



## PRINCIPAL'S NEWSLETTER

June 7, 2019

Happy Friday, Vikings!

It feels like regardless of who I'm talking to lately, we're all feeling the same way...both fatigued and excited as we wind down another school year and all of the activities that go with it, There's graduations and celebrations and promotions and transitions and while it's all very exciting, it can also be overwhelming.

"Almost everything will work again if you unplug it for a few minutes, including YOU."

-Anne Lamott

[www.paintedteacup.com](http://www.paintedteacup.com)

Years ago someone told me that whenever they were stuck at a stoplight, they used the few moments to rest and reflect. Red = rest. Green = go. Now I find myself hoping for a red light. (It also gives me a little more time to listen to my audio books, which is one of the ways I unplug.) What do you do to unplug? Even if it's only for a few minutes each day, it's essential that we each practice self-care, so that we can continue to care for all of those in our charge.

This past week, we were excited to meet our newest Vikings when we welcomed the 8<sup>th</sup> graders from our feeder schools. Many thanks to School Counselor **Ms. Tina Flynn** for organizing Activity Day! There were lots of smiles as they boarded their buses to return for their last few weeks of middle school.

Speaking of the last few weeks...we only have one week of full instruction remaining. Finals (*see exam schedule below*) begin on Tuesday, June 18<sup>th</sup>, so please help ensure your student paces their studying over the next week and allows time for rest as well. Remember, the best thing you can do to help your student learn self-care is to be a good role model.

Today our School Counselors helped role model the World of Work for our junior class as they were given the opportunity to practice for an actual interview using a personalized resume they created. This graduation requirement helps students become College/Career Ready. Many thanks to School Counselor **Ms. Trish Marton** for organizing our event today. It was great fun to see the students "dressed for success," and I thoroughly enjoyed the students I had the privilege of interviewing and giving feedback to.

The weather looks perfect this weekend for both celebrating and unplugging. I hope that however you spend your time, it leaves you feeling a little more restored and relaxed.

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.*

<b>Date</b>	<b>Time</b>	<b>Event</b>
June 7	11:45am	World of Work Interview(11 <sup>th</sup> ) in the Media Center
June 10	6pm	Sports Orientation Night for Incoming 9 <sup>th</sup> graders in the Auditorium
June 10-13	2:15-3:15pm	Science Exam Review Session in Room 214
June 11	5-8pm	Free Sports Physicals @ Lifebridge Health & Fitness Center in Pikesville
June 12-14	6-8pm	Color Guard Mini Camps Meet in the Main Lobby
June 17-22	4-7pm	MHHS Youth Football Camp @Turf Field
June 18		1st period Final Exam (Full Day)
June 19, 20, 21		Final Exams for HS/ Early Dismissal @ 11:10am
June 21	11:10am	Last Day of School
August 12	6:30pm	Parent Meeting for the Fall Sports
August 14		Fall Athletics Begin
August 29	9-12pm	New Student Orientation
September 5	6:30pm	Back to School Night for 2019-2020

## **CELEBRATIONS!**

*\*\*For even more celebrations & good news, follow us on Twitter: [@hcpss\\_mhhs](https://twitter.com/hcpss_mhhs)*

**Congratulations** and **THANK YOU** to 3 of our elementary feeder school principals who will be retiring at the end of this school year. **Principal Kathy Jacobs** of Waverly ES has given HCPSS 45 years in education! Enjoy DE, Kathy, and thank you for everything!

**Principal Lisa Booth** of Hollifield Station is retiring after 37 years of service! Best of luck to you as you enjoy many new adventures in North Carolina, Lisa, and thank you for all of your years of service to our students.

Finally, **Principal Vicky Sarno** is retiring from St. John's Lane. She is a compassionate leader and ensures all students receive what they deserve. Thank you for your 39 years of service to our outstanding students, staff and families, Vicky. You all will be missed!!

**Congratulations** to the following students who have qualified for the 2019 Outdoor Track and Field Nationals which will be held at the University of North Carolina, June 13<sup>th</sup>-16<sup>th</sup>. ***This is our largest group every to qualify for nationals in school history!!***

**Lexi Croft, Lauren Madden, Natalie Lewis, Garcelle Pierre, Sierrah Matthews, Jaiden Ritter, Michelle Ngurgi, Connor Croft, Huzaifa Zia, Evan Kocsis, Jalean Johnson, Joel Evans, Justin Evans, Kobe Hill, Tyler Lizzo, Blaire Ridgely, Jordan Foster, Lara Abedin, Satori Valentine, and Meghan Porter.**



How cute are these? Our tireless **Staff Appreciation Committee** took time out this week to thank our custodians for all of their hard work. They're making it a little easier to practice self-care and take a well-deserved break!



**A Huge Thank You** to the Korean American Student Parent Committee of the PTSA who hosted an authentic Korean lunch for Hebron staff on Tuesday June 4<sup>th</sup>! What a feast!!



# **NEW NEWS**

## **High School Final Exam Schedule, June 18-21**

### **Tuesday, June 18 (Full day of school; B Day)**

- **Period 1 Exam**, 7:25-9:05 a.m.
- Period 2 Class, 9:10-9:50 a.m.
- Period 3 Class, 9:55-10:35 a.m.
- Period 4B Class and lunch, 10:40 a.m.-12:40 p.m.
- Period 5 Class, 12:45-1:25 p.m.
- Period 6 Class, 1:30-2:10 p.m.

### **Wednesday, June 19 (Schools Dismiss Three Hours Early)**

- **Period 2 Exam**, 7:25-9:05 a.m.
- Brunch, 9:05-9:25 a.m.
- **Period 3 Exam**, 9:30-11:10 a.m.

### **Thursday, June 20 (Schools Dismiss Three Hours Early)**

- **Period 4A Exam**, 7:25-9:05 a.m.
- Brunch, 9:05-9:25 a.m.
- **Period 4B Exam**, 9:30-11:10 a.m.

### **Friday, June 21 (Schools Dismiss Three Hours Early; Last Day of School)**

- **Period 5 Exam**, 7:25-9:05 a.m.
- Brunch, 9:05-9:25 a.m.
- **Period 6 Exam**, 9:30-11:10 a.m.

## **Moving During the Summer?**

Parents/Students, if you plan to move during the summer, please contact the registrars to learn what is required. They can be reached by email, [sheila\\_winters@hcpss.org](mailto:sheila_winters@hcpss.org) and [Kimberly\\_tracy@hcpss.org](mailto:Kimberly_tracy@hcpss.org), or phone, 410-313-2883.

## **Science Exam Review Session**

There will be a final exam review session for science classes in Room 214 after school on Monday 6/10 through Thursday 6/13. Science National Honors Society will be hosting from 2:15 PM to 3:15 PM daily next week. All are welcome.

## **Sports Orientation Night for incoming 9<sup>th</sup> Graders**

**Who:** All 8<sup>th</sup> graders and parents (soon to be 9<sup>th</sup> graders) who are interested in playing a sport at Mt. Hebron High School next year.

**What:** Incoming 9<sup>th</sup> Grade Sports Orientation.

**When:** June 10<sup>th</sup> at 6:00 PM

**Where:** Mt. Hebron Auditorium

**Why:** Meet the coaches, hear about the policies and procedures, and get important information regarding how to register for high school sports tryouts.

## **Academic Coaches SAT Prep Class (@ MHHS)**

August 24<sup>th</sup> SAT OPEN FOR REGISTRATION!

*Academic Coaches has teamed up with the MHHS PTSA to offer the most complete school-sponsored class for the SAT!*

**When:**

Tuesday, July 23, Diagnostic Test 3:30pm- 7:45pm  
Tuesday, July 30, Mathematics 3:30 pm-6:30pm  
Thursday, August 1 Reading/Writing 3:30pm-6:30pm  
Tuesday, August 6, Mathematics 3:30pm-6:30pm  
Thursday, August 8, Reading/Writing 3:30pm-6:30pm  
Tuesday, August 13, Mathematics 3:30pm-6:30pm  
Thursday, August 15, Reading/Writing 3:30pm-6:30pm  
Tuesday, August 20, Mathematics 3:30pm-6:30pm  
Thursday, August 22, Reading/Writing 3:30pm-6:30pm  
Saturday, August 24 SAT!

**Where:** Classes will be meeting in Room 101.

**How to register:** [academic-coaches.com](http://academic-coaches.com)

**About the Class:** Academic Coaches begins the preparation process by administering a full-length diagnostic SAT and providing each student with a very comprehensive breakdown of his or her scoring. We feel this is the most descriptive and thorough analysis available since it enables the student to view their individualized strengths and weaknesses across a wide spectrum of skill areas.

The diagnostic test also gives our instructors the ability to see if your child is effectively utilizing their time during the test by prioritizing problems according to their difficulty levels. Additionally it generates a baseline raw and scaled score to compare with future test attempts.

Our specialists then provide *24 hours of instruction* addressing both strategy application and content review for the Evidence-Based Reading, Writing/Language, Math (calculator and non-calculator) and optional Essay sections of the test. Every aspect of the SAT is addressed including test structure and scoring explanation, time management during the test, full math review and reinforcement of core skills, key word recognition, test-taking strategies, and essay construction. Students will see and solve numerous types of problems via multiple methods so they can then tailor the solution to *their* preferred approach.

And since we understand that *listening and watching is not doing*, weekly homework is assigned, checked for completion, and reviewed. We also run through timed test sections and compare their performance with the diagnostic results in order to further refine their test-taking abilities.

**MHHS Youth Football Camp**

**Dates:** June 17th-22nd

**Time:** 4:00pm-7:00pm

**Location:** MHHS Turf Field

**Cost:** \$125

**Registration:** [https://docs.google.com/forms/d/e/1FAIpQLSe0Ls5OA6gy4qi\\_MFXTSR5devc2vPnERavnyJjc8PMGCmnRA/viewform](https://docs.google.com/forms/d/e/1FAIpQLSe0Ls5OA6gy4qi_MFXTSR5devc2vPnERavnyJjc8PMGCmnRA/viewform)

**Contact:** [Coachfrederick75@gmail.com](mailto:Coachfrederick75@gmail.com)

## Audition Alert

The Mt. Hebron Marching Unit Color Guard (The Cavaliers) will be hosting a series of mini-camps for new members. Members of the MtH Color Guard (known as the Cavaliers) spin flags, rifles, and sabres and also manipulate other props, adding an important visual element to the Marching Unit.

This auxiliary group is open to any Mt. Hebron student interested in being a part of our family. No prior experience is required and students do not have to be enrolled in a performing ensemble to participate. Color Guard is a nongraded, extracurricular activity. So... talk it up with your friends and consider getting involved.

## Color Guard Mini Camps

Wednesday, June 12 - Thursday, June 13 - Friday, June 14  
6:00pm - 8:00pm (Meet in the main lobby of Mt. Hebron HS)



**MtH MARCHING UNIT**



**MtH MU COLOR GUARD**

*“Cavaliers”*

### **Mini (Audition) Camp**

**June 12, 2019**

**June 13, 2019**

**June 14, 2019**

Mt. Hebron HS - Auxiliary Gym

**6:00pm - 8:00pm,**

Students will be provided hands-on instruction on basic flag and dance techniques.

**No prior experience is required!**

*Please wear comfortable (athletic) clothing (including footwear) and bring water with you. We will provide everything else that you need.*

**Questions?**

Email Tori or Mariah at [mhhscavaliers@gmail.com](mailto:mhhscavaliers@gmail.com)

### **MT. HEBRON HS COLOR GUARD**

known as the *Cavaliers* is comprised of students from throughout Mt. Hebron High School.

Students learn to spin flags / rifles and perform at football games, parades, and other events.

Students **DO NOT** have to be enrolled in a music class to participate.

## **Instructions for Fall Sports Registration**

1. Go to <https://www.hcpss.org/connect/>
  2. Login to your connect portal (must be the parental login. Using your students log in info. will not allow registration)
  3. Once logged go to the menu on the left and click HS Athletic Registration. (if you have more than one student make sure you have selected the student from the drop down menu at the top of the page.)
  4. Click on Athletic Registration.
  5. Complete all forms. Do not skip or leave any boxes blank. Please upload physical dated after April 1, 2019. Older physicals will not be accepted. Please load BG&E bill dated after June 1, 2019. Older BG&E bills will not be accepted.
- All Fall Athletics Begin on August 14th, 2019.

# **NEED A PHYSICAL TO PLAY A SPORT NEXT YEAR?**

**Come see us and get it for FREE!  
June 11, 5-8 P.M.**

**LIFEBRIDGE HEALTH & FITNESS**  
1836 Greene Tree Road, Pikesville, MD 21208

**For more details or to register: [lifebridgehealth.org/sporthevent](http://lifebridgehealth.org/sporthevent)**

*We'll have vendors with sports equipment, clinics, giveaways and more.*

 **LIFEBRIDGE HEALTH.**  
**CARE BRAVELY**







# HOWARD COUNTY PUBLIC SCHOOL SYSTEM

## 2019 Summer Meals Program

### *SURF INTO SUMMER WITH FREE MEALS!*

The Howard County Public School System is pleased to announce its participation in the 2019 Summer Food Service Program. Summer meals will be provided to all children ages 18 years and under without charge. Acceptance and participation requirements for the Program are the same for all children regardless of race, color, national origin, sex, age, or disability. Parents or guardians do not need to apply to get free summer meals for their children. They can simply bring their child to the safe summer meal site(s). There will be no discrimination in the course of the meal service.

**Free summer meals will be provided at the following sites and times as follows:**

### 2019 Open Site Summer Meals Program

School Sites	Address	Dates	Time
Atholton HS	6520 Freetown Road, Columbia	June 25–August 16	12:30 –1:30 p.m.
Deep Run ES	6925 Old Waterloo Road, Elkridge	June 25–August 16	12:30 –1:30 p.m.
Ducketts Lane ES	6501 Ducketts Lane, Elkridge	June 25–August 16	12:30 –1:30 p.m.
Hammond HS	8800 Guilford Road, Columbia	June 25–August 16	12:30 –1:30 p.m.
Mayfield Woods MS	7950 Red Barn Way, Elkridge	June 25–August 16	12:30 –1:30 p.m.
Oakland Mills MS	9540 Kilimanjaro Road, Columbia	June 25–August 16	11:30 a.m. –12:30 p.m.
Stevens Forest ES	6045 Stevens Forest Road, Columbia	June 25–August 16	12:30 –1:30 p.m.
Wilde Lake MS	10481 Cross Fox Lane, Columbia	June 25–August 16	1–2 p.m.
Mobile Sites	Address	Dates	Time
Howard HS (Parking Lot)	8700 Old Annapolis Road, Ellicott City	June 25–August 21	1:15–2:15 p.m.
Jeffers Hill ES (Parking Lot)	6000 Tamar Drive, Columbia	June 25–August 21	11:30 a.m.–Noon
Phelps Luck ES (Parking Lot)	5370 Old Stone Court, Columbia	June 25–August 21	12:30 –1:30 p.m.
Swansfield ES (Parking Lot)	5610 Cedar Lane, Columbia	June 25–August 21	11:30 a.m. –Noon
Wilde Lake Tennis Club (Parking Lot)	10499 Cross Fox Lane, Columbia	June 25–August 21	12:15 –12:45 p.m.
Community Sites	Address	Dates	Time
Howard County Library System East Columbia Branch	6600 Cradlerock Way, Columbia	June 25–August 21	Noon –1:30 p.m.
North Laurel Community Center	9411 Whiskey Bottom Road, Laurel	June 25–August 21	Noon –1:30 p.m.

The Summer Food Service Program is funded by the U.S. Department of Agriculture (USDA), through the Maryland State Department of Education (MSDE) and is an extension of the National School Lunch Program, which is designed to guarantee eligible children free and nutritious breakfasts and lunches during the school year. Meals served will be healthy and will follow USDA nutrition guidelines.

All meals will be served on a first-come first-served basis and all meals must be eaten on site. No portion of the meal may be taken out of the meal serving area(s) and adults may not eat any portion of a child's meal. Small children must have adult supervision. The days/hours of operation and start/end dates may vary, based on participation levels.

For more information, please contact the Howard County Public School System, Food and Nutrition Service at 410-313-6743.

This institution is an equal opportunity provider.



# WORTH REPEATING

Calling ALL Superintendents, Principals, Directors, and other Educational Leaders!

MARYLAND FAMILIES ENGAGE

## The 2019 Maryland Family Engagement Summit

### Understanding Implicit Bias: Engaging Families in Culturally Responsive Ways

Join the Conversation:  
PreK-Grade 2 Suspension and Expulsion  
Panel Discussion!

**Thursday, Aug. 8, 2019**  
7:30 am - 4:30 pm  
Maritime Conference Center  
Linthicum Heights, MD

marylandfamiliesengage.org  
early.engagementmsde@maryland.gov  
@MDEngageEarly #MDFamiliesEngage

**Featuring Keynote**  
**Dr. Rosemarie Allen**  
a nationally-recognized  
early childhood author,  
leader and expert

**SAVE THE DATE!**

## 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. To register, please visit [www.hcdrugfree.org](http://www.hcdrugfree.org) and go to the Teen Advisory Council page. Refreshments provided at meetings, so must RSVP to [Admin@hcdrugfree.org](mailto:Admin@hcdrugfree.org) or call 443-325-0040.

## 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](mailto:mkiehl@hcpss.org).

### **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 2<sup>nd</sup> Grade through 9<sup>th</sup> 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](http://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](mailto:jared_ettinger@hcpss.org)

For Girls & Coed Week: Email [tierney\\_ahearn@hcpss.org](mailto:tierney_ahearn@hcpss.org)

### **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](mailto:joe_fischer@hcpss.org). I look forward to meeting you and building an even greater band program together.



Your next **VALHALLA VOICE** will be published June 10th with the latest news from your parent advocacy groups and community.