

## November Counseling Update

Hello Hellgate Parents/Students:

We are approaching the halfway point for semester 1. Students, parents, guardians, staff are working very hard to adjust to school. Many students are adapting well, while some are having a harder time getting back into the swing of a 7-period day. 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 (if possible). 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](#)

### **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](#)

### **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)

### **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.

## **AP Testing Registration            AP- 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](mailto:hjkoppang@mcpsmt.org) or phone: 406-728-2400 ext.6078.

## **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. There are numerous organizations who are still offering information sessions. We encourage you to take advantage of these opportunities. We have also created a quick reference chart: Preparing for College Info Sessions

[https://docs.google.com/document/d/1uElxjCp8X2Axxq\\_KyA5yNRIW4YOX9CXErV4IJjKcz-Y/edit?usp=sharing](https://docs.google.com/document/d/1uElxjCp8X2Axxq_KyA5yNRIW4YOX9CXErV4IJjKcz-Y/edit?usp=sharing)

## **MUS Application portal-ApplyMontana**

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!

<https://applymt2021.liaisoncas.com/applicant-ux/#/login>

## **College and Military Visits**

College and military visits will be a combination of in person, and virtual visits. The visit information will be posted in the Google Classroom. For virtual visits, some schools will allow us to post a direct link to the meeting, others will require students to register prior to the visit and will then email registrants the link directly.

## **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 parents/guardians can utilize. Updates are made throughout the year, but many scholarships return annually. Please check it often.

<https://www.mcpsmt.org/Domain/2739>

## **Transcript Requests**

**Using CommonApp?**-Students should confirm their counselor received the link for their account. Counselors upload and send official transcripts to the schools students apply using CommonApp.

All other Official Transcripts can be ordered through the HHS Registrar, Lori Willumsen. Students and parents can either complete a Transcript Request Form or submit a

request to Lori through email at [willumsen@mcpsmt.org](mailto:willumsen@mcpsmt.org). Transcript Request Forms can be picked up in the front office. If making a request through email, please be sure to provide your student's name, graduation year as well as the name and address of the institution it will be sent to. Please provide your request at least 48 hours before you need your transcript.

## **Work2BeWell**

Work2bewell is a new teen mental health program. It provides resources for students, parents and educators. Check it out here:  
<http://www.work2bewell.org>

## **FRC/Social Worker Update**

### **New Staff**

We are happy to announce that we have 2 new support staff members!

#### **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.

**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. We had close to 190 students on our list last year. 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 . Thank you!

### **How do I see my counselor?**

Students have a number of options to see their counselor. They can always drop-in to Counseling 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:

[https://docs.google.com/forms/d/e/1FAIpQLSeOOvm6ScQxdaCVodQKRnYrgvwmG6fyu9Tu1uh\\_V6nNFITP4w/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSeOOvm6ScQxdaCVodQKRnYrgvwmG6fyu9Tu1uh_V6nNFITP4w/viewform?usp=sf_link)

The best way for parents to reach us and/or to request an appointment is via email. We are happy to schedule phone conversations, virtual meetings or in-person meetings (pending Covid restrictions).

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

Katie Boynton (A-E)	<a href="mailto:keboynton@mcpsmt.org">keboynton@mcpsmt.org</a>
Ben Martin (F-K)	<a href="mailto:bdmartin@mcpsmt.org">bdmartin@mcpsmt.org</a>
Morgan Troutt	<a href="mailto:rtroutt@mcpsmt.org">rtroutt@mcpsmt.org</a>
Jessica Buboltz (R-Z)	<a href="mailto:jluboltz@mcpsmt.org">jluboltz@mcpsmt.org</a>

## Resources

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.
  - <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/>