



# HOW TO GET ASSISTANCE

## VIRTUAL AND IN-PERSON

NOVEMBER 2020 • ST. LOUIS PARK HIGH SCHOOL



### VIRTUAL SUPPORT

Teachers are using Student Support Time App ([slp.studentsupporttime.com](http://slp.studentsupporttime.com)) to show availability for each teacher and teachers can request students. Use your SLP email to log in.

Do you need academic support?  
Talk to your Park Connections teacher about Wednesday Tutoring

Chemistry Support with Polk, Wachutka and Quattrini:  
<https://slpschools-org.zoom.us/j/91055475753>  
M-Th 3:15-4:00

Ask your teacher to meet!

DO YOU NEED HELP WITH MATH?  
OR MATH QUESTIONS?

	Tuesday	Thursday
1	Begin	Webster
2	Huesing	Huesing
3	Austad	Austad
4	Opara	Opara
5	Begin, Ahlquist	Ahlquist, Webster, Ahlquist
6	Taylor	Taylor
7	Forsberg	Forsberg

<https://meet.google.com/vrd-dkca-hcv>

# Learning Lab

## Virtually

During asynchronous classes, Ms. Conroy will be available for help and support. Check [Student Support Time App](#) for the link and to reserve a space.

Mondays and Thursdays: 2nd, 4th, and 6th  
Tuesdays and Fridays: 1st, 3rd, 5th, and 7th  
Wednesdays: By Appointment

If students want a private virtual Zoom appointment, they can email Ms. Conroy at [conroy.kari@slpschools.org](mailto:conroy.kari@slpschools.org)

## In-Person

Students can use the [Student Support App](#) to sign up for IN SCHOOL spots as well.

If you would like to come into school, please utilize the full day transportation or make other arrangements.



**"In 2 weeks of Wednesdays I have raised 2 grades from F's to C's"**

## ORIOLES' NEST

Tutoring or Quiet Space is available every day from 8:30am-3pm in the Cafeteria.

Tutoring is available on Wednesdays and when arranged by teachers.

Transportation can be provided. Contact Kiki Christensen at (952)928-6102 by noon the day before you would like to attend.

Breakfast and Lunch will be provided and food is available to take home.

Please sign up through the [Student Support App](#) so we can plan space accordingly.



# MENTAL HEALTH

## Social Work Support for Resources

### 9th and 11th Grade

Marlee Nirenstein

nirenstein.marlee@slpschools.org

612-356-2716

Marlee works M-Th

### 10th and 12th Grade

Lauren Buxton

buxton.lauren@slpschools.org

612-888-5369



Grade Level	Name	Email	Google Voice	Calendly
9th	Barb Nelson	nelson.barbara@slpschools.org	612-562-9760	
10th	Kelsey Milne	milne.kelsey@slpschools.org	612-888-3285	<a href="https://calendly.com/kelseymilne">https://calendly.com/kelseymilne</a>
11th	Heidi Cosgrove	cosgrove.heidi@slpschools.org	612-444-6267	<a href="https://calendly.com/heidi-cosgrove-virtual-appointments">https://calendly.com/heidi-cosgrove-virtual-appointments</a>
12th	Laura King	king.laura@slpschools.org	612-888-4410	<a href="https://calendly.com/king-laura-1">https://calendly.com/king-laura-1</a>



In-school mental health counseling or virtual video telehealth counseling visits available from your home.

*Practice areas include:*

**anxiety, depression, family work, life transitions & relationship difficulties.**

*Accepted insurances:*

- Blue Cross/Blue Shield
- Health Partners
- Hennepin Health
- Cigna
- Medica
- UCare
- United Health Care
- Medical Assistance/Medicare/MHCP

Contact your student's grade level Counselor for more information on a referral.

myhealthmn.org

## STUDENT GROUPS

### LGBTQ Student Group

buxton.lauren@slpschools.org

Meetings: Wednesdays at 1:30pm

### Grief Group Program

nirenstein.marlee@slpschools.org

Meetings:

Wednesdays 12:20 - 1:00 pm

Email Marlee to set up initial meeting before joining the group

### College and Career Development

When: Every Thursday 8:25am – 3:10pm

Zoom Link: <https://slpschools.org.zoom.us/j/98326378430>

Who: 12th Graders Drop in anytime to ask questions regarding college applications, letters of recommendation, college essays, internships, career exploration, and more!