

# School District of Marshfield



## Student Services Newsletter — September 2020

The COVID-19 Pandemic has impacted students and adults in a variety of ways. There have been financial, social, and emotional effects experienced in many families. The uncertainties and changing circumstances can result in a variety of stressors in our lives.

### Reactions to our current situation can include:

- Fears & Anxiety – School Avoidance
- Sleep Problems / Fatigue – Change in Appetite
- Difficulties with Concentration & Academic Performance
- Sadness & Depression
- Anger & Irritability
- Physical Symptoms – Generalized stomach/head aches WITHOUT fever or other medical symptoms

### The School District of Marshfield will provide:

- Ongoing Social-Emotional Education for students
- Increased monitoring of students' well-being
- Check-in opportunities with School Counselors
- Staff support/assistance regarding social-emotional needs of students
- Information about community resources available in our area
- Referrals and support to parents related to family needs
- Crisis Intervention as needed

### Some ways you can help your child

- **Check in** – ask about feelings, friendships, & what's happening in school
- **Monitor** for changes in behavior & mood
- **Listen** to your child– find time to have conversations and time to just listen
- Encourage positive **coping/calming strategies** (teach, model and practice)
- **Ask for help**
- Contact the school (teacher or School Counselor) with questions & concerns
- Talk to your child's physician regarding significant concerns
- Consider counseling/therapy services



Please call your child's school with any questions or concerns. We are here to help and support you!

## Community Resources

We are fortunate to have many resources in Marshfield to assist those who may be in need. The following is a list of basic resources. The list is not inclusive of all services nor does it serve as an endorsement from the school district. Consider calling United Way's 211 for more resources.

### Counseling Resources:

Charis Counseling  
715-389-9382  
Children's of WI  
715-387-2729  
Empower Mental Health Clinic  
715-384-2818  
Gateways Counseling  
715-898-1665  
Marriage and Family Health Services  
15-486-8302  
Marshfield Clinic Psychiatry/Behavioral Health  
715-387-5442  
Wise Mind Mental Health Clinic  
715-384-0080

### Financial/Household Resources:

**United Way**—Referrals to community agencies and other resources  
715-384-9992  
**North Central Community Action Program (NCCAP)** - Housing resources and assistance  
715-387-2626  
**St. Vincent De Paul Outreach**—Food/household/housing assistance, free medical clinic  
715-387-0395  
**Soup or Socks**—Food and clothing pantry  
715-387-1796  
**Wisconsin state financial programs:** - to apply for BadgerCare, FoodShare, etc...  
[www.access.wi.gov](http://www.access.wi.gov)  
**Northern Consortium** (Wood County) 888-794-5722  
**Central Consortium** (Marathon County) 888-445-1621  
**Western Consortium** (Clark County) 888-627-0430

*\*Note: Other resources are available through your School Social Worker or Counselor.*