

RIVERTON COMMUNITY UNIT SCHOOL DISTRICT #14



PO Box 1010 · 6425 Old Rt. 36 · Riverton, IL 62561

Dr. Bradley Polanin, Superintendent

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Student Name: _____

Date of Diagnosis: _____

Starting Stage: _____

Return to Learn Protocol

School Activity				
Stage One Brain Rest Stage	Stage Two Restful Home Activity Stage	Stage Three Return to School Part-Time	Stage Four Return to School Full-Time	Stage Five Full Recovery
<p>No School. No homework or take-home testing. Minimize reading and studying. No screen time. Walking short distances, but no exercise of any kind. No driving. Other accommodations as needed. Symptoms may still be present.</p>	<p>No School Start light tasks at home (cooking, drawing, reading). Listen to soft music or books on tape. Limit screen time. Light walking. No strenuous physical activity. No driving. Other accommodations as needed.</p> <p>Progress to the next stage if you can complete 60-90 minutes of light mental activity without an exacerbation of symptoms.</p>	<p>Return to school part time. Stop work if symptoms increase, rest in the nurse's office as needed every 2 hours. Class notes printed in large font. Avoid loud areas or classes such as PE, Band, Chorus. Preferential seating. No tests or quizzes. Limit homework. Limit screen time. Light walking. No strenuous physical activity. No driving. Other accommodations as needed.</p> <p>Progress to the next stage when you can complete the above activities without significant symptoms.</p>	<p>Attend core classes for full days of school. Resume electives as tolerated. No more than one test or quiz per day. Provide extra time or untimed tests. Stop work if symptoms increase. Slowly increase screen time. Light walking. No strenuous physical activity. No driving. Other accommodations as needed.</p> <p>Progress to the next stage when you are in school full-time and complete all assignments without symptoms.</p>	<p>Return to normal school schedule and workload.</p> <p>Students may return to full PE participation only after completing the RTP protocol.</p> <p>Start the Return to Play protocol after being symptom free for 24 hours.</p>
Date Completed: _____	Date Completed: _____	Date Completed: _____	Date Completed: _____	Date Completed: _____

ELEMENTARY SCHOOL

Jaclynn Shoufler, Principal
Jennifer Carter, Asst. Principal
 Phone 217.629.6001
 FAX 217.629.6023

MIDDLE SCHOOL

Megan Doerfler, Principal
Sarah Stanley, Asst. Principal
 Phone 217.629.6002
 FAX 217.629.6017

HIGH SCHOOL

Daniel Lynch, Principal
Amanda Holley, Asst. Principal
 Phone 217.629.6003
 FAX 217.629.6020

DISTRICT OFFICE

Michaela Campbell, Business Manager
Katie Nichols, Activities Director
 Phone 217.629.6009
 FAX 217.629.6008