

April Counseling and Family Resource Center Update

Hello Hellgate Knights! We hope your spring break was restful and inspiring! The time between now and the end of the year will really fly! Now is a good time to check Q with your students. Tomorrow, April 3rd is a common deadline for some teachers to accept missing work. There will not be a traditional Parent/Teacher Conference schedule this year, as we have had in years past. However, your teachers love hearing from you and working together to answer questions and provide guidance for your students here at HHS!

We highly encourage parents and students to attend the Financial Aid and College Prep night. The FAFSA application is opening earlier and it is a benefit for students to complete this information as soon as possible. This meeting will take place on April 16th 6:00 - 7:30 pm.

Office Hour College & Career Seminars

Knight Hall

The HHS Counselors will be holding College and Career Prep Seminars over the next few months during Office Hours. These seminars will be start at 12:40 and will last approximately 20 minutes. For more information, see the [College and Career Prep Flyer](#).

April 10th- Career Search/Local Job Opportunities

April 17th- Resume Workshop

April 24th- College Application Process

Financial Aid and College Prep Night

Wednesday April 16th, 6PM-7:30PM

This meeting will be geared toward Juniors and their parents/guardians, but all grade levels are invited to attend. HHS Counselors will share planning details for college prep. A special guest speaker from Reach Higher Montana will share details about Financial Aid and the FAFSA (Free Application for Federal Student Aid) process which starts early during senior year in the fall. Room location: Knight Hall (room 147/148).

Montana Digital Academy Original Credit Classes

These classes are for students seeking courses for earning advanced credits. These are all online, taught by a MT licensed teacher, and paced by the teacher. Students complete these courses off-campus. Paperwork is available starting 4/10/19 in the counseling area before school, at lunch, OH, or after school to pick up. Courses being offered are found online:

[Original Credit MTDA Courses](#).

Scholarships

It's Scholarship Season! If you haven't already done so, check out the [MCPS Scholarship Website](#). There are numerous opportunities available over the next few months and the HHS Scholarship page will be updated as scholarships become available! The 2019 Hellgate only End of the Year Scholarships are being updated. Your students will soon see counselors in the classroom reviewing these opportunities. Here is the link to the updated 2018-2019 Scholarship Reporting Form for high school seniors: [Scholarship Reporting 2019](#). Please report scholarship information as soon as possible. The submission date is Friday, May 17, 2019 for Missoulain consideration.

Hellgate Tutoring occurs in the Library!

Tutoring Schedule

Mondays	Tuesdays	Wednesdays	Thursdays
Math Algebra & Geometry	Math Algebra & Geometry	Math Algebra & Geometry	Math up to Pre- Calculus
Chemistry Equations & Biology	History	Chemistry & Biology	Chemistry & Basic Biology
English/Writing	English/Writing		
3:00-5:00pm	3:00-5:00pm	3:15-5:00pm	2:00-4:00pm

Important Days to Remember

April 5th- No School

April 16- 6 PM Financial Aid and College Prep Night

April 22nd- No school

May 6-May 17- AP Exams

Senior Graduation Schedule Please note that dates have been updated and were inaccurate in last month's update

Senior finals schedule will be released shortly. Tests will start approximately 1 week prior to the June 5th coursework completion.

Wednesday, June 5th
Friday, June 7th
Saturday, June 8th

All coursework must be completed by 3 pm
9:00AM Graduation Rehearsal @ the Adams Center at UM
3:00 PM Graduation @Adams Center (students arrive at 2:00pm)

Important Reminder: All graduation requirements must be complete by Wednesday, June 5th at 3PM in order to participate in the commencement ceremony.

Remind

Remind is an easy way for Counselors to send text, email or app accessible messages to our students and parents. We use Remind 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 students 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](#)

[Remind Class of 2023 Sign-Up](#)

Choices, Plans, and Worries... Oh My!

Many of you Seniors are receiving updates on college admissions. A recent article from hcounselorweek.com had some great reminders. Any college you took the time to apply to was a serious consideration. You might not have considered them your favorite, but something about them sparked your interest. As you are preparing to answer the upcoming deadlines for those colleges keep in mind the costs. Comparing Financial Aid letters is important. Making sure you understand the “real cost” for attending and making sure there are no hidden costs and you are comparing apples to apples requires some patience and skill. Remember only take the aid you need. This nation is drowning in student loan debt and graduating with a huge mountain of debt is not a good idea. If you don’t understand the types of aid offered the folks at reachhighermontana.org can help.

FAMILY RESOURCE ROOM UPDATE

Thank you to those who help keep the FRC stocked! Students and families are so incredibly appreciative of what we are able to offer here. It is ALL made possible from the donations we receive and the volunteers who help.

We are still working on the best location for all of our clothing donations and food pantry. In the meantime, I am holding off on accepting any donations other than school supplies, toiletries, and monetary donations at this time. Thank you!

Holy Spirit parishioners continue to support Hellgate families in a variety of ways:

- “The Warm Spirit Project” composed of middle school girls spearheaded a toiletries drive and collaborated with Fresh Market to fill out shelves!
- Laundry program at Sparkle
- Haircut program
- Athletic/Activities Scholarship fund to help with associated fees.

Nuggets of Information:

Some things adults need to know about teens...(from teens themselves) Ask your teen if they agree with these. It sparks a great discussion!

1. We need our privacy.
2. We need to learn from our mistakes, not yours.
3. The way we dress does not mean we are bad kids.
4. High school relationships ARE a big deal.
5. We don't need drugs and alcohol to do stupid things.

Coming up: Signs of Suicide (S.O.S.) April 15th for all Health classes

Please be on the lookout for information coming from our Health and Physical Education Department regarding this unit. It is so important to continue awareness about suicide! Did you know Montana has the second highest rate of suicide in the Nation according to the Facts put out by DPHHS Suicide Prevention Coordinator?

<https://dphhs.mt.gov/Portals/85/suicideprevention/SuicideinMontana.pdf>

As always, contact me anytime with questions or concerns!

Tracy Ledyard, MSW

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CRISIS TEXT LINE |

TM

Text MT to 741-741

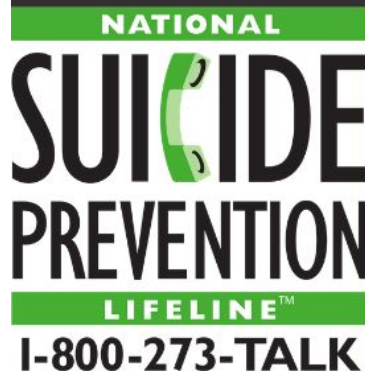
A free, 24/7 text line

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**

