



Achieved Health
Promoting School Status
2009



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Our ref ED/ML

Your ref

Date

Dear Parent/Carer

This letter is not intended to alarm or worry you. It is intended to provide information that could prove vital in very exceptional circumstances.

.....had a bump to their head today at

The chance of serious injury is very unlikely from a simple bump to the head.
It is possible for a more serious internal injury to develop, without obvious signs showing for several hours.

With this in mind we would ask that you please monitor your child for any signs or symptoms as detailed below for the next **24-48 hours**.

For children, Schools should inform Parents/Guardians when a child bumps their head so they can keep an eye on their child when they get home from school for the next **24/ 48 hours**.
Children often bump their heads with no further consequences.

For your guidance, symptoms of a serious head injury are listed below:

- Drowsiness
- Vomiting since the bump
- Impaired or loss of consciousness
- Child seems disorientated
- Vision problems since the bump
- Intense headache
- Weakness or paralysis of one side of the body
- High temperature; flushed face
- Unequal or dilated pupils
- A noticeable change in personality or behavior, such as irritability
- A soft area or depression of the scalp
- Clear fluid or watery blood leaking from the ear or nose
- Blood in the white of the eye
- Noisy breathing becoming slow

If the Injured person starts showing any of these symptoms or if you have any other concerns

You should seek immediate advice from NHS 24 (phone 111)

Yours sincerely

E Douglas

Head Teacher