

School District of Marshfield

Student Services Newsletter | October 2019



Can You Teach Kindness?

We hear concerns about bullying in schools and harassment in workplaces. We hear of people being mean on the news, in social media, in the grocery store, and at our children's sporting events. In all these things the question becomes, how can we teach our children to be more kind? A great way to build kindness is to teach empathy skills. Empathy is the ability to recognize, understand, and begin to feel what someone else might feel. Here are a few ways to teach and build empathy skills:



- Ask your child about their feelings, LISTEN, and try to understand.
- Help your child label their own feelings.
- Explore the perspective and feelings of others in real life, on television, or in books/stories.
- Empathize with your child.
- Help your child manage their own feelings by practicing calming down strategies, self-soothing skills, and positive self-talk.
- Talk about the impact of negative behaviors on others.
- Suggest how to show compassion to others.
- MODEL behavior that leads to empathy.
- Be openly curious about others asking questions and listening to their ideas to see their point of view.
- Identify with another person's experiences by asking yourself "how can I relate?"
- Make caring for others a family priority.
- Provide opportunities to practice empathy/compassion, in a way that is not just opportunities to do for others, but to do with others.
- Openly talk about empathy, compassion and your expectations for your child's behavior toward others.
- Expose your child to different cultures and different experiences.
- Recognize and embrace others' differences, as well as what we all have in common .



Community Resources

We are fortunate to have many resources in Marshfield to assist those who may be in need. The following is a very short list of basic resources. Please keep these in mind if you or someone you know is struggling.

Crisis Intervention & Referral

Phone: 715-384-5555

Hours of Operation: 24 hours/7 days a week

Services Offered: Confidential telephone program offering information, referral and emergency services. Clearing house for the provisions of emergency and financial assistance to needy individuals in Wood County.

St. Vincent DePaul

Phone: 715-387-0395

Address: 149 N. Central Ave., Marshfield, WI

Food Pantry: Mon - Fri 10:00 am - 4:00 pm (*must check in by 3:45pm*)

Free Medical Clinic: 1st and 3rd Wednesdays of the month opening at 5:00 pm, registration ends at 6:30 pm.

Wood County Dept. of Human Services

Phone: 715-387-6374

Address: 630 S. Central #404, Marshfield, WI

Services Offered: Medical Assistance – Healthy Start, BadgerCare, BadgerCare Plus, SNAP, Family Planning Waiver, Child Care Assistance, WI Energy Assistance, Crisis Assistance, Emergency Services for Heating.

United Way

Phone: 715-384-9992

Address: 156 S Central Ave, Marshfield, WI

Soup or Socks (*Short Registration is Required*)

Phone: 715-387-1796

Address: 200 S. Lincoln Ave., Marshfield, WI

Food Pantry: Mon - Thurs, 12:30pm - 3:30 pm & Fri 9:00 am - 12:00 pm

Clothing: Tues, Wed, Thurs 12:30 pm to 3:30 pm (best to call ahead)

Good Will Industries

Phone: 715-387-1300

Address: 2220 N. Central , Marshfield, WI

Clothing and household items at low cost

Ruby's Pantry

Phone: 715-387-3654

Address: 2203 E. Becker Rd., Marshfield, WI

Held on the 3rd Saturday the Month registration 8:30am, food distribution begins at 9:00 am and is open until food is gone.

Cost: \$20/share (must bring in 2 box or totes to pack groceries)

New Student Services Staff



Paige Hesselberg
School Psychologist

Paige believes in proactively trying to meet the needs of all students, by helping them to succeed to the best of their ability. She looks forward to working with our district in sharing her vision for student success.



Frank Akey
School Psychologist & District MTSS Coordinator

Frank has experience, both professional and personal, with language acquisition and barriers. He knows that when a student can function at their maximum potential that the future for all is limitless.



Kim Heeg
District School Social Worker

Having been born and raised in the Marshfield community, Kim has a diverse professional background and is passionate about her work. She's looking forward to starting this new chapter with our district Student Services team.



Joanne Greenlee
Mental Health Navigator/Coordinator

Joanne has been working at the School District of Marshfield since 2001, and this year she takes on a new role coordinating the district's new Mental Health Consortium, while working with families to overcome barriers to mental health treatment, and promoting mental wellness within the district.



Jane Loll
High School Counselor & District AODA Coordinator

Jane spent nearly 20 years working as a healthcare professional in mental health and alcohol/drug treatment settings, which is a great complement to her school counseling experiences. Jane is grateful for the opportunity to help students grow in all areas of their lives.