



Dear Parents and Students;

The Cozad Public School District is committed to putting students first and doing what is in the best interest of both the community and the children that make up this community. While we are not currently in session we wanted to reach out to you and let you know that the School Counselors in each building are still available to you, 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 is important to sit down and visit with your child and let them 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.

Mrs. Flint, Mr. Shaffer, and Mrs. Smith are available through email, information is posted on each counselor's website and you can also reach us by calling the school. At this time the School Counselors are available to meet with your student via Zoom. If you would like to schedule an appointment please email you building counselor.

Sincerely,

The Cozad School Counselors

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