

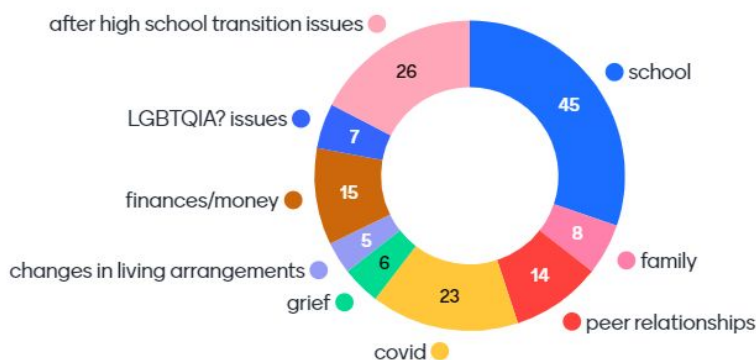
December Counseling Update

Hello Hellgate Parents,

Happy December! This is typically a busy month filled with holiday parties, concerts and gatherings. With Covid nothing is the same. Please know we are all struggling with this difficult new reality and grief and loss is a huge issue right now! We recently sent a survey out to our students. It was not a surprise to see that anxiety was in the top 3 of concerns students have. We will be designing some activities/guidance around that topic and will send out a quick voting tool to try to get more data about what is the cause of that anxiety. Check-in with your students and remind them there are resources available to them; consider a therapist if it's appropriate. Sometimes doing good for others can help us feel better! Hellgate Student Government is hosting a food drive for the Missoula Food Bank! Consider participating!

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. If they have failed a course from periods 1 or 2 they should IMMEDIATELY reach out to those teachers to see what plan is possible to bring it to a passing grade. Currently they are in periods 3 and 4 and that will continue until winter break. There are only 5 days in those periods so every day of attendance counts! Students can see teachers before school, after school and by appointment. Have a happy, healthy, restful break and we look forward to seeing everyone again in January.

Counselors are exploring new and different avenues to deliver some of our lessons and general updates to students. Each grade level has a Counseling Google Classroom where we will post general updates and lessons. We recently created a video lesson that we shared with all students. We are planning to utilize the information that we received from our recent student needs assessment to create some virtual mini-lessons that students can access through their grade level specific Google Counseling Classroom. Counselors followed up with a quick Mentimeter to seniors to get more information from them regarding their responses to anxiety. We found the following topics were of concern for Seniors:



Class of 2021 (Counseling) code: rszrrfj

Class of 2022 (Counseling) code: wfg4zxo

Class of 2023 (Counseling) code: 3ye5tgk

Class of 2024 (Counseling) code: flupkzp

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

Katie Boynton (Last Name: A-E)

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Jostens-Senior Memorabilia

Seniors should have received paper packets during their 3rd period class during the week of December 1-4. If they missed getting one, Tamara in the main office has extra. Seniors at MOA will receive those packets via mail. Included in this packet is purchasing items for graduation ceremonies. Jostens reps will be available the week of Dec 8-11 to order in person. The packets also include how to order online. If your senior may need help with a cap and gown, please email your counselor.

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 email or to stop into Counseling before or after school and during lunch. If a longer conversation is necessary, students should email counselors to set up a time (possibly virtually) to discuss schedules.

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 and Target 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. If your senior has not started the FAFSA, click here to get started: <https://studentaid.gov/h/apply-for-aid/fafsa>

Scholarships

Please be sure to check out all other scholarships on our [Scholarship Page](#). There are many scholarships and scholarship databases to explore on this website. Here are a couple scholarships that are posted on the website:

MUS Honors Scholarship

The MUS Honors Scholarship application is now open. The application must be postmarked by March 14, 2021. In years past, the Montana University System has sent information packets, if we receive those, we will make sure to deliver to all seniors. 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.

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 counselor.

2nd Semester MTDA Original Credit Classes

Enrollment is open for MTDA Original Credit classes. There are enrollment restrictions currently in place. Please contact your counselor for specifics if you wish to add an additional online course through MTDA. 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 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 & Coalition Application Questions

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.

Be mindful of deadlines over the holiday breaks. Hellgate staff are not available over the break to help with, or complete applications. Winter break runs December 19-January 3.

PSAT Tuesday January 26th 2021

HHS will test the PSAT on Tuesday January 26th this year. Registration is now open on a first-come, first-served basis. See Jeanie Hughes with your \$18 registration fee to secure your spot. 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>

Looking Forward, Planning Ahead

At the end of January our Course Request process for the 2021-2022 School Year will begin. This will be a time for students and parents to choose their classes and ask teachers from different departments to talk about options for next year. Students will receive their course request worksheet and information on graduation requirements. Counselors will also be providing a virtual lesson to clarify and review the process for each grade level in google classroom. 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.

Life After High School Planning Guide

All Grade Levels

In our recent student needs assessment, all grade levels indicated a need for more information regarding post-secondary opportunities, the college search and application process as well as information on testing. Like we mentioned above, we will be working on some mini-lessons to get information out to students. In the meantime, we recommend that students check out [The Life After High School Planning Guide](#) It 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.

Upcoming Dates to Remember- These dates are all tentative and subject to change

December 19th-January 3rd- Holiday Break

Jan. 18th- No School

Jan. 26th- Semester 2 start

Jan. 26th- PSAT

April 6- ACT for Juniors

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:



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

