



23rd January 2018

Dear Grade 11 and 12 parents

Info session for rugby and hockey parents regarding Concussion Study

- When?** Thurs 25th Jan 6pm (approx. 30 to 40 mins)
- Where?** Woodlands pavilion
- Why?** **Learn best practice around concussion management for our adolescent sportsmen**

Are we doing enough to prevent and treat concussions amongst high school rugby (and hockey) players at Bishops?

We at the BSU believe that as educators and parents we should be doing more. For that reason we baseline all Bishops rugby players at the start of the year (baselining for hockey players is voluntary). This year we are also collaborating with UCT Psych Dept on research into the effects of teenage concussion.

This Thursday please come and hear the head of Paediatric Neurosurgery at Red Cross, Prof Tony Fagaji, introduce a ground-breaking study between the UCT Psych Dept and boys schools in Cape Town.

The study involves 16 and 17 year old sports players. There is very little admin involved in the study and the benefits include: free post-concussion screening for participants at UCT Private Academic Hospital; participants will also receive KAUI vouchers for their participation. You will also be contributing to an important but under-researched issue in South Africa, namely the effects of concussions on teenage athletes.

Be safe. Be informed. Be responsible.

Please RSVP to Pete Farlam at pfarlam@bishops.org.za if you are able to attend on Thurs (at Woodlands). If you can't attend but are willing for your son to take part, please email me as well.

Your sons are also welcome to attend.

A handwritten signature in black ink that reads "Pete Farlam". The signature is written in a cursive, flowing style.

Yours sincerely

Pete Farlam

Clinical Psychologist

Bishops Support Unit