



# Dayton High School

11/09/2015

Dear OSAA,

I am a Special Education Case Manager at Dayton High School and I am writing this letter on behalf of Jared Henry. Jared is on an Individualized Education Plan (IEP) under the disability code 80 – Other Health Impairment. As documented by his doctor Jared has been diagnosed with ADD, Major Depression, and Generalized Anxiety Disorder. He continues to see doctors/counselors on a routine basis, usually one time or more a week. Due to Jared's mental health issues it is impacting his attendance, which limits his contact with teachers and curriculum. He is getting overwhelmed with school, which causes his disability to be even more impacting. In order to help with this the IEP team has decided at this time it is best for Jared to concentrate on four classes. At the end of the semester the team will meet again to discuss what his schedule will look like for semester two. Jared is currently on track to graduate and to keep him on track Jared will attend summer school. Jared has good academic skills, which will aid him in passing classes once his mental health condition is controlled, which parents and Jared are actively doing.

As the IEP team has discussed Jared's ability to participate in school the utmost concern is that Jared's mental and emotional health is secure. Wrestling is a big part of this. Being able to participate in wrestling has many benefits for Jared. The exercise of wrestling allows endorphins to increase in the brain, the comradery and support of his team members, and the success Jared feels when he can help others and compete successfully will aid in stabilizing his mental health, which will in turn help with academics.

Jared's IEP team has made the decision that his academic classes will consist of four classes to best meet his disability needs. I feel that allowing Jared to fully participate in the wrestling season is what will best meet his academic and mental health needs. If you have any questions regarding this situation please contact me at 503-864-2273, extension 541.

Thank you,

Mandy Stahl  
Special Education Case Manager