**September 2021 Counseling Dept.**

Hello Hellgate Knights!

Welcome back to school! We hope you all had a great summer and you’re ready for another exciting year. In a few weeks, we’ll be taking Juniors and Seniors to UM for the MPSEOC College and Career Fair. We’re also getting ready for the college application process and will be inviting Seniors to important events.

MOA and New HHS Families: This is the counselors’ monthly update where we send out helpful reminders and information. MOA families may be receiving additional updates directly from MOA, but we invite you to follow along with us here at Hellgate.

The other big thing that is on our minds during the change in seasons is Mental Health. We want to make sure that our students are taking care of themselves and getting the support that they need. Counselors are available for students/families who have concerns about themselves or other students. We also encourage people to utilize the National Suicide Prevention Lifeline at 1-800-273-8255 or the Crisis Text Line Text MT to 741741. Both services are available 24/7. Finally, in an emergency please call 911 or go to your nearest ER.

HHS Counselors:   
Katie Boynton Students with the last name A-E: [keboynton@mcpsmt.org](mailto:keboynton@mcpsmt.org)  
Ben Martin Students with the last name F-K: [bdmartin@mcpsmt.org](mailto:bdmartin@mcpsmt.org)  
Morgan Troutt Students with the last name L-Q: [rtroutt@mcpsmt.org](mailto:rtroutt@mcpsmt.org)   
Jessica Buboltz Students with the last name R-Z: [jlbuboltz@mcpsmt.org](mailto:jlbuboltz@mcpsmt.org)

Hi, my name is Morgan Troutt. I am the school counselor this year for students L-Q. I’m originally from Mississippi, but my husband and I recently moved to Missoula from Memphis, Tennessee. Please see me for all cultural explanations for the South and why we are so good at football.

Fun fact: I once met Drake’s dad at a concert.



**Google Counseling Classrooms**The HHS Counselors utilize these classrooms to send out reminders and updates, share important grade specific information and curriculum and stay in touch regarding Counseling related activities and opportunities. We do not assign homework through these Counseling classrooms. Please check with your student to make sure they have joined! If they haven’t, they can join through the class codes below.

Class of 2022 (Counseling) code: wfg4zxo  
Class of 2023 (Counseling) code: 3ye5tgk

Class of 2024 (Counseling) code: flupkzp

**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>

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

**Schedule change process**

September 3rd was the deadline to request a semester 1 schedule change. We are still working through academic misplacements and some students may be moved based on STAR testing and a need for math support to better serve their needs. Dropping a class after the deadline will result in an F in the class.

Counselors will address requests for semester 2 classes and schedule changes within the upcoming months.

**Testing**

PSAT Wednesday October 13, 2021  
HHS will test the PSAT on Wednesday October 13th this year. Students will need to sign up and pay for this exam. Please see our new bookkeeper, Cheri, to register and pay the $19 exam fee. Juniors can use this test to qualify for the National Merit Scholarship Program. If you have any questions, please contact Ms. Bageant at [sbageant@mcpsmt.org](mailto:sbageant@mcpsmt.org). For more test prep information, visit College Board at:<https://collegereadiness.collegeboard.org/psat-nmsqt-psat-10/taking-the-tests>

ACT for Class of 2023 TBD  
The ACT for the class of 2023 is currently being planned. Juniors do not need to register for this exam, there is no cost to participate in this exam. HHS will send out specific details once they have been finalized. Students and parents should stay tuned to the announcements/daily bulletin for details. Free ACT Test Prep: <https://www.act.org/content/act/en/products-and-services/the-act/test-preparation/free-act-test-prep.html>

SAT or ACT Other test dates   
Students may opt to take either the ACT or SAT on dates offered directly by those organizations. Students need to register on their own for these exams at [www.act.org](http://www.act.org) or [www.sat.org](http://www.sat.org) Students will need to pay the fees associated with these exams directly to the website. Students who qualify for Free or Reduced lunch are eligible for fee waivers. Please see your Counselor to inquire about a fee waiver.

**MPSEOC College and Career Fair September 28th 8:55AM-10:30AM**

Montana Post Secondary Education Opportunity Council is offering the college fair in person again this year! HHS is taking Juniors and Seniors who are interested in attending the fair. There are a few steps that need to be completed to attend the fair.

Please note that HHS will be following the COVID-19 Notice and Agreement provided by the fair: <https://www.montanacolleges.com/safety--security--covid-19.html> We will be adhering to the Live Fair Safety Updates found here: <https://airtable.com/shrTMcvFxU6hpkrZC/tblzM13hJYSTgkBEY> Please review the above information carefully before completing the permission form. We will be checking and adhering to these updates as they change before taking students to the fair.

1. Complete the College and Career Fair Permission Form to provide permission for your student to attend: <https://docs.google.com/forms/d/e/1FAIpQLSfUMvkUQLo3vQqek8A0CAFA8JLeKkmn4Naqa3pYzbgWeP34wA/viewform?usp=sf_link>
2. Register for the fair and find out more info at the fair’s website: <https://www.montanacolleges.com/registration.html>

Counselors will meet Juniors and Seniors who have completed their permission form in the Commons at 8:55 on September 28. We will walk to the fair (University of Montana Ballroom) and back; students will return to class by 3rd period. If your student needs assistance getting to the fair, please contact their counselor ASAP.

**Senior Section**

**Montana College Application Week(s) Oct. 4- Oct. 15**

**Montana College Application Week(s) allows Montana Seniors the opportunity to apply to ALL Montana colleges for free for two weeks. Application fees are waived!**

Seniors can stop into the Counseling Center Tuesday - Friday from 8:30-3:30 receive help completing a Montana college application.

**Senior Survey**We have asked Seniors to complete a Senior Post-Secondary Survey. If they haven’t already, please encourage them to complete it: https://docs.google.com/forms/d/e/1FAIpQLScXMM92HXovklJl34MZRhkzOIiIfgk9iTjUwZ-783sQNTG9GA/viewform?usp=sf\_link

**MUS Application portal**   
The Montana University System has created a Montana College Application Portal. Students can apply to multiple colleges in one application for free. This can be used at any time so apply today!

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

**FAFSA HHS Help Session October 14th 9AM-1PM**

Money Matters Missoula will be at HHS on Thursday October 14th to offer both students and parents FAFSA help. This session will be held in the Library Computer Lab.

**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 for the 2021-2022 year are just getting started, but many scholarships return annually. Please check it often. <https://www.mcpsmt.org/Domain/2739>

**Letters Of Recommendation**College Applications have begun! If the college you are applying to requires a Letter of Recommendation, please ask your teacher and/or counselor at least 2 weeks prior to your deadline. Some may require a current Resume. More information about Requesting Letters of Recommendation can be found at: <http://www.mcpsmt.org/Page/6192>

**College Applications**Many colleges and universities are utilizing Common Application or SendEdu for their application process. This is convenient for students and recommenders because applications can be completed online and students can complete one application for multiple schools. Counselors will receive a request for a recommendation through email. Your student should check with their Counselor to ensure they received the request. Each counselor has a different email address. Requestors should provide their Counselor with a current Resume at least 2 weeks prior so that we can write a comprehensive letter of recommendation.

**Transcript Requests**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 [lwillumsen@mcpsmt.org](mailto:lwillumsen@mcpsmt.org). Students who are 18 must make the request for themselves. 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.

**College and Military Visits**All 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.

**Social Worker Highlight**

Tracy Ledyard, MSW

School Social Worker

Room 206A

[taledyard@mcpsmt.org](mailto:taledyard@mcpsmt.org)

728-2400 ext 6062

Hello and Welcome back to Hellgate High School. My name is **Tracy Ledyard** and I am the School Social Worker. My office is on the 2nd floor in the Student Services Area. I am no longer in the role of substitute school counselor or FRC/FIT coordinator.

**The School Social Worker** is available to all students and families. I help connect people to resources inside the school and in the community. I work closely with our administration, school counselors, mental health staff, coaches, and teachers to advocate for students. These supports include:

* referrals to basic needs and supplies
* social and emotional support and resources
* referrals to mental health professionals
* helping identify and break down barriers to success at school

**FRC Highlight**

**We are in the process of hiring a new Family In Transition Coordinator** (FIT for short) works with families who are “In Transition” as defined by the Federal McKinney - Vento Act. They work to help identify students (who meet this definition), to ensure we remove any barriers to enrolling and attending school.

The McKinney-Vento Act provides rights and services to children and youth experiencing homelessness, which includes those who are:

* sharing the housing of others due to loss of housing, economic hardship, or a similar reason;
* not living with a parent or guardian;
* staying in motels, trailer parks, or camp grounds due to the lack of an adequate alternative;
* staying in shelters or transitional housing; or sleeping in cars, parks, abandoned buildings, substandard housing, or similar settings.

In the absence of having a school coordinator, please let your school counselor know if this describes your situation and they will connect you to Colleen Lehman, the District Coordinator. She can be reached at [clehman@mcpsmt.org](mailto:clehman@mcpsmt.org) 728-2400 ext 1080.

**Student Support Services Highlight**

Hellgate has a unique process to make sure students have access to support throughout the day. Students who are struggling to stay in class due to social/emotional issues can request a “blue card” from their teacher. They will be given a 5 minute break to try to regulate and then sent to Student Services if they need more time and someone to talk to. Support staff available to students include school counselors, school psychologist, school social worker, dean, advanced programs coordinator, and administration. We are here to help. Students can also make an appointment with any of the above through email or using the following link: <https://forms.gle/btK13W9QoDb7bYCK8>

**WEEKEND FOOD BAGS** are available for students to grab every Friday. These are provided through Missoula Food Bank and contain small grab and go food for the weekend if needed. These are available outside room 164D. No sign-up required.

**Project Success at Hellgate**

**What is Project Success?**

Project Success is a free school based service that provides substance use prevention education and early intervention services for students.

Early intervention for students who may be at risk for use or have a friend, family member or loved one struggling with substance use or a substance use disorder.

Prevention education through high school classes and individual meetings with students.

Referrals to resources needed to assist and support students and families.

**Distance Learners:**

For students who are participating in online learning or who want to connect on days that they are not in the building, Project Success is now offering Zoom Telehealth meetings. Just email, call or stop by to make an appointment.

**How can I make a referral?**

**email: Shelley Grados (sgrados@mcpsmt.org), phone 406-728-2400 ext: 6612 Rm # 264**

**Some useful websites:**

**How to talk to your kids about drugs:**

<https://vertavahealthtexas.com/talking-kids-about-drug-alcohol-abuse/>

<https://drugfree.org/article/spotting-drug-use/>

<https://drugfree.org/drugs/>

<https://drugfree.org/article/is-substance-use-normal-teen-behavior/>



