

October 2019 Counseling and FRC Update

Hello Hellgate Knights!

The college application process is in full swing for Seniors and now all 4 counselors will be working hard on Letters of Recommendation/Scholarships.

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 support 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 Text MT to 741741. Both services are available 24/7. Finally, in an emergency please call 911 or go to your nearest ER.

HHS Counselors: Christine Kolczak, Katie Boynton, Ben Martin, and Jessica Buboltz

Student Forms Packets

Student Form Packets were not available at the Check-In Days before school started, but now need to be submitted. Students need some of these forms to access computers at school, take field trips, and/or receive nurse medication. Please have your student complete and submit the packet as soon as possible. Computer access will be restricted starting 10/1/19 for students missing forms. Packets are available in the main breezeway entry as well as the counseling hallway.

Montana College Application Week

Sept. 30th - Oct. 4th

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

Hellgate seniors can stop into the Counseling Center 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 will be available in the Library Computer lab during lunch every day



except Wednesday. We highly recommend that students consider stopping by during Campus Release, Study Hall or lunch.

Missing Work Deadline October 2nd

Any missing work from August and September must be turned in by October 2nd.

PSAT

Wednesday, October 16th

The PSAT will be administered on **Wednesday October 16, 2019 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.

We ordered a few extra tests, so registration will remain open until they have all been purchased. 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 booklet upon registration. Those that previously registered and did not get a booklet, can do so now with Jeanie. Sophomores are highly encouraged to take the test for practice. For more test prep information, visit College Board at:

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

Financial Aid, FAFSA Information and FAFSA Help Sessions

College Planning 101: How to Prepare, Pay, and Stay in College

Tuesday, October 1st

6PM-8PM

Sentinel High School, Margaret Johnson Theater

Sentinel High School is hosting a Clearwater Credit Union Presentation on: Cost of Attendance, Federal Loans, Scholarships, Grants, Private Loans, Plus Loans, Budgeting and More. Please RSVP at clearwatercreditunion.studentchoice.org/seminar.

FAFSA Help Session

Thursday November 7th

6PM-8PM

Location TBA at UM

The University of Montana Financial Aid Office invite seniors to come join them for support in completing the FAFSA. This is NOT just for U of M bound students. This service is open to all Missoula area seniors and parents/guardians regardless of their school of choice.

Scholarships

The MCPS Scholarship website is a collaboration between the high schools as one resource. There are tools, tips, websites, and databases that students and parent/guardians can utilize. Updates are made regularly, so please check it often. <https://www.mcpsmt.org/Domain/2739>

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. 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.

Flagship Tutoring Schedule

Monday	Tuesday	Wednesday	Thursday
English	English	English/Writing	English
Social Studies	Social Studies	Social Studies	Spanish
Math (Algebra)	Math (up to Calculus)	Math (Algebra and Geometry)	

After School in the Library until 4:45pm

I

Family Resource Center - room 164D

Welcome to Fall! For those of you who don't know me, my name is Tracy Ledyard. I am the School Social Worker here at Hellgate as well as the Family Resource Center (FRC) coordinator. My office is conveniently located near the main entrance and accessible to

students throughout the school day. If you would like to access me or the room for resources, you can contact me via phone or email and we can set up a time for you to come in.

I am here as an added support for students and families and help connect you to the wide range of resources available in the building and the community. We also have a number of available copies of the book, **“Parenting Teens with Love and Logic.”** by Foster Cline, MD and Jim Fay. This book is full of simple and applicable advice and techniques to help communicate with your teen and prepare them for adulthood. Let us know if you’d like to check one out to read!

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**

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.

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 applications can be completed online and students can complete one application for multiple schools. 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 email 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 email at lwillumsen@mcps.k12.mt.us. Transcript Request Forms can be picked up at Lori's desk. If making a request through email, 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.

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

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.

Important Dates at a glance

Sept. 30th - Oct. 4th: Montana College Application Week for Seniors

October 1- College Planning 101, Sentinel High School

October 16- PSAT test at HHS

October 17-18 No School

November 12th and 13th- Parent Teacher Conferences (both drop-in and appts)

November 7th- FAFSA Help/completion Session 6-8, U of M, room/building TBA

November 15th- No School

November 27-29- Thanksgiving Break No School

December 23-January 3 - Winter Break (Jan 6 return)

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

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



CRISIS TEXT LINE |

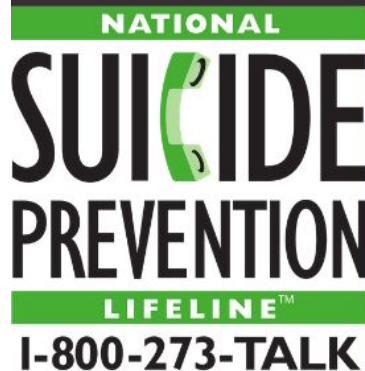
Text MT to 741-741
A free, 24/7 text line

LOOKING FOR MENTAL HEALTH RESOURCES?

CALL, TEXT OR CHAT

24 HOURS A DAY: 7 DAYS A WEEK: 365 DAYS A YEAR:

FREE: CONFIDENTIAL



**Are you a young person of
color?
Feeling down,
stressed or
overwhelmed?
Text STEVE to
741741**

