



Grinnell Grade and Middle School
Enrollment
PS-8th Grade

July 28 8:00-5:00 GMS

July 29 8:00-5:00 GMS

All students will enroll at the Middle School office.

Enrollment packets are available on our website, USD291.com, or on our Facebook page, Grinnell Public Schools. You can also pick up a packet at Grinnell Middle School office. If you prefer to have a packet mailed to you, we would be happy to do so.

Please fill out the appropriate forms and bring with you on the day of enrollment or at your convenience before school starts. Lunch and school fees may be paid at that time.

Students in 6th grade will have the option on their enrollment form to take vocal or band.

Students in 7th & 8th grade will have the option on their enrollment form to choose 2; vocal, band, art, strength & conditioning or FACS class. 1 must be a fine arts class (music, band or art).

If your child needs any vaccines before school starts, you may receive those at the Gove County Health Department or medical facility of your choice.

Sports practice will begin August 17th.
Information regarding sports practice will be sent
Later to 6th, 7th & 8th grade parents.

Open House for Pre-K – 8th grade will be Tuesday, August 11th from 5:00 - 7:00. Come meet your teacher and get familiar with your classroom.

School starts Thursday, August 13th.

Please fill out the forms listed below. Please bring with you at enrollment on July 28th/29th or mail back to school.

Enrollment Form / Notification Information

GMS Internet/Email Form- 5th – 8th students (If you have more than one child in GMS, they may all sign the same form.)

GGG Acceptable Use Policy- Kg-4th students (If you have more than one child in GGS, they may all sign the same form.)

Health/Medication Form

Annual Notice of Authorized Student Data Disclosures (sign and return)

Substance Abuse Policy- 5th -8th grade (sign and return)

KSHSSA Recommended concussion & Head Injury Information Release Form (athletes- sign and return)

Supply List (Helping Hands has provided all school supplies except those listed)

- P.E. shoes for every age
- P.E. clothes for 5th -8th grade

2026-2027 calendar enclosed

Insurance It is the policy of USD 291 & 292 that each student participant should maintain their own insurance to cover any injury while participating in the activities programs offered. However, if the cost of the injury reaches \$10,000, everything over that up to \$25,000, is covered by the KSHSAA Catastrophic Insurance that each member school has access to. This insurance is designed to cover the portion of expenses above \$10,000 and does not cover the average and usual costs incurred by most students while participating in the activity programs.

Fees:

\$35.00 Book Fee- PS-8th grade
\$12.00 Technology Fee- K-8th grade
\$35.00 Instrument Rental- 5th -8th if student rents an instrument

Students approved for free meals – total fees will be reduced by \$10.00 with signed form. Students approved for reduced meals – total fees will be reduced by \$5.00 with signed form.

Meals:

GGS Breakfast \$1.85	GMS Breakfast \$1.90	Reduced Breakfast \$.30
GGS Breakfast ticket \$37.00	GMS Breakfast ticket \$38.00	Reduced Lunch \$.40
GGS Lunch \$3.10	GMS Lunch \$3.35	Adult Lunch \$4.75
GGS Lunch ticket \$62.00	GMS Lunch ticket \$67.00	

Application for Free and Reduced meals enclosed

Milk Break- Preschool, Kindergarten and 1st grade students will take a break in the morning for snack. If your child would like milk during this break the cost will be .55 a carton for all students who take milk regardless of lunch status. A bill will be sent home.

Parents may send a check for their child's fees the day of enrollment or first day of school. All book, technology and instrumental fees are due by April 1, 2027. Parents may make payments throughout the school year.

GRINNELL SCHOOLS USD #291

BACK TO SCHOOL

2026-2027



Opening Day of School Preschool, Kg-8

Thursday, August 13, 2026, for PS-12th grade.
School hours 8:10-3:45. Kindergarten is every
day all day. Preschool is offered 5 days a week
8:10 a.m.-11:30 a.m.

Enrollment Time & Dates

Enrollment for GMS and GGS students will be
July 28th 8-5 and July 29th 8-5.

Enrollment Fees

Book Fee (P-8)	\$35.00
Instrument Rental	\$35.00
Technology Fee (Kg-8)	\$12.00

Lunches & Breakfast

GMS breakfast	\$1.90
GMS Lunch	\$3.35
GGS Breakfast	\$1.85
GGS Lunch	\$3.10
Adult lunch	\$4.75
Adult Breakfast	\$2.75

Phone Numbers

Grinnell Grade School 785-824-3296
Grinnell Middle School 785-824-3277

Administration

Mrs. Rebecca Scheck – Principal
Mr. Keith Hall - Superintendent

Board of Education

President-----	Brian Beckman
Vice President-----	Julie Dickman
Member-----	Craig Prewo
Member-----	Todd Losey
Member-----	Sarah Teeter
Member-----	Brock Maier
Member-----	Dusty Taul

Staff

Amanda Ostmeyer	Preschool
Maggi Baalman	Kindergarten
Dolly Theobald	1 st Grade
Cindy Schroeder	2nd Grade
Faith Bracket	3 rd Grade
Faith Bracket	4 th Grade
Erin Walz	5 th Grade
Les Barnhart	Tech/GMS Computer
Christina Barnett	GMS Science
Lauren Roemer	GMS Math
Christina Barnett	GMS ELA
Pat Koster	GMS S.S.
Lauren Roemer	GMS Art
Lauren Roemer	GMS FACS
Jim Shaw	GGS/GMS Music
Elsie Rietcheck	K-5 P.E.
Amy Anderson	Library
Jenna Wolf	Counselor

Elizabeth Rietcheck – Clerk, GMS Secretary
Amy Anderson - Grade School Secretary/Treas.
Ellie Resendez – Head Lunchroom Cook
Kim Greenwood – Lunchroom Aide
Jeannie Rehmer - Custodian
Don Huelsman – Bus Driver
Elsie Rietcheck - Bus Driver

School Website: usd291.com

Grinnell Public Schools

School Calendar

2026-2027

August

M	T	W	T	F
3	4	5	6	7
<u>10</u>	<u>11</u>	<u>12</u>	<u>13</u>	14
17	18	19	20	21
24	25	26	27	28
31				

September

M	T	W	T	F
	1	2	3	4
<u>7</u>	8	9	10	11
14	15	16	17	18
<u>21</u>	22	23	24	<u>25</u>
<u>28</u>	29	30		

October

M	T	W	T	F
			1	2
5	6	7	8	<u>9</u>
<u>12</u>	13	14	15	16
19	20	21	22	23
26	27	28	29	<u>30</u>

November

M	T	W	T	F
2	3	4	5	6
9	10	11	12	<u>13</u>
16	17	18	19	20
<u>23</u>	<u>24</u>	<u>25</u>	<u>26</u>	<u>27</u>
30				

December

M	T	W	T	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	<u>18</u>
<u>21</u>	<u>22</u>	<u>23</u>	<u>24</u>	<u>25</u>
<u>28</u>	<u>29</u>	<u>30</u>	<u>31</u>	

August

Teacher Inservice - Aug 10-11

Teacher Work Day - Aug 12

School Begins - Aug 13

September

Labor Day - No School - Sept. 7

USD 292 PTC - Sept 21

No School - Sept 25

USD 291 PTC - Sept 28

October

End of 1st Nine Weeks - Oct. 9

Teacher In-Service - No school - Oct. 12

No School - Oct 30

November

Teacher In-Service - Nov 13

No school - Thanksgiving Nov 23 - 27

December

End of 1st Semester- Dec 18

Christmas Break - Dec 21 - Jan 1

January

Teacher In-Service - No School - Jan 4

School Resumes - Jan 5

No School - Jan 18

February

Teacher In-service - Feb. 5

USD 291 PTC - Feb 22

USD 292 WES PTC - Feb 25

No School Feb 26

March

End of 3rd Nine Weeks - March 5

Teacher in-service - March 12

Spring Break - March 15 -19

Easter - No School - March 26 - 29

April

USD 292 WHS PTC - April 8

No School - April 23

May

MS Graduation - May 8 10:00

HS Graduation - May 8 3:00

Last Day of School - May 11

Teacher Inservice - May 12

Teacher Work Day - May 13

January

M	T	W	T	F
				<u>1</u>
<u>4</u>	<u>5</u>	6	7	8
11	12	13	14	15
<u>18</u>	19	20	21	22
25	26	27	28	29

February

M	T	W	T	F
1	2	3	4	<u>5</u>
8	9	10	11	12
15	16	17	18	19
<u>22</u>	23	24	<u>25</u>	<u>26</u>

March

M	T	W	T	F
1	2	3	4	<u>5</u>
8	9	10	11	<u>12</u>
<u>15</u>	<u>16</u>	<u>17</u>	<u>18</u>	<u>19</u>
22	23	24	25	<u>26</u>
<u>29</u>	30	31		

April

M	T	W	T	F
			1	2
5	6	7	<u>8</u>	9
12	13	14	15	16
19	20	21	22	<u>23</u>
26	27	28	29	30

May

M	T	W	T	F
3	4	5	6	7
10	<u>11</u>	<u>12</u>	<u>13</u>	14
17	18	19	20	21
24	25	26	27	28

USD 291, Grinnell School Enrollment Form

Parent/ Guardian Name_____

Address_____

Student's Name_____ Birthdate_____

Student's Name_____ Birthdate_____

Student's Name_____ Birthdate_____

Student's Name_____ Birthdate_____

In Case of an Emergency

In case of emergency, we will attempt to contact parent/guardian first. In the event we cannot do this, please provide the name of a relative or close friend that we may contact:

Parent Contact Numbers: Father:_____Mother:_____

Other Contacts in case of an emergency:

Contact:_____ Phone #_____

Contact:_____ Phone #_____

Notification System

This communication system will be used to inform parents of school closings, time of return from school functions and emergency situations.

1st Phone Number_____

2nd Phone Number_____

3rd Phone Number_____

****Required**** Email address_____

Thunderhawk Preschool 2026-2027

CHILD INFORMATION:

Child's Name: _____
Home Address: _____
Telephone: _____
Name of School: _____ Grinnell Schools
Date of Birth: _____
Date of Admission: _____
Age at Admission: _____

Please provide a copy of physical exam, immunization record, birth certificate
and social security card at fall enrollment.

PARENT / GUARDIAN INFORMATION:

Parents / Guardian Name: _____
Relationship to child: _____
Home Address: _____
Telephone: _____
Work Telephone: _____
Home: _____
Mothers Cell: _____
Fathers Cell: _____
Mother: _____
Father: _____

Days my child will attend
_____ Monday
_____ Tuesday
_____ Wednesday
_____ Thursday
_____ Friday

ADDITIONAL INFORMATION:

Primary Language of the child: _____

Is there any other information you would like us to know about your child? _____

TRANSPORTATION PLAN & ALTERNATIVE TRANSPORTATION PLAN:

Child's Name: _____
My child will arrive by: _____ School bus drop off
_____ Parent drop off
_____ Other (Describe) _____
My child will depart by: _____ Parent pick up
_____ Alternate authorized person pick up

(name and phone number of pick up person)

Parent / Guardian Signature and Date

Please return this form to the Grinnell Schools

P.O. Box 129, Grinnell, KS 67738

USD#291 GRINNELL GRADE/MIDDLE SCHOOLS- HEALTH UPDATE

Student Name: _____ **Grade:** _____

HEALTH NEEDS/CONCERNS:

In order for us to be able to share your child's health concerns with school staff, we need you to fill out this form at the beginning of each school year. WE MUST HAVE YOUR SIGNATURE BEFORE WE CAN SHARE INFORMATION WITH STAFF MEMBERS.

Special health needs or concerns: _____

Allergies: _____

Please list any medications that your child takes on a regular basis: _____

I also give my consent for immunizations on my students to be released to the KS Immunization Program (Kansas Web IZ) for the purpose of assessment and reporting: _____ **Yes** _____ **No**

Parent/Guardian Signature

Date

Telephone Number

HEALTH SERVICES PROVIDED THROUGHOUT THE SCHOOL YEAR:

PRE-SCHOOL- Vision, Hearing, Speech, Developmental, Dental, BMI, Height & Weight Assessment

ELEMENTARY- Vision, Hearing, Dental, BMI, Height, and Weight Assessment

JR.HIGH- Vision, Hearing, Dental, BMI, Height and Weight Assessment

Refusal Notice:

I do not want my child screened: _____

(Parent/Guardian Signature)

THESE HEALTH SERVICES WILL BE PROVIDED FOR ALL STUDENTS UNLESS THIS SIGNED REFUSAL FROM PARENT/GUARDIAN IS RETURNED TO THE SCHOOL OFFICE BY SEPTEMBER 1ST.

Enrollment

6th Grade choice of
Band OR Vocal

7th Grade choose 1
Band, Vocal or Art

8th Grade choose 1
Band, Vocal or Art

Please put an **X** by the class you want to take.

Name _____

*Band (6th, 7th, 8th) _____

*Vocal (6th, 7th, 8th) _____

*Art (7th, 8th) _____

Parent's Signature _____

Principal's Signature _____

Annual Notice of Authorized Student Data Disclosures

In accordance with the Student Data Privacy Act and board policy IDAE, student data submitted to or maintained in a statewide longitudinal data system may only be disclosed as follows. Such data may be disclosed to:

- The authorized personnel of an educational agency or the state board of regents who require disclosures to perform assigned duties; and
- The student and the parent or legal guardian of the student, provided the data pertains solely to the student.

Student data may be disclosed to authorized personnel of any state agency, or to a service provider of a state agency, educational agency, or school performing instruction, assessment, or longitudinal reporting, provided a data-sharing agreement between the educational agency and other state agency or service provider provides the following:

- purpose, scope and duration of the data-sharing agreement;
- recipient of student data use such information solely for the purposes specified in agreement;
- recipient shall comply with data access, use, and security restrictions specifically described in agreement; and
- student data shall be destroyed when no longer necessary for purposes of the data-sharing agreement or upon expiration of the agreement, whichever occurs first.

*A service provider engaged to perform a function of instruction may be allowed to retain student transcripts as required by applicable laws and rules and regulations.

Unless an adult student or parent or guardian of a minor student provides written consent to disclose personally identifiable student data, student data may only be disclosed to a governmental entity not specified above or any public or private audit and evaluation or research organization if the data is aggregate data.

“Aggregate data” means data collected or reported at the group, cohort, or institutional level and which contains no personally identifiable student data.

The district may disclose:

- Student directory information when necessary and the student’s parent or legal guardian has consented in writing;
- directory information to an enhancement vendor providing photography services, class ring services, yearbook publishing services, memorabilia services, or similar services;
- any information requiring disclosure pursuant to state statutes;
- student data pursuant to any lawful subpoena or court order directing such disclosure; and
- student data to a public or private postsecondary educational institution for purposes of application or admission of a student to such postsecondary educational institution with the student’s written consent.

As the parent or legal guardian of _____
acknowledge that I have been provided with notice of authorized student data
disclosures under the Student Data Privacy Act.

Parent Signature

Date

Grinnell Grade School Technology Acceptable Use Policy

I promise to follow school rules while I am using district technology.

I promise never to use any electronic device to harass, frighten or bully others at school, on school district property, or while at school sponsored activities or events.

I will not view, send or display inappropriate messages or pictures. I promise to tell an adult if I read or see something on the computer that is not appropriate.

I promise to use all technology carefully and not damage, change or tamper with the hardware, software, settings, or the network. I will not download programs, music, games, etc. from the internet, flash drive or CD.

I will only print when my teacher says I may.

I promise to use the school computer or iPad and the school's internet for schoolwork only. I will use the programs and websites that my teacher has approved.

I promise to use only my passwords, and to share them only with my teacher or parents.

I promise to follow internet safety rules. I will not use chat rooms or give personal information to anyone on the internet. If I receive an inappropriate message I will notify an adult immediately.

I promise to respect copyright laws and cite my sources.

I promise to use only my own files and folders on the server. I understand my files and electronic devices are not private. My teacher, principal or any district technology staff may see them at any time.

I understand that if I break any of my promises, I might not be able to use the computers or the network.

Student Signature _____ Date _____

USD 291 provides communication technologies to its students for educational purposes only. Some material accessible via the internet may contain items that are illegal, defamatory, offensive, or of no educational value in a school setting. USD 291 has internet filtering software.

If the guidelines set forth in the acceptable use policy are violated, the student may lose access to communication technologies. We require students and parents or guardians to read, accept and sign these rules for acceptable behavior with respect to communication technologies.

As the parent or legal guardian of the minor student signing above, I grant permission for the above student to access communication technologies such as computers, iPads and the internet. I understand that some materials on the internet may be objectionable, but I accept responsibility for providing guidance to the above student on internet usage both inside and outside of the school-setting and conveying standards for the above student to follow when selecting, sharing or exploring information and media. The school district will not be responsible for any student's mistakes or negligence, costs incurred by the student, or the accuracy or quality of information received.

Access to communication technologies is given as a privilege, not a right. Students must act in a considerate and responsible manner to keep this privilege.

Parent/Guardian Signature _____ Date _____

Grinnell Middle School Internet Acceptable Use Policy

Acceptable Use:

- Must be in support of education and research consistent with district policy
- Must be consistent with the rules appropriate to any network being used/accessed
- Unauthorized use of copyrighted material is prohibited
- Threatening or obscene material is prohibited
- Distribution of material protected by trade secret is prohibited
- Use for commercial activities is not acceptable
- Product advertisement or political lobbying is prohibited

Privileges

- Access to the Internet is not a right, but a privilege
- Unacceptable usage will result in cancellation of account
- Training will be provided for each individual applying for an account

Netiquette

- Be polite
- Do not use vulgar or obscene language
- Use caution when revealing your address or phone number (or those of others)
- Electronic mail is not guaranteed to be private
- Do not intentionally disrupt the network for others
- Abide by generally accepted rules of network etiquette

Security

- If you do identify a security problem, notify a system administrator immediately
- Do not show or identify a security problem to others
- Do not reveal your account password or allow another person to use your account
- Do not use another individual's account
- Attempts to log on as another user will result in cancellation of privileges
- Any user identified as a security risk or having a history of problems with other computer systems may be denied access.
- User must notify the district system administrator of any change in account information
- User may be occasionally required to update registration, password, and account information in order to continue Internet access.

Vandalism/Harassment

- Vandalism and/or harassment will result in the cancellation of the offending user's account
- Vandalism is defined as any malicious attempt to harm or destroy data of another user the Internet or other networks. This includes, but is not limited to, creating and/or uploading computer viruses.
- Harassment is defined as the persistent annoyance of another user or the interference in another user's work. This includes, but is not limited to, the sending of unwanted mail.

Penalties

- Any user violating these provisions, applicable state and federal laws or posted classroom and district rules is subject to loss of network privileges and any other District Disciplinary options, including criminal prosecution.
- School and district administrators will make the final determination as to what constitutes unacceptable use and their decision is final.

The Grinnell School District makes no warranties of any kind, whether expressed or implied, for the service it is providing. The Grinnell School District will not be responsible for any damages a user may suffer including loss of data. The district will not be responsible for the accuracy or quality of information obtained through this Internet connection.

Students and parents will receive an Internet Acceptable Use Policy to read and sign before the student is allowed to have access on the Internet

The Internet is a privilege, not a right, and the privilege can be revoked if the Internet is not used within the guidelines that appear on the Internet Policy.

E-mail Guidelines

Students shall have no expectation of privacy when using district e-mail, computer systems, or electronic devices. E-mail messages shall be used only for approved educational purposes. Students must use appropriate language in all messages. Students are expected to use the system following guidelines approved by teachers or the administration.

Any e-mail or computer application or information stored in district computers, computer systems, or electronic devices is subject to monitoring by the staff and/or administration. The district retains the right to duplicate any information created by students in a computer system, on any individual computer, or on any electronic device. Students who violate these rules or any other classroom rules relating to computer or electronic device use are subject to disciplinary action up to and including suspension or expulsion from school.

- Unless directly instructed by a staff member of the school, no student shall use his/her e-mail to send notes, documents and/or other electronic information to a fellow student at Grinnell Schools.
- Unless directly instructed by a staff member of the school or given the permission of a staff member of the school, no student shall print a hard copy of either incoming or outgoing e-mail.
- The use of e-mail is designed to supplement and enhance the communication skills of the students. The use of e-mail is to be used only for educational intent or as a classroom activity under the immediate supervision of a classroom teacher. Students are explicitly prohibited from using e-mail for personal and/or casual use.

Note 1: Activity period use of e-mail is not permitted under any circumstance.

Note 2: It is not the intent of USD 291 to provide “personal” e-mail services for Grinnell students. “Personal” services are those obtained by an individual for his/her own personal and private use and should occur at home outside of the normal school day.

Preventing Incidences of “Sexting”

(Wording provided by KASB)

Many parents are unfamiliar with ‘sexting.’ It is generally defined as sending, sharing, viewing, receiving or possessing indecent visual depictions of oneself or another person using a cell phone. A student will be disciplined for sexting at school. USD 291 prohibits sexting at school.

Discussing sexting and its legal and social consequences with your children may prevent and reduce incidences of it at school and elsewhere. A recent survey revealed that about 20 percent of teen boys and girls have sent sexting messages. It can cause enormous emotional pain for the students involved, often with legal implications. The following talking points from the American Academy of Pediatrics may help start the discussion: Introduce the issue as soon as a child is old enough to have a cell phone. Even if the issue hasn’t directly effected your school building’s community, ask “have you heard of sexting?” “Tell me what you think it is.” Learn what your child’s understanding is and add an age appropriate explanation.

Student’s Signature _____

Parent’s Signature _____

Date _____

Substance Abuse Policy

USD #291 & 292 recognize that the use of mood-altering chemicals (alcohol, tobacco, and other non-prescribed controlled drugs) can lead to a significant health problem. Their usage can have negative effects on a person's behavior, learning, development, and relations with other individuals. It is the aim of this policy to eliminate the negative effects of mood-altering chemicals by doing the following:

1. Educate the students on the dangers of using mood-altering chemicals.
2. Identify students that may be having problems as a result of using mood-altering chemicals and refer them to professional help.
3. Discourage the students from using mood-altering chemicals.
4. Keep the students participating in the activities of the school.

In order to accomplish these goals, the following rule has been established.

Rule

During the school year and activity season, the student shall not consume a product containing alcohol or use any form of tobacco product. Students shall not have in their possession, use, buy, sell or give away any other controlled substance defined by law as a drug.

Possession and/or use of an illegal substance on school property will also be referred to the student handbook for consequences.

REPORT OF VIOLATIONS:

Violations may be reported in the following ways:

1. **Self admission by the student.** The student will receive the appropriate penalty.
2. **Violation witnessed by a member of the school faculty or administration, or by any law enforcement officer.** The student will receive the appropriated penalty.
3. **Violation reported by a concerned individual.** The report will be investigated by the school administration and, if confirmed, the student will receive the appropriate penalty.

PENALTIES (student is expected to attend practices during the following)

First Violation: Self Admission

1. The student will have a conference with the parents/guardian and an administrator.
2. The student will receive counseling on substance abuse from the school counselor.
3. The student will correctly complete educational materials assigned by the school administration.
4. The student will successfully complete any extra assignments given by the activity sponsor.
5. The student will be ineligible for participation in school activities for 1 week and until items 1-4 are complete.

First Violation: Other than Self Admission

1. Items 1-4 for first violation of self admission.
2. The student will be ineligible for participation in school activities for a period of 2 weeks.

Second Violation

1. Items 1-4 for first violation of self admission.
2. The student will be ineligible for participation in school activities for a period of four weeks and 10 hours of uncompensated public service has been completed. The public service must be approved by the school administration.

Third Violation

1. The student will be ineligible for participation in all school activities for the remainder of the school year.

ALL VIOLATIONS

The student may not attend any school activities (home or away) until items 1-4 of first violation self-admission are completed.

NOTES

For the purpose of this policy, one week consists of seven consecutive days that must include five school days when classes are held.

Periods of ineligibility will begin with the first activity that the student would be a participant in after the violation has been confirmed by an administrator.

Periods of ineligibility will not prohibit the student from participating in practices for an activity. Violations will accumulate throughout the school year and can carry over to a new school year.

ALL ATHLETIC AND NON-ATHLETIC ACTIVITIES ARE INCLUDED IN THIS POLICY

I understand that participation in extra-curricular activities is a privilege and not a right. Student athletes are expected to abide by certain standards largely due to their visibility to our school and our community. In addition, activity participation requires students to be physically and emotionally fit. The only way to accomplish this is to remain drug free.

I have read and understand the USD #291 & 292 Substance Abuse Policy and agree to abide by it while I am involved in Thunderhawk Activity Programs. I understand that failure to abide by the said policies will result in the appropriate and outlined penalties covered within this policy.

STUDENT SIGNATURE

Date

PRINTED NAME

I have read and understand the USD #291 & 292 Substance Abuse Policy.

PARENT(S) GUARDIAN(S) SIGNATURE

Date

This form must be signed and returned to the, activities director, coach or GMS office along with the physical form prior to the athlete participating in practices or competition with outside sources.



If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately and an urgent referral to a health care provider should be arranged (if not already onsite). No athlete may return to activity after sustaining a concussion, regardless of how mild it seems or how quickly symptoms clear, without written medical clearance from a Medical Doctor (MD) or Doctor of Osteopathic Medicine (DO). Close observation of the athlete should continue for several hours. You should also inform your child's coach if you think that your child may have a concussion. Remember it is better to miss one game than miss the whole season. **When in doubt, the athlete sits out!**

Cognitive Rest & Return to Learn

The first step in concussion recovery is relative rest for the first 24-48 hours. During this time students may participate in activities of daily living and may perform light physical activity, such as walking, provided symptoms are not more than mildly exacerbated for only a brief (less than an hour) period of time. Reduced screen time is also recommended during the first day or two after injury. Students should be encouraged to return back to a normal routine as quickly as possible, tolerating a mild exacerbation of symptoms with mental activity.

Students may need adjustments to their academic workload for a short period of time while recovering from a concussion. Trying to meet all academic requirements too soon after sustaining a concussion may more than mildly exacerbate symptoms and delay recovery. Any academic modifications should be coordinated jointly between the student's medical providers and school personnel. To minimize academic and social disruptions, in most cases it is recommended students not be completely isolated, even for a short period of time. Rather students should continue to participate in activities of daily living that do not more than mildly exacerbate concussion symptoms.

Return to Practice and Competition

The Kansas School Sports Head Injury Prevention Act (72-7119) provides that if an athlete suffers, or is suspected of having suffered, a concussion or head injury during a competition or practice, the athlete must be immediately removed from the competition or practice and cannot return to practice or competition until a Health Care Professional has evaluated the athlete and provided a written authorization to return to practice and competition. The KSHSAA recommends that an athlete not return to practice or competition the same day the athlete suffers or is suspected of suffering a concussion. The KSHSAA also recommends that an athlete's return to practice and competition should follow a graduated protocol under the supervision of the health care provider (MD or DO).

For current and up-to-date information on concussions you can go to:

<http://www.cdc.gov/headsup/index.html>

For concussion information and educational resources collected by the KSHSAA, go to:

<http://www.kshsaa.org/Public/SportsMedicine/ConcussionGuidelines.cfm>

Student-athlete Name Printed

Student-athlete Signature

Date

Parent or Legal Guardian Printed

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KSHSAA RECOMMENDED CONCUSSION & HEAD INJURY INFORMATION RELEASE FORM 2026-2027

A sports related concussion is a traumatic brain injury, caused by a direct blow to the head, neck, or body resulting in an impulsive force being transmitted to the brain that occurs in sports and exercise related activity. Symptoms and signs may present immediately or evolve over minutes to days. Sports related concussions commonly resolve within days but may be prolonged. **All concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** If a student reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:	
• Headaches/“Pressure in head” • Nausea or vomiting • Neck pain • Balance problems or dizziness • Blurred, double, or fuzzy vision • Sensitivity to light or noise • Feeling sluggish or slowed down • Feeling foggy or groggy • Drowsiness	• Change in sleep patterns • “Don’t feel right” • Unexplained nervousness, anxiety, irritability, sadness • Confusion • Concentration or memory problems (forgetting sport assignments) • Repeating the same question/comment

Signs observed by teammates, parents, and coaches include:	
• Actual or suspected loss of consciousness • Seizure • Tonic posturing • Ataxia (clumsy voluntary movements) • Poor balance • Appears dazed • Vacant facial expression • Confusion	• Forgets sport plays/assignments • Is unsure of game, score, or opponent • Answers questions slowly • Slurred speech • Shows behavior or personality changes • Can’t recall events prior to injury • Can’t recall events after injury

RED FLAGS: Call an Ambulance	
• Neck pain or tenderness • Seizure, ‘fits’, or convulsion • Loss of vision or double vision • Loss of consciousness • Increased confusion or deteriorating conscious state (becoming less responsive, drowsy)	• Weakness or numbness/tingling in more than one arm or leg • Repeated vomiting • Severe or increasing headache • Increasingly restless, agitated or combative • Visible deformity of the skull

What can happen if my child keeps playing with a concussion or returns too soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one (second impact syndrome). This can lead to prolonged recovery, or even to severe brain swelling with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often under report symptoms of injuries, and concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete’s safety.