

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 12th and 13th 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. While you and your student are on Q, ask them to review their transcript to make sure all classes have been recorded accurately.

-HHS Counselors

Katie Boynton (A-E)	keboynton@mcps.k12.mt.us
Ben Martin (F-K)	bdmartin@mcps.k12.mt.us
Christine Kolczak (L-Q)	clkolczak@mcps.k12.mt.us
Jessica Buboltz (R-Z)	jlbuboltz@mcps.k12.mt.us

SOS Prevention Program October 28th

Students in Health Enhancement 1 (mostly 9th graders) will be taught the Signs of Suicide (SOS) Prevention Program curriculum on Monday, October 28th. 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.

Missing Work Deadline November 6th

Any missing work from October must be turned in by November 6th.

Financial Aid Night at Missoula College Nov 7 6PM-8PM

University of Montana and Missoula college are hosting a financial aid night on November 7th, from 6pm-8pm in the Missoula College in the Computer Labs 227 and 339. This event is open to all Missoula area seniors. Many colleges have priority deadlines in December for completion of FAFSA for scholarships at their institutions. This event is for ANY seniors planning to attend ANY college or university. All are welcome. Check out this section of the counselors' webpage for a list of things to get started for the FAFSA: <https://www.mcpsmt.org/Page/11787>

Parent/Teacher Conferences

Nov. 12th & 13th

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.

11-12-18

4-5:30 Appointment

5:30-7 Drop-in

11-13-18

4-5:30 Drop-in

5:30-7 Appointment

College Prep Presentations

Nov. 12, 4:30PM Library Computer Lab

or Nov. 13, 5:30PM Library Knight Hall

Join the HHS Counselors for a brief presentation and Q&A. We will discuss the following: Jr and Sr year timelines, College Applications, Financial Aid, Scholarships and more. We will present the same presentation both nights, so join us when you can!

9th Grade Success Presentation November 6th & 8th

HHS Counselors will partner with the HHS Librarians and Int. Earth and Space teachers to present 9th graders with a High School Success and Digital Citizenship curriculum. This is a great opportunity to ask them what they learned!

NCAA Presentation

Nov 18, 6PM-7PM

Knight Hall HHS

Join Jean Gee Senior Associate Athletic Director/SWA at The University of Montana will provide important information regarding NCAA Eligibility at any Division 1 or 2 schools. This event is open to students and parents from across the district.

College Application Deadlines/Common Application & Coalition Application Questions

The Common Application (CommonApp) & the Coalition Application require your school counselor to submit the School Report Form and often a letter of recommendation. You must submit your school counselor's email correctly into the Common App form. After submission, it is your responsibility to make sure your counselor has received the request. In addition to the School Report, your counselor can write you a comprehensive recommendation letter if you provide a **resume** immediately after the LOR request (Counselor Report). This should happen as early as possible, but no less than *two weeks* before the due date of your first college deadline.

Be mindful of deadlines over the holiday breaks. Hellgate staff are not available over the break to help with, or complete applications. Thanksgiving Break runs November 27-December 1. Winter break runs December 21-January 5.

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. 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.

Two Counselors (on a rotating basis) are also available in the Commons at lunch on M, T, Th and F for general questions.

Office Hours 12:39-1:23 Every Wednesday

Office Hours is a great opportunity for students to engage in self-directed educational time during the school week. Please encourage your student to utilize Office Hours to enhance their educational experience here at HHS.

This year, the Counselors are running Office Hours like teachers are. We are located in the building and have been assigned a few students (9th and 10th). We are available for drop-ins during this time to answer general counseling questions. We are unable to schedule individual student/parent meetings during this time. Here is where we're located:

Room 131- Ms. Buboltz and Ms. Kolczak

Room 354- Ms. Boynton and Mr. Martin

Tutoring

Flagship Tutoring Schedule

Monday	Tuesday	Wednesday	Thursday
English/Writing	English/Writing	English/Writing	English/Writing
Social Studies	Social Studies & Science	Social Studies & Science	Spanish
Math (Algebra)	Math (up to Calculus)	Math (Algebra and Geometry)	

**After School in the Library: Monday – Wednesday until 4:45pm.
Thursdays until 4pm**

Scholarships

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 are made regularly, so please check it often. <https://www.mcpsmt.org/Domain/2739>

One-Two-free!

“*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.

- 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 within 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 Students can work with their counselor to schedule Dual Enrollment classes around their HHS schedule.

December 1- FAFSA Priority Deadline for Montana Colleges.

Montana colleges have set December 1st as the FAFSA priority deadline. Students should complete their FAFSA to maximize aid eligibility. Montana colleges will start sending Financial Aid award letters after this point.

Important Dates at a glance

November 6th- Missing Work Deadline

November 7th- Financial Aid Night- Missoula College

November 12th & 13th- Parent Teacher Conferences (both drop-in and appts)

November 12th & 13th- College Prep Presentations

November 15th- No School

November 27th-29th- No School

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

Resources

Here are steps you can take 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.
 - <http://www.missoulayouthcrisis.org/>
- 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/>