

March Counseling and FRC Update

Happy Spring! It has been a little bit of an adjustment for everyone as all of our students have returned to school four days a week. We are also approaching the anniversary of when school shut down. This could be a difficult time of year for some of our students as well as adults. We encourage you to check in with your student and see how this recent transition is going. If you do have concerns, you can always touch base with your student's counselor to discuss resources. We have included a flyer about some national resources but want to remind you about our community resources as well:

<https://covid19.missoula.co/mental-and-behavioral-health/>

Spring is right around the corner and hopefully the warmer weather will follow! The first quarter of this semester ends February 28. Next week is a great time to check Q with your students to review grades.

Many students will be traveling for activities these next few weeks. Please be sure to check in with teacher for missed assignments and do your best to stay caught up!

We understand that these Counselor Updates are sometimes lengthy. Our hope is that if you don't have time to read the whole update that you scan the topics and make sure to read the topics that are important to you.

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

Katie Boynton (Last Name: A-E)

keboynton@mcpsmt.org

Ben Martin (Last Name: F-K)

bdmartin@mcpsmt.org

Christine Kolczak (Last Name: L-Q)

clkolczak@mcps.k12.mt.us

Tracy Ledyard (Last Name: L-Q grades 9 and 10)

taledyard@mcpsmt.org

Jessica Buboltz (Last Name: R-Z)

jlbuboltz@mcpsmt.org

Tracy Ledyard is substituting part-time for half of Christine Kolczak's students for 2nd Semester. She is working with incoming 8th graders, 9th and 10th grade students with the last names L-Q. She is also the School Social Worker. Her office is on the first floor room 164D.

Course Requests for 2021-22 for HHS and MOA Students

The Course request process for the 21-22 school year will be delayed until April until some administrative decisions are finalized. HHS will send out communication to families about how students will complete their course requests. In the meantime, we

recommend that families look at your student's Graduation Requirements and discuss which requirements still need to be completed. Students have access to numerous helpful documents/lessons/videos can be found in the Counseling Google Classroom. Topics that we cover include: Jr/Sr Timeline, Rigorous Core requirements, advanced options and supplemental opportunities. Since our last Counselor update, we have rolled out numerous additional video tutorials. Parents/guardians can access these videos using this link:
https://drive.google.com/drive/folders/1nEsSfhjNbp_xrIJWZC9131fzssnrTiSu?usp=sharing

Grades

Please take a moment to follow-up with Q and review your student's grades. Encourage your student to review Q, talk to teachers and make a plan for work completion. It is also a good idea for guardians to make contact directly with teachers if you believe your student to be failing a course.

FAFSA-SENIORS

The Montana College Access Team is offering some extra Spring FAFSA completion help sessions for current seniors and parents/guardians. FAFSA completion can be hard to navigate, so please utilize one of these resources.

FAFSA Office Hours

EVERY Friday in March through May, 11 am - 1 pm
406-449-9412 dcalvert@montana.edu

MT FAFSA Night

April 16th, 5-7 pm.

Get live support via zoom or phone.

Details and links can be found at <https://www.mus.edu/college-access/fafsa.html>

SENIORS: Montana University System Honor Scholarship March 15th

Please review the information for the Montana University System (MUS) Honor Scholarship here: www.mus.edu/scholarships

The application must be postmarked by March 15th. Please encourage your student to see their Counselor for the Counselor Verification and Lori Willumsen for their transcript ASAP. Please remember that spring break starts March 12.

AP Late Exam Registration and payment info.

Now-March 5th

In the Fall, students in AP classes have received the 2020-21 Bulletin for AP Students and Parents. This bulletin outlines the AP Program and provides information about AP exams scheduled for May 2021. Please note several of the dates have changed and Ms. Koppang will keep students updated.

If you didn't register for an AP exam, you can still register. You or your child can speak with Ms. Hughes in the main office. The cost of each AP exam late fee payment is \$135. Checks can be made out to Hellgate High School. Please put your child's name and test subject in the Memo. AP Exam registration ends March 5th. Please be sure you or your student register during this time. Students must register for late testing if they have a testing conflict with IB or they will not be allowed to test on the alternate date.

ACT for Juniors

April 6th

On Tuesday, April 6th Juniors will take the ACT for free as part of a State-wide initiative. Please be sure that all Juniors come well fed and ready to test on-time. Testing will start right at 7:50am. Students will not be permitted to bring phones, smart watches or personal items into the testing rooms. Please plan ahead and ensure you have an ACT approved calculator to use on that day- students can make arrangements with a math teacher BEFORE the test day.

Spring Virtual College and Career Fair

April 6th-8th

Montana Colleges is hosting a Spring College and Career Fair. They are promoting this fair for 10th and 11th grade students and will be providing numerous live sessions. HHS Counselors will host Juniors who wish to participate in this event. We are going to host two different sessions on Wednesday from 1-3 and Thursday from 9-11 in a Computer lab so that students can individually watch sessions. We will be posting more details about this opportunity in the Class of 2022 Counseling Google Classroom and offer students the opportunity to sign up ahead of time. For more information, check out the Montana Colleges website for more info and registration:

<https://www.montanacolleges.com/fairs.html>

Scholarships

It's Scholarship Season! If you haven't already done so, check out the [MCPS Scholarship Website](#). There are numerous opportunities available over the next few months (check out the General Scholarship page) and the HHS Scholarship page has a

few Hellgate specific scholarships available! The 2021 Hellgate only End of the Year Scholarships are being updated.

If you would like to have the scholarships you've received published in the Missoulian, please use this link to have that information shared

<http://www.mcpsmt.org//cms/module/selectsurvey/TakeSurvey.aspx?SurveyID=141>

The submission date is Friday, May 14, 2021.

FRC Costco Shoppers Needed

Please contact Tracy Ledyard if you are interested in shopping for Healthy Snacks in the classroom at Costco once or twice a month. Funds are provided, but you need to have a Costco membership. taledyard@mcpsmt.org

Important Days to Remember

March 5th- AP Exam Registration Deadline

March 15th-19th- Spring Break

April 6th- Montana State ACT Exam (Free to all Juniors, no need to register)

May 28 and 31- No School

June 10 Last Day of School (a ½ day) exact release time will be published as soon as possible.

June 14 Summer School begins (free) more information to come soon.

We work hard to make our Counseling Website a comprehensive source of information. Check it out here: <http://www.mcpsmt.org//Domain/334>



**Veterans
Crisis Line**

1-800-273-8255 **PRESS 1**

Text to
838255

CRISIS TEXT LINE |

TM

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

HIGH SCHOOL INSTRUCTIONAL SCHEDULE MARCH-JUNE 2021



Week	Dates	9th-12th	Willard
WK 28	3/1-3/5	Monday-remote Tue-Fri In-person	Monday-remote Tue-Fri In-person
WK 29	3/8-3/12	Monday-remote Tue-Fri In-person	Monday-remote Tue-Fri In-person
WK 30	3/15-3/19	SPRING BREAK	SPRING BREAK
WK 31	3/22-3/26	Monday-remote Tue-Fri In-person	Monday-remote Tue-Fri In-person
WK 32	3/29-4/2	Monday-Friday	Monday-Friday
WK 33	4/5-4/9	Monday- In person TUES: Juniors-ACT Testing Tues: 9th/10th/12th Remote Wed/Thurs/Fri- In person	Monday- In person TUES: Juniors-ACT Testing Tues: 9th/10th/12th Grades Remote Wed/Thurs/Fri- In person
WK 34	4/12-4/16	Monday-Friday	Monday-Friday
WK 35	4/19-4/23	Monday-remote Tue-Fri In-person	Monday-remote Tue-Fri In-person
WK 36	4/26-4/30	Monday-Friday	Monday-Friday
WK 37	5/3-5/7	Monday-remote Tue-Fri In-person	Monday-remote Tue-Fri In-person
WK 38	5/10-5/14	Monday-Friday	Monday-Friday
WK 39	5/17-5/21	Monday-remote Tue-Fri In-person	Monday-remote Tue-Fri In-person
WK 40	5/24-5/28	Mon-Thurs In Person Fri- NO SCHOOL	Mon-Thurs In Person Fri- NO SCHOOL
WK 41	5/31-6/4	Mon-NO SCHOOL Tue-Fri in-person	Mon-NO SCHOOL Tue-Fri in-person
WK 42	6/7-6/11	Mon-Wed in-person Last day Thurs 1/2 day	Mon-Wed in-person Last day Thurs 1/2 day

All calendar adjustments apply to the MOA as well.