

Hellgate High School

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! HOSA is hosting a clothing drive. Consider participating!

-HHS Counselors

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.

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

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

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!

2nd Semester Schedules

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

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.

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.

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

Online application and more information can be found here:

<https://www.unt.edu/trioub/apply/default.php>



Info That You May Want to Know!

MUS Honors Scholarship

The MUS Honors Scholarship application is now open. The application must be uploaded 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:

[MUS Honor Scholarship](#).

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.

Life After High School Planning Guide for 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.

Helpful Links

[Counseling Events Calendar](#)

[Counseling Website](#)

[MCPS Scholarships Page](#)

[Apply Montana](#)

[Student Services Form.](#)

You can always drop-in to the counseling offices (Room 211) before school, during lunch, office hours or with permission from their teacher. They can also email us directly.

HHS Counselors:

Katie Boynton: Students last name A-E:

keboynton@mcpsmt.org

Ben Martin: Students last name F-K:

bdmartin@mcpsmt.org

Morgan Troutt: Students last name L-Q:

rtroutt@mcpsmt.org

Jessica Buboltz: Students last name R-Z:

jluboltz@mcpsmt.org

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



CRISIS TEXT LINE |

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

THE TREVOR PROJECT
Saving Young LGBTQ Lives
24/7 Trevor Lifeline
866.488.7386
TrevorChat
TrevorText
TrevorSpace
www.thetrevorproject.org