**December Counseling Update**

Hello Hellgate Parents,

Happy December! Winter is setting in and our students and staff deserve this upcoming winter break, and we are continuing to see an increase of mental health concerns. 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!

Google Classroom reminder:

Class of 2022 (Counseling) code: wfg4zxo
Class of 2023 (Counseling) code: 3ye5tgk

Class of 2024 (Counseling) code: flupkzp

Class of 2025 (Counseling) code: 3t5xesi

HHS Counselors:
Katie Boynton students with the last name A-E: keboynton@mcpsmt.org
Ben Martin students with the last name F-K: bdmartin@mcpsmt.org
Morgan Troutt students with the last name L-Q: rtroutt@mcpsmt.org
Jessica Buboltz students with the last name R-Z: jlbuboltz@mcpsmt.org

**10th Grade Career Curriculum**

Counselors will be visiting 10th grade English classes to provide information about the Montana Career Information System (MCIS) before the Winter Break. MCIS provides students with the opportunity to complete assessments and explore potential careers based on their interests and skills. We will spend one class period introducing students to the system. We encourage you to ask your student about what they learned and look at their profile together!

**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 190 students. If you would like to help us meet this goal again this year, **you can make a tax deductible donation of cash or gift cards to Hellgate Cares and give it to Cheri at the bookkeeper window**. If you would like to donate gift cards, $50 cards to Walmart or Target are preferred. 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

**1st Semester Finals Schedule**

Monday, January 17 - MLK Holiday, No School

Tuesday, January 18 - Review day

Wednesday, January 19 - Finals in 1,3,5,7

Thursday, January 20 - Finals in 2,4,6

Friday, January 21 - Intervention / Makeup Day.

**2nd Semester Schedules**

Encourage your student(s) to check their schedule for spring semester. They can do this by checking the schedule on Infinite Campus. 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 school, during lunch, or during Office Hours. If a longer conversation is necessary, students should email counselors to set up a time to discuss schedules.

**ACT for Juniors April 12, 2022**

Please note, all Juniors will be taking the ACT on April 12th. It will be a remote learning day for all other students. Juniors will take the test, for free, here at HHS. They will not need to register at act.org. More information will be provided as the test day approaches. If there are any questions about the ACT please contact Ms. Bageant.

**Scholarships**

Please be sure to check out all other scholarships on our [Scholarship Page](https://www.mcpsmt.org/Domain/2739). There are many scholarships and scholarship databases to explore on this website. Here is one scholarship highlighted that is posted on the website:

**MUS Honors Scholarship**

The MUS Honors Scholarship application is now open. The application must be postmarked by March 15, 2022. 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**

Upward Bound is looking for students who are dedicated learners (minimum 2.5 GPA), invested in learning, and motivated to attend college. Students who are accepted into Upward Bound receive all services FREE including tutoring and mentoring, access to a six week summer camp living on UM’s campus, college trips, and the potential to earn monthly stipends for good grades and attendance.

Qualifying students must meet either of two federal requirements: they must be from low income families or first-generation college students.

* Low income status is determined by comparing family taxable income to a graduated chart. Usually students who qualify for free or reduced-price meals qualify for Upward Bound.
* First-generation college student means they are first in their family to receive a bachelor’s degree.

Online application and more information can be found here: <https://www.umt.edu/trioub/apply/default.php>

Please see your counselor for more information

**Flagship Tutoring**

Flagship is offering tutoring on Wednesdays after school. If your student is struggling, encourage them to attend!

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

 [The Life After High School Planning Guide](http://www.mcpsmt.org/Page/10039) 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-**

December 13- Missing Work Deadline
December 20-December 31 - Winter Break (Jan 3 return)
January 17th- No School
January 19 - Finals in 1,3,5,7
January 20 - Finals in 2,4,6
January 24th- No School (teacher work day)
January 25th- Semester 2 start
April 12- ACT for Juniors

**Counseling Website:** [**http://www.mcpsmt.org//Domain/334**](http://www.mcpsmt.org//Domain/334)

**Shout out!**

WayPoint Church for providing turkeys and grocery cards for 20 Hellgate Families.

Student Government for providing 2 families with everything needed for a full holiday meal. Their fundraising efforts will allow them to help in December as well.

**FRC UPDATE**

The Family Resource Center remains in flux due to staffing. Unfortunately, we are not taking donations until we can staff the room on a consistent basis. Thank you for your patience and understanding.

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