

## December Counseling Update

Hello Hellgate Parents,

Happy December! This is typically a busy month filled with holiday parties, concerts and gatherings. It is also the start of our last marking period for semester 1. This is a great time of year to keep an eye on your student's Q account. Students who are behind in their courses are encouraged to work with their teachers to make a plan for missing assignments. Students can see teachers before school and on Wed. office hours. We hope you join us for our Annual Holiday Assembly. Have a happy, healthy, restful break and we look forward to seeing everyone again in January.

If you have questions about anything in the update, please reach out to your student(s) Counselor.

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### 2nd Semester Schedules

Encourage your student(s) to check their schedule for spring semester. They can do this by clicking the "Show All" button on Q. If your student is not scheduled for a class period during 2nd semester, December is a great time to make a plan. Students are encouraged to stop into Counseling before or after school, during lunch (students can tell yellow-line attendants that they need to make a 2nd semester schedule change) or at 10-minute break to add classes. If a longer conversation is necessary, students can complete a Counselor Appointment Request form found in the hallway outside the Counseling Center.

### Hellgate Holiday Giving

It is a tradition at Hellgate to share some holiday joy with as many students as we can. All staff and teachers become elves and nominate students who could use a little extra holiday cheer. Last year, with the help of you and our amazing community, we were able to provide gift cards for 150 students. If you would like to help us meet this goal again this year, **you can make a tax deductible donation to Hellgate Cares and give it to Jeanie Hughes in the main office.** We will then purchase the needed gift cards and distribute them (Wal-mart cards are the most requested gift cards). Tax exempt donation forms are available! Thank you for making the holidays bright!

Tracy Ledyard, on behalf of all the Elves here at Hellgate High School

### December 1 was the FAFSA Priority Deadline for Montana Colleges.

Montana colleges have set December 1st as the FAFSA priority deadline. Students should complete their FAFSA to maximize aid eligibility. Montana colleges will start sending Financial Aid award letters. In many cases it is first come first to receive aid.

## Scholarships

Please be sure to check out all other scholarships on our [Scholarship Page](#).

### MUS Honors Scholarships

The MUS Honors Scholarship application is now open. The application must be postmarked by March 15, 2020. Counselors will be visiting senior classes before the semester to pass out pertinent information. Official transcripts with the 7th semester grades will not be available until the beginning of February. MUS Scholarship information and requirements, including Rigorous Core criteria, can be found here: [http://mus.edu/Prepare/Pay/Scholarships/MUS\\_Honor\\_Scholarship.asp](http://mus.edu/Prepare/Pay/Scholarships/MUS_Honor_Scholarship.asp).

### Upward Bound Applications

TRIO-Upward Bound is accepting Applications for this School year. View Information & Eligibility Requirements [here](#). If you are interested in applying, please see your HHS Counselor.

### Missing Work Deadline

**December 4th**

Any missing work from November must be turned in by December 4th.

### 2nd Semester MTDA Original Credit Classes

Enrollment is open for MTDA Original Credit classes. If your student is interested in taking an on-line class, please view the course list and descriptions at:

<http://montanadigitalacademy.org/resources/course-catalog/> Students can stop by Counseling to pick up the paperwork before school, after school or during lunch (students can tell yellow-line attendants that they need MTDA paperwork).

Students enrolled in a yearlong MTDA course will automatically be enrolled in the semester 2 course. Students wishing to make other plans will need to see their counselor.

### College Application Deadlines/Common Application Questions?

The Common application (CommonApp) & Coalition application requires your school counselor to submit the School Report Form and often a recommendation. You must submit your school counselor's email correctly into the Common App form. After submission, it is your responsibility to make sure your counselor has received the request. In addition to the School Report, your counselor can write you a comprehensive recommendation letter if you provide a **resume** immediately after the LOR request (Counselor Report). This should happen as early as possible, but no less than *two weeks* before the due date of your first college deadline. Be mindful of deadlines over the holiday break. Hellgate staff are not available over the break to help with, or complete applications. Winter break runs December 21-January 5.

### Office Hours

**12:39-1:23**

**Every Wednesday**

Office Hours is a great opportunity for students to engage in self-directed educational time during the school week. For first semester, all Freshmen were assigned to a class. All students are encouraged to utilize this time to catch up on missed classes, make-up tests, work on group projects and much more. Some students with lower GPA's were assigned into an OH course last month grades 9-12. Please refer to Mr. Miller's email that explains further. Please encourage your student to utilize Office Hours to enhance their educational experience here at HHS.

**PSAT Scores December 10th-online**

PSAT scores will be available to Montana students on December 10th online. Your student will receive an email with instructions for creating a College Board account and to view the online score report if they entered an email at registration time. **Please encourage them to save this information for later (senior college applications).** Counselors will pass out the hard-copy score reports after we receive them, which will be after this date. We will send out a Blackboard notice with a date and time students can pick them up.

**Feeling Stressed?**

There are only 28 days left of school before finals start. Finals are Jan. 22 Periods 3,4,5, Jan. 23 Periods 6 & 7 and Jan. 24 Periods 1 & 2. For a full list of schedules and times please see the Hellgate High School Calendar on the main page. Please plan carefully and manage procrastination!

**Deficiencies**

Students who are failing courses will now be notified using the blackboard system. Make sure your information is up to date with the administrative assistants so that you receive information in a timely manner.

**Hellgate Tutoring:**

Tutors will continue to be available through the Flagship's tutoring program Tuesdays, Wednesdays and Thursdays through December 7th. A tutor will also be available Tuesday, December 12th and Thursday December 14th.

**Looking Forward, Planning Ahead**

At the end of January our Course Request process for the 2019-2020 School Year will begin. An evening parent/student meeting will be held by Principal Miller. This will be a time for students and parents to choose their classes and meet with department representatives to talk about options for next year. At that presentation they will receive their course request worksheet and graduation requirements. This event will then be followed by a lesson received during Office Hours time to clarify and review the process. At that time they will then enter their courses into Q.

We encourage parents to have conversations with your students now regarding how classes are currently going and what courses may be beneficial for your student moving forward to help them achieve their goals for the future.

**Junior & Senior Timeline**

In November, HHS Counselors shared these timelines with our students/families during a presentation at Parent/Teacher conferences. The timelines include important dates to remember when planning for life after high school. The Junior Timeline was shared in The Class of 2021 (Counseling) Google Classroom. The second half of Junior year is a great time to review this guide and start preparing for Senior year. The Senior Timeline was shared to Seniors via their school gmail.

**Life After High School Planning Guide****All Grade Levels**

[The Life After High School Planning Guide](#) is a great tool to utilize to start preparing for Post-Secondary opportunities. We encourage you to take some time to review this guide with your student.

**December 18th 6pm**

Counseling presents to KORT monthly meeting

Please join your parent organization as they learn about spring happenings and ask questions in a very comfortable environment!

**10th Grade Career Curriculum**

The Counselors are collaborating with 10th grade English teachers to explore Career and Post-Secondary options. We will be working with students Monday-Thursday of this week. They can access the worksheet we discussed in their Google Classroom in the Class of 2022 (Counseling) classroom. We encourage parents to ask your 10th grader what they learned!

**Upcoming Dates to Remember**

December 4th- Missing Work Deadline

December 6th Fall Recognition Assembly

December 18th 6pm Counseling presents to KORT monthly meeting

December 20th- Holiday Assembly at HHS

December 21st-January 5th- Holiday Break

Jan. 20th- No School

Jan 22nd-24th- Semester Finals

Jan. 27th- No School for HS Students

Jan. 28th- Semester 2 start

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

**If you are aware of someone who may be thinking about suicide, please share the following resources:**



1-800-273-8255 **PRESS 1**

Text to  
**838255**

**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

**NATIONAL**  
**SUICIDE**  
**PREVENTION**  
**LIFELINE™**  
**1-800-273-TALK**

**Are you a young person of  
color?**

**Feeling down,  
stressed or  
overwhelmed?**

**Text STEVE to  
741741**

