



School District of Glenwood City

850 MAPLE STREET
GLENWOOD CITY, WI 54013

HOME OF THE HILLTOPPERS

Summer 2020

This is sure a time of many unknowns and a need for continued flexibility and understanding. This level of uncertainty can feel unsettling, to say the least, and can create a level of stress and anxiety for most of us. Even with the uncertainties in life these days, here are some concepts we can all focus on: relationships, routines, and resilience.

Glenwood City is a wonderful community because of the people who are a part of it. Keeping our focus on positive relationships and healthy communications with each other is crucial to keeping our community strong. For students, a new school year is a natural time to re-establish relationships with classmates, make new friends, and get to know new educators as we, in turn, get to know them. Building and maintaining positive, caring relationships will be key as we head into this new school year.

Routines can be calming and bring structure, especially when times are uncertain. Supporting young people in establishing and maintaining a routine that includes a balance of spending time in nature, time connecting with others, time to be productive, time to be active, time to relax etc. is helpful in any situation and even more so during these challenging times.

Finally, promote resilience. We all need to manage our fears, anxieties, and other emotions daily and will benefit by using healthy strategies along the way. Helping our youth develop those skills and strategies, along with modeling them ourselves, are great ways to support and build resiliency.

Please check out the other resources linked under my page on the district website for a wide variety of resources to support social and emotional learning, along with other academic, and career/ postsecondary resources.

I can be reached at my new email address: shelly.laffin@gcsd.k12.wi.us, or by phone at 715.265.4266 (ext. 7467). I look forward to the new school year and working together to support our students across these areas.

Shelly Laffin
School Counselor, Grades 6-12

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