



PRINCIPAL'S NEWSLETTER

September 27, 2019

Happy Friday, Vikings!



As I was checking my email last weekend, I couldn't help but think of Dr. King's quote because much to my delight, I received emails with two amazing examples of how great our Viking students are as they continue to serve.

First, **JV Football Coach, Joe Armstead** emailed me about our JV Football Players' "Campus Clean-up."

JV football was all business today. We started at the basketball court, baseball field and tennis courts. Worked our way around to the front parking lots, front of the school and down to the lower parking. We walked all of the grassy areas up to Route 99. Hit the

lowers fields, softball fields and outside of the stadium behind the trees (you don't want to know some of the stuff we found). We then hit inside the stadium, under the bleachers and finished up at the portables. Wrapped up with fresh farm apples and cold waters. Fun Day!

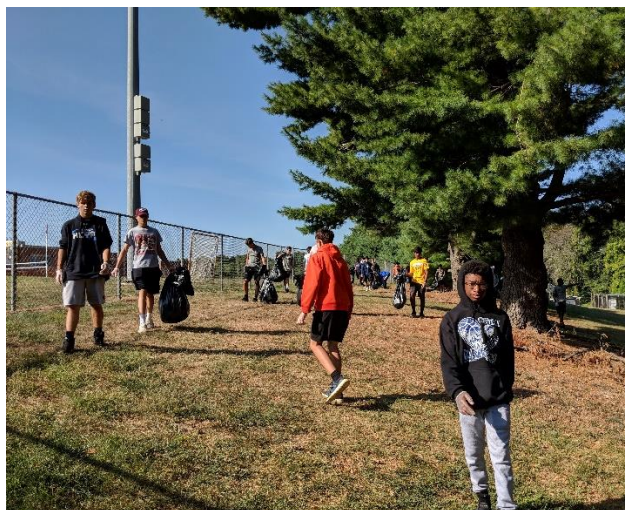
And while our JV Football Players were busy cleaning up outside, our **Marching Unit** was inside making subs for their annual sub sale fundraiser. **Susie McShea**, one of our MTHMU Parent Volunteers let me know that, "One of the options that customers have is to purchase a sub that volunteers make and deliver to those in need. And on Saturday, about 340 subs were delivered to the Grassroots Crisis Center!" **Helen Morse**, another Parent Volunteer said that it was "an SUV full of subs!"

I continue to be awed and amazed by how much our community accomplishes when we come together. Wave your Viking flag proudly!

Joelle

ALONE we can
do so LITTLE;
TOGETHER we can
do so MUCH
-HELEN KELLER

JV Football "Campus Clean-up" Crew



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 27	6-8pm	Home Football Game vs. Wild Lake HS – Future Viking Night, Spirit Wear Sale
September 28	10am-1pm	Out of the Darkness Community Walk for suicide prevention @Lake Elkhorn
September 30		Schools & offices closed for Rosh Hashanah
October 1		AP Exams Open
October 6	9am	Viking 5K Trail & Fun Run
October 7	6:30-7:30pm	Viking Backers Meeting in the Media Center
October 7	7-9pm	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 8	7pm	PTSA Meeting in the Media Center
October 9		Schools & offices closed for Yom Kippur
October 11, 14-17	During Lunch	Homecoming Tickets on Sale
October 12	11-2pm	Diwali Festival at MHHS
October 16	7-8:30pm	Howard County G/T Program Parent Academy @Long Reach High School Auditorium
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 7:00-10:00pm
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		Last Day for AP Exam Registration
November 1		3-hour early dismissal at 11:10am
November 8	7-8am	Restorative Justice in Education Book Discussion over Coffee Sponsored by PTSA in the Media Center
November 11		1 st Report Cards Issued
November 12	6:30pm	SAT/ACT info night for parents in the Media Center
November 22	6-10pm	Viking Backers Basket Bingo @The Lodge in Catonsville
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
February 28	7-8am	Restorative Justice in Education Book Discussion over Coffee Sponsored by PTSA in the Media Center
April 3		3-hour early dismissal/ Professional Work Day for Staff
April 6-13		Schools closed for Spring Break
April 14	6:30-7pm	Guest Speaker on Restorative Justice in Education implementation @ Mt. Hebron PTSA Meeting in the Media Center
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)***



Congratulations to Senior **Justin Im** who finished in 4th place in his division at the Special Olympics North America Gold Championship! Way to go Justin!

Congratulations to Mt. Hebron High School's PLTW Engineering program who was nominated and selected for recognition by TEEAM (Technology and Engineering Educators of Maryland) as an Exemplary Program at the High School Level. Michael Gorleski, David Lucania and Dennis Champney and their program will be honored at the TEEAM Awards Banquet on March 12th.

Thank you to our amazing **PTSA Staff Appreciation Committee** (Joanne DiMaggio, Sandi Miller & Molly Smith) who took time on Thursday to show our bus drivers how much we appreciate them by providing a delicious pizza lunch! This is just one of the many ways your membership contribution to our PTSA makes a difference, so thank you to everyone who has joined!!



NEW NEWS

Winter Coat Drive - Now thru Oct. 23

Donations of clean, ready-to-wear winter outerwear (coats, hats, scarves, mittens, etc.), sizes infant to adult, are being accepted in boxes in the school foyer from Oct. 1 through Tuesday, Oct. 22. Students will sort the coats for distribution within Howard County in late October. This is a joint effort between PTSA and HCPSS. Please email mthebronptsa@gmail.com with questions.

Attention: International Families at Mt. Hebron High School

Do you want to participate in school related events and activities, but you are not sure how/where to start? Do you want to make yourself more familiar with the American school system? Are you not sure how to navigate the school system resources? If your answer is "yes" to any of these questions, then you may want to consider participating in the program called the International Parent Leadership Program (IPLP).

IPLP has been around more than 10 years to increase leadership capacity of international parents. This six-week program helps international parents understand the framework of the US educational system and the structure and functions of the Howard County Public School System. The program assists parents in making informed decisions about the children's education.

Interested parents must submit a completed application form found on <https://www.hcpss.org/f/parents/iplp-application.pdf> no later than Wednesday, October 2. For more information, call 410-313-1293 or email Ms. Jamie Kim at jamie_kim@hcpss.org.

Program sessions will be held from 9:30 a.m.-12:30 p.m. on:

- Wednesday, October 16
- Wednesday, October 23
- Wednesday, October 30
- Wednesday, November 6
- Wednesday, November 13
- Wednesday, November 20

Youth in Conversation

(YIC) is inviting all interested high school students to meet twice a month to have facilitated dialogues and create Podcasts. Our goals are to address the challenges and gifts of diversity, teach dialogue skills to use in difficult conversations and provide leadership opportunities for students to create environments where all feel welcome. The first meeting for the 2019-2020 school year will be on October 14. Email Rebecca Dietz at hoco.convo@gmail.com for more information and to sign up.

AP Exams Window Changed

As you know, College Board adjusted the registration window for AP exams from spring to fall. Mt. Hebron has communicated these changes through Back to School Night, AP teachers,

the principal's newsletter, and the school's homepage. As a result of the new timeline, AP Exam Registration opens on October 1st and closes November 1st. Any student who plans to take an AP exam in May must register during that window.

Students received instructions through their teachers for how to register. These instructions are also available on the school's [mhhs.hcpss.org] homepage, along with screen shots that show every step of the process. It is imperative that students register in **BOTH** the **AP Portal** (which is new this year) and in **Naviance** (as they always have). The AP Portal is the only mechanism for ordering exams, and exams will only be ordered for students who go into the Portal and select the exams they want to take. They must do this for each exam, using the Join Code provided by their teacher. Naviance is how the school tracks payment, fee waivers, and permission for students to be off campus. It is essential the students complete both steps of the process. You can also find information on fees and exam location on the Mt. Hebron homepage.

If students have any questions, they can see Dr. Kiehl in room 109. You can also email Dr. Kiehl at melissa_kiehl@hcpss.org. Dr. Kiehl oversees registration for exams. Ms. Comberiate is in charge of administering the exams in May. She can be reached at amy_comberiate@hcpss.org.

Thank you for your understanding as we all navigate this new process.

AP Exams Open on October 1st

Registration for AP exams opens on October 1st. Step by step instructions can be found on the school's homepage, along with a Power Point that shows screenshots of exactly what to do. Please visit www.mhhs.hcpss.org to view the announcement. Registration closes November 1st.

Diwali - Come Experience and Taste Oct. 12



If you missed Diwali last year, make sure to save the date now! All Mt. Hebron families are cordially invited to the PTSA-sponsored IASPA (Indian American Student Parent Association) Diwali cultural event on Saturday, October 12 from 11:00 am to 2:00 pm at Mt. Hebron.

The cultural program begins in the Auditorium with student performances in Indian Classical dance, singing performances, plus fun and energetic Bollywood dances from 11:00 am to 12:00 noon followed by incredible food, vendor stalls, and traditional Henna body art (vendor charges apply) from 12:00 pm – 2:00 pm in the Cafeteria.

Please RSVP using the link
<https://www.signupgenius.com/go/30e044aabab2fa0ff2-mount>

by 10/2/19 to ensure enough food for all!



**A UNIQUE COMMUNITY
SHOPPING EVENT**

SATURDAY, OCTOBER 26th

10AM - 3PM

MT. HEBRON HIGH SCHOOL

9440 Old Frederick Rd., Ellicott City, MD

21042 cafeteria, gym and auxiliary gym

FREE ADMISSION • FREE PARKING

Local artists, artisans and independent retailers

FEATURING:

- | | |
|-----------------------------|-----------------------|
| ▶ ARTS & CRAFTS | ▶ BOOKS |
| ▶ JEWELRY | ▶ PET PRODUCTS |
| ▶ SKIN CARE PRODUCTS | ▶ CONCESSIONS |
| ▶ HOME DÉCOR | ▶ & MORE |

mthmarketplace.weebly.com

Sponsored by the Viking Backers Booster Club

www.vikingbackers.org

SPECIAL SECTION for SENIORS

Howard Community College is excited to offer the [2020-2021 FAFSA Completion Workshop at Mt. Hebron High School on Tuesday, October 15 between 9am-2:30pm.](#)

We hope that coming onsite to your school is helpful for your students and families, and will encourage early completion of the FAFSA to maximize your student's financial aid opportunity.

Students/parents should bring the following information with them:

- a. The student/parents FSA ID, if they already have one.
- b. The student/parents social security number
- c. A copy of the student and/or the parents 2018 Tax Returns, if they have filed taxes.
- d. A copy of the student and/or parents 2018 W2's and,
- e. All 2018 untaxed income information. Untaxed information includes but is not limited to child support paid or received, housing, food, and other living allowances, veterans non-educational benefits, etc.

Please contact Ms. Linda Mathias in Student Services at 410-313-2883, OR your student's counselor to sign up with the following information:

- a. The student's name
- b. The parent's name. If they plan to attend
- c. Appointment time and,
- d. An email address for us to follow-up

Please note: This workshop is not just for those planning to attend Howard Community College. It is for all students planning to enroll in any college during the 2020-2021 academic year. Also SPACE IS LIMITED so PLEASE ACT SOON.

Senior Events Calendar

Event	Date	Location	Cost
College Essay Support Course	October 1, 8, 15, 22, 29	Room. 236 2:40-3:40pm	Free
FAFSA Workshop	October 15	9-2:30	
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

WORTH REPEATING

Underclassmen photos/ Senior ID

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

Get Your Mt. Hebron Sideline Jacket!


There is no reason to be cold on the sidelines this year! Get your official Mt. Hebron sideline jacket complete with the Mt. Hebron logo and your name.

This sale is a fundraiser for the Mt. Hebron field hockey team but all sports can benefit from this warm and cozy offer. Go to <http://www.mthebronfieldhockey.com/> to check it out!

Interested parents and community members are invited to attend...

**The Howard County Gifted and Talented Education Program
Parent Academy**

Wednesday, October 16, 2019
7:00 p.m. – 8:30 p.m.



**Gifted and Talented Education
Program Overview**

7:00 – 8:00

G/T Education Program – Auditorium

G/T Program staff members will present a comprehensive overview of the G/T Program offerings at the elementary, middle, and high school levels. Learn about the advanced-level offerings that are available through the G/T Education Program and how your child can become involved!

8:05 – 8:30

Question and Answer Sessions:

Elementary G/T Program Offerings: Auditorium
Middle School G/T Program Offerings: Classroom A127
High School G/T Courses: Classroom B115

**Long Reach High School
6101 Old Dobbin Lane
Columbia, MD 21045**

For more information, please visit the G/T Advisory Committee website at <https://sites.google.com/site/hcpssgtac> or call 410-313-6800.

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>

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 Kellie Mason (kelliemasoncpa@verizon.net) 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!!!

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.

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>

SCREEN AGERS NEXT THE 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.

AP Exams - A Guide for Mt. Hebron Parents

AP Exams – 2019-2020



2020 AP Exam schedule			
Week 1	Morning 8 a.m.	Afternoon 12 noon	Afternoon 2 p.m.
Monday, May 4, 2020	United States Government and Politics	Physics C: Mechanics	Physics C: Electricity and Magnetism
Tuesday, May 5, 2020	Calculus AB	German Language and Culture	
	Calculus BC	Human Geography*	
Wednesday, May 6, 2020	English Literature and Composition	European History	
Thursday, May 7, 2020	Chemistry	Physics 1: Algebra-Based	
Friday, May 8, 2020	United States History*	Computer Science A	AP 2-D Art and Design, 3-D Art and Design, and Drawing – last day for coordinators to submit digital portfolios (by 8 p.m. ET) and to gather 2-D Art and Design and Drawing students for physical portfolio assembly.
Week 2	Morning 8 a.m.	Afternoon 12 noon	
Monday, May 11, 2020	Biology	Chinese Language and Culture*	
		Environmental Science	
Tuesday, May 12, 2020	Spanish Language and Culture	Psychology	
Wednesday, May 13, 2020	English Language and Composition	Microeconomics*	
		Music Theory	
Thursday, May 14, 2020	World History: Modern	Macroeconomics	
Friday, May 15, 2020	Computer Science Principles	Statistics	
	French Language and Culture		

Testing Location:

- All exams will be administered at **Crossroads Church of the Nazarene** (2750 Rogers Avenue)
[Exams listed with a * may be combined with other schools and held elsewhere. Students

will be alerted if this is the case. Chinese is only administered at Centennial High School – students who wish to take that exam should see Dr. Kiehl in room 109].

- Transportation is not provided to or from the exam site. Students are asked to arrive 30 minutes before the exam begins. Plan to be at Crossroads for roughly four hours from the start of the exam.
- Students may not bring a cell phone into the exam, and should make transportation arrangements in advance.
- Students are not expected to attend school on the day they take an exam. You will sign a form in Naviance that allows the student to be excused for a school-based activity.

Cost and Deadlines:

The **cost** is \$94/exam. Payment must be made at the time of registration (see registration instructions below). 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
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 students elect to register after November 1st, there is no guarantee their registration can be processed in time to avoid fees.
- 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.

Registration:

- **Step 1** – If you submitted your permission form to use the College Board portal for registration, log into the Portal using your account. **myap.collegeboard.org**
- **Step 2** – Your teachers provided you with a unique join code for each AP class in which you are enrolled. If you haven’t done so already, enroll in the course. You should see a button the course page that says, “Register for Exam.” Click that button to register and confirm your decision on the pop up window. You will need to do this for each exam you wish to take.
- **Step 3** - Sign-in to Naviance (linked through **hcpss.me**)
- **Step 4** - Read the instructions for “2020 AP Test Registration” on the Naviance homepage
- **Step 5** - Click on the “About Me” tab near the top of the homepage
- **Step 6** - Choose “My Surveys” and then either, “Surveys not started” or “Surveys in Progress.” Then select “2020 AP Exam Registration & Fee Waiver Request”

- **Step 7** - Complete the registration form
- **Step 8** - Print the form
- **Step 9** - Click submit
- **Step 10** - Bring the printed form with a parent/guardian signature with your online payment receipt or a check or money order made out to **Mt. Hebron High School**, to the administrative hallway near Student Services, and drop it off in the AP Box (please staple the payment to your form).

AP Coordinators

Melissa Kiehl – Room 109, mkiehl@hcpss.org, 410-313-2880

- Dr. Kiehl can answer questions at Mt. Hebron regarding testing and registration.

Amy Comberiate – amy_comberiate@hcpss.org, 410-313-2880

- Ms. Comberiate will be in charge of test administration at Crossroads during the two-week testing window.

Join the Plastics Student Task Force

Are you concerned about plastics in our waterways?

Students from each high school are encouraged to apply to the plastics student task force.

Please see your teacher for an application.



All meetings will take place at the Howard County Conservancy, 10520 Old Frederick Rd, Woodstock, MD

10/9 5:30-7 Work Group
 11/6 5:30-7 Work Group
 12/11 5:30-7 Work Group
 1/8 5:30-7 Work Group
 2/5 5:30-7 Work Group
 3/4 5:30-7 Work Group

Your next VALHALLA VOICE will be published October 1st with the latest news from your parent advocacy groups and community.