



2nd November 2021

Dear Parents, Carers and Guardians,

Concussion Awareness and Training

Your child's health and wellbeing are of paramount importance, this includes when participating in PE lessons. As I'm sure you are aware, concussion is a severe and often difficult injury to diagnose and can happen in numerous situations, not just in PE lessons. Being able to identify symptoms correctly is important for teachers, students and parents, carers and guardians.

Your child will attend a concussion briefing before they participate in Rugby, which aims to help them understand the signs and symptoms of this type of injury. I would like to take this opportunity to reassure you that injuries in PE and Rugby are very uncommon as suitable precautionary actions are taken. However, I feel that parents and pupils should also have access to concussion training, and I welcome the opportunity to offer concussion training to you.

The Rugby Football Union (RFU) has been at the forefront of research and provides excellent training on concussion, the symptoms of it, and how to treat such an injury. I would like to invite you as parents / guardians to complete the concussion awareness training course below, which is free of charge, and provides you with the tools and knowledge you need. The course does not take long to complete, no login information is required and results are not shared with the school.

Please click on the link below. Please note - Parents should complete "Headcase Concussion Awareness Training -Open Access version" -

[https://rise.articulate.com/share/nc3KPjesYQrj5WjJ4tGS6Grs_ERkPY2Q#/#/](https://rise.articulate.com/share/nc3KPjesYQrj5WjJ4tGS6Grs_ERkPY2Q#/)

Gum Shields, Shin Pads and Football / Rugby Boots

As part of our continued ongoing efforts to support your child's learning, engagement and welfare, we require students to have a gum shield for Rugby and Hockey lessons, shin pads for Football and suitable football/Rugby boots for Rugby / Football lessons taking place on the field.

These items are vital to ensure your child remains safe and can participate fully in PE lessons. The personal protection equipment items are compulsory as they provide essential protection and the use of them is supported by relevant governing bodies.

Gum shields, boots and Shin pads can be purchased from many sports outlets, and your child's teacher will inform them as to when they will be participating in Football, Rugby or Hockey. Please note - we do not sell these items at the Academy.

If you require any further information please contact me on my email address

richard.henry@lordgrey.org.uk

Regards

Richard Henry
Head of Physical Education