



## PRINCIPAL'S NEWSLETTER

October 26, 2018

Happy Friday Viking Community!

This week the PTSA Staff Appreciation Committee gifted each staff member with a Sharpie marker and thanked us for “making your kids sharp!” Such a clever idea and so fitting for a week when many of our students showed just how sharp they really are! On Monday night, National Honor Society sponsors **MaryAnn Sankey & Suzanne Stafford** inducted 130 new members during a beautiful and memorable ceremony.

On Tuesday, we had the distinct honor of being the only high school in Howard County to host a 21 member delegation from China’s Hangzhou District, and some of our amazing students escorted them around our building and acted as interpreters. A huge shout-out to **Chase Blanchette, William Li, Jiaquan (Freddy) Ye, Zihe (Jessica) Ye, Carl Zhang, and Maggie Zhang.**

On Wednesday, we hosted our community Student Safety Presentation which was led by students **Ethan Bosilovich, Tulio Chavez, Tyler Dionne, Brooke Foyles, Mandira Huber, Zara Mahmood, and Zinedine Partipilo.** Zara also created the “Run-Fight-Hide” post card that we distributed at the event. These incredible kids were so poised and made public speaking look easy.

On Thursday, some of our athletes showed how sharp they are when the **Girls Soccer** team defeated Long Reach 2-1 to move on to the Sectional Semifinals, and the **Field Hockey** team defeated Atholton 2-1 to move on to the Sectional Final.

Tonight is our last home football game of the season as well as **Senior Night for the players, the cheer squad and our marching unit.** I’m so proud of all of our students, not only for staying sharp, but for extending themselves beyond their studies to try new experiences and share their gifts with all of us.

Until next week, stay sharp!  
Joelle

P.S. We know your time is valuable. We’ve separated the news between “new” and “repeating,” in hopes that it will help you navigate the newsletter faster. You can click the links below to take you directly to that section of the newsletter or scroll down to read all the news.

[Follow Us](#)

[Upcoming Dates/Events](#)

[Celebrations](#)

[New News](#)

[Worth Repeating](#)

## **FOLLOW US & STAY CONNECTED**

Twitter: [@hcpss\\_hebron](https://twitter.com/hcpss_hebron)

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>
October 31		Deadline for Science National Honor Society Application
November 6		No School – Election Day
November 7		No School for students – Professional Learning Day
November 8	6:30-8pm	PTSA Values: Café Conversations in Cafeteria
November 8	7-8:30pm	G/T Advisory present Navigating College Admissions Process @Auditorium
November 12	6:30pm	Winter Sports Parents meeting in Auditorium
November 14		Report Cards Issued for Quarter 1
November 14	6:30/7:00pm	Gallery Walk of Art Show followed by PRISM concert
November 15		Winter Sports Tryouts start
November 16	6pm	Basket Bingo @ The Lodge in Catonsville
November 19		Half Day for Students – Professional Learning Day
November 20		Half Day for Students – Parent/ Teacher Conferences
November 21		No School for Students – Parent/Teacher Conferences
November 22-23		No School – Thanksgiving Holiday
December 7	5pm	Deadline for MLK Essay submissions
December 19		Interim Progress Reports Issued for Quarter 2
January 17, 2019	7:30-9am	PTSA Cafe Conversations
March 5, 2019	7-8:30pm	PTSA Cafe Conversations
April 27, 2019		Prom @ The Hotel at Arundel

## **CELEBRATIONS**

**Congratulations to National Honor Society 2018-2019 Inductees!**



Please congratulate members of the **Freshman Volleyball Team** and the **JV Girls Soccer Team** on their **UNDEFEATED SEASONS!!** Such an accomplishment for these hard-working and dedicated athletes!

**Congratulations to** our Math Students of the Month!! The math department posts pictures of their students each month to celebrate hard work, perseverance, problem-solving and effort!

Common Core Algebra I: **Colin Cook, Makaiya Harrod, & Aaron Kraftt**

Advanced Algebra: **Christian Patterson**

Business Calculus GT: **Bethany Jackson**

Trig & Math Analysis: **John Park**

Common Core Algebra II: **Ashley Carden**

Calculus AB: **Jason Lee**

Trigonometry: **Lydia Scott**

Differential Equations: **Douglas Chen**

Algebra II GT: **Trisha Anand**

PreCalculus GT: **Ashmitha Julius Aravind**

Common Core Geometry: **Abe Babatunde**

Discrete: **Brendan Kim**

AP Statistics: **Kaylie Bergeson**

Math Analysis: **Meaghan Johnson**

Calculus C: **Abel Odolil**

Geometry GT: **Bala Bundy**

**Congratulations to** Corey Harman and Justin Im for their collaborative effort to participate in a Career Exploration Day Activity! Corey went to Central Fleet and assisted in making repairs to a fire engine from Banneker Station. Justin Im is shown making ID badges for Howard County Government employees. Both boys are shown with Alan Kittleman, who attended the opening ceremony and also provided a work site with his office staff on Wednesday, October 24<sup>th</sup>.



The event is a collaborative effort between HCPSS, Howard County Department of Community Resources and Services, Howard County Workforce Development and Division of Rehabilitation Services (MSDE). The goal is to expose students to government environments to increase their knowledge about career options, providing the students opportunities to complete work tasks typical to their assigned work sites.

# **NEW NEWS**

## **Play-Off News**

The Girls Soccer team defeated Long Reach yesterday 2-1 to move on to the Sectional Semifinals. The Field Hockey team defeated Atholton 2-1 to move on to the Sectional Final.

Field Hockey will play at home on Monday, Oct 29th at 4:00 p.m. vs Centennial in the Sectional Final.

Girls Soccer will play at Reservoir on Tuesday, Oct. 30th at 7:00 p.m. in the Sectional Semifinals.

Boys Soccer will play at home on Tuesday, Oct. 30th at 5:00 p.m. (winner of Atholton/Long Reach) in the Sectional Semi Final.

All MPSSAA sectional games are \$6.00. Please come support your Vikings!!

## **National Aquarium Summer Program**

The application process has opened at the National Aquarium for their summer program for high school students to volunteer. Applicants must have completed their 9th grade year and one high school level science course in order to be eligible. Interested students can pick up an application packet from any science teacher.

## **Navigating the College Admissions Process**

Howard County Gifted and Talented Education Program Parent Academy will be presenting, "Navigating the College Admissions Process" on Thursday, November 8, 7-8:30pm in the Mt. Hebron Auditorium.. Featured speaker will be Joy Scalabrin, Admissions Officer, Johns Hopkins University.

Preparing for the college application and admissions process can be a really exciting time for students—a time to explore their interests, think about their future and begin to take ownership of their life plans. Please join us for an informational evening.

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

## **News from the Health Room: How to Stay Well**

### **Immune system helpers:**

- Eat a well-balanced diet
- Get adequate sleep (The National Sleep Foundation recommends 8.5-9.25 hours a sleep each night for teenagers).
- Manage Stress
- Exercise (Kidshealth.org & the CDC recommend one hour of physical activity each day).

### **Hygiene helpers:**

- Wash hands well and frequently (20 seconds with warm running water and soap).
- Avoid touching eyes, nose, and mouth
- Cover sneezes and coughs with a tissue then wash your hands.
- Do not share food/drinks or personal items.

## **Parent Support Group Starting**

Mount Hebron is starting a parent group. The purpose of this group is to provide a voice and tools that will assist parents of students who have needs in the areas of social communication, social regulation and executive functioning skills - whether in a university, work or supported living setting. Mount Hebron parent, Michelle Im, along with members of our special education team, have volunteered to lead this amazing discussion and support group. Mrs. Im also serves as the Vice President for Howard County's Special Education Citizens' Advisory Committee (SECAC).

There will be 4 meetings held throughout the school year from 6:30-8:30 in the school's media center. Topics include:

### ***Thursday, November 1, 2018 - The Big Picture: What is Level 8***

Group discussion will provide parents with a lens to assess their student's social skill ability. Parents will learn about the 10 Levels to Living Independently and how to foster these essential independence skills before venturing out on their own.

### ***Wednesday, January 16, 2019 - Beyond ESY***

Group discussion is designed to help parents understand the importance of expanding their high school student's social experiences to include real world opportunities across multiple settings.

### ***Monday, February 11, 2019 - Benefits of Building Partnerships and Social Success***

Group will review and discuss models of parent professional partnership, include a guide towards building successful partnerships with school staff and setting realistic expectations for lifelong learning.

### ***Wednesday, May 8, 2019 - SI + SR =***

Group discussion designed to foster an understanding of the relationship between social interaction and self-regulation; to prompt parents to implement strategies at home.

All are welcome! Please join us!!

# **WORTH REPEATING**

## **Martin Luther King Essay Contest 2018**

The Howard County Dr. Martin Luther King, Jr. Holiday Commission presents our Annual Dr. Martin Luther King, Jr. Holiday Celebration on Sunday, January 20, 2019 at Howard High School. The Dr. Martin Luther King, Jr. Holiday Commission encourages all eligible Howard County students to participate in our essay contest.

Our theme this year is “**Our lives begin to end the day we become silent about things that matter.**” Students are invited to write an essay *describing a time when they spoke up for that which was right and tell us about their experience and how it relates to the teachings of Dr. King.* The deadline for all submissions is Friday, December 7, 2018 at 5:00 PM additional details can be found on the homepage of our school website.

[www.mhhs.hcpss.org](http://www.mhhs.hcpss.org)

For additional information please contact Farheen Sheik at (410) 313-6467 or email [fsheik@howardcountymd.gov](mailto:fsheik@howardcountymd.gov).

## **Mt Hebron Viking Backers Basket Bingo**

Basket Bingo tickets are now available for purchase on the Viking Backers website. Come join us on *November 16 at 7pm (doors open at 6)* for a night of fun with friends and a chance to win many fantastic prizes!! All 20 bingo games have a prize worth about \$200!! Order your tickets now before we sell out! Tickets are \$30. [www.vikingbackers.org](http://www.vikingbackers.org)

## **Fine Arts News**

The PRISM Concert, featuring Music, Dance, Theatre, Film and Visual Art, is Wednesday, November 14th. Please join us at 6:30pm for a gallery walk of the Art Show featuring student work in a variety of media joined by a string quartet and guitarists. The concert begins at 7pm in the auditorium.

## **Winter Sports**

**Winter Sports Parents Meeting, November 12th at 6:30 p.m. in the Auditorium**

All parents of students who will be trying out for a Winter Sports team should attend.

**Winter Sports Tryouts start on November 15<sup>th</sup>.**

Please complete the online registration in the Parent Portal in Canvas. *All paperwork must be complete prior to November 15th.*

Log into your Parental Canvas page.

Click HS Athletic Registration on the left column.

Click on HS Athletic Registration on the left tab.

Click on Athletic Registration and complete the required forms on the left tab.

### **Science National Honor Society**

If you are interested in applying for the Science National Honor Society you may click on the link to access the application. [Science National Honor Society Application](#)

Completed applications must be turned in to Mr. Blocklin or Ms. Mongano by Wednesday, October 31, 2018.

Please see/e-mail Mr. Blocklin or Ms. Mongano with any questions.

[Daniel.Blocklin@hcpss.org](mailto:Daniel.Blocklin@hcpss.org) or [Amy.Mongano@hcpss.org](mailto:Amy.Mongano@hcpss.org)

### **Youth in Conversation**

**Youth in Conversation** is a group of high school students who want to “talk about the things no one talks about.” The goal is to build community by having conversations about identities we have in common and issues that separate us, such as race, culture, religion and gender.

All HCPSS high school students are welcome & free dinner will be provided by #OneHoward and the Columbia Association each evening we meet

We will meet **the second and fourth Monday of every month from 6:30 – 8:30 p.m.** at Oliver’s Carriage House, 5410 Leaf Treader Way, Columbia, MD 21044 (also known as Kittamaquindi Community Church)

**Meeting Dates in 2018/2019:** 11/12 & 11/26, 12/10, (*We will not meet the fourth Monday in December because of Winter Break*) 1/14 & 1/28, 2/11 & 2/25, 3/11 & 3/25, 4/8 and 4/29 (*In April we will meet the 5<sup>th</sup> Monday instead of the 4<sup>th</sup> Monday because of Spring Break*), 5/13

*Please see the FRONT OFFICE for a form if you would like to participate.*

**As a reminder, your VALHALLA VOICE will be published Monday with the latest news from your parent advocacy groups and community.**