

Dear Parents:

A concussion, also known as a mild traumatic brain injury, is the most common type of brain injury, and it involves a short loss of normal brain function. While concussions are a common type of sports injury, they also can be a result of a fall, a car or bicycle accident, or any type of blow to the head or body. It is important to understand that while most concussions may not be life-threatening, they should all be treated seriously.

As part of Community Education outreach, High School District 211 will host a Concussion Awareness Seminar, focusing on concussions, symptoms, and treatment.

Date: Thursday, September 7, 2017

Time: 6:00 p.m.

Place: William Fremd High School Auditorium  
1000 S. Quentin Road in Palatine

Dr. Erik Beltran, a neurologist from the North Shore University Health System, will share information on current research regarding concussions and best practices for the treatment of adolescents following a concussion. Those in attendance also will receive information regarding District 211's post-concussion *Return-to-Learn* (RTL) and *Return-to-Play* (RTP) protocols.

Community education is important to High School District 211 and involvement will help our schools strengthen our commitment to serve all students. All sessions are open to the public and offered free of charge.