

October 2020 Counseling and FRC Update

Hello Hellgate Knights!

MOA and New HHS Families: This is the counselors' monthly update where we send out helpful reminders and information. MOA families may be receiving additional updates directly from MOA, but we invite you to follow along with us here at Hellgate.

The college application process is in full swing for Seniors and now all 4 counselors are 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:

Katie Boynton: keboynton@mcpsmt.org

Ben Martin: bdmartin@mcpsmt.org

Christine Kolczak: ckolczak@mcps.k12.mt.us

Jessica Buboltz: jbuboltz@mcpsmt.org

Google Counseling Classrooms

The HHS Counselors have created Graduating class specific Google Classrooms. We utilize these classrooms to send out reminders and updates, share important grade specific information and curriculum and stay in touch regarding Counseling related activities and opportunities. We do not assign homework through these Counseling classrooms. Please check with your student to make sure they have joined! If they haven't, they can join through the class codes below.

Class of 2021 (Counseling) code: rszrrfj

Class of 2022 (Counseling) code: wfg4zxo

Class of 2023 (Counseling) code: 3ye5tgk

Class of 2024 (Counseling) code: flupkzp

How do I see my counselor?

This year, we are asking students to email their Counselor directly to schedule an appointment. We will be scheduling most appointments over Google Meet. At this time, all parent appointments will be through Google Meet. We are also still making phone calls as well.

Testing

ACT for Class of 2021 Tuesday October 6th 2020 at 8AM

The ACT for the class of 2021 has been moved to Tuesday October 6th. Seniors do not need to register for this exam, there is no cost to participate in this exam. HHS will send out specific details once they have been finalized. Students and parents should stay tuned to the announcements/daily bulletin for details. Preparing for the ACT Guide:

<http://www.act.org/content/dam/act/unsecured/documents/Preparing-for-the-ACT.pdf>

While many colleges have chosen to go test optional this year, there are still colleges and scholarships who may require scores. For example, the MUS Scholarship will still require an ACT or SAT score from before December 31, 2020.

PSAT Tuesday January 26th 2021

HHS will test the PSAT on Tuesday January 26th this year. Students will need to sign up and pay for this exam. HHS will send out specific details once they have been finalized. Students and parents should stay tuned to the announcements/daily bulletin for details. Juniors will still be able to use this test date to qualify for the National Merit Scholarship Program. For more test prep information, visit College Board at:

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

ACT for Class of 2022 Tuesday March 30th 2021

The ACT for the class of 2022 will be proctored on Tuesday March 30th. Juniors do not need to register for this exam, there is no cost to participate in this exam. HHS will send out specific details once they have been finalized. Students and parents should stay tuned to the announcements/daily bulletin for details. Preparing for the ACT Guide:

<http://www.act.org/content/dam/act/unsecured/documents/Preparing-for-the-ACT.pdf>

SAT or ACT Other test dates

Students may opt to take either the ACT or SAT on dates offered directly by those organizations. Students need to register on their own for these exams at www.act.org or www.sat.org Students will need to pay the fees associated with these exams directly to the website. Students who qualify for Free or Reduced lunch are eligible for fee waivers. Please see your Counselor to inquire about a fee waiver.

Montana Virtual College Fair



<https://www.montanacolleges.com/virtual-events.html>

We know that not many of you had the opportunity to sit in on some of these amazing sessions with our college partners! Lucky for you they have been recorded and you can review them now!

Montana College Application Week Sept. 28th - Oct. 9th

Montana College Application Week allows Montana Seniors the opportunity to apply to ALL Montana colleges for free for two weeks. Application fees are waived!

Seniors can stop into the Counseling Center Tuesday - Friday from 8:30-3:30 receive help completing a Montana college application.

MUS Application portal

The Montana University System has created a Montana College Application Portal.

Students can apply to multiple colleges in one application for free. This can be used at any time so apply today!

<https://applymt2021.liaisoncas.com/applicant-ux/#/login>

FAFSA Help Sessions

UM Virtual Sessions

October-November

The University of Montana Financial Aid Office invites seniors and parents/guardians to virtual FAFSA events. 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.

The FAFSA application opens on October 1 and many Montana colleges have a priority deadline of December 1. Take advantage of this amazing opportunity if you have questions or need help completing the application. Please see the attached flyer for dates and times. We have also posted the dates and times to the Counseling Events Calendar:

<http://www.mcpsmt.org/Page/10549>

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 for the 2020-2021 year are just getting started, but many scholarships return annually. Please check it often.

<https://www.mcpsmt.org/Domain/2739>

Letters Of Recommendation

College Applications have already begun! If the college you are applying to requires a Letter of Recommendation, please ask your teacher and/or counselor at least 2 weeks prior

to your deadline. Some may require 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. Each counselor has a different email address. Requestors also need to provide their Counselor with a current Resume at least 2 weeks prior so that we can write a comprehensive letter of recommendation.

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@mcpsmt.org. Students who are 18 must make the request for themselves. 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

All college and military visits occurring during the school day will be done virtually this year. The visit information will be posted in the Google Classroom. Some schools will allow us to post a direct link to the meeting, others will require students to register prior to the visit and will then email registrants the link directly.

Important Dates at a glance

Sept. 28th - Oct. 9th: Montana College Application Week for Seniors

October 6- ACT for Class of 2021- Starting at 8AM

October 15-16 No School

November 25-27- Thanksgiving Break No School

December 21-January 1 - Winter Break (Jan 4 return)

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

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

Family Resource Center - room 164D

Hello and Welcome to Hellgate High School. My name is Tracy Ledyard and I am both the School Social Worker and Family in Transition Coordinator. I wanted to be sure to introduce myself and briefly describe my roles and how you can access me.

The School Social Worker is available to all students and families. I help connect people to resources inside the school and in the community. I work closely with our administration, school counselors, mental health staff, coaches, and teachers to advocate for students. These supports include:

- access to basic needs and supplies
- social and emotional support and resources
- referrals to mental health professionals
- helping identify and break down barriers to success at school

The Family In Transition Coordinator (FIT for short) works with families who are “In Transition” as defined by the Federal McKinney - Vento Act. I work to help identify students (who meet this definition), to ensure we remove any barriers to enrolling and attending school.

The McKinney-Vento Act provides rights and services to children and youth experiencing homelessness, which includes those who are:

- sharing the housing of others due to loss of housing, economic hardship, or a similar reason;
- not living with a parent or guardian;
- staying in motels, trailer parks, or camp grounds due to the lack of an adequate alternative;
- staying in shelters or transitional housing; or sleeping in cars, parks, abandoned buildings, substandard housing, or similar settings.

In addition to the above, my room always has a healthy supply of snacks, toiletries, and school supplies--- **ALL STUDENTS** are welcome. For any questions, please feel free to reach out!

Due to COVID, we are not able to take donations at this time.

Tracy Ledyard, MSW
taledyard@mcpsmt.org
728-2400 ext 6062

Hours: M-F 8a - 4pm

WEEKEND FOOD BAGS are available for students to grab every afternoon. These are provided through Missoula Food Bank and contain small grab and go food for the weekend if needed. These are available outside room 164D. No sign-up required.

As of Wednesday, September 9, 2020 all MCPS meals will be provided free of charge to all students. These meals are also available to all youth in the community under 18 years of age.

Meals will be free through December 31, 2020.

- Meals provided in schools will still include a hot option.
- Students will still need to provide their lunch number when ordering lunch during the school day. This is only to help us with our tracking, this will NOT charge the student's account.
- Grab and go meals will include breakfast along with a peanut butter and jelly sandwich or a deli sandwich option.
- Grab and go meals are available at each school site to:
 - Students on remote learning days (including Mondays)
 - Students attending the MCPS Online Academy
 - Any youth under 18 - even homeschooled and private school students
 - **Anyone can pick up meals on behalf of a student**

Introducing Project Success

Let me introduce myself. My name is Shelley Grados. I work for Western Montana Mental Health Center (Wmmhc), as their Adolescent Outpatient Counselor. I'm also the new Project Success Counselor for Hellgate H.S.

In addition to providing school based services for Hellgate & Willard H.S., I see kids for 1:1 counseling for SUD (substance use disorders), provide chemical dependency evaluations, and teach the monthly MIP classes for those who are required through court order. Those services are provided through WMMHC.

I'm happy to be part of the Hellgate Team. Currently my hours at Hellgate are:
Tuesday all day,
Thursday from 10am-12:30 pm.

Contact information:

Email: sgrados@mcpsmt.org

Phone: 406-728-2400 ext: 6612

Shelley Grados, ACLC
Project Success Counselor
Hellgate H.S.



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**





ONLINE FAFSA WORKSHOP

Never filled out a FAFSA Application? Do you have questions or are having troubles with your FAFSA? Please join us as we work through the FAFSA application, highlighting areas that may cause problems.

WORKSHOPS WILL ALL BE
HELD AT 6 PM

MONDAY, OCTOBER 5TH & 12TH

WEDNESDAY, OCTOBER 21ST

FRIDAY, NOVEMBER 6TH

MONDAY, NOVEMBER 9TH

TUESDAY, NOVEMBER 17TH & 24TH

Join UM Financial Educators for virtual FAFSA event. Decide which date works for you. At 6 pm, simply copy the Zoom link below into your browser to join the online workshop. <https://umontana.zoom.us/j/2482306737>

For more information or can't make these workshops, please email financialeducation@umontana.edu or call (406) 243.6016



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