

Dear Kelly MacDonald,

Patrick had an incident at school today, which caused quite a concern. It was Patrick's turn to come up to the board and answer questions. He got quite angry when he was called upon and became visibly agitated. The next thing I knew he was on the floor gasping for air.

The school nurse, Ilene, was called in right away and explained that Patrick had hyperventilated. He was asked to take a breath every 10 seconds until his breathing returned to normal. The rest of the class was upset by the incident, so the school nurse explained a little bit about hyperventilating to the rest of the children.

This is not the first time that Patrick has become upset when he is asked to answer questions. Our school nurse suggested breathing exercises that could help Patrick remain calm and handle stress. Ilene also mentioned these exercises could help Patrick to avoid future attacks. You would be welcome to come in Mondays or Wednesdays when the school nurse is in to talk to her about these exercises or perhaps you should inquire to Patrick's family doctor.

Sincerely,

Miss Kay Renalds,
Grade 3 Special Needs Teacher.