



Riverdale Grade School
11733 S.W. Breyman Avenue
Portland, Oregon 97219

(Date) 11/20/08

Dear Parent,

On 12/5/08 in your child's classroom, we will be introducing students to information about anxiety and depression, two of the most common mental health problems experienced by young people. Your child will learn how natural childhood experiences and emotions, such as worrying and sadness, can become exaggerated and cause mental health problems if they persist over time, if they do not lighten, and if they do not change when situations change. We will encourage your child to develop compassion and empathy for others who may have problems with anxiety or depression. Your child may be surprised to learn that he/she can do many things to help a friend with problems and that sometimes a good friend is one who tells an adult, even though a friend says "don't tell - it's a secret". We invite you to ask your child what he/she learned in class, and what was the most interesting thing he/she discovered. If you have questions or would like more information about this class, please contact me at 503-257-1638.

x2573

Sincerely,

Victoria Wilson RN
School Nurse