

KNIGHTLINE

JANUARY 2020 | Volume 3

A NOTE FROM THE PRINCIPAL

Hello Hellgate Community,

Welcome to a new year and the end of our first semester. January always brings a host of changes to our high school. In the last month we have made a few changes to better accommodate the scheduling process for next year and provide additional opportunities for communication. This year we are running two parent nights:

Current 9th-11th grade students

January 30, 2020 6:00-7:30

Current 8th grade students who will attend HHS

February 5, 2020 6:00-7:30

The design of these nights is to allow HHS parents and students to interact with our teachers about courses for next year. Each department will have a representative at a table to talk about offerings, next steps, and possibilities for course requests. I will kick off each night in the auditorium with a brief introduction and outline. Parents and students will have access to the course request worksheets and fill out the sheets with input from our content experts. This opportunity is an expansion of the format we have used for the previous four years. The nights will give our community earlier access to more comprehensive information about the scheduling process. January also brings a lot of traditional HHS activities that include everything from Speech/Debate to Basketball. We end the month with a giant cross-town game at the Adams Center on 1-31-20. I hope to see all of you at our many events this month. Have a great January!



Judson Miller
Principal



HOLIDAY GIVING

Hellgate has a long-standing holiday tradition of asking teachers to nominate students who might use a little extra over the holidays. Historically, this has meant a gift card for \$50 to either Wal-Mart or Target. On Wednesday, December 18, a sub-committee of Hellgate Cares elves distributed the cards. Over 180 students were nominated (30 more than last year).

Students are not told who nominated them, only that some Hellgate elf felt they should have a little something special this Christmas.

STAFF PICK OF THE MONTH *Jill Derryberry - English/Journalism*



"Every morning I browse a series of online news publications to see what's happening in the world, nation and more locally. I usually start with The New York Times, Washington Post and BBC before moving more local to the Missoulian and station sites for KECI and KPAX. I also like a site one of my journalism students turned me onto for students, thecramm.com."

The Hellgate Library subscribes to The Missoulian, Wall Street Journal, Char-Koosta News and The New York Times online.



Myles H. kicks-back with a good book in the library.

Check out our new arrivals every month in the library!

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POETRY OUT LOUD



The 12th consecutive year of Hellgate's involvement in the national Poetry Out Loud (POL) competition happens on **THURSDAY, JANUARY 16TH, AT 6:30PM** in the Rothwell Auditorium.

Students memorize a published poem they find on the POL website, recite the poem, and are judged on accuracy, physical presence, and dramatic appropriateness, among other criteria.

Outstanding performers move on to the regionals (Feb 4-7), state (March 7 in Helena) and national rounds (late April in Washington, DC). Ultimately Hellgate students may compete for a \$200 state prize and a \$20,000 national championship prize.

Thanks to Laramie Dean, Shaun Gant, and Lew Procacci for helping to plan this competition.

JANUARY

UPCOMING EVENTS

- 1 WEDNESDAY**
Holiday Break
NO SCHOOL
- 2 THURSDAY**
Holiday Break
NO SCHOOL
- 3 FRIDAY**
Holiday Break
NO SCHOOL
- 20 MONDAY**
Martin Luther King Holiday
NO SCHOOL
- 24 FRIDAY**
End of First Semester
- 27 MONDAY**
PIR Records Day
NO SCHOOL
- 29 WEDNESDAY**
Jazz Collaboration Concert
7PM - Auditorium/Band Room
- 30 THURSDAY**
9th - 11th Grade Curriculum
6PM - Hellgate High School



Photo courtesy of Photography student Liam Queneau



Photo courtesy of Photography student Hans Heilesen

COUNSELOR UPDATE



Contact Information:

Katie Boynton (Last Name: A-E)
keboynton@mcps.k12.mt.us

Ben Martin (Last Name: F-K)
bdmartin@mcps.k12.mt.us

Christine Kolczak (Last Name: L-Q)
clkolczak@mcps.k12.mt.us

Jessica Buboltz (Last Name: R-Z)
jlbuboltz@mcps.k12.mt.us

Scholarship Spotlight:

Montana Food Distributors Association Scholarship

Due Date: March 16, 2020

Do you work in food service? Or is a family member in the service industry for food services? There is a scholarship just for you!

Horatio Algers Montana Scholarship

Due Date: March 15, 2020

<https://www.dpwfoundation.org/scholarships-programs/horatio-alger-montana-undergraduate-scholarship-program/>

This program, administered by the Horatio Alger Association, is specifically aimed at students who have confronted and overcome adversity in their young lives. Students from across Montana will be selected to each receive a \$15,000 scholarship and have the honor of being named as a Horatio Alger Montana Scholar.

Check out the scholarship website for these and more amazing scholarships!

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

The Youth Serve Montana Scholarship was created to **promote volunteerism** among high school students. Funds are available through support from [Montana Campus Compact](#), a network of Montana campuses committed to community service; [Reach Higher Montana](#), a nonprofit dedicated to helping students pursue and fund post-secondary education; and the [Governor's Office of Community Service](#), a state agency tasked with expanding and promoting community service in Montana. The Governor's Office of Community Service administers the scholarship funds. To qualify for the \$1,000 award, graduating seniors **must provide verification they have completed at least 100 hours of volunteer service within the past year**. Students must also verify they have been accepted to a Montana Campus Compact member institution school. Finally, applicants must confirm they have submitted a Free Application for Federal Student Aid (FAFSA). There are 100 scholarships available each year. Please share this opportunity with your graduating seniors and don't hesitate to reach out if you have any questions. To apply and learn more, go to serve.mt.gov. The deadline for the Youth Serve Montana Scholarship is **January 31, 2020**.



NOVEMBER KNIGHTS OF THE MONTH

SENIOR



Lukas is kind and thoughtful and seems to take life at a normal pace. I enjoy his outlook and calm demeanor.

Lukas Horejsi

SENIOR



I love that Julian messes around and makes everyone laugh and is always borderline inappropriate, but ultimately gets work done, participates actively in every activity we do and brings a lot of joy to his surroundings. It's just better when Julian is around!

Julian Peltier

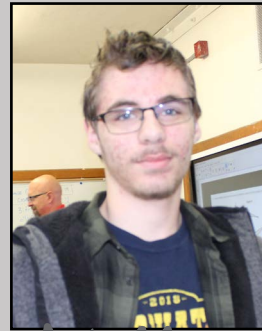
JUNIOR



Grant works incredibly hard in class and puts in the effort to produce projects he can be proud of. Grant also is always willing to help out his classmates and teachers. Grant has been working as a teacher's assistant for the past week helping teach his classmates and he has been very successful.

Grant Story

JUNIOR



William is a hard-working guy! He is thoughtful and creative and a joy to have in class.

William Wakefield

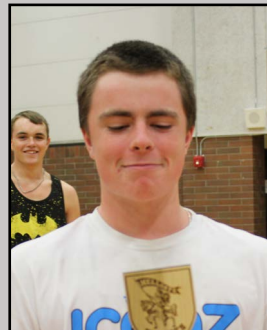
SOPHOMORE



Jacoba is constantly putting forth her best effort, and volunteers to answer questions or do work even when she is unsure of herself. Taking a risk like that can be hard for many students, but she always tries her best. She is also incredibly kind, I always see her working hard to include all of her classmates in group or partner work.

Jacoba McAdams

SOPHOMORE



Felix is kind, outgoing, and dedicated to doing great work.

Felix Hahn

FRESHMAN



Wyatt ALWAYS pays attention, participates enthusiastically and is prepared for class 95% of the time- In the rare event he is not prepared, he owns it and moves on with a great attitude. Very mature, responsible young man.

Wyatt Moore

FRESHMAN



Mallory has a very sunny disposition, is attentive and participates very willingly in all class activities. I so appreciate her enthusiasm. She comes from a small bedroom community and is making an effort to join the Hellgate community.

Mallory Frost



WELLNESS CORNER

As we wrap up 2019 and face a fresh start in 2020, it's a good time to reframe our sometimes difficult interactions as ways to build relationship. Affective statements let people (e.g. your children and partners) know how you have been affected by their actions and takes out the blame that can result from conflict.

You may have heard of "I feel statements" that are an equation for how to communicate needs (I feel...when you...I need...). An example might be: "I feel uncomfortable when I hear you raising your voice. I need our interactions to be respectful, would you please tell me what you need in a calm voice?"

Another kind of affective statement simply reframes interactions away from the negative. Here are some rephrased examples:

"Stop Talking!" ⇨ "I get distracted and lose my train of thought when you talk while I am talking"

"Why are you late?" ⇨ "Is everything ok? I was worried about you"

Gossiping/Talking behind someone's back ⇨ "I feel uncomfortable when you say that about someone who is not here to tell their side of the story"

You can also be more specific with your praise:

"Good job today" ⇨ "I was really impressed by how you stayed focused for 30 minutes"

"Nice project" ⇨ "It was fun for me to see the way you developed your ideas into a final project"

"Thanks for your help today" ⇨ "Thank you for taking out the trash, doing the dishes, and cleaning up your room. Your help alleviated a lot of stress for me."

Cheers to a merry and bright (and a bit more thoughtful) 2020!

STAFF KNIGHTS OF HONOR



Lori Willumsen

"Thanks for your hard work in getting the transcripts to all those current and past students and for enrolling and setting up the paperwork for new students and always making sure our grades and in! You are the VERY BEST!!!"



Nick Laatsch

"Nick does an excellent job of recognizing students and their accomplishments at all our recognition assemblies. Thank you for compiling the information and making sure everyone gets recognized."

Knight of Honor nominees are staff members recognized by their colleagues each month. The first two nominees drawn at the staff meeting receive prizes. However, all receive recognition for their contributions to making Hellgate great!

NOMINEES

- Bill Fischer
- Debbie Hendricks
- Juliana Arechega
- Carla Hinman
- Lindsey Thompson
- Christine Kolczak
- Tracy Ledyard
- Brian Hoover
- Maureen Ojala
- Ellen Parchen
- Jeff Waniata
- Alan Pfister
- Julia Schonbachler
- Jeff Dohn
- Ellen McKenzie
- Heather Cheney
- Nick Grener
- Julie Burckhard and Shaun Gant

FLAGSHIP

Flagship Tutors will be available after school in the library Tuesday 1-07, Thursday 1-09, Tuesday 1-14, Wednesday 1-15 and Thursday 1-16 to help students prepare for finals.

Flagship Activity Schedule | February 11 – May 1, 2020

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	<ul style="list-style-type: none"> Lunch Club 	<ul style="list-style-type: none"> Lunch Club Chess Club (room 363) 	<ul style="list-style-type: none"> Lunch Club Office Hours (12:39 - 1:23pm) 	<ul style="list-style-type: none"> Lunch Club American Sign Language Club (room 152) 	<ul style="list-style-type: none"> Lunch Club Spanish Conversational Club (Flagship Room)
After School	<ul style="list-style-type: none"> Kid's Table Snack & Flagship Hangout Gladiators 	<ul style="list-style-type: none"> Kid's Table Snack & Flagship Hangout <i>Magic the Gathering Club</i> Tutoring 	<ul style="list-style-type: none"> Kid's Table Snack & Flagship Hangout Anime Club <i>K-Pop Dance Club</i> Tutoring 	<ul style="list-style-type: none"> Kid's Table Snack & Flagship Hangout Dungeons & Dragons Role Playing Games <i>Coding/Gaming Club</i> Tutoring 	<ul style="list-style-type: none"> Kid's Table Snack & Flagship Hangout <i>Card Game Club</i> <i>Dungeon Crawl Classics Role Playing Games</i> <i>Karaoke Club??</i>

Programs subject to change | Bolded and italicized items indicate new programs

FEATURED PROGRAM - *Building Trades*

You may have noticed the 12 sheds being built in Hellgate's parking lot. These are part of the Building Trades 2 curriculum. In teams of 2-3 students each, they build the 5x8 structures from start to finish. The first shed completed was donated for an auction that all the proceeds went to MOR4Kids which is a local nonprofit that helps Missoula's impoverished students and the Missoula YWCA who is building a new shelter for families in need/transition.

Hellgate students Ryley Main, Thomas Huguet, and Daniel Hanson (pictured below) were proud that their shed was donated to such a good cause. The industrial technology and trades programs work on a very tight budget and they are sustainable only because of the support we get from the community. It is nice to be able to pay it forward since so many people help take care of our program and students.

There are a few sheds still available for sale if you are interested. Contact Chip Rinehart at 728-2400 ext 6547 or chrinehart@mcps.k12.mt.us if you would like more information.



Hellgate High School

MBI TARGET BEHAVIORS

BE SAFE | BE RESPECTFUL | BE RESPONSIBLE | BE A GRADUATE | BE A KNIGHT

JANUARY

STUDENT SELF CARE

Stress Reduction & Self-Care Strategies

- Sit quietly in a room and try to ground yourself:
- Name 5 things you see
- Name 4 things you can feel
- Name 3 things you can hear
- Notice 2 things you can smell
- Notice 1 thing you can taste
- Breathe deeply, slowly, and intentionally for 1-2 minutes
- Do literally nothing but rest for short, intentional breaks
- Take breaks from technology, limit time to no more than 90 minutes per day
- De-clutter your room or a room in your house
- Read a book or magazine for fun
- Make a list of all the people and things that add to your life
- Find things and people that make you laugh
- Set aside alone time to reflect and reconnect with yourself
- Write a thank you card or tell someone you appreciate them

BULLETIN BOARD

Check out the latest clothing styles from the Booster Club!

Booster Club items available Wednesday during lunch in the Knight Hall!