



Welcome back! I hope you all had a fun and relaxing Christmas break!

JANUARY AWARENESS

January is Winter Sports TBI (traumatic brain injury) awareness month. Living in Michigan usually means winter sports are a big part of life. Staying safe while participating in winter sports is important. Here are some ways you and your family can stay safe and still have fun playing in the snow and ice:

- Wear a proper fitting helmet that is appropriate for the activity, it can go a long way towards preventing or reducing the severity of a TBI
- Set a “no hits to the head” rule for hockey or other contact sports
- Take basic lessons to learn how to fall safely and less often if you are snowboarding, skiing or ice skating

Even with safety precautions, falls and injuries may still occur. Signs and symptoms of a TBI, such as a concussion, can show up days or weeks after an injury occurs. Symptoms to look out for include:

headache or neck pain, ringing in the ears, nausea, dizziness or tiredness

A moderate to severe TBI may have symptoms that include:

headache that worsens or does not go away, repeated vomiting or nausea, convulsions or seizures, inability to wake from sleep, slurred speech, weakness or numbness in arms and legs, dilated pupils

If you or your child have a suspected concussion or TBI, stop what you are doing and seek the advice of a medical professional who has experience evaluating concussions.



If you ever have any questions or concerns, please feel free to contact me by calling the school office at 616-528-8100 or via email at diffenderferk@calschools.org