



PRINCIPAL'S NEWSLETTER

September 6, 2019

Dear MHHS Students,

I loved seeing all of you and talking to you at our class assemblies this week! As your first four days of 2019-2020 come to a close, I'd like to share some words of wisdom that I found on Facebook (so of course it's good!). I can't find the exact source (if you find it, let me know), but I believe this is from a college counselor who wrote these tips for his/her students. I found these 7 tips to be very wise and if you follow them, you can rest assured you'll have a successful year.

- 1. Go to class.** You will learn so much more by being present and participating. It's a good habit.
- 2. During the first few days of every class, observe the other students.** Who is engaged? Who is working hard? Get at least two people's phone numbers. You will have questions about something, may want to compare notes, or may be absent and need the assignment.
- 3. Take notes in class by hand.** Yes, I know the excuses – *"I'll just type them then I'll be able to read them better. I learn better when I just listen."*

I'm telling you - write notes, by hand, during class, with your phone in your book bag (in the back of the classroom) on silent. That's how our brains encode information most effectively. There's research about it.

- 4. Now - if you really want to get good grades, I'm going to tell you the best thing you can do. It's time consuming. It does require commitment, but it helps like nothing else I know. Rewrite your notes.**

Yes. I know you're busy. But it works! After class or the next day, rewrite your notes. You can outline the information, highlight key terms, note page numbers and make a list of questions.

- 5. This next tip is HUGE.** Actually, even if you ignore all of my other advice and only do this, you'd probably be ok. **Being a student is your job.** Your job is to be a student. It is a full-time job.

So, you work 7 hours a day/5 days a week (not counting homework). Take pride in your job, do your best every day and never be afraid to challenge yourself and ask for help when/if you struggle because that's how you know you are learning – when you are challenged, pushed and struggle. If you develop these habits in high school and continue this work ethic- there isn't anything you can't do.

- 6. Go see each your teachers before or after school.** Once a week, see a teacher. Get to know them as individuals. Teachers want to know you care about their class. You will have a much better experience in the class if you go talk to the teacher. Just say, *"Hi, I'm in your class, and I wanted to introduce myself."* If teachers know you are making an effort to connect with them, then they'll start looking at you and try to see if you get it or

not. If you get that scrunched-up, confused look on your face, they'll notice. They'll either explain again right then or they'll know that you're going to come talk to them after class.

This is your education. Make the most of it. Get to know your teachers, then it's so much easier to go talk to them when you get stuck.

7. Do the reading before the class. I know you can usually get away without doing this. I know you have never read before the class. But seriously, if you want to be successful in life, you have to do things you haven't done before. That includes reading the material before class. Teachers don't want to just teach the material in the reading. They want to have interesting discussions about the material. Remember, they have made an entire career out of imparting knowledge, helping people learn to think, and creating knowledge in their field through research. They love what they do. They love when students participate and want to learn. You may not care about that particular class, but if you show some interest, it becomes much more interesting. If you do the reading in advance and ask meaningful, relevant questions, your teachers will appreciate you and will go out of their way to make sure you're understanding the course.

In summary:

- You are a student. That is your job. Spend 40 hours a week on your classes, and you'll still have plenty of time for fun.
- Do the reading. Go to class. Talk to your teachers. Ask them questions.
- Take responsibility for your life and your education.

If you follow these 7 tips, you'll make this your best school year yet! And always remember, I believe in you!

Love,
Dr. Miller

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
September 10	6pm & 7pm	PTSA Welcome Reception (6pm) & Meeting (7pm) in the Media Center
September 11	7-8:30pm	Howard County Association of Student Councils (HCASC) meeting @Homewood
September 11	5-8pm	MHHS Girls Soccer Team Fundraiser @ Modern Market Eatery
September 18	6:00-9:00pm	Senior Crab Feast
September 24		After School Activities Bus Begins
September 30		Schools & offices closed for Rosh Hashanah
October 7	7pm	Screenagers Movie Sponsored by PTSA in the Auditorium
October 7, 8	1 st - 6 th period	Underclassmen Photo(Seniors ID's) during English in the Auditorium
October 9		Schools & offices closed for Yom Kippur
October 18		Schools closed/Professional Work Day for Staff
October 19	All day events	Homecoming

November 1		3-hour early dismissal at 11:10am
November 11		1 st Report Cards Issued
November 25, 26		3-hour early dismissal at 11:10am
November 27-29		Schools closed for Thanksgiving Holiday
Dec 23-Jan 1		Schools closed for Winter Break
January 20		Schools & offices closed/ Martin Luther King Jr. Day
January 22-24		HS only 3-hour early dismissal at 11:10am
January 27		Schools closed/ Professional Work Day for Staff
February 17		Schools closed for Presidents' Day
April 3		3-hour early dismissal/ Professional Work Day for Staff
April 6-13		Schools closed for Spring Break
April 28		Schools closed for Primary Election Day
May 15		3-hour early dismissal/ Professional Work Day for Staff
May 25		Schools closed for Memorial Day
May 28		Last day for After School Activities Bus
June 22		Last possible school day if all 5 snow days are used

CELEBRATIONS!

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



Great turnout last weekend for the Voices for our Children 5K. They raised over \$8,000!

And the staff greatly appreciated the bagels on Monday morning! Congratulations **McKenzie Strozyk & Haley Kampert** & so many more!

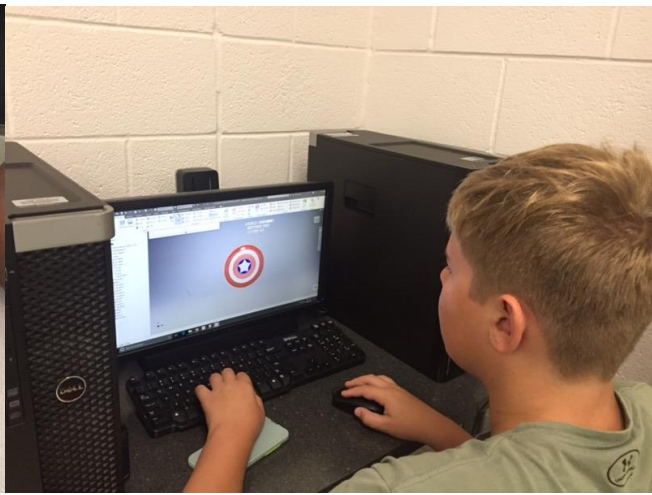
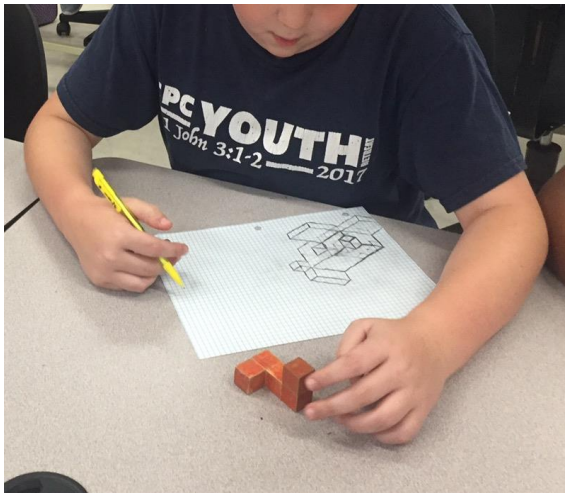
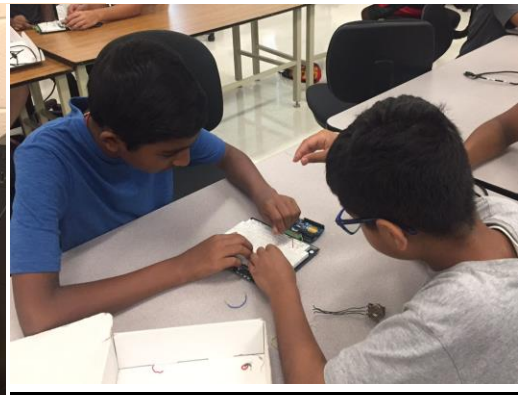
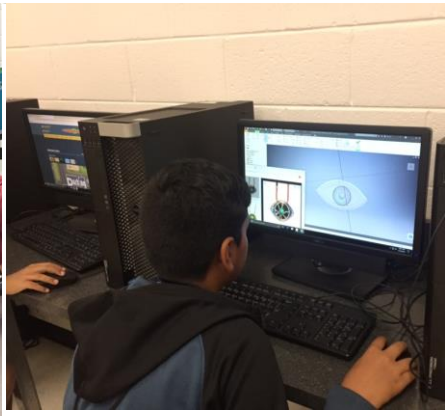
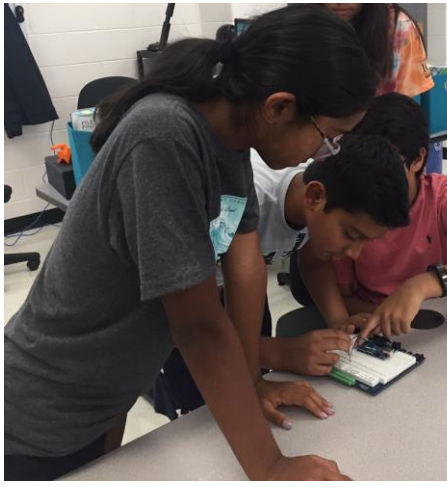


The **WEngineer** organization, run by Mt. Hebron students **Rashi Kejriwal, Caroline Kasuba, and Shreya Santhanagopalan**, conducted a summer academy (Mentoring over 50 students!!!) and it was a great success!

WEngineer is an education outreach program focused on encouraging middle school students to pursue engineering. They covered college level engineering topics such as electrical engineering, civil engineering, and computer programming. Students were

also able to create their own 3D models using Autodesk Inventor, a 3D modeling software. In the upcoming school year WEngineer will be conducting courses at local Howard County Middle School.

If you are interested in engineering and want to be a future student or want to volunteer with us, email us at we.ngineer@yahoo.com! Check our website for more information: www.wengineer.org



NEW NEWS

Elevate Student Voice- HCASC Meeting on September 11th @ Homewood School

Leadership and Service Opportunity- All High School Students are welcome to attend the HCASC Meeting 9/11 7:00-8:30pm at the Homewood School 10914 Clarksville Pike Ellicott City, MD 21042

We invite students to:

- Work with student leaders from across HCPSS
- Meet with the Student Member of the Board of Education
- Gain Leadership Skills
- Turn ideas into actions
- Learn about Community Service opportunities
- Practice civic engagement and serve as an informed citizens

We welcome all interested students to attend Howard County Association of Student Councils (HCASC) meetings throughout the year on the second Wednesday evening of each month.

Next Meeting Wednesday 9/11 7-8:30 at the Homewood School

For more information please contact cindy_drummond@hcpss.org

Underclassmen photos/ Senior ID

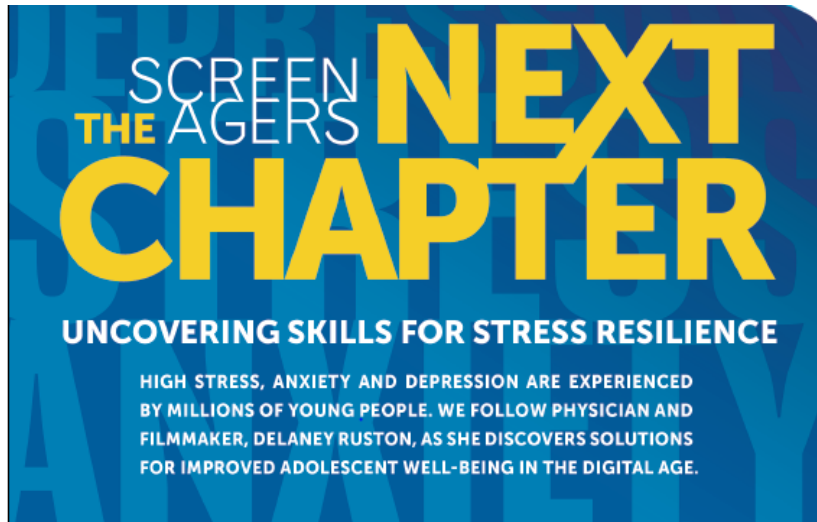
Students will take their photos on October 7th and 8th (Seniors take IDs) during their English classes.

Screenagers the Next Chapter Monday, October 7 @ 7pm

Screenagers the Next Chapter is about helping young people thrive in our screen and stress-filled world. Filmmaker and physician Delaney Ruston uses a personal lens and professional eye to help parents flip the script on stress, anxiety, and depression. We follow Delaney as she suddenly finds herself at a loss on how to help her own teens as they struggle with their emotional wellbeing. Ruston sets out to uncover how we understand these challenges in our current screen-filled society. And how we as parents and schools empower teens with skills to overcome mental health challenges and build emotional agility, communication savvy, and stress resilience.

Please register your attendance to see the film during its premiere week at Mt. Hebron High School on October 7th at 7pm. If you scroll to the bottom of the registration page, there's a teaser movie trailer if you'd like to see more.

Register here: <https://tinyurl.com/Oct7MHHS>



SCREENAGERS THE NEXT CHAPTER

UNCOVERING SKILLS FOR STRESS RESILIENCE

HIGH STRESS, ANXIETY AND DEPRESSION ARE EXPERIENCED BY MILLIONS OF YOUNG PEOPLE. WE FOLLOW PHYSICIAN AND FILMMAKER, DELANEY RUSTON, AS SHE DISCOVERS SOLUTIONS FOR IMPROVED ADOLESCENT WELL-BEING IN THE DIGITAL AGE.

Presented/Sponsored BY: Anxiety Treatment Center of Maryland
HC DrugFree
Evlos Technology
Shahi Grill
HSES PTA, Patapsco PTA, MHHS PTSA

WHEN: 10/07/19 7:00PM
WHERE: Mount Hebron High School
TICKETS: \$0! THANK YOU SPONSORS!! Please however kindly register your attendance at: <https://tinyurl.com/Oct7MHHS>

screenagersmovie.com

Tips From the Health Room

In an effort to support your child's education please ensure that they are adequately prepared for school each day.

- Nutrition: A balanced diet is vital to good health. Eat breakfast, lunch, and dinner, or pack a snack, and supply emergency money for lunch or snacks.
- Sleep: The CDC recommends a minimum of 8-10 hours of sleep in a 24hr period for people 13-18 years of age.
- Exercise: Healthy bodies equal healthy minds. Regular exercise may improve cognitive ability and improve immunity.
- Comfort Measures: Ensure that your child has personal items such as; lip balm, lotion, contact solution, feminine hygiene products, and tissues.
- Medications: Take necessary medications prior to school or provide the health room with a supply of medication. Please note: per HCPSS policy medications must include a physician's order.
- Dress in layers especially with transitional season changes. Temperatures in different parts of the building may vary.

SPECIAL SECTION for SENIORS

Senior College Night

Student Services would like to invite SENIOR parents and students to attend COLLEGE NIGHT on Thursday, September 26th, at 6:30PM in the Auditorium. We will be reviewing the sequence of documents required for college applications, and assist with any additional Naviance support.

Event	Date	Location	Cost
Crab Feast Dinner & Dance	September 18	Cafeteria	\$25
Senior College Night	September 26	Auditorium @ 6:30pm	
Homecoming Dance	October 19	Gym & Cafeteria	
Cap & Gown Order Due	October		
Senior T-shirt	January		Free!!
Prom	May 2, 2020		
Class Night Dinner & Dance	May, 2020	TBD	
Senior Picnic	May, 2020	TBD	

If you have questions about any the events or costs, feel free to contact Ms. Lydia Kang
lydia_kang@hcpss.org

WORTH REPEATING

Welcome Visitors

As a reminder, all visitors must have a photo ID when visiting our school. As we endeavor to keep everyone safe, please be aware that you will be asked the nature of your visit. If you have an appointment with Student Services or a teacher, please report to the front office to sign in. All visitors MUST sign in during our school day. Thank you for your support with this county policy.

Special Visitor Parking

We now have 7 designated parking spots for visitors in the front of our parking lot. Please use these spots when you are coming to visit the school during our school day before 2:30pm. Cars parked in the bus loop prior to 2:30pm are subject to ticketing.

Got Stuff for Your Student?

When dropping items off for your child, please label them and drop them at the table in the front office. Let the front office staff know if you need them to contact your child to pick it up.

Did You Move Over the Summer?

Parents/Students, if you moved, please contact the registrars immediately to ensure we have your updated information. They can be reached by email: sheila_winters@hcpss.org and kimberly_tracy@hcpss.org, or phone, 410-313-2883.

Are You A Proud Viking? Become A Viking Backer!

We invite you to join the Viking Backers, Booster Club for Mt. Hebron High School. The Viking Backers is an all-volunteer, parent organization which supports ALL student extracurricular activities including academics, arts & athletics.

Visit www.vikingbackers.org to join online. We no longer are taking paper forms or checks; everything is going through the website. Your membership supports ALL students at Mt. Hebron!

Update Your Emergency Information ANNUALLY

Parents/guardians may now complete/update their Family File emergency information. *Parents must verify or update information for each child, each school year.* Access your Family File by logging in to [HCPSS Connect](#), selecting the Family File tab on the left and then selecting Family File. [Details and resources](#) can be found on the HCPSS website.

After School Activities Bus Running Again This School Year!

The Activities Bus is available for any student staying after school for academic support or extra-curricular activities. The dates for the bus, as well as the stops, are listed below. Both are subject to change. If your child is interested in taking the bus, please fill click on the link & complete the form. **Students may not ride the bus without parent/guardian permission.**

<https://docs.google.com/forms/d/1hfuJg83ak7JXXsSaOv-1Hrly6lvIbQea0HtTzOdfwmo/edit>

Bus Dates:

September: 24, 26

October: 1, 3, 8, 10, 15, 17, 22, 24, 29, 31

November: 5, 7, 12, 14, 19, 21

December: 3, 5, 10, 15, 17, 19

January: 2, 7, 9, 14, 16, 21, 28, 30

February: 4, 6, 11, 13, 18, 20, 25, 27

March: 3, 5, 10, 12, 17, 19, 24, 26, 31

April: 2, 14, 16, 21, 23, 30

May: 5, 7, 12, 14, 19, 21, 26, 28

Bus Stops (Pick up at MTH @ 4:10 pm)

*Maple Rock Dr and East Stayman Dr

*Hollifield Station ES

*High Ridge Rd and Rosemar Dr

*Town & Country Blvd and West Springs Dr

*Wheaton Way and Normandy Woods Dr

*George Howard Bldg - 3430 Courthouse Dr

*Worthington ES

New SAT Courses Offered

We have new SAT courses being offered in conjunction with PTSA at MHHS through the Answer Class. Please click on the links below for more information or to sign up.

<https://www.mthebronptsa.com/post/sat-act-prep-classes-at-hebron>

For Students to Sign up directly:

<https://theanswerclass.com/shop/?fwpschool=mt-hebron-high-school>

YOU HAVE QUESTIONS ABOUT THE SAT & ACT.


THE ANSWER CLASS HAS ANSWERS.
(Otherwise, we'd have to change our name.)

The Answer Class's SAT & ACT prep is the inexpensive standardized test preparation option chosen by more than 5,300 Maryland high school students. And it's coming to your high school!

Our class is...

- >Highly regarded - 97% of students would recommend the course to a friend
- >Comprehensive - everything you need to know in only 8 hours
- >Cost-effective - only \$149* per class or \$249* (\$49 savings) for the SAT/ACT prep combination package. Need-based scholarships are available. *Early bird discount for registering at least one week ahead of the class date
- >A school fundraiser - 20% of all tuition collected is donated to your school

View the full schedule of SAT & ACT prep classes and register online at www.theanswerclass.com.



[Thank You for Supporting Our Girls Soccer Teams!!](#)

JOIN US

———— in support of ————

Mount Hebron High School
Girls JV & Varsity Soccer Teams



FUNDRAISER!

Wednesday September 11th

5-8pm

Modern Market Eatery

6181 Old Dobbin Lane (near Cava) in Columbia, MD

Dine in OR carry out!

- At check-out, **mention Mount Hebron High School Girls Soccer** or show flier. 50% of each purchase goes back to MHHS. Average cost per meal is \$10.
 - **Menu** includes grain bowls, all-day breakfast, pizzas, sandwiches, salads, and kids menu – all with scratch-made dressings, hand-kneaded dough, house-marinated meats, and hand-juiced beverages.
-

PSA About Suicide Featuring Former Hebron Student

A former Mt. Hebron student is featured in this PSA about suicide. It may be shown at all HoCo theaters during the previews so a lot of our students may see this.

<https://www.youtube.com/watch?reload=9&v=2t8hQCp9l4s&feature=youtu.be>

The Out of the Darkness Community Walk

Join the Mt. Hebron High School team (<http://afsp.donordrive.com/team/MTH>) for this walk on 9/28! The Out of the Darkness Community Walk is a journey of remembrance, hope, support, and a walk that unites a campus and community – a time to acknowledge the ways in which suicide and mental illness have affected our lives and our loved ones.

Walk Date: 09/28/2019

Walk Location: Lake Elkhorn - Columbia, MD

Check-in/Registration Time: 10:00 am

Walk Begins: 11:30 am Walk Ends: 1:00 pm

The Mt. Hebron PTSA is expanding efforts on mental health this year with speakers including the school's own Student Support Team (SST), Grassroots Suicide Prevention (QPR) Training, events during "Pi Week" in March, and the Sept. 28 Out of the Darkness Walk.

For more Community News and Programs visit <http://www.hcpss.org/community-news-andprograms/>

AP Exams - A Guide for Mt. Hebron Parents

Dear Parents,

Thank you for supporting your child through the AP course experience. In 2019, nearly 500 students took over 1,100 AP exams – that equates to roughly 80% of students enrolled in an AP courses taking at least one exam. If your child plans to take the end-of-course exam, please take note of the following important information.



- **College Board now requires students to register for exams in October.** Registration is a two-step process. Students must use the College Board Portal to elect which exams they wish to take. They will access the portal using their College Board account and a join code provided by the AP teacher. Parents must "opt in" to allow students to use the Portal. Teachers will provide "opt in" forms to all their AP students. Then, they will use their Naviance/Family Connections account to complete the registration process and pay for the exam(s). This is a county process, and registration is only open to student accounts. Students must complete both steps in order to register. They will receive detailed instructions soon.
- The **cost** is \$94/exam. Payment must be made at the time of registration. After students select their exams in the Portal and submit the online Naviance registration, they are asked to submit a printed copy of the Naviance form along with proof of payment (check, or print-out of online credit card payment).

Student Registration	Exam ordered by Nov. 1	\$94
HCPSS Late Registration	Exams ordered between Nov. 6 and 15th	\$94+\$20 fee
College Board Late registration	Ordered Nov. 16–Mar 13	\$94 + \$40 fee
Unused/ canceled exam	Exam that is canceled or not taken by the student	\$40 fee *Refund before Feb 8 th for on time registration - \$54 **Refund after Feb 8 th for on time registration - \$45

- If you elect to register after November 1st, there is no guarantee your registration can be processed in time to avoid fees. Please register by the 1st.
 - There is no discount for multiple exams.
 - Students who are self-studying or in Virtual AP courses must follow the same deadlines, but need to see Dr. Kiehl to acquire the join code for registration.
 - Fee waivers are available for students who meet certain financial need criteria. Details will be available in Naviance.
- Exams are **held off-site** at Crossroads Church of the Nazarene (2750 Rogers Ave., Ellicott City, MD 21043). Students must provide their own transportation to and from the exam, so please plan accordingly. Exams are generally 4 hours, and begin at 8am or 12pm (with students arriving 30 minutes prior). The schedule of exams can be found at: <https://apcentral.collegeboard.org/courses/exam-dates-and-fees>
 - Students who can receive **accommodations for disabilities** must have approval from College Board to receive accommodations during AP exams. Work with your counselor prior to February to ensure this. If a student has approved accommodations, they will should sync in the new AP Portal.
 - **Additional information will be posted on the Mt. Hebron Homepage, Naviance Homepage, and shared through teachers.**
 - Parents are also invited to attend county meetings to learn more about the process.

Area 1	Area 2	Area 3
Hammond High School Sept 9th 6 pm	Howard High School Sept 11th 6pm	Centennial High School Sept 10th 6:30 pm
<ul style="list-style-type: none"> • Atholton • Hammond • River Hill • Wilde Lake 	<ul style="list-style-type: none"> • Glenelg • Howard • Long Reach • Reservoir 	<ul style="list-style-type: none"> • Centennial • Marriotts Ridge • Mount Hebron • Oakland Mills

If you have course-specific questions, please talk with your child's teacher. If you have questions about any of the information on this handout, please reach out to the appropriate AP Coordinator:

Dr. Melissa Kiehl – School-Based Coordinator - mkiehl@hcpss.org or 410-313-2880

Dr. Kiehl is the point of contact for questions about registration, or other issues leading up to the exam. She is a teacher in the building, and can be found in room 109.

Mrs. Amy Comberiate – Testing-Site Coordinator - amy_comberiate@hcpss.org

Ms. Comberiate is the point of contact during the two-week testing period. She will be on-site at Crossroads coordinating the testing, including accommodations. She is an English teacher on leave from Mt. Hebron.

Your next **VALHALLA VOICE will be published September 9th with the latest news from your parent advocacy groups and community.**