

## October 2018 Counseling and FRC Update

Hello Hellgate Knights!

The college application process is in full swing for Seniors and we have many events planned to help navigate this process over the next month. While many of these meetings are meant for Seniors, we encourage anyone interested to take advantage of these opportunities to prepare for the future. Our College applications and FAFSA information meeting would be beneficial for both Junior and Senior parents. However, Juniors will have an opportunity to attend another presentation in the spring.

The other big thing that is on our minds during the change in seasons is Mental Health. We want to make sure that our students are taking care of themselves and getting the help that they need. Counselors are available for students/families who have concerns about themselves or other students. We also encourage people to utilize the National Suicide Prevention Lifeline at 1-800-273-8255 or the Crisis Text Line at 741741. Both services are available 24/7. Finally, in an emergency please call 911 or go to your nearest ER.

Christine Kolczak, Katie Boynton, Ben Martin, and Jessica Buboltz

### FAFSA Information and Help Sessions

HHS Counselors are teaming with Reach Higher Montana to help provide Missoula students and parents with information about Financial Aid and life after high school. We have two upcoming events that we hope you will attend!

### **College Prep and Financial Aid Night Monday, October 1st 6PM-7:30PM Room 364, choir room, Hellgate High**

If you missed our presentation last Spring, this will be a good one to attend. Senior Counselors, Ms. Kolczak and Ms. Boynton will briefly present about preparing for college (applications and scholarships) in the Senior year and Steven Coop from Reach Higher Montana will discuss financial aid and the Free Application For Student Aid (FAFSA). This presentation will be geared towards Seniors, but others are welcome to attend. We encourage both students and parent/guardians to join us.

### **FAFSA Help Session Monday, October 15th 6PM-8PM Room 142, Library Computer Lab, Hellgate High**

Steven Coop will be hosting a help session and will be available to help students and parents complete the FAFSA.

Montana College Application Week      October 1st-5th

**Montana College Application week allows Montana Seniors the opportunity to complete 1 College Application to a Montana School for free (applications fees are waived or deferred depending on the school)!**

Hellgate seniors can stop into the Counseling Center during Monday through Wednesday and Friday from 7:30-3:30 and Thursday between 7:30-2 to receive help completing a montana college application. We highly recommend that students consider stopping by during Senior Study Hall, Study Hall, lunch or Office Hours.

Missing Work Deadline      October 3rd

Any missing work from August and September must be turned in by October 3rd.

PSAT                      Wednesday, October 10th

The PSAT will be administered on **Wednesday October 10, 2018 ONLY**. Testing will begin promptly at 7:50, we encourage students to arrive early. Only pencils and calculators will be allowed in the testing room. **No Cell Phones or backpacks will be allowed.** Please prompt your student to leave them in a safe place.

Registration is now open. There are a limited number of tests available, so to ensure a spot, sign up immediately. The test will cost \$16. Juniors on free and reduced lunch are eligible for a scholarship; please see Jeanie Hughes in the front office to register for the PSAT. Students will receive a test prep booklets upon registration. Those that previously registered and did not get a booklet, can do so now with Jeanie. In addition, for more test prep information, visit College Board at:

<https://collegereadiness.collegeboard.org/psat-nmsqt-psat-10/taking-the-tests>

### Scholarships

The MCPS Scholarship website is currently under construction. The old version is still active, while we rebuild on a new platform. Once complete, we will send updates of the new online location. Please use it regularly. Thank you for your patience.

<https://www.mcpsmt.org/domain/228>

### How do I see my counselor?

Students can complete a green Counselor Appointment Request form to request an appointment with their Counselor. Counselors will send a pass for this student when they are available to meet with the student.

We welcome drop-ins before school, during 10-minute break and after school. We also welcome drop-ins during lunch.

**HHS Counseling Lunch Drop-Ins:** <https://bit.ly/2OWtQ6K>

For lunch drop-ins, students will either need to get a pass from the Counselor ahead of time or they can schedule a drop-in appointment through Google Calendar. To schedule an appointment through Google Calendar, students need to be logged into their MCPS Google account. Once an appointment is scheduled through Google Calendar, students can use their appointment as a pass to get to Counseling. Drop-in appointments are for brief conversations/questions or to plan for a longer appointment time. If you or your student would like to schedule a longer meeting, please email the Counselor directly.

### Tutoring

# Tutoring Schedule

Tuesdays	Wednesdays
Math: Algebra & Geometry	Math up to Calculus
Sciences up to Advanced Chemistry	Sciences
English/History/Social Sciences	English
3:00-4:45pm	3:00-4:45pm

## Knight Hall

### Family Resource Center - room 164D

I now have 2 rooms! The one I operate out of is on the 1st floor in room 164D It is conveniently located near the main entrance and accessible to students during every period of the day, even lunch (no pass necessary).

The room on the 2nd floor is full of extra clothes, school supplies, toiletries, and food. Families are welcome to use the room as well. Calling ahead of time ensures that I'm here and can help you navigate the room.

Both rooms are stocked with items that are donated and/or purchased with donated funds . If you would like to donate, please contact me.

### Help Wanted:

- A Costco shopper! Every 2 weeks we provide participating classrooms with healthy snacks thanks to a grant through Town Pump. We provide the funds and the list, you do the shopping!

- Would your business be interested in sponsoring some sport drawstring bags? We are in need of 200-400 of these for students/families to transport items home.
- How to contact me: School social worker/FRC coordinator **Tracy Ledyard** at **728-2400 ext 6062. [taledyard@mcps.k12.mt.us](mailto:taledyard@mcps.k12.mt.us)**

**FRIDAY FOOD BAGS** are available for students to grab Friday afternoons. These are provided through Missoula Food Bank and contain small grab and go food for the weekend if needed. Fresh fruit is also included! These are available outside room 164D. No sign-up required.

#### SHOUT OUTS:

- First American Title Company had a toiletry drive and helped stock our shelves. In addition, they donated cash to our account so we can purchase extra items as needed.
- Parent volunteers have kept us stocked and organized! Thanks especially to Ruth H. and Christine L. for donating your time every week.
- Holy Spirit Church continues to be a strong supporter of Hellgate by identifying us as one of their community ministries. They have help with our laundry program, started a haircut program, donated space for testing, and are always looking for ways to support our students and families.

#### Letters Of Recommendation

College Applications have already begun! If the college you are applying to requires a Letter of Recommendation, please give the teacher/counselor you are asking at least 2 weeks notice and a current Resume. More information about Requesting Letters of Recommendation can be found at: <http://www.mcpsmt.org/Page/6192>

#### College Applications

Many colleges and universities are utilizing Common Application or SendEdu for their application process. This is convenient for students and recommenders because everything can be done online. Counselors will receive a request for a recommendation through email. Your student should check with their Counselor to ensure they received the request. Requestors also needs to provide their Counselor with a current Resume at least 2 weeks prior so that we can write a comprehensive letter of recommendation. Please make sure to use the mcps.k12.mt.us e-mail addresses for Counselors.

## Transcript Requests

Official Transcripts can be ordered through the HHS Registrar, Lori Willumsen. Students and parents can either complete a Transcript Request Form or submit a request to Lori through e-mail at [lwillumsen@mcps.k12.mt.us](mailto:lwillumsen@mcps.k12.mt.us). Transcript Request Forms can be picked up at Lori's desk. If making a request through e-mail, please be sure to provide your student's name as well as the name and address of the institution it will be sent to. Please provide your request at least 48 hours before you need your transcript. Unofficial transcripts can be viewed on student and parent Q.

## College and Military Visits

Juniors and Seniors are invited to attend college, military and career visits at Hellgate High School. Students are asked to complete a Post-Secondary Visit Form (Blue Form found on the bulletin board across from the Counseling office). Please speak with your teacher and get their signature ahead of time, attend the visit, turn in your Post-Secondary Visit form to your Counselor and we will School Relate your absence for the class period.

Please see the [Counseling Events Calendar](#) for upcoming visits to plan accordingly. Visits are also posted in the daily bulletin in advance, and are read aloud in classrooms. A Remind message is sent the morning of the visit only as a reminder. Occasionally off site visits do occur. If you have any questions about College and Military visits, contact Ben Martin at [bdmartin@mcps.k12.mt.us](mailto:bdmartin@mcps.k12.mt.us)

October 2nd: 7pm - 9pm at the DoubleTree Duke University, Georgetown University, Harvard University, the University of Pennsylvania, and Stanford University. (Register [here](#))

October 13th: 2:00pm at Stone Creek Lodge: Brown University, the University of Chicago, Columbia University, Cornell University and Rice University (Register [here](#))

## Visit Colleges

Extended weekends, family vacations, and summer break are all great opportunities to check out Colleges. It's never too early to start checking out potential schools, especially if you already have plans to travel.

## College Fair

HHS Juniors and Seniors attended the College Fair on September 25th. It was a wonderful opportunity for students to touch base with College Representatives and to gather information about schools. Ask your student about their experience!

## Remind

Remind is an easy way for the Counselors to send text, email or app accessible messages to our students and parents. We are using this Remind account to send out important information and to remind students and parents of upcoming events and deadlines. Remind is easy to use. Please sign up today and encourage your student to do the same!

[Remind Class of 2019 Sign-Up](#)

[Remind Class of 2020 Sign-Up](#)

[Remind Class of 2021 Sign-Up](#)

[Remind Class of 2022 Sign-Up](#)

## Important Dates at a glance

October 1-5- Montana College Application Week for Seniors

October 1- College Prep and Financial Aid Night 6-7:30, room 364 (Choir Room)

October 10- PSAT test at HHS

October 15- FAFSA Help Session 6-8, room 142, Library Computer Lab

October 18-19 No School

November 6th-7th- Parent Teacher Conferences (both drop-in and appts)

November 9th- No School

November 21-23- Thanksgiving Break No School

December 22-January 6 - Winter Break (Jan 7 return)

Counseling Website: <http://www.mcpsmt.org//Domain/334>

Counseling Event Calendar: <http://www.mcpsmt.org/Page/10549>