-shirt.
- We are looking forward to this wonderful event and hope that you will join us!

DISTRICT NEWS

Board of Education Meeting -Tuesday, October 9, 2012 at 8:00 PM, Location TBD.

SCHOOL NEWS

Cold Spring Harbor High School seniors Kristen Seaman and Emily Gazzola were recently named in the 2012-2013 Long Island Arts Alliance Scholar Artist program, as Scholar Artist and recipient of an Award of Merit, respectively.

Kristen Seaman is one of 20 students from Nassau and Suffolk Counties named as a Scholar Artist island-wide and is the second CSHHS student to be recognized this way. Kristen, an accomplished ballerina and member of the high school Chamber Orchestra, submitted a video portfolio of her work along with an essay and recommendation letters to the Educators' Committee, who notified her in late August of the honor. As a Scholar Artist, Kristen will receive both a financial and commemorative award, and is now eligible for Scholar Artist scholarships to several Long Island colleges. Kristen is the second CSHHS student to be recognized by the Long Island Arts Alliance (LIAA). Her sister, Catherine Seaman, was honored as a recipient of the same award in 2009-10.

Emily Gazzola submitted a video of a monologue and a musical theater piece under the tutelage of Helen Prep and Robert Matthews, respectively, for which she is recognized as one of 20 island-wide students with an Award of Merit in Theater. She is a member of the Musical Theater class, drama club and has participated in several drama and musical productions at CSHHS.

In addition, senior violinist Nikolette DeBenedictis will receive a Certificate of recognition from LIAA for her exemplary work in music.

Kristen will be featured with profiles in a June Newsday piece and both students will be honored at the Scholar Artists Gala next spring at the Tilles Center of the Performing Arts, C.W. Post.

Congratulations, Kristen and Emily, for achieving recognition in this highly competitive program!

DELAYED SCHOOL OPENING: Please note that there will be a **delayed school opening on Friday, October 5th**. Classes will not begin at the Junior/Senior High School until **10:45am** with the normal dismissal time of 2:25 pm. **Students will be attending shortened periods 1 through 9 classes that day.**

ATTENTION WINTER ATHLETES: Winter sports for the Jr. High start on Monday, November 5, 2012. For the High School, all sports start on Tuesday, November 13, 2012. Participants must bring a completed Coaches Authorization Card to the Health Office and must have a current physical on file. Cards can be obtained in the Main Office. For those students needing a physical, the school doctor will be in the Health Office on Monday, November 5, 2012 at 7:45 am. Students needing a physical must report to the Health Office **PROMPTLY** at 7:45 am. If you have any questions, see Ms. Pendel or call (631) 367-6904.

FROM THE HEALTH OFFICE: In order to keep our students as healthy and safe as possible, we would like all parents to stress to their children the importance of good hygiene. Encourage them to wash their hands often and to cover their mouth with the crook of their elbow when they cough. Send them to school with bottled water and/or drinks and tell them not to share their drinks with their friends.

Most important of all, if your child is sick, keep him/her home. If your child tells you that he/she is not feeling well, please take your child's temperature. If your child has a temperature of 100° or above, he/she must stay home until they are fever free without medication for 24 hours. Hopefully, with your help we can all have a safe and healthy school year.



ARTS BOOSTER CLUB ~ 2012-13 School Year

It's All About the Kids!

We support every student who plays an instrument in the band or orchestra, sings in the chorus, takes Music or Art courses, participates in the school's Art, Improv and Drama clubs, auditions for a school production, or writes for the literary magazines.

Money we raise supports all of these programs:

**Art Club * Coffeehouse Jams * Comedy Improv Night
Jr. and Sr. High Drama Clubs * Sr. High Musical Theater Production
Sr. High Drama Club Production * All-District Art Show
Jr. High Musical Theater Production * Musical Theater Class Showcase
Grok & Tapestry – Creative Writing Magazines
Annual Pops Concert * Fashion Design Runway Show**

And allows us to make additional school improvements – including new pianos, tables, Chorus Microphones for the PAC, dress forms for Fashion Design students, mirrors for the Chorus Room, building materials for the Media Arts classroom, uniforms for the Pep Band, shadow boxes and much more!

We recognize student achievements through:

**Arts Booster Club Senior Awards * The Cynthia Brock Memorial Award
Stage Crew Recognition Gifts * Tri-M Induction Ceremony
Senior Arts Recognition Dinner
Band, Orchestra & Chorus Hall of Fame * Musical Theater Wall of Fame**

***** PLEASE JOIN US FOR THIS SCHOOL YEAR! *****

Your membership enables us to encourage and celebrate our students' endeavors in all the Arts.

Membership Level:

Other Gold Patron-\$200 Patron-\$100 Friend-\$50 Member-\$35

Separate Donation (if you prefer) for the **Cynthia Brock Memorial Award Fund:** \$ _____

TOTAL ENCLOSED PAYABLE TO ARTS BOOSTER CLUB: \$ _____

Name(s) _____

E-Mail Address (to notify you of all events and meetings) _____ @ _____

Telephone Number (_____) _____ -- _____

My child's interests lie in the areas of Music Art/Fashion Theatre Creative Writing

*Please make your check payable to Arts Booster Club & mail it to:
Janet LaGarenne, 4 Fiddlers Green, Lloyd Neck, NY 11743*



Teen Advisory Board

**Thursday, October 4, 2012
7 to 8 pm**

**We're going to have a blast
and make Monster Cupcakes
to kick off October!**

Share your ideas while having fun!

**Looks great on college
applications!**

For Students in Grades 6-12

**Cold Spring Harbor Library
95 Harbor Road
Cold Spring Harbor, NY 11724
631.692.6820 www.cshlibrary.org**

Volunteer @ Your Library!

Volunteer Opportunities are
available for Cold Spring Harbor
Library patrons in Grades 7-12

Meetings are held EVERY Thursday
at 6:30 pm in the Children's Room



Cold Spring Harbor Library
95 Harbor Road, Cold Spring Harbor, NY
631-692-6820

Teen College Series

College Essays

Tuesday, October 9, 7pm



The most stressful part of the college application process can be writing the personal essay. The Edge in College Prep will give a one hour talk on how you can choose the perfect topic.

For Teens and Their Parents

Registration Required

Cold Spring Harbor Library

95 Harbor Road, Cold Spring Harbor, NY 11724

631.692.6820 www.cshlibrary.org



The yearbook is now on sale!

Order your Junior High or Senior High yearbook @ Yearbookforever.com

October 17th is the deadline for Senior Dedication pages.

Please click here for sizes, fees, and instructions:

<http://www.csh.k12.ny.us/files/filesystem/senior%20high%20yearbook%20info1.pdf>

Our Senior High Yearbook is a hardcover, 288 page, full-color custom book.
Our Junior High Yearbook is a hardcover, 64 page, full-color custom book.

SENIOR QUOTES are due: Wed, October 17th

Quotes only should be e-mailed to klevy@csh.k12.ny.us

Please do not e-mail photos- the volume will crash our in-box! Submissions will not be returned.

IMPORTANT: Submissions to the yearbook are entirely separate from the submissions to the Senior Slide Show. The photos are not passed back and forth between clubs. Please submit separately. Senior Slide Show pictures go to Mrs. Segura.

All students who participate in clubs will have their club photo taken January 8,9 (Senior High) or Jan 10 (Junior High) - there are no retakes.

We look forward to your submissions- they make the yearbook exciting for the students, and more meaningful. If you want to see a sample of recent yearbooks, and what each section looks like, the Cold Spring Harbor Public Library has last year's yearbook available. Enjoy reminiscing!

COLD SPRING HARBOR SCHOOLS
COLD SPRING HARBOR JR. /SR. HIGH SCHOOL
Office of the Director of Physical Education and Athletics

October 2012 OBSERVATION & COMMENT FROM THE DIRECTOR

Attention Jr. High School Parents: Modified Winter I Sports will begin on Monday, November 5th, 2012.
JHS Boys Basketball- 3 teams (8/7 & 7/8) JHS Winter Track for Boys and Girls- 1 team (7/8)
JHS Girls Volleyball- 3 teams (8/7/7&8) JHS Boys Swimming- 1 team- (7/8)

There are eliminations in the sports of boys' basketball and girls' volleyball. Usually we carry on each basketball & volleyball team approximately 15 young boys and girls. In the sports of boys swimming and co-ed winter track there are no eliminations.

The sports that have three teams (basketball and volleyball) are put together this way:

- 8th grade team: More Skilled- Usually this team has a more competitive schedule
- 7th grade team: More Skilled- This team usually has a more competitive schedule
- 7/8th grade team: Lesser Skilled- This team usually has a schedule that approximates this level of ability

If a student-athlete is eliminated from the basketball and/or the volleyball teams I would encourage them to join the boys swimming team or the co-ed Winter Track team.

HOMECOMING : OCTOBER 15TH-20TH...PEP RALLY IN THE FIELD HOUSE ON FRIDAY, OCTOBER 19TH, 2012.
FALL SENIOR ATHLETE PHOTOS ON FRIDAY, OCTOBER 19TH FROM 3-4PM AT TENNIS COURTS.
VARSITY FOOTBALL AND VARSITY CHEERLEADERS WILL TAKE THEIR PICTURES AT 2:30PM ON SEAHAWK FIELD JUST PRIOR TO VARSITY FOOTBALL GAME.

VARSITY WINTER SPORTS: Begin on Tuesday, November 13th, 2012

FOOTBALL HELMET ARTICLE (SEE ATTACHED)

VARSITY GIRLS SWIMMING & DIVING: Varsity Girls Swimming and Diving off to a great start. They currently are 4-1. Again they are dominating their competition without their own school pool. Team practices at local Huntington Y and Divers practice at Jericho High School each day. Upcoming schedule:

Upcoming games		
10/11	at Bethpage ()	5:00 pm
10/15	at Oceanside (Oceanside Jewish Community Cen.)	4:30 pm
10/18	at Port Washington (Port Washington Yacht Club)	4:45pm

VARSITY GIRLS SOCCER OFF TO GREAT START: Varsity Girls Soccer off to a great start with a 8-1 record. Their only loss was to Garden City 4-3 in a hard fought contest. Team is working hard to win yet another Nassau County and LI Championship and head to State Playoffs again. Sr. Goalkeeper Stephanie Mahder makes another save.



Freshman Katie Hudson headed towards the goal...





Katherine Rueger anchors our Seahawk defense...



Teresa Fazio on her way to score another goal for our Seahawks...

Upcoming games:

Upcoming games

10/2	vs New Hyde Park Game preview	4:45 pm
10/4	at Friends Academy () Game preview	4:15 pm

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10/10	vs Bethpage	4:15 pm
10/15	vs Wheatley	4:15 pm
10/18	at Carle Place ()	4:15 pm
10/22	at Locust Valley ()	4:15 pm

VARSITY BOYS SOCCER: Varsity Boys Soccer working hard to get into playoffs. Having difficult time scoring. Team is currently 2-5-1. Remaining games: **Upcoming games**

10/2	vs Oyster Bay Game preview	4:30 pm
10/4	at Locust Valley () Game preview	4:15 pm
10/9	at Friends Academy ()	4:15 pm
10/11	vs Carle Place	4:30 pm
10/13	vs Valley Stream North	10:30 am
10/16	vs Wheatley	4:30 pm
10/18	at Oyster Bay (Vernon School)	4:15 pm

VARSITY FOOTBALL: Varsity Football team is also working hard. They currently have a 1-3 record with big games coming up with **Upcoming games**

10/5	at Mineola (HAMPTON STADIUM) Game preview	7:00 pm
10/13	at Seaford ()	5:00 pm
10/20	vs Malverne	3:30 pm
10/27	at Valley Stream North ()	1:30 pm

VARSITY GIRLS TENNIS: Team is working very hard. Currently team is 6-1 with their only loss to Great Neck South. Team is looking to repeat as Conference Champions again this year.

Upcoming games

10/3	at Great Neck North (Memorial Field)	4:15 pm
10/5	at Great Neck South ()	4:15 pm

10/9	vs Herricks	4:30 pm
10/12	at Wheatley ()	4:15 pm

VARSITY FIELD HOCKEY: Young team is currently 3-3 with two of its losses coming to Garden City (3-0) and Manhasset (3-1). Upcoming games:

Upcoming games

10/3	at Seaford () Game preview	4:15 pm
10/5	vs Floral Park Game preview	4:30 pm
10/9	at Great Neck North (PARKWOOD)	4:30 pm
10/11	vs Wheatley	4:15 pm
10/15	at Manhasset ()	4:30 pm
10/17	vs Garden City	4:30 pm
10/22	vs Clarke	4:45 pm

VARSITY GIRLS VOLLEYBALL: Varsity Girls Volleyball team earns victory against Roosevelt 3-0 as well as victory over _____ . Team is working hard this year.

Upcoming Contests are as follows:

Upcoming games

10/3	vs Wheatley	4:30 pm
10/9	at Malverne ()	4:30 pm
10/11	vs Island Trees	4:30 pm
10/15	at Valley Stream North ()	4:15 pm
10/17	at Roosevelt ()	4:30 pm
10/19	at Locust Valley ()	4:15 pm
10/23	vs Oyster Bay	4:30 pm
10/25	at Wheatley ()	4:15 pm

VARSITY BOYS GOLF:

VARSITY CROSS COUNTRY: Senior Lauren Dorsky has continued to run well for the Seahawks. She has a first and a second place finish in her two Conference Meets and has medaled in the two cross country invitationals the team has competed in at Sunken Meadow State Park.

There are a number of young runners on the team who have put up some outstanding times.

Eighth grader Connor Lynn set the school record in the 1.5 mile course at Sunken Meadow State Park with a time of 8 minutes 28 seconds. Freshmen Blake Walsh and Eric Zhou were right behind him with times of 8 minutes 40 seconds and 9 minutes 3 seconds.

The freshmen on the girls' team all ran well in their 1.5 mile race. Nicole Schaffer (8:37), Michaela Kufner (8:38), and Kristen Incorvaia (10:34) all ran their personal best times.

Athletic Office Staff: Now working part-time from 3:00pm-6:30pm in our office is Miss Laura Agudo who will begin on October 10th, 2012.

ATHLETIC WEBSITE: Please check the Athletic Website. It can provide you with much information. The Cold Spring Harbor Handbook will be updated shortly with up to date changes as a result of NYSPHSAA (New York State Public High School Athletic Association) information. In the meantime the handbook contains valuable information.

QUICK LINK TO GETTING YOUR SON OR DAUGHTER'S SCHEDULE: *See attached*

1. Athletic Website
2. Interscholastic Athletics
3. Game Schedules...follow prompts and fill in the blanks:

Legend:

Jr. HS Tennis:	COLD SPRING HBR JHS
Jr. HS Girls Soccer 7 th Grade:	COLD SPRING HARB 7 WHITE
Jr. HS Girls Soccer 8 th Grade:	COLD SPRING HAR 8 RED
Jr. HS Field Hockey 7 th Grade:	COLD SPRING HARB 7 WHITE
Jr. HS Field Hockey 8 th Grade:	COLD SPRING HAR 8 RED
Jr. HS Field Hockey 7 th Grade:	COLD SPRING HARB 7 WHITE
Jr. HS Boys Soccer 8 th Grade:	COLD SPRING HAR 8 RED
Jr. HS Boys Soccer 7 th Grade:	COLD SPRING HARB 7 WHITE
Jr. HS Co-Ed Cross Country:	COLD SPRING HBR JHS
Jr. HS Football:	COLD SPRING HBR. JHS

4. Once on Sports Pak...Plug in the school ([See Legend Above](#))
5. Change Ending Date to 2013 (**so that you get full schedule**)
6. Then pick sport (e.g. Girls Soccer)
7. Level for Jr. HS is JHB
8. Check off Include All Visitors
9. Then hit Format to Print

Quotes of the Month:

"Every day is a new opportunity. You can build on yesterday's success or put its failures behind and start over again. That's the way life is, with a new game every day, and that's the way baseball is." - Bob Feller

**"Leadership is a Contact Sport"...Richard Meade-
Head Lacrosse Coach-Furman University. Formerly
the Head Lacrosse Coach at the USNA.**

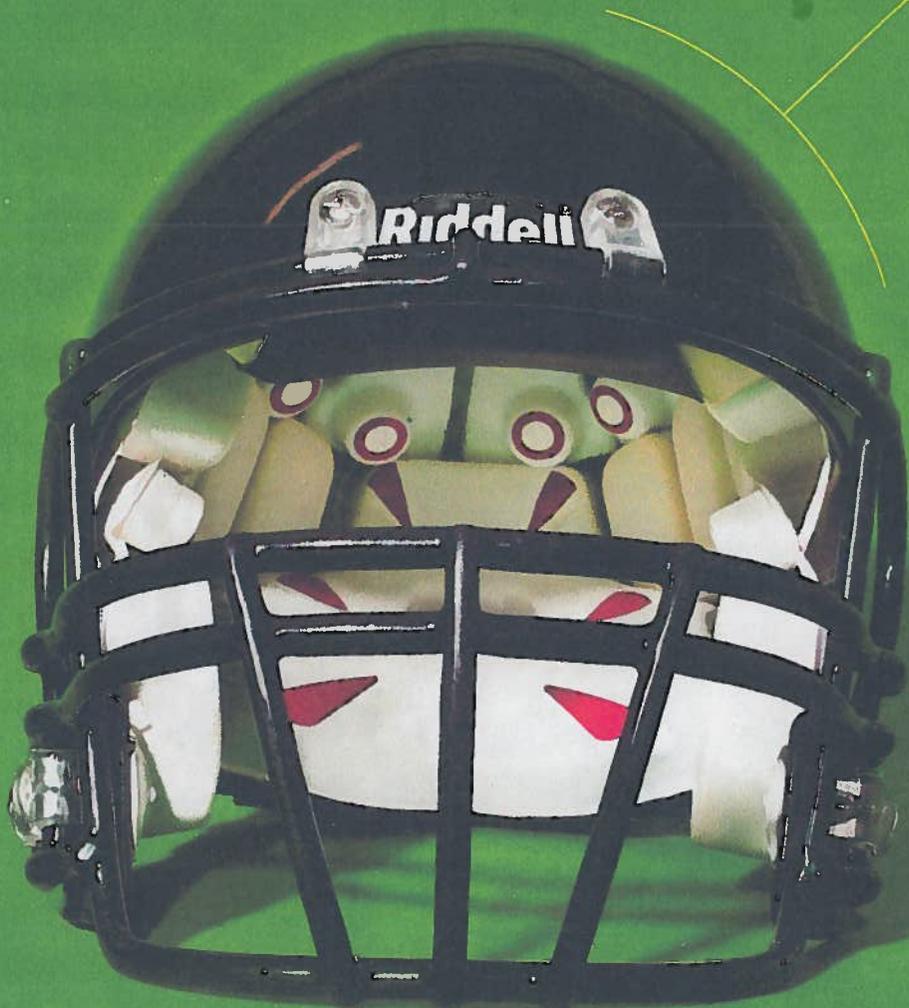
And as always: "It is the choices that make us who we are and we can always choose to do what is right".

Hope to see you on the fields of play...Jim Amen Jr.

Health & Science

Field Goal. How scientists are making football safer

By Alice Park



1

BETTER HEAD PROTECTION

At Wake Forest Baptist Medical Center, researchers are collecting data from youth players wearing helmets equipped with sensors that can record the force and direction of a hit. This information will be paired with brain scans and cognitive tests of players taken at the beginning of the season and could ultimately be used to build better commercial helmets.

2

SMARTER INFO ABOUT WHEN TO BENCH

When dazed players come off the field, they generally can't go back on if their hips sway more than 30 degrees while they're standing (a sign of potential head injury). Doctors now just eyeball the distance, but Cleveland Clinic researchers are using iPad accelerometers and gyroscopes to make the measurement more accurate.



An iPad strapped to the waist helps measure movement

3

MORE-PROTECTIVE FACE GEAR

To gather more information on how the brain reacts to blows, scientists at Stanford University developed a mouthpiece embedded with sensors that can record the linear and rotational force of impacts and are often more accurate than sensors on helmets, which can shift during play.



It's a given that football players will get roughed up on the field. But how much is too much?

A recent study of retired NFL players shows they are four times as likely to die of a brain disorder like Alzheimer's as those who didn't play. And former players like ex-Redskins quarterback Mark Rypien who say they weren't adequately protected on the gridiron have filed

a class action against the league, putting the NFL on the defensive. Commissioner Roger Goodell has vowed to make the game safer; last year the league helped decrease concussions 40% by moving the kickoff from the 30-yard line to the 35-yard line. And the NFL is considering rules that would restrict linemen to a two-point stance (thus forcing them to be more upright and thereby

avoid head collisions) and eliminate headfirst plays for running backs.

The real action, though, is in labs, where researchers are studying how head injuries happen during games and why "no one concussion is like the next," says Dr. Richard Ellenbogen, co-chair of the NFL's head, neck and spine committee. Here's how that work could result in a much safer sport.

(Courtesy of Tony Michaels, WGRR radio, Cincinnati, Ohio)

REAL LIFE RULES FOR KIDS

- Life is not fair. Get used to it.
- The real world won't care as much about your self-esteem as your school does. It will expect you to accomplish something before you feel good about yourself, as shocking as that may be to you.
- You won't make \$40,000 a year right out of high school. You won't be a vice-president and, chances are, won't be provided with a car phone. You may even have to wear a uniform that doesn't have a Gap label.
- If you think your teacher is tough, wait until you get a boss. When you screw up, he or she is not going to ask how you feel about it.
- Flipping burgers is not beneath your dignity. Your grandparents had a different word for burger-flipping. They called it opportunity. They would have been embarrassed to sit around talking about Kurt Cobain all weekend.
- It's not your parent's fault. If you screw up, you are responsible. You see, this is the flip side of "It's my life" and "You're not the boss of me" and other eloquent proclamations of your generation. When you turn 18, it's on your dime.
- Before you were born, your parents weren't nearly as boring as they are now. They got that way paying your bills, cleaning up your room and listening to you tell them how idealistic you are. And by the way, before you save the rain forest from the blood-sucking parasites of your parents' generation, try delousing the closet in your bedroom.
- Your school may have done away with winners and losers. Life hasn't. In some schools, they'll give you as many times as you want to get the right answer. This, of course, bears not the slightest resemblance to anything in real life.
- Life is not divided into semesters, and you don't get summers off. You are expected to show up each and every day, and you don't get a new life every 10 weeks. It just goes on and on. And while we're at it, very few jobs are interested in helping you find yourself.
- Television is not real life. Your problems will not be solved in 30 minutes, minus time for commercials. In real life, people actually have to leave the coffee shop to go to jobs.
- Be nice to nerds. You may end up working for them.
- Smoking does not make you look cool. It makes you look moronic. Next time you're out cruising, look at an 11-yr. old with a butt in his or her mouth. That's what you look like to anyone over 20. Ditto for expressing yourself with purple hair and/or pierced body parts.
- You are not immortal. If you are under the impression that living fast, dying young and leaving a beautiful corpse is romantic, you obviously haven't seen one of your peers at room temperature lately.
- Enjoy this while you can. Sure parents are a pain, school's a bother, and life is depressing. But someday, you'll realize how wonderful it was to be a kid. Maybe you should start now. But, then again, that's just one grow-up adult's opinion..

... was brought to me by one of my students. I wanted to share with you
" KRISTI FEAT



HEADS UP CONCUSSION IN YOUTH SPORTS

A Fact Sheet for PARENTS

WHAT IS A CONCUSSION?

A concussion is a brain injury. Concussions are caused by a bump or blow to 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.

You can’t see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?

Signs Observed by Parents or Guardians

If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs and symptoms of a concussion:

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

Symptoms Reported by Athlete

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Does not “feel right”

HOW CAN YOU HELP YOUR CHILD PREVENT A CONCUSSION?

Every sport is different, but there are steps your children can take to protect themselves from concussion.

- Ensure that they follow their coach’s rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Make sure they wear the right protective equipment for their activity (such as helmets, padding, shin guards, and eye and mouth guards). Protective equipment should fit properly, be well maintained, and be worn consistently and correctly.
- Learn the signs and symptoms of a concussion.

WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAS 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 your child to return to sports.
- 2. Keep your child out of play.** Concussions take time to heal. Don’t let your child return to play until a health care professional says it’s OK. Children who return to play too soon—while the brain is still healing—risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.
- 3. Tell your child’s coach about any recent concussion.** Coaches should know if your child had a recent concussion in ANY sport. Your child’s coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

It’s better to miss one game than the whole season.