



Columbia Central Jr./Sr. High School

7 Tips for Parents

Sharing Gratitude and Mental Health Resources-

- 1. In honor of Staff Appreciation Week from May 4-8, consider having your teen send their teacher an email sharing gratitude with them for the work they do! ❤️💛💙💛**
- 2. Encourage your teen to reach out to a friend or family member. These resources can help guide them with the process-How to Check in with your Peers**
video-<https://drive.google.com/file/d/17R3BfoEmZStvam-zkhGMTJ94gfYMgbOY/view>
A Student Guide to Checking in with Peers-<https://drive.google.com/file/d/1jUbQ0btvzvAwGQ3zUacZRz3KxzJrwNZw/view>
- 3. Change is hard for everyone. Learn more about how to identify signs and symptoms of mental health needs in your child and how to help.**
https://drive.google.com/file/d/1zihjhdPDLRx_7pbUafzDy-pOrkXwGdq/view

Additional Learning Resources and Tools for Students

Preparing for College during a Pandemic-

- 4. Learning at home can be supported by reading for enjoyment. Please feel free to utilize any of these helpful online reading resources. [CC Online Reading Resources](#)** Online Resources - Google Docs.pdf
- 5. Resource for students preparing for college-Information about how colleges may change admissions, testing and financial aid policies due to the COVID-19 outbreak. The Navigate 2020 Virtual Conference and College Fair seeks to address these concerns and more! <https://virtual.gotocollegefairs.com/>**

- 6. The College and Career Access Center is continuing to help support and advise our students as they prepare for future transitions after high school. Their website is a helpful resource for parents and students-<https://www.jcisd.org/CCAC>**
- 7. Choosing a college is a difficult decision for students and families. We realize considerations during a pandemic can feel more overwhelming. Check out this helpful article from CollegeBoard-<https://blog.collegeboard.org/tips-making-college-decision-during-coronavirus>**