



PRINCIPAL'S NEWSLETTER

May 3, 2019

Happy Friday, Vikings!

A few weeks ago, I received an email from CDT, Nia Crump (Vikings Class of 2015, pictured below). She is the sister of Senior **Kobi Crump**. On May 25, she will be graduating from West Point and commissioning into the Army as a Second Lieutenant. She was reaching out to me because one of the symbolic pieces of the commissioning ceremony is an American flag, and Nia said, "Most people write to their congressman or governor and ask for the flag that is flown in front of their office to be sent to West Point in order for commissioning, but I am writing to you because I would like to commission in front of the flag that is flown in front of Hebron as Hebron is a vital part of who I am and why I am where I am today."

She then went on to illuminate the "why" of her request. "While at Hebron, some of my most memorable moments came from **Mr. Tittsworth's** leadership class when I served as one of the leaders of the Canned Food Drive, learning about Psychology and how to interact with others in **Mr. Duke's** class, bettering my public speaking skills with **Mrs. Vitali**, analyzing literature in **Mrs. Davis'** AP English class, and debating different topics in **Mrs. Aragon's** and **Mr. McAuliffe's** classes. My most favorite moment, however, was working with Assistant Principal, **Mr. Williams**, other staff members and a few of my peers to create and facilitate a leadership conference for students during my final two years at Mount Hebron." (*That's the same Leadership Conference the **Viking Backers** helped us host for students this year on March 15th!*)

"While at Hebron, I also played varsity soccer, basketball, and lacrosse. The leadership and coaching I received from coaches like **Coach Deppen**, **Coach Gibbons**, and **Coach Rau** has made me into the athlete, competitor and leader I am today. Looking back on it, all of the blood, sweat, and tears I left on the fields and courts at Hebron were well worth it."

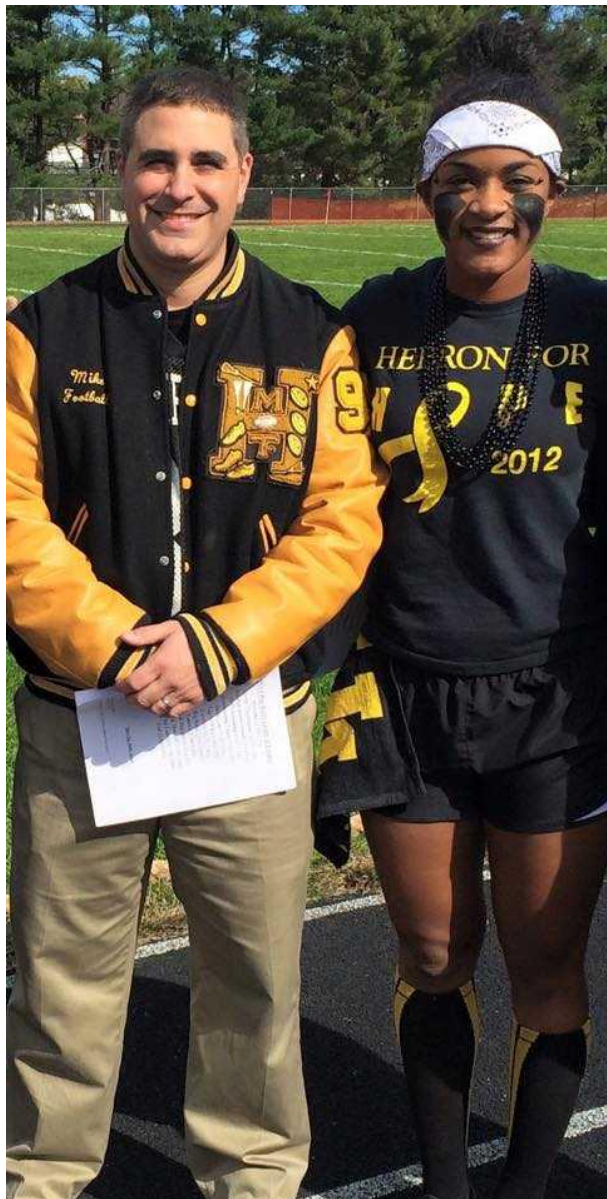
Nia's words can't help but make me think about our current graduating class and all of the teachers and coaches who have impacted them during their four years as a Viking. To say our students are blessed to be surrounded by such compassionate, dedicated teachers and coaches is a gross understatement. And, of course, we are honored to grant Nia's request for our flag. Our beloved and amazing Security Assistant, **Mr. Melvin Kenney**, even ordered a special case and engraved plaque for the flag we're going to present to her.

Mr. Kenney helps out everywhere at our school (as many of you can attest to), and he is also in charge of the students on our **Flag Detail**. Freshman **Siddharth Anikhindi**, Juniors **Pakeeza**

Awan and **Michael Huizing** and Freshman **Jacob Reid** are responsible for raising and lowering our flag every day and ensuring its correct disposition as well. I am incredibly honored that Nia asked for our flag and want to thank her for her heartfelt letter, which lifts up so many of our remarkable staff and coaches.

Next week is Teacher Appreciation Week and through the incredible generosity of both our **PTSA** and **Viking Backers**, we are going to be able to provide a special treat for our staff each day. However, even though they love to be fed, if you ask any staff member, they will tell you the most meaningful thing they could receive is a note of appreciation from students or parents. So if you have a moment this weekend, please follow Nia's lead and write an email or a note to let a special teacher know the kind of impact they've had. It means the world to them (and me).

With deep appreciation, always,
Joelle



We are so proud of you & salute you, Nia!

Once a Viking, always a Viking!

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
May 3 & 4	7pm	Dance Concert in the Auditorium
May 6	6:30pm	Viking Backers Meeting in the Media Center
May 6-10, 13-17	7:30-11:30am, 11:30am- 3:30pm	AP Exams @ Crossroads Church of the Nazarene
May 7		Last Day Purchase Senior Night Tickets
May 8	7-8:30pm	Leadership & Service Opportunity Meeting @ Homewood School
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	By 2pm	Seniors last day to pick-up medication from the Health Room
May 23	9:00-11:15am	Senior School 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)*

Congratulations to our **Students of the Month** for March and April!!

Aarya Patel	Lorin Rocheleau	Logan Oliver
Alex Borjas Aceituno	Faith Kipchirchir	Luke Baldwin
Aly Coakley	Gabriel J. Ogungbemi	Madeleine Phillips
Andrea Sicoli	Georgia Fitcher	Matthew Jacoby
Angeline Luther	Giuliano Fiorilo	Matthew Knox
Annabel Simister	Greta Michels	Michael Stone
Anushka Ganoo	Greta Michels	Moreen Hanna
Ariely Betancourt	Haley Miller	Ni'Eastsa Stevenson
Guerrero	Heather Chen	Nihar Chegireddy
Asha Taylor	Imani Lewis	Nithin Parepally
Asmita Thorat	Isabel Charles	Paige Sine
Ayshwarya Velraj	Jaiden Ritter	Rachel Lee
Bailey Hamm	Jamaya Johnson	Raj Shah
Alexander Barton	Jasmin Sheikh	Ray Strozyk
Ben Giermek	Jeferson Matute	Sai Nijambudi
Brennan Olds	Gonzalez	Sang (John) Park
Bryan Tam	Jimmy Van	Sara Oh
Caroline Siedlecki	Johana Boby	Sawdah Munir
Chris VanderVat	John Michaels	Shreya
Christian Patterson	Julia Medina	Santhanagopalan
Cindy Wu	Kaia Godsey	Starina Chang
Colin Chen	Kaitlyn Met	Stephanie Cortez
Corey Harman	Kameron Wilson -	Segovia
David Wiggs	Anderson	Tyler Lizzo
Delila Ives	Kevin Watts	William Mouangue
Demetrius Philbert	Kile Cummings	Wily Zhen Wu
Diana Zhen Wu	Kobe Hill	Zandria Brown
Edwin Aguilar	Kyle Johnson	Zeenat Malik
Elkin Gonzalez Torres	Lexi Croft	Zoe Perna
Ellie Miller	Lilly Simpson	Zohra Ahmed
Emma Foose	Lizhuang Lin	

Congratulations to **Bryce Kampert** who won 1st team Maryland State Wrestling Association All-Academic Team. There are only 14 spots for the 1st team and Bryce was one of 2 Howard County Students in the entire state to win 1st team! The process is very competitive with multiple qualified entries in each weight class. The awards ceremony is on May 18th at Centennial High at approximately 1PM between the Freestyle and Greco Roman state tournaments.



Congratulations to the following staff members who were recognized at the Annual SECAC (Special Education Citizens Advisory Committee) Awards ceremony on Wednesday night!

Daniel Blocklin
 Heather Cassetta
 Katie Clark
 Shannon Davis
 Jason Dicerbo
 Patricia Ewart
 Janna Freishtat

Colleen Garrant
 Lisa Hamlett
 Erin Johnston
 Michelle Mann
 Patricia Marton
 Christine Maynard
 Melissa McCarthy

Michael McCarthy
 Leigh Miles
 Joelle Miller
 Jerdine Nolen
 Jennifer Olchowski
 Rebecca Ramsburg
 Zoya Riaz

Erin Schiff
 Kathy Van De Castle
 Lisa Vitali
 Kimberly Ann Wilson



Thank you to Jaiden Ritter, Kobi Crump, Garcelle Pierre and Olaoluwasubomi Olumide who attended our Senior Teacher of the Year celebration at Central Office and spoke on behalf of our **Senior Teacher of the Year Coach Carter!**



Congratulations to our seniors who participated in Senior Signing Day!

Hope Harrington: Grinnell College
Telly Smith: Randolph_Macon College
Lana Shahine: McDaniel College
Luke Baldwin: Hood College

Josh Leach: Shenandoah University
Eliza Munns: Union College
Joshua Odulkale: Alfred State College

Congratulations to Mt. Hebron High School Economics Challenge teams going to New York to compete in the National Finals in both the upper and lower divisions in the National Economics Challenge!!

For the second year in a row, Mt. Hebron High School's two Maryland state champion Economics Challenge teams will vie for the national championship in their respective competitive divisions at the National Economics Challenge national finals competition in New York City on May 18-20.

AP Economics senior **Chase Blanchette** and juniors **Wyatt Currie, Aditya Krishna, and Lorelei Loraine** will represent Maryland on the Adam Smith Division (university-level economics) team. Sophomores **Pauline Chang, Smit Shete, Sudharsan Sundar, and Nick Snyder** will compete in the David Ricardo Division (high school-level economics).

To get to the finals, Mt. Hebron's eight competitors bested more than 11,000 students nationwide, first winning Mt. Hebron's 13th Maryland state title, then finishing in the top eight state champion teams in the national semi-finals round on April 24.

The National Economics Challenge (NEC) is the nation's only high school competition in academic economics. The Challenge recognizes exceptional high school students for their knowledge of economic principles and their ability to apply problem-solving and critical-thinking skills to real-world events.

Students competing for the national title receive a trip to New York, medals and trophies, and share \$20,000 in prize money. Competition rounds will cover Microeconomics, Macroeconomics, International Economics, and Current Events. Students will then have to conduct an analysis of national policy issues, followed by a presentation of their recommendations. Finally, competitors will participate in a series of quiz bowl rounds that will be broadcast on CNBC. **Again, congratulations!**



David Ricardo Division Team
L to R: **Nicholas Snyder, Smit Shete, Sudharsan Sundar, Pauline Chang, Coach Vann Prime**



Adam Smith Division Team
L to R: **Chase Blanchette, Aditya Krishna, Wyatt Currie, Lorelei Loraine, Coach Vann Prime**



Congratulations to video production students who won 3rd place at the HoCo Film Festival! The group (pictured above) included **Grace Hendricks, Niall Donaldson, Danny Wallace, Jake Scarbath (not pictured) and Sabrina Yi (not pictured).**

Also congratulations to **Zohra Ahmed, Saima Ahmed and Charlie Koepke** for their group being a top 10 finalist!



Congratulations to Senior **Jake Witlin** who was awarded the Captain John and Angie Skinner Merit Scholarship (\$10,000!) by AFCEA of Central MD. This is a scholarship awarded to students planning to study in Science, Technology, Engineering or math, and last night, there was an awards banquet in honor of all the recipients.

Also recognized last night were various schools in the Central MD area who received awards and grant money for STEM. Jake was excited to see his middle school science teacher, Mr. Michael Keenan from Ellicott Mills Middle School (pictured). EMMS was one of the school recognized.

Thank you to School Counselor **Ms. Trish Marton** for passing along the application to the students!



Congratulations to our **Ragnarok Robotics Team** and staff advisor, **Mr. Dennis Champney** who received an Official Citation from The Maryland General Assembly. County Executive Calvin Ball will be recognizing them on May 17th at a special STEM Awards Program from 1:00-2:30pm at the George Howard Building in Ellicott City. We continue to be amazed and impressed by this remarkable group of students (and their robot)!





Congratulations to Junior **Ana Mosisa** who received the Princeton Prize in **Race Relations!** This award recognizes and rewards high school students who have had a significant positive impact through volunteerism on race relations in their schools or communities. On April 25-27, Ana participated in a national symposium on race at Princeton University. At this Symposium, she had the opportunity to meet and learn from other Prize awardees, interact with Princeton students, listen to notable speakers, including University professors and others engaged in race relations work, and participate in workshops on how to take their work to the next level. So very proud of you, **Ana!**

Congratulations to Mt. Hebron's Envirothon Team for their accomplishments of 1st, 2nd, and 4th place overall at the HW Envirothon Competition on Tuesday, April 30. Each team competed in 5 categories: Wildlife, Aquatics, Forestry, Soil, and 5th issue (this year the 5th issue is technology to feed a growing population).

- MHHS C Team (**Keith Lee, Moumita Afrin, Melanie Dolce and Sneha Kuppireddy**) 1st place in Wildlife
- MHHS B Team (**Danjing Chen, Garrett Hill, Raey Hunde, Eleanor Kaureh, and Meera Sevalia**) 1st place in Aquatics
- MHHS A Team (**Leah Baker, Audrey Hill, Ryan McClure, Lara Szabo-Banicz, and Alexander Zambidis**) 1st place in Soils

MHHS' A Team will go on to represent Howard County in the State Envirothon at St. Mary's College June 19 & 20. Congratulation to all the students that they did a fantastic job!

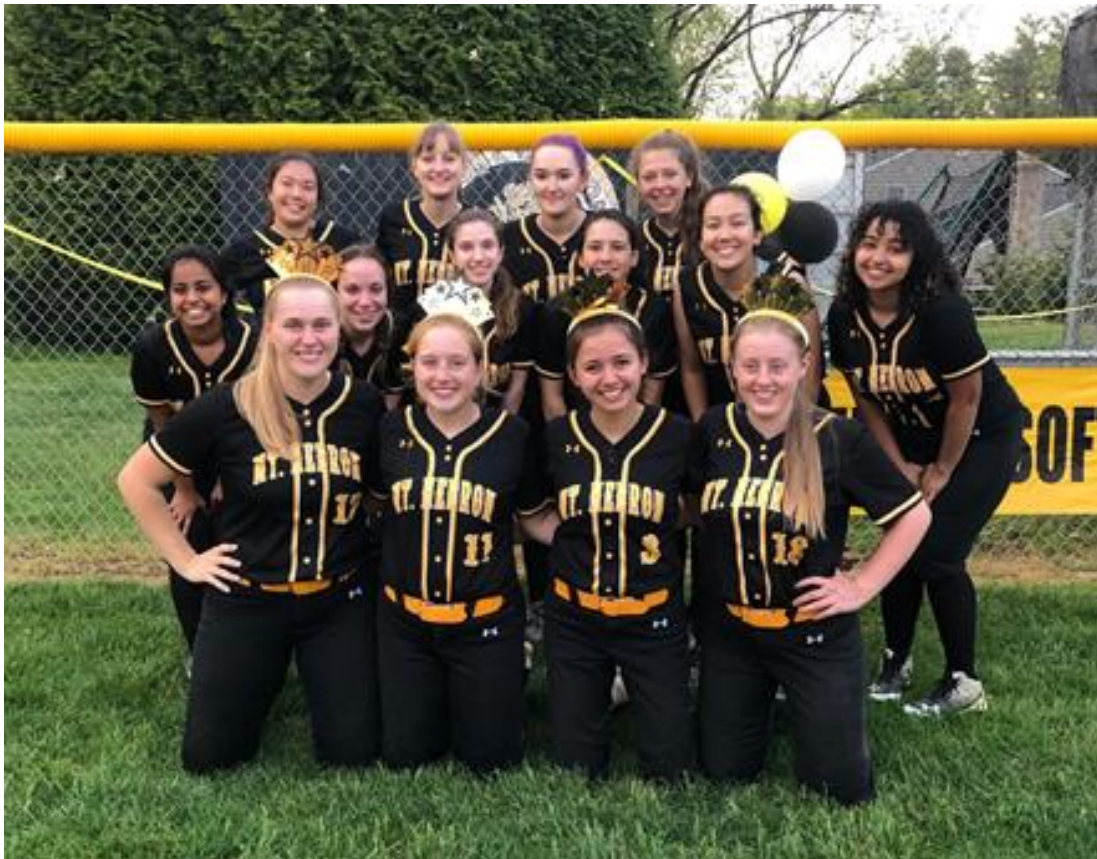


Thank you to the students who volunteered to participate in an **Educational Equity Policy Focus Group** facilitated by Mr. Tim Guy from Central Office. We appreciate your valuable insights! Thank you, too, to **Assistant Principal Ms. Cherilyn Brown** for helping coordinate our efforts so the students at Mt. Hebron could have their voices heard. Just another example of how Vikings make a difference every day!

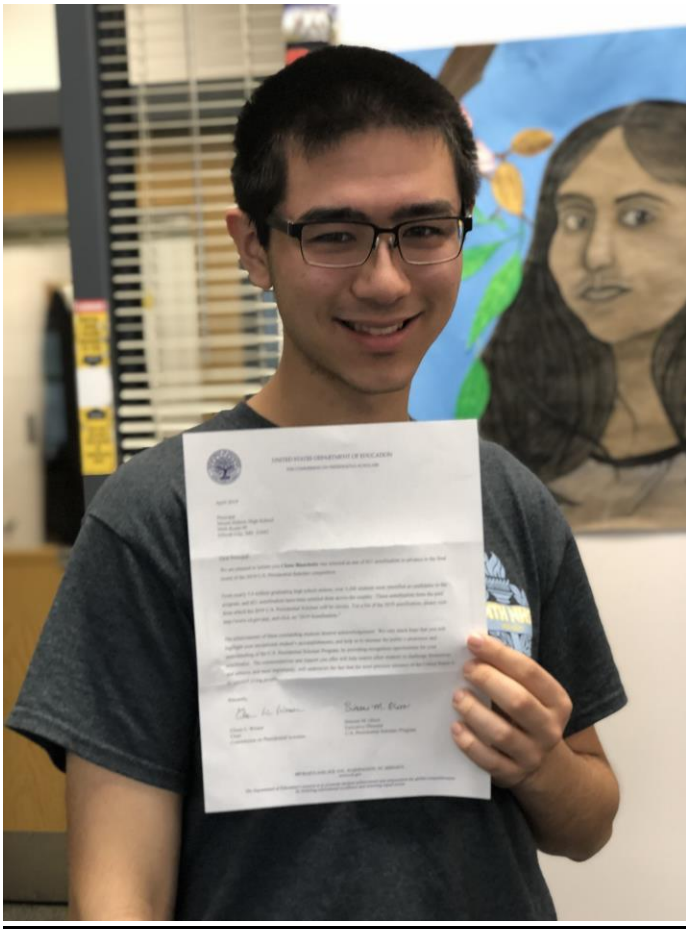


Thank you to **Zohra Ahmed, Anushka Ganoo, Lauren Madden, Rachel Reiter, Avery Vess, Karen Yi and Maggie Zhang** who took time this week during their lunch shift to display information on suicide prevention with the slogan "It's OK to Ask".

These students along with staff members in Student Services sported these T-shirts this week as an important reminder to all of our students.



After a rainy start, our Lady Vikings Varsity Softball Team celebrated the end of a great regular season, especially for our 4-year Varsity starters, seniors **Kieran Davis, Eliza Munns, and Maddie Wright**. On to the playoffs they go!



Congratulations to Chase Blanchette who was selected as one of 621 semifinalists to advance to the final round of the 2019 U.S. Presidential Scholars competition!

From nearly 3.6 million graduating high school seniors, over 5,200 students were identified as candidates in the program, and 621 semifinalists have been selected from across the country.

We are so incredibly proud, Chase, to have you representing Mt. Hebron and the Howard County Public School System!



Today is **National School Lunch Hero Day**, and Dr. Miller and Mr. Kenney were thrilled to take a moment to recognize the terrific and tireless women who feed our students every day!

NEW NEWS

Seniors with Medication in the Health Room

If your Senior has medication in the Health Room, it must be picked up no later than **Thursday, May 23, 2019 at 2:10PM**. Any remaining medication will be destroyed. Students may pick up their Inhalers, Epi Pens and Benadryl. Any questions, please call 410-313-8178.

Important Information about AP Exams

Location – Exams will be administered at **Crossroads Church of the Nazarene** (2750 Rogers Avenue), except Chinese (arrangements will be made with those students), and Studio Art, which is handled at MHHS.

- When students arrive at Crossroads via the traffic circle, the building entrance will be just off the circle. If students drive themselves, parking is to the right. If parents are dropping students, they should drop them at the church entrance off the traffic circle and proceed to the left and exit onto Rt. 99.
- For almost all exams, all students will take the exam together in the large gymnasium. For larger tests, this could be up to 140 students in the same space.

Arrival – All students should arrive no later than 7:30am for an 8am exam and 11:30am for a 12pm exam.

- If you need to be picked up, all morning exams should be finished by 11:30am, and all afternoon exams should be finished by 3:30pm.

Be sure to bring the following:

- Please bring pencils and black or blue pens.
- Photo ID – government issued or school ID.
- For AP Biology, Calculus, Chemistry, Physics, or Statistics, you may bring up to two calculators. Visit apstudent.collegeboard.org/apcourse and click on the link for their course for the specific calculator policy.

Prohibited Items:

- Phones and Smart Watches are not permitted. Additionally, watches that beep or have alarms are prohibited. If you bring either of these items, they will be bagged, labeled, and kept with Ms. Comberiate, AP Coordinator, for the duration of the test.
 - If you bring your cell phone or smart watch, you will submit it to Ms. Comberiate before testing, and will retrieve it after testing.
- You are discouraged from bringing backpacks and other personal belongings. But, if you need to bring something, it will be kept in the front of the testing room.
- No food or drink is allowed in the testing area. If you have two tests on the same day, your lunch will be kept in the front of the testing room.

In Case of Emergency:

- In case of an emergency on the test date, please contact Ms. Comberiate at (410) 404-8396

2019 AP Exam schedule			
Week 1	Morning 8 a.m.	Afternoon 12 noon	
Monday, 6-May-19	United States Government and Politics	Chinese Language and Culture	
		Environmental Science	
Tuesday, 7-May-19	Spanish Language and Culture	Physics 1: Algebra-Based	
Wednesday, 8-May-19	English Literature and Composition	European History	
		French Language and Culture	
Thursday, 9-May-19	Chemistry	German Language and Culture	
		Psychology	
Friday, 10-May-19	United States History	Computer Science Principles	
Studio Art – last day for coordinators to submit digital portfolios (by 8 p.m. ET) and to gather 2-D Design and Drawing students for physical portfolio assembly. Teachers should have forwarded students' completed digital portfolios to coordinators before this date.			
Week 2	Morning 8 a.m.	Afternoon 12 noon	Afternoon 2 p.m.
Monday, 13-May-19	Biology	Physics C: Mechanics	Physics C: Electricity and Magnetism
Tuesday, 14-May-19	Calculus AB	Human Geography	
	Calculus BC		
Wednesday, 15-May-19	English Language and Composition	Macroeconomics	
Thursday, 16-May-19	Comparative Government and Politics	Statistics	
	World History		
Friday, 17-May-19	Microeconomics	Computer Science A	
	Music Theory		

Student Mentors Needed from Our Community

Have you ever considered serving as a mentor to a high school student? The Mt. Hebron High School Gifted and Talented Research Program is seeking professionals to be mentors to students enrolled in the Intern/Mentor Program for the 2019-2020 school year. This is a wonderful opportunity for students who wish to evaluate a career or college major through a research-based course while in high school. Students generally spend five hours each week working with their mentor in a variety of ways.

Students receive credit for their time with you and engage in a number of activities! For example, a student with a doctor in an operating room might simply shadow the mentor during various surgeries; a student in a research lab would be assigned part of the research study; a

student in a law office might work with documents, sit in on client meetings, and go to court. The opportunities are limitless!

We are currently in need of mentors in the following fields:

Local Politics	Pediatrics/NICU nursing	Clinical psych research
International Relations/Policy	Physical Therapy	Social Work (children)
Criminal Law and other areas of Law	Clinical Medicine – Any field	Mental Health
Broadcast Journalism	Cardiac Surgery	Finance/Accounting
Investigative Journalism	Anesthesiology	Marketing
Architecture/Construction – Project development and management	Ophthalmology	Business/Entrepreneurship
Mechanical Engineering	Clinical pharmacy	Business/Finance
Aerospace Engineering	Cardiology (clinical or research)	Business - tech industry
Chemical Engineering	Neurology/Neuroscience - lab setting	Supply Chain Management
Electrical Engineering	Pharmaceutical Research	Chef/Restaurant Manager
Software Engineering	Energy/Agriculture - Lab	
Cybersecurity	Microbiology Lab Research	
Data Analytics	Biotech Lab	
	Physics Research	

If you work in one of the fields listed above and might be open to working with a high school student next year, please contact Dr. Melissa Kiehl, GT Resource Teacher, at mkiehl@hcpss.org.

WORTH REPEATING

Spring Dance Concert TONIGHT!

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/>

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>

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).

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 & Location:

9am-2pm

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

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.

May: 7, 9, 14, 16

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

- 1) Litter Court and Litter 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 Kittamaqundi Community Church)

Remained Meeting Dates in 2019: 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.

Mt. 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 **6:30-8:00pm** **Wednesday, May 8th** - **SI + SR =** Group discussion designed to foster an understanding of the relationship between social interaction & self-regulation; to prompt parents to implement strategies at home. All are welcome! Please join us

Your next **VALHALLA VOICE** will be published May 6th with the latest news from your parent advocacy groups and community.