

Central High Students and Parents,

We hope you are all staying safe and doing as well as you can be during these trying times. In addition to our [Emergency Closure FAQ](#) website, the Counseling department will be sending out weekly emails during the school closure with timely resources and updates.

Contacting Counselors

We will be checking email and are available for virtual appointments. If you would like to meet virtually, please reach out to your counselor to set up a mutually agreed upon time.

In Case of Emergency

If you have an emergency please call one of the following resources for help:

- 911/Visit the ER
- National Suicide Prevention Hotline: 1-800-273-8255
- Behavioral Health Response Crisis Line: 1-800-811-4760
- Youth Connection Helpline: 314-819-8802
- Saint Louis Crisis Nursery: 314-768-3201
- Salvation Army: 211 (mortgage, utility bills, clothing, medication bills, etc.)

Specific Course Questions

Questions regarding current grades, assignments or course expectations during this emergency closure should be directed to the individual classroom teacher(s).

Credits for this Semester

The state of Missouri and our school district have not yet made any decisions regarding how academic credits for this semester might be impacted due to this closure. Once we can ensure that all students have access to devices and meals, and eLearning is off the ground, then they will turn their attention more fully to that next set of important items needing to be addressed.

Sample E-Learning Schedule

Struggling to start a routine? Take a deep breath. We are all in this together and are here for each other. Here are a few suggestions to help you get started:

Step 1- Create a Google Sheet or your preferred way to review requirements for e-Learning for each course. See sample:

<https://docs.google.com/spreadsheets/d/1cAt9gCTaFPMaF9XPBwB9DyHA6zVu3o17VGsuwl4ekXQ/edit#gid=0>

Step 2- Make a note of what assignments are coming up or due this week or early next week.

Step 3- Plan specific times during the week to work on classes, virtually connect with friends and family, eat, exercise, and sleep. See Tab 2 in the sample Google sheet above.

Testing and A+ Updates

Please see the [Emergency Closure](#) page for the most current information available.

Food information

1. Food information for Parkway Families: <https://www.parkwayschools.net/domain/2421>
2. If you are in need of food, there are options and forms on our Parkway website, accessible by the link above.

Technology Information

<https://www.parkwayschools.net/domain/2420>

Take care of yourselves and reach out to your counselor if you have any questions.

Your PCH Counseling Team,

Erica Blanks Spraggins (A-E) - ESpraggins@parkwayschools.net

Jenny Lange (F-La) - JLange1@parkwayschools.net

Paul Hussmann (Lb-Ro) - PHussmann@parkwayschools.net

Sara Gerth (Ru-Z) - SGerth@parkwayschools.net

Nana Prange (Post-Secondary/A+) - NPrange@parkwayschools.net