**December Counseling Update**

Hello Hellgate Parents,

Happy December! We hope you are all staying healthy during this wintery holiday season. We usually see an increase of mental health concerns this time of year. 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! There are a few different drives happening at HHS right now. Consider participating!

We have three and a half weeks until winter break and the missing work deadline is this Thursday. Now is a great time for you and your student(s) to check their Infinite Campus, check in with teachers and make a plan to successfully complete their classes. Winter break may be a great time for students to get caught up with missing assignments. If you have specific questions about how your student is doing in a class, make sure to reach out to their teacher. Teacher emails can be found in Infinite Campus or on the HHS website.

**Google Classroom Codes**

Class of 2023 (Counseling) code: 3ye5tgk

Class of 2024 (Counseling) code: flupkzp

Class of 2025 (Counseling) code: 3t5xesi

Class of 2026 (Counseling) code: i4gjhub

**Upcoming Dates to Remember-**

December 1- Missing Work Deadline  
December 22-January 2 - Winter Break (Jan 3 return)   
January 5- Missing Work Deadline  
January 16th- No School  
January 23rd- No School (teacher work day)  
January 24th- Semester 2 start

February 13th-No School (teacher training day)  
April 11- ACT for Juniors

**10th Grade Career Curriculum**

Counselors will be visiting 10th grade Biology 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 students about what they learned and look at their profile together!

**CommonApp/College deadlines**

At the beginning of the year, we visited our Seniors in their Government classes to discuss college applications. We asked students to provide all recommenders a two weeks notice (prior to their deadline) or more time is better. We also told students that we need them to follow up with their counselor if they have invited us to be a recommender for CommonApp or a different application. We need to confirm their deadline and will often need additional information to be able to complete these recommendations. If your student has a January 1 deadline, they should touch base with us no later than December 7th to ensure that their recommendation is sent in a timely manner. The school counselors do not work over the holiday break (Dec. 22-Jan. 2).

**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 120 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

**ACT for Juniors April 11, 2023**

Please note, all Juniors will be taking the ACT on April 11th. 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, as the State does that for them. More information will be provided as the test day approaches. If there are any questions about the ACT please contact Ms.Bageant. Students can look at the ACT website for more information and practice tests. [act.org](http://act.org/)

**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.

**MUS Honors Scholarship**

The MUS Honors Scholarship application is now open. The application must be postmarked by March 15, 2023. In years past, the Montana University System has sent information packets, if we receive those, we will make sure to deliver them 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.

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