



**GOTHENBURG**  
**PUBLIC SCHOOLS**  
Excellence is an Expectation

Dear Parents and Students;

Gothenburg Public School District is committed to putting students first and doing what's in the best interest of both the community and its children. Though not currently in session, we want you to be aware that the School Counselors are still available to help answer any questions you may have and to also help your kids through this time of change and uncertainty.

When a child's schedule is disrupted it can leave them feeling unsure of what will happen next and create symptoms of anxiety such as behavior changes, low mood, and even periods during the day of physical symptoms, such as fatigue and hyperventilation. If your child is struggling with the changes that have taken place, it's important to sit down and visit with your child. Allow them to ask questions. Be as honest as you can be and continue to check in with your child. Any routine you can establish will help the feeling of things being out of their control.

Ms. Stevens, Mrs. Shepherd, Mrs. Glodowski, and Mr. Wiggins are available via email or school phone 308-537-3651 (office extension number). At this time the School Counselors are available to meet with your student via Zoom. Please contact your grade level counselor if you'd like to schedule an appointment.

Sincerely,

The Gothenburg School Counseling Department

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