



PRINCIPAL'S NEWSLETTER

April 26, 2019

The Season of Celebrations is upon us, Vikings!

With only 8 weeks of school remaining for Freshmen, Sophomores and Juniors, and a mere 5 weeks for Seniors, the countdown has officially begun and the celebrations have officially started! On Tuesday night, I attended the **Recognition of Academic Achievement** celebration sponsored by the Council of Elders for Howard County. This celebration honors students who have maintained a GPA of 3.5 or higher throughout all 4 years of high school. **Ms. Cheryl Grimes** read a bio for each of the 28 Mt. Hebron students who were honored, and I have to tell you, I was moved to tears listening to how remarkable our students are. We have prepared them well for the next exciting phase of their lives!

On Wednesday, we had a spectacular turnout at our **band** concert and an equally incredible turnout for our **orchestra** concert on Thursday. Our community loves great music, and our Vikings don't disappoint. There's something for everyone, and tonight, it's the **choir's** turn to take the stage. If you don't already have plans, I hope you'll consider taking advantage of this free concert. Alternatively, you can stop by the Howard County Miller Branch Library tonight at 7pm for this year's film festival and applaud our very own **Grace Hendricks** and **Zohra Ahmed** (and their talented team of actors) who have been selected as top ten finalists this year!

Of course, one of our biggest celebrations of the year is this weekend, Prom & After Prom. We have 544 students going to prom and far more than that who will attend After Prom. This is truly a community event as we come together to keep our kids safe while having so much fun! From chaperones at Prom to volunteers at After Prom (who must love coffee as much as I do), I am grateful to everyone who donates their resources and volunteers their time, but I have to give a special shout-out to **Ms. Lydia Kang**, Junior Class Advisor, and our truly awesome **After Prom Committee**: Co-Chairs - **Caroline Bodziak** and **Laura Munns**, along with **Dana Arthurs**, **Jacqueline Botello**, **Stacey Carneal**, **Jenise Dunn**, **Dana Hemelt**, **Abe Hollander**, **Patti Lizzo**, **Michelle Jaecksch**, **Rachel Maddock-Cosden**, **Jill Reese** and **Lisa Solomon**. I'm not going to rehash the letter I sent over spring break, but *thank you* to everyone is helping ensure that this year's prom is memorable for all of the right reasons!

I'm sure you will agree that our "season of celebrations" is an exciting time of year for all us! That said, it can also be a stressful time as students still need to focus on their studies, including AP exams and PARCC testing, which is just around the corner. Mt. Hebron hosted a viewing of the movie, "Angst" on April 10th. We had an excellent turnout with over 1500 people combined at all showings throughout the county. Next week, we will once again be focusing on mental health here at Hebron to ensure our students know where they can turn for support and remind everyone of the importance of self-care. I know our students want to finish the year strong, and we are committed to ensuring we all cross the finish line together...Viking strong!

Joelle

FOLLOW US & STAY CONNECTED

Twitter: [@hcpss_mhhs](https://twitter.com/hcpss_mhhs)

Website: <http://mhhs.hcpss.org/>

Student Online Newspaper: The Mountain: <https://mthmountain.com/>

UPCOMING DATES/EVENTS

See the [calendar](#) on our website for additional dates.

Date	Time	Event
April 29		NHS Applications deadline to Mrs. Sankey or Ms. Stafford
April 29	6:30-8:30pm	Youth in Conversation @ Oliver's Carriage House
May 3		Quarter 4 Interims for Seniors Only
May 3,4	7pm	Dance Concert in the Auditorium
May 6	6:30pm	Viking Backers Meeting in the Media Center
May 7		
May 13	5:30-7pm	Teen Advisory Council @ Barn/Teen Center in the Oakland Mills Village Center
May 13	6:30-8:30pm	Youth in Conversation @ Oliver's Carriage House
May 14	6-9pm	Senior Class Night @ Savage Mill
May 16		Interim Reports Issued for Quarter 4
May 16	7pm	Community Awards Ceremony in the Auditorium (All seniors & parents are welcome to attend)
May 16-23		Mandatory Final Exams for Seniors
May 17		3-hours Early Dismissal @ 11:10am
May 18	9am-5pm	Safe Space Training @ Wild Lake High Cafeteria
May 21	7:25-9:10am	Mandatory Graduation Rehearsal in the Auditorium
May 22	7:25-9:10am, 12:20-2:10pm	Mandatory Graduation Rehearsal in the Auditorium
May 23	9:00-11:15am	Senior Awards Ceremony in the Auditorium (Caps & Gowns required), Class picture, Graduation Ticket and Senior Banners Distribution
May 23		Last Day of School for Seniors
May 27		School Closed for Memorial Day
May 30	1:30pm	Early Dismissal for Graduation
May 30	3pm	Graduation @ Merriweather Post Pavilion
June 3	6:30pm	Viking Backers Meeting in the Media Center
June 5	6pm	College Night in the Auditorium
June 19, 20, 21		Early Dismissal @ 11:10am/Final Exams for HS
June 21	11:10am	Last Day of School
September 5	6:30pm	Back to School Night for 2019-2020

CELEBRATIONS!

***For the most up-to-date celebrations, be sure to follow us on Twitter: [@hcpss_mhhs](https://twitter.com/hcpss_mhhs)*

Thank you Mt. Hebron for participating in the Leukemia and Lymphoma Society's (LLS) Pennies for Patients Program. The Viking Community raised a grand total of \$3,641 to help fight against blood cancers!!!



Thank you to **Nashrah Rahman** who addressed the Howard County Council and Dr. Martirano regarding mental health in Howard County public schools on Wednesday night. She is advocating for better resources for Howard County students and teens who need extra mental support and encouragement during stressful times. Her purpose of talking to the council is to bring more attention to these issues to help our students who are already battling with poor mental health. She is advocating for more mental health resources in schools so we can make our schools a more comfortable environment for students. We are so proud of her and thank you for her commitment to this cause!



Thank you our amazing PTSA reps, **Terri Gainey & Erin Lanthier**, who, along with the **PTSA Staff Appreciation Committee**, provided a fabulous lunch and adorable gift card favors to help us celebrate the staff members in our building who support the admin team every single day! **Kay, Marta, Lauren, Miriam, Christy, Mary, Linda, Kimberly, Shelia, Melvin, Jason, and Renee**, we'd be lost without you and are happy we got to take a moment to express our gratitude for everything you do for our staff, students and community every day! You truly make a difference!



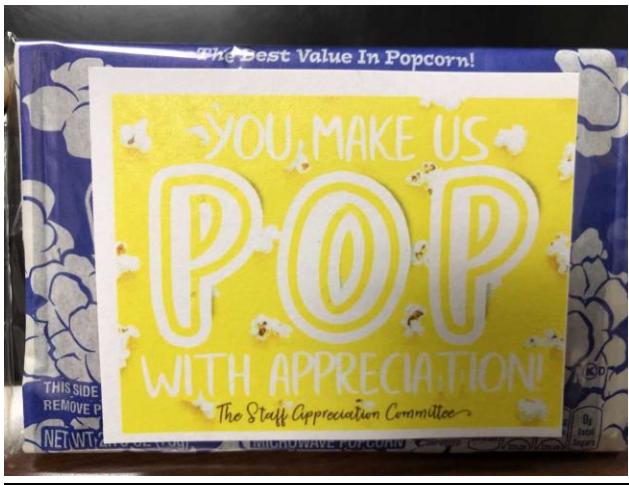
Congratulations to Senior **Rohan Samy** who earned 3rd place overall in the county out of over 250 students who attended Math Meets this year. **Douglas Chen, Chase Blanchette, Connor Rose, and Isaac Minn** joined Rohan in finishing in the top 40 of all Math Team students from across the county. These students have all been invited to represent Howard County at the ARML (American Regions Mathematics League) competition to be held on May 31st and June 1st at Penn State University. Way to go Math Team!" The Math Team wrapped up a successful season on Wednesday April 10 with their 8th and final county-wide competition of the year.



Congratulations to our **Math Team!!** This year the Mt. Hebron Math Team participated in the Maryland Mathematics League (MDML) competition. **Douglas Chen** finished 3rd overall in the state and the entire team finished in the top 10 of all schools who participated. Congratulations Math Team!"



Congratulations to Mt. Hebron's Black Student Union and Alpha Achievers who joined forces to create over 100 healthy lunch bags on Thursday, April 11th with inspirational notes for homeless individuals and families in support of the Grassroots Program. A fun time for students while giving back to the community!



Many thanks to our PTSA Staff Appreciation Committee, **Joanne DiMaggio, Sandi Miller and Molly Smith** who “popped” in this afternoon and surprised our staff with a treat in everyone’s mailbox, just in time for the movies this weekend...anyone going to see Avengers: End Game? 😊



Congratulations to our seniors who participated in Senior Signing Day on Tuesday!



Congratulations to OUR **MHHS SWIM CLUB!!!!** Swimmers from Mt. Hebron won the annual Howard County Invitational Swim Meet for the fifth straight year! The team was led by co-captains **Joshua Liu**, **Allie Ritter**, and **Carl Zhang**, and the event took place at HCC. The winning team received the Hurley Challenge Trophy, while the top three teams won money for their after-prom parties, and every team received a donation to their parties as well, all courtesy of the CAA Clippers swim team.

Special thank you to the team sponsor **Ms. Maerten!!**

NEW NEWS

Spring Dance Concert

The Annual Spring Dance Concert is Friday, May 3rd and Saturday, May 4th @ 7PM in the Auditorium and celebrates its 25th Anniversary! The event will begin at 6:30PM with an Art Exhibition Gallery Walk featuring work from our Visual Arts Department. Tickets are \$10 at the door and \$8 in advance (if purchased before May 3rd). Contact Ms. Reyes for details or visit our website! <https://mthebrondance.weebly.com/>

Safe Space Training

Saturday, May 18th 2019, 9:00am - 5:00pm

Wilde Lake High School – Cafeteria

(light breakfast & coffee at 8:30am, lunch provided)

Registration required at grassrootscrisis.org/events

For additional information, contact Katie at 410-531-6006, ext. 1761

The Safe Space training has been designed by Grassroots as a suicide prevention and intervention model that focuses on the LGBTQ+ population and their increased risk for suicide.

The training program combines cultural competence with prevention and intervention strategies to reduce stigma, reduce suicidality, and ultimately save lives. Safe Space is free for

Howard County students, residents and individuals that work in Howard County.

Students must be 16 years of age or accompanied by an adult if younger than 16.

Service hours are available for students. CEUs are available for adults.

2019 Viking Basketball Summer Academy

Boys Week: July 15-19

Co-ed Week: July 22-26

Girls Week: August 5-9

Hours:

9am-2pm

Location:

Mt. Hebron HS Gymnasium

9440 Route 99

Ellicott City, MD 21042

Age Group:

Campers entering 2nd Grade through 9th Grade. Participants will be grouped by age, ability, and experience level.

Tuition

\$200

***Tuition includes: MTH camp team jersey, awards, and a basketball!**

Gift Incentive!: Send your child to two weeks of camp and receive an additional takeaway on their second week!

HOW TO REGISTER

1. **Go to the website: vikingbackers.org**
2. **Click the link “Summer Sports Camps”**
3. **Follow instructions in the “Registration and Fees” Section**
4. **Click link for registration completion**
5. **Click links for payment completion**

General Camp Information:

The camp is planned to provide comprehensive skill instruction for beginning, intermediate, and advanced basketball players. Emphasis will be placed on fundamentals, individual skill development, and team strategy. In the first phase of the day, players will work in stations, learning important drills to improve all aspects of their craft. In the second half of day, students will compete in league play and various daily competitions. Campers will also have an opportunity to watch current & former players demonstrate individual and team drills.

Questions?

For Boys & Coed Week: Email jared_ettinger@hcpss.org

For Girls & Coed Week: Email tierney_ahearn@hcpss.org

Community Awards Night

We hope you plan to attend our evening awards ceremony to honor those members of the Class of 2019 who have received individual awards and scholarships from organizations and colleges outside of Mt. Hebron High School. No tickets are required, so bring all friends and family who want to celebrate your accomplishments! Come out and recognize the achievements of the class.

Thursday, May 16th @ 7:00pm in the MHHS Auditorium **Students should wear professional attire for this ceremony and arrive by 6:30pm.**

So that we can be sure to recognize you, we've created an online form where you can easily enter your award information. Please report this information by Monday, May 6th to be recognized at Community Awards Night. You must submit your award information here to ensure that we will be able to recognize you! Questions about this event can be directed to Ms. Flores (monique_flores@hcpss.org) and/or Ms. Downey (allison_downey@hcpss.org).

News from Health Room - Allergy Season is Upon Us

Symptoms may include:

- Runny nose and mucous production
- Sneezing
- Itchy eyes, nose, ears, mouth
- Red and watery eyes
- Swelling around the eyes

What can you do?

- Take allergy medication prior to school
- Bathe prior to bed especially if you were exposed to pollen outdoors
- Wash bedding once a week

WORTH REPEATING

Calling all Golfers!

The Mount Hebron Girls and Boys Lacrosse teams are having their 16th annual golf tournament on April 29th and have room for more golfers! Enjoy the day at Turf Valley, including breakfast, a catered lunch and prizes - all while supporting the teams.

Visit <http://www.mthebronlacrosse.com> for more information.

Graduation is May 30th @ 3pm

Last day of school for seniors is May 23rd. Early dismissal for all students at 1:30 on May 30th. More information to follow soon. The complete graduation schedule is available on the HCPSS website at <https://news.hcpss.org/news-posts/2019/03/2019-high-school-graduation-schedule/>

Save the Date: College Night

An informative evening with special presenters to speak about the admission process, financial aid, scholarships, colleges and more! *Wednesday June 5th at 6pm in the Auditorium.* Participants will be able to rotate through multiple information sessions!

Values at Hebron

What Values do you have when you think of the learning environment at Mt. Hebron High School? Answer this 2-question survey and let your voice be heard! Parent

responses will be combined with feedback from students and staff to create a theme for the 2019-2020 school year. Click here to take the short survey: <https://forms.gle/e1w3a3cLaXWx5oyT9>

Change in Vaping Law

A recent change to the law regarding Vaping now allows police to issue a civil citation to juveniles for possessing an electronic smoking device. This is very important for both parents and students to be aware as it is illegal for juveniles to possess any type of electronic smoking device.

Teen Advisory Council

HC DrugFree's Teen Advisory Council (TAC) meets one Monday evening a month from 5:30 p.m. to 7:00 p.m. at The Barn/Teen Center in the Oakland Mills Village Center and is open to all Howard County high school students. Community service hours are available for all meetings and events. TAC will meet on Monday, May 13th. To register, please visit www.hcdrugfree.org and go to the Teen Advisory Council page. Refreshments provided at meetings, so must RSVP to Admin@hcdrugfree.org or call 443-325-0040.

After-School Bus Dates Remaining

The following are the after-school bus dates for the remainder of the school year.

Apr: 30

May: 2, 7, 9, 14, 16

Pick up time is approximately 4pm. The bus will stop at the following locations:

- 1) Liler Court and Liler Drive
- 2) Hollifield Station Elementary Station
- 3) Town and Country and West Springs Drive
- 4) Worthington Elementary
- 5) Brunswick Zone/Dunkin Donuts

ATTN: Current and Former MTH Band Students

We are *looking for any MTH band instruments that might be lying around your house.* It seems that several instruments have been borrowed over the years and not returned to the band program upon graduation or leaving the program. If you have an instrument that belongs to Mt. Hebron, please kindly return the instrument to the front office or directly to Mr. Fischer in the Band Room. No questions asked. Thanks for your assistance as we work together to ensure the success of the band program for years to come.

Do you play a Woodwind, Brass or Percussion instrument? If YES, I have just the thing for you... JOIN BAND!

I wanted to reach out and let you know how excited I am to be joining the Mt. Hebron community as the new Band Director. I know that for many of you, band was once an important part of your daily schedule, and I am reaching out to encourage you to consider joining band again. The Mt. Hebron Band Program has a storied history that dates back to 1964 when the band first performed as an integral part of the Mt. Hebron

Community. I am looking forward to building on the tradition of excellence that has become the cornerstone of the program.

I recognize that there are many reasons why students choose not to participate in band in high school. I respect that band may no longer be a top priority or even an interest, however I want you to know that I would love to speak with you to discuss ways that you might enjoy band in high school. You can find me in the band room before school or during lunch (4A). There is a place for everyone in our band family. So... If you currently play, used to play or wish you could play an instrument, stop by to see me or feel free to contact me directly at joe_fischer@hcpss.org. I look forward to meeting you and building an even greater band program together.

Youth in Conversation

Youth in Conversation is a group of high school students who want to “talk about the things no one talks about.” The goal is to build community by having conversations about identities we have in common and issues that separate us, such as race, culture, religion and gender.

All HCPSS high school students are welcome & free dinner will be provided by #OneHoward and the Columbia Association each evening we meet

We will meet **the second and fourth Monday of every month from 6:30 – 8:30 p.m.** at Oliver’s Carriage House, 5410 Leaf Treader Way, Columbia, MD 21044 (also known as Kittamaquindi Community Church)

Meeting Dates in 2019: 4/29 (*In April we will meet the 5th Monday instead of the 4th Monday because of Spring Break*), 5/13. Please see the FRONT OFFICE for a form if you would like to participate.

Parent Support Group

Mount Hebron has a parent group. The purpose of this group is to provide a voice and tools that will assist parents of students who have needs in the areas of social communication, social regulation and executive functioning skills - whether in a university, work or supported living setting.

Mount Hebron parent, Michelle Im, along with members of our special education team, have volunteered to lead this amazing discussion and support group. Ms. Im also serves as the Vice President for Howard County's Special Education Citizens' Advisory Committee (SECAC).

Mount Hebron High School
IEP & 504 Parent Group
Discussion and Information Session #4

SI+SR=SF



(Social Interaction + Social Regulation + Summer Fun)

Wednesday, May 8, 2019
6:30-8:00 PM
Media Center

Parent, caregivers and guest speakers will provide information to include:

- Theater/ Drama and Social Skills
- Social Skill Building Summer Activities
- Zones of Regulation
- Creative strategies for building independence

Looking forward to seeing you there!!!

The purpose of this group is to provide a voice and tools that will support parents & caregivers of students who have needs in the areas of social communication, social regulation and executive functioning skills- whether in a university, work or supported living setting.

The remaining meeting will be held in Mt. Hebron's Media Center from 6:30-8:00. All are welcome! Please join us!

Wednesday, May 8th - SI + SR = ☺

Group discussion designed to foster an understanding of the relationship between social interaction and self-regulation; to prompt parents to implement strategies at home.

Your next VALHALLA VOICE will be published April 29th with the latest news from your parent advocacy groups and community.