



PRINCIPAL'S NEWSLETTER

September 13, 2019

Dear MHHS Parents,

Last week, my letter was to your students as I shared some helpful tips to set them up for success this school year. This week, I'd like to share something that might be helpful for you. If your teenagers are anything like mine, they're tight-lipped and mostly unresponsive to my questions about their day. "How was your day?" is usually met with "*fine*," or a shrug of the shoulders and "What did you learn/do today?" is most always answered with "*nothing*." Thank goodness you know better or you'd wonder what we do all day here at school! 😊

Some time ago, I came across [this terrific article](#) from HuffPost which suggests we ask our children these 3 questions each day:

- How were you brave today?
- How were you kind today?
- How did you fail today?

I must admit, we don't do it every day at my house, but when we do, it's resulted in some fascinating conversations, so I hope you'll give them a try and let me know how it goes. Even if your teens aren't feeling talkative, they might surprise you with their responses. And, as the article suggests, don't forget to answer them for yourself as well. They're good reminders for all of us to be braver, kinder, and more fearless.

I hope I'll see many of you tonight at our 1st home football game! It's a Gold Out, so wear your gold and bring your Viking Spirit!

Have a wonderful weekend!
Joelle

FOLLOW US & STAY CONNECTED

Twitter: [@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 18	6:00-9:00pm	Senior Crab Feast in the Cafeteria
September 22		Flu Shot Consent Form Deadline
September 24		After School Activities Bus Begins
September 28	10am-1pm	Out of the Darkness Community Walk for suicide prevention @Lake Elkhorn
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 Events: Pancake Breakfast 7:30-10:30am Parade Game Dance
October 21	7pm	National Honor Society Inductions in the Auditorium
October 25	7:30am-10am	Flu Clinic in the Auditorium
October 26	10am-3pm	MTH Marketplace Arts & Crafts Fair
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](#)***



So proud of Alyssa Cobb who was featured in this article in The Baltimore Sub for all of the work she does raising money and educating people about childhood cancer.

<https://www.baltimoresun.com/maryland/howard/cng-ho-mt-hebron-swimming-fundraiser-0912-20190911-7kkcaj62nig2fhhb237xyke5nk4-story.html>

The Mount Hebron Cycling Club is back for Season #2

Our very own Cyclists riding for team Mountain Lions had a wonderful performance. **Evan Kocsis** and **Sarah Young** both had Podium Finishes this past Sunday at Schaffer Farms in Montgomery County. Please follow our team progress through the Maryland Interscholastic Cycling League. Our next race is located in Fair Hill Natural Resource Management Area which lies just south of the Mason Dixon in Elkton, MD. Congratulations to our student athletes!

Congratulations to Aboli Dahiwadkar, William Li, Lorelei Loraine, Pooja Nambiar and David Wang. These academically talented students are all Semifinalists in the 2020 National Merit Scholarship Competition and have an opportunity to continue in the competition to earn National Merit Scholarships! We wish them all the best as they move forward.



How cute is this? Our staff devoured the chocolate in less time than it takes a rocket to lift-off! THANK YOU to our fantastic **PTSA Staff Appreciation Committee!**

NEW NEWS

MTH Football Opener this Friday

The MTH football team has their home opener this Friday, September 13th (JV @ 4pm, Varsity @ 7pm). This game will be a "GOLD OUT" game in honor of Childhood Cancer Awareness month and for all the child-warriors.

Help Girls Soccer Support Childhood Cancer Awareness

During each home game during the month of September the girls JV and Varsity soccer teams will be wearing gold socks in honor of Childhood Cancer Awareness month. At these games, we will be collecting donations to be sent to Alex's Lemonade Stand. We will have a donation basket located near the concession stand and collect donations during halftime of each game.

Our goal is to raise over \$100 this month. Come support us on September 16 vs. Century, September 17 vs. Long Reach, and September 24 vs. Atholton. Please wear gold to support our efforts and the Vikings. Please consider donating to help support childhood cancer patients in their battle against cancer. If you are unable to attend any games, you can donate directly to a player who will pass your donation along. Thank you for your support and hope to see you at a game this month.

Counselor Classroom Visits

Counselors will be meeting with all of the students in 9th grade beginning next week! Students will come down to Student Services to meet their counselor and to find out how to make an appointment as well as all of the resources available in Student Services.

Assessment and Test Score Distributed for grades 9-11

This past Wednesday, in English classes, students received their 2018-2019 MCAP Assessment Reports for English Language Arts/Literacy and Math and PSAT Practice Test Books for grades 9-11. Additionally, 9th grade students received their 8th grade MISA Reports in their science classes. The assessments provide just one measure of how your child is performing academically in the respective area and the reports show whether your child met grade-level expectations. Please discuss these reports with your child and do not hesitate to contact your child's counselor if you have any questions.

Flu Clinic Coming in October

The Flu Clinic will be held **Friday, October 25th**. **If you want your child to receive a flu vaccine, complete the online consent NO LATER THAN SEPTEMBER 22ND**.

Online consent forms are located at www.vaccineconsent.com.

Hard copy consent forms if necessary are located in the Health room. Have your son/daughter pick it up. **DO NOT FILL OUT BOTH.**

Deadline for completion of the consent forms is September 22nd. **Any completed after September 22nd will not be accepted.** This includes on line and hard copy.

Parent Volunteers are needed for the flu clinic. The clinic will begin at 7:30am until 10:00am in the auditorium. If you can volunteer for any amount of time, please call the Health room at 410-313-8178 or e-mail Karen_Torpey@hcpss.org

Out of the Darkness Community Walk for Suicide Prevention on September 28th

The HoCo Out of the Darkness Community Walk for suicide prevention is fast approaching. Mount Hebron HS Team has raised an impressive \$2,336! Please consider joining our team and walking with us or supporting a walker. You can sign up to walk with Mount Hebron at <https://afsp.donordrive.com/index.cfm?fuseaction=donorDrive.team&teamID=222798>

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/>

Bikes Are Coming!

Mrs. McCarthy's Lifetime Fitness and Aerobic Conditioning classes will be riding bikes during PE starting on or around Friday, September 27th. Please consider making sure your child is dressing in shorts or pants that are not wide at the bottom and risk getting caught in the bicycle chain. Of course tennis shoes are still necessary for safe participation in class.

If you would like to bring your own bike helmet to school during this time, you may bring it to school and have your fit adjusted. It also gets you on the bike faster during class which equals more riding time. If you choose to bring your helmet from home, please make sure your child's name is inside/on the helmet somewhere. Students are responsible for storing their helmet in their locker while at school. The helmet is the sole responsibility of the student and will not be replaced if it is misplaced.

Students may NOT bring their own bikes for use in PE. Bikes and helmets are provided for all students during class. If your child is unable to ride a two-wheel bike independently, they will get to practice gaining skill on a balance bike (no pedals) until they feel more confident and are ready to try riding using pedals.



Remember that if you ride anything with wheels (scooters, skates or bikes) and are under the age of 16, you must wear a helmet in the state of Maryland. Helmets protect our growing brains while we sharpen our safety skills and have a whole lot of F-U-N!

Please contact Mrs. Melissa McCarthy (Melissa_McCarthy@hcpss.org) if you have further questions.

In the KNOW ...

The Epidemic Outside of School Hours: KNOW How to Invest in Your Kid's Future

Tuesday, September 17, 2019

7:00 p.m.

Long Reach High School Auditorium

This program is for Adults only!

Long Reach High School is pleased to partner with HC DrugFree to bring **Dr. Amelia Arria, Director, Center on Young Adult Health and Development at the University of Maryland School of Public Health** to share her expertise with parents and other community members.

This presentation will focus on areas of concern for high school parents and the impact of **substance use, particularly marijuana, on academic performance.**

Dr. Arria's research focuses on **health risk behaviors** among college students and how these issues interfere with academic performance.

HC DrugFree's Executive Director, Joan Webb Scornaienchi will discuss **vaping and what's happening in Howard County.** She will also have a display for parents/adults to view of **hats sold locally with hidden drug pockets and many other common household items used to hide drugs.**



MD 99 Corridor Investigation Report

Click on the link below to view the results of the report. Input from the public is being taken until September 24. Click on the "next steps" link in the report to find the comment form.

<https://hocogis.maps.arcgis.com/apps/MapJournal/index.html?appid=ca4120d25e6449e399598ef30b4ffc41&fbclid=IwAR1xMUJ3Fb0MNIgwbpDNUi4OPNuumRyo62a3TsljPPSNZQESluwMJ-AnwtE#>

WHAT IS RESTORATIVE JUSTICE?



Community Conversation on Restorative Justice

Monday, October 7, 2019

6pm-9pm

(6pm-6:30pm Refreshments)

Jim Rouse Theatre &
Performing Arts Center

5460 Trumpeter Rd, Columbia, MD 21044

**Gain a better understanding of Restorative Justice and how it is benefitting
classrooms and communities in Howard County and beyond!**

Featuring educators and activists from Howard County, MD; Denver, CO; and
Paterson, NJ including:

- Monica Stevens, Principal - Mayfield Woods Middle School
- Kenny Porritt, REACH Academy Lead - Long Reach High School
- Long Reach High School Student(s)
- Maura Dunnigan, HCPSS Parent
- Daniel Kim, Organizer - Denver, CO
- Zellie Thomas, Teacher and Activist - Paterson, NJ
- Joseph Waldon, Social Worker - Skinner Middle School, Denver, CO

A Wonderful Opportunity for Educators, Families, and Community Members

[RSVP](https://forms.gle/M8QaYTzhGuFbk9wGA)

<https://forms.gle/M8QaYTzhGuFbk9wGA>

Sponsored by Howard County Education Association, Howard County Public Schools System
Office of Diversity, Equity, and Inclusion, and the Restorative Justice Partnership

HOMEcoming INFORMATION

Mt. Hebron's Homecoming is Saturday, October 19th!

A very popular tradition is the **Homecoming Pancake Breakfast** which is hosted by the Mt. Hebron Football Program. It is usually attended by 600-800 people so this is a very big deal and kicks off an exciting day of Homecoming events. It is also a very important fundraiser for the football program.

Tickets for this event will be \$8 in advance and \$10 at the door. It will take place in the cafeteria from 7:30am-10:30am.

We need as many parent volunteers as possible to handle a variety of actions, including cooking, food prep, pickup and delivery of food, decorations, ticket sales, sponsor donations, food donations, putting out yard signs, face painting, etc.

Parents, if you are willing to help out (and we hope that you are), use this **Sign Up Genius** link to volunteer:

<https://www.signupgenius.com/go/4090C44A4AD2BA13-vikings>

If you are interested in joining the committee to work on this event, please email event coordinator, Joe Armstead (joedaddy59@gmail.com) directly. The committee will meet one evening each week leading up to this event.

If you can't donate your time, we would greatly appreciate gift card donations to help offset the cost of breakfast items. We will accept gift cards from Costco, Giant, Safeway and Dunkin Donuts. Any amount is appreciated. And we will gladly accept cash donations!!!

We are asking each player from Varsity and JV to sell four (4) tickets for the Pancake Breakfast. (4 tickets @ \$8 per ticket = \$32). We are asking each player to purchase their tickets in advance. Players can use tickets for family members or sell them in the community.

Please make out a check to MHHS for \$32 or send cash. You can give payment either to JV Coach Joe Armstead or Varsity Coach Shawn Frederick. Please make payment by Monday, September 16th. Tickets will be issued to players next week. Any player wishing to sell additional tickets may reach out to Coach Joe directly.

The JV football team will be on duty to greet, serve, cleanup and handle a variety of duties during the Pancake Breakfast. Yes they will get to eat too!

Thank you in advance for volunteering and for your support of the Mt. Hebron Football Program.

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	
Graduation	Date announced in April	Merriweather Post Pavilion	Free

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

WORTH REPEATING

Underclassmen photos/ Senior ID

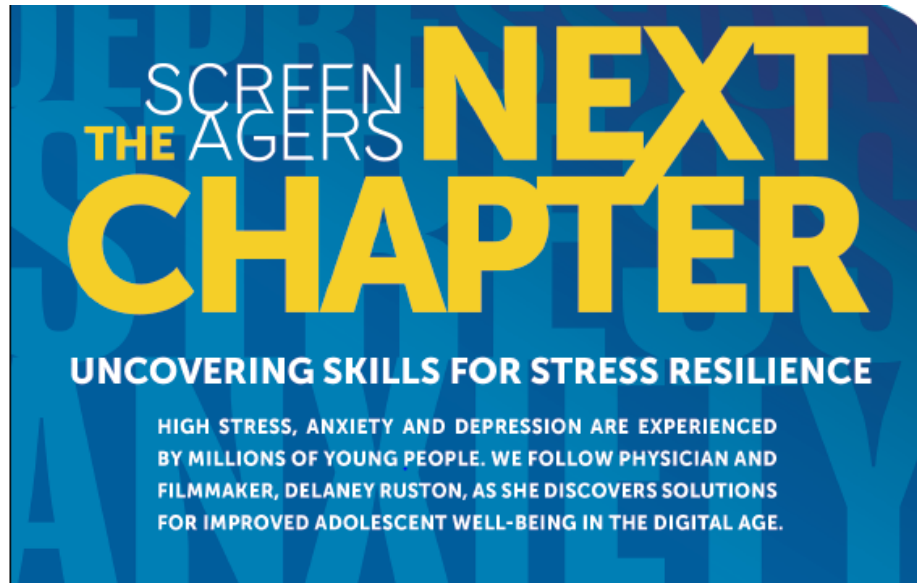
Students will take their photos on October 7th and 8th (Seniors take IDs) during their English classes.

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

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 out 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

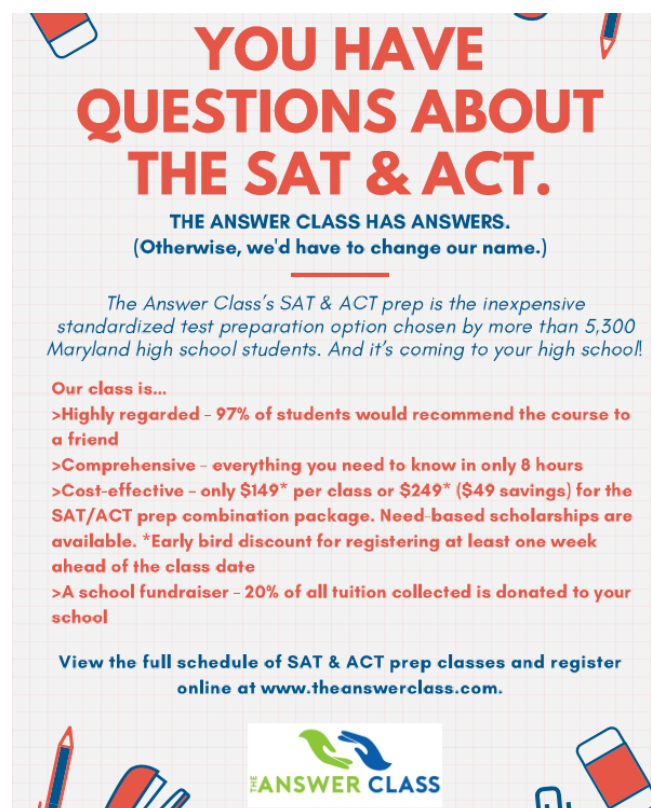
New SAT Courses Offered

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/?fwpp_school=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.

THE ANSWER CLASS

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.

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 16th with the latest news from your parent advocacy groups and community.**