

Hellgate

November Counseling Update

Hello Hellgate Parents/Students!

We are approaching the halfway point for semester 1! Many students are adapting well, while some are having a harder time getting back into the swing of things. Please reach out to your counselor if your student is having a hard time. This is a great time for students to be checking Infinite Campus regularly and making sure they're staying on top of assignments. We encourage students to talk to their teachers to make a plan to make up work. Seniors are busy with college applications. Counselors have been trying to visit all 12th grade English classes to encourage students to complete their college applications.

-HHS Counselors

SENIORS

We have recommended timelines to help prepare for life after high school. They can be accessed through google classroom or through the link below

[Senior Timeline](#)

Important Dates at a glance

November 8 - Missing Work Deadline

November 12 - No School for Students, Staff training day

November 24-26 - Thanksgiving Break No School

December 20 - December 31 - Winter Break (Jan 3 return)

Juniors

We also have recommended timelines for juniors for life after high school. They can be accessed through google classroom or through the link below.

[Junior Timeline](#)

AP NEWS

AP Testing Registration

Nov. 5

AP students interested in taking the AP exams in May will need to bring payment and registration to Mrs. Koppang in Room 211D before the November 5th deadline. The cost per test is \$96.00 checks made out to Hellgate High School. If you have any questions please direct them to Hallie Koppang by email:

hjkoppang@mcpsmt.org
or phone: 406-728-2400
ext.6078.

SOS Prevention Program

November 2, 2021

Students in Health Enhancement will be taught the Signs of Suicide (SOS) Prevention Program curriculum on Tuesday, November 2nd. A letter was sent home explaining the process and providing resources. For any parent searching for additional resources, we have added them at the bottom of the Update. If you have concerns about your student or other HHS students, contact their Counselor directly.

HOLIDAY HELP

We are beginning to collect donations to purchase Wal-Mart and Target gift cards to give to students for the winter holiday. We have a tradition at Hellgate to have staff nominate any students that they want to give a little extra holiday cheer to. If you are interested in donating money and/or \$25 gift cards to Walmart/Target, donations are tax-deductible. Please drop off to our book keeper, Cheri.

Preparing for College Info Sessions (HHS Students)

Date/Time	Session	Organization	Location	Audience
November 4-6pm	Navigating Scholarships	Money Matters Montana/Walley Oaks Education Resource Center	Zoom: https://umontana.zoom.us/j/248230673	Open to All Montana Families
November 9-6pm	FAFSA Explanation and Help- Slide by slide explanations with breakout room individual help after	Money Matters Montana	Zoom: https://umontana.zoom.us/j/248230673	Open to All Montana Families
October 12-6pm	FAFSA Explanation and Help- Slide by slide explanations with breakout room individual help after	Money Matters Montana	Zoom: https://umontana.zoom.us/j/248230673	Open to All Montana Families
December 2 - 6pm	Navigating Scholarships	Money Matters Montana/Walley Oaks Education Resource Center	Zoom: https://umontana.zoom.us/j/248230673	Open to All Montana Families
December 9-6pm	Scholarship Essay Writing	Money Matters Montana/Writing and Public Speaking Center at UM	Zoom: https://umontana.zoom.us/j/248230673	Open to All Montana Families

Preparing For College Info Sessions

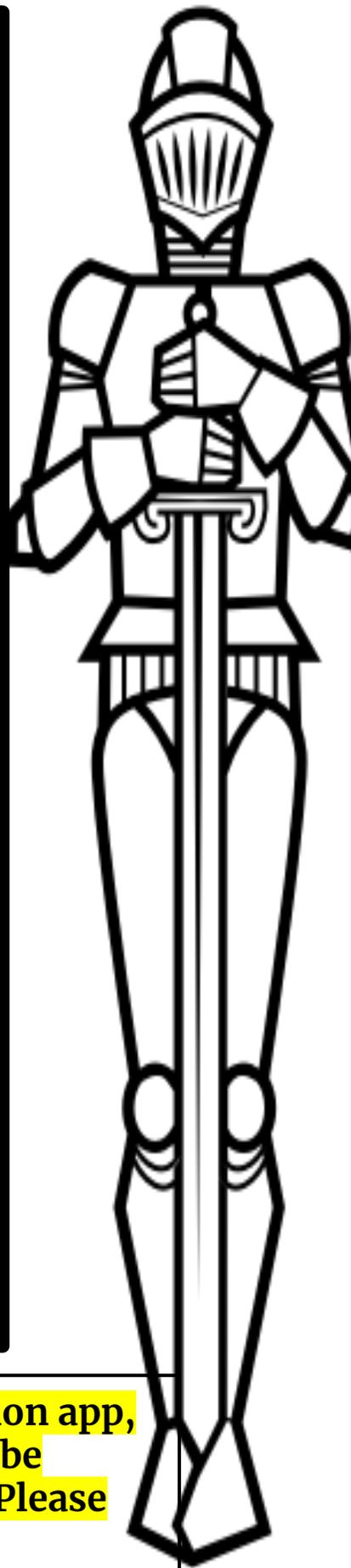
December 1 is the priority filing date for Financial Aid for the Montana University System. Students who have completed their FAFSA by December 1 will be given priority consideration for financial assistance.. We have created a quick reference chart for programs: **Preparing for College Info Sessions .**

Transcript Requests

Official Transcripts can be ordered through the HHS Registrar, Lori Willumsen, lwillumsen@mcpsmt.org. You may complete a Transcript Request Form (available in main office) or submit a request to Lori through email.

Please provide your request at least 48 hours before you need your transcript.

***If you are using common app, transcripts do not have to be requested from registrar. Please email your counselor



College Applications

Many colleges and universities are utilizing [Common Application](#) or [SendEdu](#) for their application process.

1. Students will send a request for a counselor recommendation through these apps to our emails.
2. Your student should check with their counselor to ensure they received the request.
3. Students should provide their counselor with a current resume at least 2 weeks prior to the deadline so that the counselor can write a comprehensive letter of recommendation.

Helpful Links

[Counseling Events Calendar](#)

[Counseling Website](#)

[MCPS Scholarships Page](#)

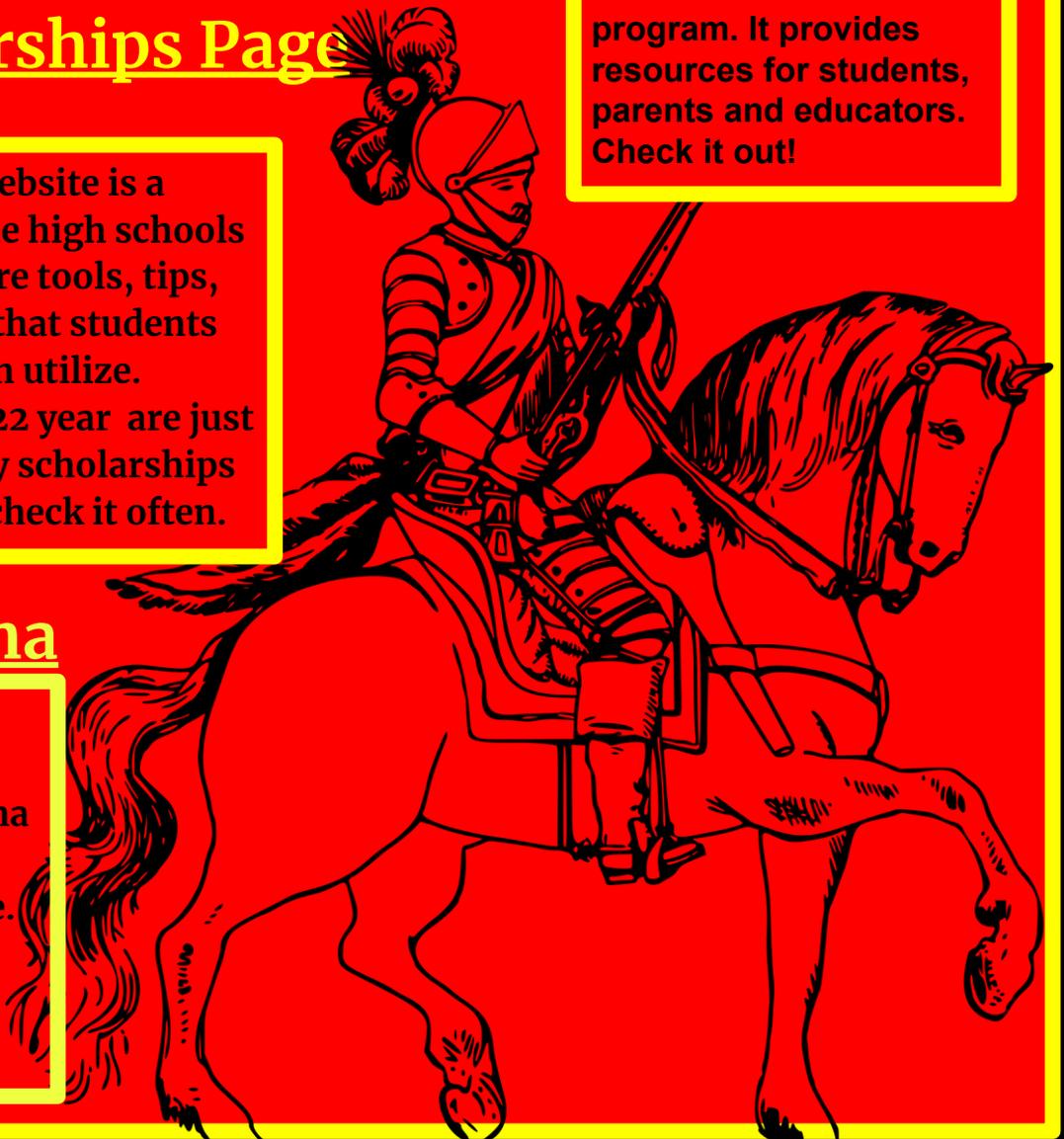
[Work2BeWell](#)

Work2bewell is a new teen mental health program. It provides resources for students, parents and educators. Check it out!

The MCPS Scholarship website is a collaboration between the high schools as one resource. There are tools, tips, websites, and databases that students and parent/guardians can utilize. Updates for the 2021-2022 year are just getting started, but many scholarships return annually. Please check it often.

[Apply Montana](#)

Montana Seniors can apply to multiple colleges (in the Montana University System) in one application for free. This can be used at any time so apply today!



New Staff

FIT/FRC Coordinator:

Emily Harris

Emily is coming to us from Alaska and will start this month. We are excited to re-open our FRC and provide support for our Families in Transition! We will update her hours and contact information once she gets settled

Support Social Worker: Lani Gallegos

Lani is completing her MSW through Walla Walla and comes to us with mental health experience through CSCT in St. Ignatius. She is located in the student Services Center on the 2nd floor and helps to support students throughout the day.



ELIGIBILITY REQUIREMENTS

NCAA

**TIME: NOV 16, 2021
6:00 PM**



JOIN ZOOM MEETING

[HTTPS://UMONTANA.ZOOM.US/J/93795976481](https://umontana.zoom.us/j/93795976481)

MEETING ID: 937 9597 6481



JEAN GEE

SENIOR ASSOCIATE ATHLETIC DIRECTOR
STUDENT AFFAIRS AND COMPLIANCE/SWA
GRIZZLY ATHLETICS - UNIVERSITY OF MONTANA
32 Campus Drive - HAC Missoula, Montana
(406) 243.5370 jean.gee@umontana.edu

How to Contact Your Counselor

STUDENTS

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 or complete the student Student Services form below:

[Student Services Form](#)

Parents

The best way for parents to reach us and to request an appointment is via email. We are happy to schedule phone appts, virtual meetings or in-person meetings.

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

As winter approaches, we understand that mental health can decline. Here are resources if you are concerned about your child and their mental health or safety.

- In a crisis, always dial 911 or go to a hospital emergency room
 - St. Patrick's Hospital
 - 500 W. Broadway Street
 - (406) 543-7271
 - Community Medical Center
 - 2827 Fort Missoula Road
 - (406) 728-4100
- If you feel someone you know is thinking of suicide:
 - Question-Ask the person directly if they are thinking of suicide (research shows this does not increase the likelihood that someone will commit suicide)
 - Persuade-the person to get help
 - Refer-the person to an appropriate resource and make sure to tell a mental health professional.
- Suicide Prevention Hotline 1-800-273-TALK (8255) or Text "MT" to 741-741
- First Call for Help—Montana 211
 - Dial: 211
 - Hours: 24 hours/7 days a week
- Western Montana Mental Health Center
 - (406) 532-9710 or toll free 1-888-820-0083
 - Hours: 24 Hour crisis line
- Providence Urgent Mental Health Clinic
 - (406) 327-3034
 - Hours: Mon-Fri 8:30am-5:00pm
- If you are in need of mental health support for your student the Youth Diversion Project helps identify your student's needs and connect you to resources. They can also provide short term counseling for free.
 - Sandy Cummins 406-327-3054
- Some family insurance programs utilize an EAP Employee Assistance Program which can provide some free resources like therapy, be sure to check yours out!

For more information on Suicide Prevention & Ed., check out Project Tomorrow Montana <http://projecttomorrowmt.org/>



Quote of the Week
**“I’m not superstitious,
but I am a little
stitious.”**
**-Michael Scott, *The
Office***