



Sunset Ridge Intermediate
3215 S. Hillhurst Road Ridgefield, WA 98642
(360)619-1420

Principal - Todd Graves

Assistant Principal - Stephanie Goad
Babien

Secretary - Kim

Dear Sunset Ridge Parents and Guardians,

I hope that the first few months of Ridgefield Remote have gone well and that your student(s) have found their groove with distance learning. As your child's school counselor, I want to make sure you are aware of the easiest ways to contact me. I have a [school counseling website](#) that can also be accessed in your student's Google Classroom. On the homepage of my website, your child can fill out my "Virtual Check In" form if they'd like to connect. Another great way to get in contact with me is via email: Kayla.Mitchell@ridgefieldsd.org. There are many resources on my website, but if there is anything you are looking for and can't seem to find, please let me know.

I really appreciate the letter that Dr. McCann and Teresa Vance sent out last week focusing on mental wellness and health. I found it full of excellent resources on [suicide prevention](#), [local mental health providers and crisis response organizations](#), and [grief and bereavement support](#). I am attaching their letter [here](#), just in case you missed it!

This quote from Martin Luther King Jr. really resonates with me, "Never lose hope. Storms make people stronger and never last forever." Please remember to reach out to me if there's a way I can help support your child through this storm we are weathering.

Sincerely,

Kayla Mitchell
School Counselor
Sunset Ridge Intermediate School