

## November Counseling and FRC Update

Hello Hellgate Parents/Students:

Wow! We are already almost halfway through the semester! Seniors are busy with college applications. All grade levels have parent teacher conferences on November 5th and 7th and before we know it, the holidays will be here. This is a great time of year for students to be checking Q regularly and making sure they're staying on top of assignments.

We have two tasks to ask of you this month:

1. Encourage your student(s) to check their schedule for spring semester. If they would like to make a class change, they can submit a Counselor Appointment Request Form (found in the Counseling Hallway).
2. While your student is on Q, ask them to review their transcript to make sure that all classes they have taken are recorded.

-HHS Counselors

### SOS Prevention Program      November 5th

Students in Health Enhancement 1 (mostly 9th graders) will be taught the Signs of Suicide (SOS) Prevention Program curriculum on Monday November 5th. 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.

### Missing Work Deadline      November 7th

Any missing work from August and September must be turned in by November 7th.

### Parent/Teacher Conferences      Nov. 5th & 7th      4PM-7PM

If your student is failing or if you have concerns, make an appointment or drop in during parent teacher conferences. This is a great opportunity for students, parents and teachers to have a discussion and come up with a plan for success.

11-5-18	4-5:30 Appointment	5:30-7 Drop-in
11-7-18	4-5:30 Drop-in	5:30-7 Appointment

### Financial Aid Night At U of Montana      Nov 8      7PM-8PM

The Director of Financial Aid at UM, Kent McGowan, will be doing a financial aid night presentation on November 8<sup>th</sup>, from 7pm-8pm in the University Center on the third floor, room 333. This is open to all Missoula area seniors. You DO NOT need to planning to attend U of M to gather information. All are welcome.

### Early Out Thursday

The Undergraduate Admissions Office of the University of Montana will be hosting a second **“Early-Out” Application Event on Thursday, November 15<sup>th</sup> from 2-5 PM in the Buckhouse Room of the Mansfield Library.** Students will have the opportunity to complete and online application and defer the \$30 application fee! There will also be a representative from the Financial Aid Office present to assist with the submission of the Free Application for Federal Student Aid (FAFSA).

### How do I see my counselor?

Students can complete a green Counselor Appointment Request form to request an appointment with their Counselor. Counselors will send a pass for this student when they are available to meet with the student.

We welcome drop-ins before school, during 10-minute break and after school. We also welcome drop-ins during lunch.

### **HHS Counseling Lunch Drop-Ins:** <https://bit.ly/2OWtQ6K>

For lunch drop-ins, students will either need to get a pass from the Counselor ahead of time or they can schedule a drop-in appointment through Google Calendar. To schedule an appointment through Google Calendar, students need to be logged into their MCPS Google account. Once an appointment is scheduled through Google Calendar, students can use their appointment as a pass to get to Counseling. Drop-in appointments are for brief conversations/questions or to plan for a longer appointment time. If you or your student would like to schedule a longer meeting, please email the Counselor directly.

### Reach Higher Montana HHS Hours

### Weds. Afternoons & Thurs. Mornings

Steven Coop works for Reach Higher Montana providing students and families with free guidance through the world of financial aid, scholarships, and college prep. Starting in November Steven will be at HHS on Wednesday afternoon and Thursday morning. He will be available to schedule meetings to discuss scholarships, financial aid and post-secondary planning, but can be found for drop-in questions in the Commons area.

Reach Higher Montana (RHM) also awards scholarships to Montana high school and college students. RHM has purchased access for all Montana students to use the scholarship search engine Scholly. Learn more about how to get it for free at [ReachHigherMontana.org](https://ReachHigherMontana.org).

To schedule an appointment, email Steven at [scoop@ReachHigherMontana.org](mailto:scoop@ReachHigherMontana.org) or call his cell is (406) 880-1145. You can make an appointment with him by clicking this link:

<https://reachhighermontana--missoula.youcanbook.me/index.jsp>

### Remind

Remind is an easy way for the Counselors to send text, email or app accessible messages to our students and parents. We are using this Remind account to send out important information and to remind students and parents of upcoming events and deadlines. Remind is easy to use. Please sign up today and encourage your student to do the same!

[Remind Class of 2019 Sign-Up](#)

[Remind Class of 2020 Sign-Up](#)

[Remind Class of 2021 Sign-Up](#)

[Remind Class of 2022 Sign-Up](#)

### Tutoring

Tutoring is up and running at Hellgate. If your student is struggling in a class or just needs some additional support, we highly encourage students to attend! HHS Library Tuesday and Wednesday 3-4:45. Parents need to complete the [Flagship Permission Form](#) to participate.

### Scholarships

The MCPS Scholarship website has been revamped. All the old links will direct you to the updated platform. On October 31, Counselors hosted a short tutorial during office hours to help seniors. Please use it regularly. Many scholarship deadlines have already passed.

<https://www.mcpsmt.org/domain/228>

### One-Two-free!

On August 30th, Governor Bullock and Montana Commissioner of Higher Education Clayton Christian announced the implementation of a new “*One-Two-Free*” dual enrollment program that will substantially increase access to higher education for high school students throughout Montana. “*One-Two-Free*” offers two free dual enrollment courses, up to six credits, through the Montana University System (MUS) to all eligible high school students.

Dual enrollment allows high school students to take 100 and 200 level college courses on campus, online, or in their high school. Students can explore a wide range of content including academic core and workforce courses.

*One-Two-Free* is a seismic shift in the way the MUS approaches dual enrollment and ensures that tuition cost is not a barrier to participating in dual enrollment.

- The program offers eligible high school students their first two classes free, up to six credits.
- After that students pay the discounted dual enrollment tuition rate of 50% of the two-year institution's tuition (on average \$51/credit).
- Students that demonstrate need can apply for a Hardship Scholarship to cover tuition beyond their first two courses/six credits.
- One-two-free applies to any lower division dual enrollment course from a participating institution, whether it is online, on-campus, or in the high school.

*One-Two-Free* Participating colleges are Missoula College, Helena College, Highlands College, UM Western, Gallatin College MSU, City College MSUB, Great Falls College MSU, and MSU Northern.

HHS students interested in taking a Dual Enrollment class through the Missoula College can visit the following website for application materials: [bit.ly/2NoXhl8](http://bit.ly/2NoXhl8) Students can work with their counselor to schedule Dual Enrollment classes around their HHS schedule.

#### Important Dates at a glance

November 5th- Signs of Suicide in Health classes (9th Grade students)

November 5th & 7th- Parent Teacher Conferences (both drop-in and appts)

November 9th- No School

November 21st-23rd- No School

Counseling Website: <http://www.mcpsmt.org//Domain/334>

### **News from the Family Resource Center**

**Come by and check out the new home of the FRC/School Social Worker. We are located at 164D on the 1st floor next to the Commons so students have access to us all day long. We have extra school supplies, toiletries, and healthy, quick snacks for those who need a little something to carry them through until their next meal. Don't let the small size fool you! We have a private space upstairs stocked with more resources for students and families such as household toiletries , clothes, and a food pantry.**

**Needed: Nylon Sports bags**

**Our students and families rely on these to discreetly transport food and other items home. Would your business like to donate some with your logo on it? Do you have connections with businesses that already print these for other events (Griz games, races, etc.?). Please spread the word that we really need these!**

**Wishing you a beautiful and safe fall,**

**Tracy Ledyard  
School Social Worker and FRC Coordinator**

**Here are steps you can take if you are concerned about  
your child and their mental health or safety.**

- 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
- 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
- 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.
  - <http://www.missoulayouthcrisis.org/>

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