



PRINCIPAL'S NEWSLETTER

December 14, 2018

Happy Friday Vikings!

I got an email from a parent this week who doesn't (yet) have a student at Mt. Hebron. Her daughter is still in elementary school, but she was writing to share a story about our very own Viking, junior **Esha Shah**, who made an impactful difference to their family. Apparently, her daughter forgot her flute on the bus one afternoon, and by the time she realized it, she was already home and in tears. The mother figured they'd have to wait until the next day to retrieve it from the bus driver and was trying to console her daughter when their phone rang. Esha, who happens to ride the same bus, saw the flute and took it upon herself to ensure it got back to its owner that evening. Tears turned to smiles and the parent was moved enough by this generous act of kindness to reach out to me.

I wasn't surprised by the email because I already know how truly wonderful your kids are, and Esha is a perfect example. I also know that every note of thanks I receive represents hundreds of acts of kindness that go unacknowledged because writing notes of appreciation often gets put on the back burner as most of us are just trying to manage the craziness of our current day.

By now, you are probably aware that we are nominating **Mr. Greg Murach** for Teacher of the Year. (*If not, see "Worth Repeating" below.*) Already many of you have made time to write personal notes that will be included with our application. Please know how truly grateful we are to everyone who has taken time to write about their experiences with this remarkable teacher whose impact makes a difference every day.

Writing notes will always be meaningful, but in the end, what's most important is that we simply let others know how we feel. It only takes a few seconds to tell someone how much you appreciate them, and I guarantee that the ripple effect of that few seconds will reach further than you might ever expect. And to the elementary school student who's diligently practicing her flute, we can't wait until you're a part of our amazing marching unit!

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.

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 |
|---------------------------------|--------------|---|
| December 14 | 7pm | Music Concert in Auditorium |
| December 18 | 12:20-2:10pm | Winter Assembly in Auditorium (Snow Date 12/20) |
| December 19 | | Mt. Hebron Annual Alumni Day |
| December 19 | | Interim Progress Reports Issued for Quarter 2 |
| December 20 | | Last Day collecting for Canned Food Drive |
| December 22- January 1, 2019 | | Schools closed for Winter Break |
| January 3, 2019 | | 8th Grade Parent Night in MHHS Auditorium |
| January 8 | | Final Date for Senior Portraits |
| January 8 | Pd. 1, 2 | ARL Shadow Days for current 10 th graders only |
| January 9 | Pd. 1,2/ 5,6 | ARL Shadow Days for current 10 th graders only |
| January 10 | Pd. 1, 2 | ARL Shadow Days for current 9 th , 10 th graders |
| January 10 | 6-6:30pm | AP 101 Presentation in Auditorium |
| January 10 | 6:30-8pm | Electives Night (Current 9 th -11 th graders) in MHHS Cafeteria & Gym |
| January 11 | | Last Day to Order Graduation Cap & Gown |
| January 14 | 6:30-8:30pm | Youth In Conversation @ Oliver's Carriage House also known as Kittamaqundi Community Church |
| January 22-25 | | Mid-Term Exams |
| January 23-28 | | Early Dismissal @ 11:10AM |
| January 31 | | Deadline for Formal Drape/Tux Senior Portraits |
| February 6 | | Report Cards Issued for Quarter 2 |
| February 12 | 7pm | PTSA Meeting in the Media Center |
| February 17 | 8am-4pm | Science Olympiad competition @ Hebron |
| March 5 | 7-8:30pm | PTSA Cafe Conversations |
| March 16 | 10am-4pm | MTH Marketplace in Gym & Cafeteria |
| April 27 | | Prom @ The Hotel at Arundel |
| May 20-31 | | Graduation Window |

CELEBRATIONS!!

Congratulations to junior **Sara Robinson** who was accepted and attended her first session last weekend with the Accelerated Learning Academy (ALA). The ALA, a STEM based program launched by the W.E.B. Du Bois Scholars Institute at Princeton University, is a leadership development organization for adolescents and secondary students in which students explore new STEM content with group activities, lectures, hands-on demonstrations and real world applications taught by experienced scientists at Princeton. Way to go Sara!!

Congratulations to junior **Peninah D'Souza**, who competed at the U.S. Olympic Training Center, Colorado springs, Colorado in the Rifle/Pistol Smallbore Selection Matches and Winter Airgun (WAG) Championships. This was Peninah's first time at the WAG, and at the end of 3 days of events and matches, she placed 28th overall (all ages) in the country and 15th among juniors (under 21 years). Great job Peninah!!



Congratulations to senior Joshua Starling, junior Christopher Black & junior Julian Amaya for being selected to represent Mt. Hebron Alpha Achievers at Dr. Ball's County Executive Ceremony on December 3rd. Three Alpha Achievers were chosen from each HCPSS high school, and together they performed a reading at the ceremony. Thank you gentlemen for representing Vikings with pride!



Kudos to our **Leadership students** (and teacher **Mr. Tommy Tittsworth**) who braved the cold last Friday night in Old Ellicott City to raise donations for our canned food drive. LOVE our community and so thankful to OEC businesses for their support!

Congratulations to our Students of the Month for October and November!!

| | | |
|------------------------|-------------------------|----------------------|
| Abigail Ruby | Elisabeth Davis | Menkaure Ameni |
| Alison Carroll | Elliott Hooper | Mia Ramsey |
| Ana Mosisa | Emily Andreas | Michael Daniel |
| Andersson Choj Teni | Evan Spisz | Molly Peterson |
| Andrew Naylor | Franklin Porter | Morena Mooney |
| Andry Flores Ramirez | Gabe Ogungbemi | Nicholas Venginickal |
| Anthony Marcelli | Guillermo Caal Pop | Nick Berry |
| Anthony Smith | Han Wei | Nick Murphy |
| Anushka Ganoo | Hawaa Sillah | Olivia Minnich |
| Ariely Betancourt | Hayden Aberdeen | Parth Jadav |
| Arnae Crawford | Isabella Pittman | Peyton Oh |
| Asiya Ahmed | Jacob Bashura | Prasana Vallabhaneni |
| Bethany Jackson | Jay Cox | Salma Abu-Arqoub |
| Braedon Moyer | Jennie Hardman | Sam Wiley |
| Brandon Segovia Cortez | Jennifer Lee | Samantha Schwartz |
| Bryan Sanchez | Jessica (Zihe) Ye | Sean Stahler |
| Bryan Tam | Julianne Vengroski | Shrastika Mahat |
| Chase Hines | Justin Cargiulo | Sierrah Matthews |
| Ciara Coe | Justin Im | Sophie Freedman |
| Clarke Oliver | Kaitlyn Milauskas | Thomas Simowitz |
| Colin Cook | Kayla Tinker | Tyler Lizzo |
| Colleen Poole | Kiera Tavai | Uma Phatak |
| Connor Croft | Kieran Davis | Vaneesa Rias |
| Connor Hamill | Laiba Ali | Vincent Karam |
| Connor Rose | Lily French | Will Bates |
| Daniella Gross | Lydia Stoehr | Yanyu Li |
| David Wang | Maggie Roman | |
| David Wiggs | Mariette Oramma Okonkwo | |
| Dominic Marcinelli | Mary Messiha | |

Congratulations to the following music students for their outstanding accomplishments, which were highlighted in the program for the Winter Music Concerts!

Sr. All-State

Co-Tu Doan, Soprano (Vocal)

Katie Lee, Clarinet

William Li, Tenor Saxophone

Uma Phatak, Soprano (Vocal)

Jr. All-State

Emily Saitta, Soprano (Vocal)

Howard County Honor Band

Lexi Cucchiaro, Trumpet

Aboli Dahiwadkar, French Horn

Trent Donaldson, Tenor Saxophone

Ayeesha Fadlaoui, Oboe

David Hopkins, French Horn

Shreyas Jammi, Euphonium

Nick Pascarelle, Trumpet

Sriya Pothapragada, Flute/Piccolo

Rohan Sammy, Trumpet

Uma Phatak will be participating in the 2019 All Eastern Choir. This prestigious accomplishment is only awarded to a very few. Over 8000 students on the Eastern Seaboard compete over 2 years for a spot in the choir!

William Li is the only Tenor Saxophonist in the entire Sr. All State Band!

NEW NEWS

SGA Spirit Week Next Week

Ready for winter break??? Counting down those days? We know everyone is simultaneously stressed and excited for this last week to be over. To celebrate the upcoming break, SGA is promoting a Winter Spirit Week!

Wednesday, don't worry about planning your outfits, because we are all rolling into school in our jammies! Dress up in your comfy cozies for ***PJ Day on Wednesday, December 19th!***

Thursday, dig out your most horrendous, fuzzy, bedazzled sweaters from their boxes to celebrate ***Ugly Sweater Day on Thursday, December 20th!***

And finally, on Friday, let's eliminate those winter blues and Deck the Halls! ***Wear your winter and/or holiday colors on Friday, December 21st!***

MHHS 2019 Elective Fair

Who: Current 9th-11th grade students/parent(s)/guardians(s)

When: 1/10/19 6:30-8 PM (Drop-in)

Where: Mount Hebron HS Cafeteria & Gym

Not sure what electives to take? Interested in AP courses? Curious about the GT Program? Want to learn more about the ARL Academies? Discover all of this and MORE at the Mount Hebron Elective Fair!

*****NEW***** Join us for a special **AP 101** Presentation at 6-6:30pm in the auditorium to learn about AP Expectations/Offerings.

Science Olympiad Competition Comes to Mt. Hebron

On Sunday, February 17th, 2019, Mt. Hebron will be hosting the regional Maryland Science Olympiad competition for high school teams for the first time. The event involves hundreds of students from all over Maryland testing their scientific skills on topics like Anatomy, Forensics, and Chemistry Lab concepts. There are also build events such as mousetrap vehicles and protein modeling. This a wonderful opportunity for our school and community to come together and help make this event a success for our future scientists!

We are asking for volunteers on that day. There are various ways to help like scoring tests, running errands, concessions, registration, greeters/directors, and setup, clean up, parking lots, etc. You do not need a science background to assist that day. You can sign up for a few hours or the whole day. (And the next day we have off from school.)

Please contact Mt. Hebron science teacher and co-director, Mr. Paul Sabota paul_sabota@hcpss.org if you have any questions or would like to volunteer. Thank you for supporting our science students and community!

Busy Week for Student Services



Student Services is busy this week greeting new students! Counselors and students are visiting feeder middle schools to let them know about the many opportunities available at Mt. Hebron High School. Counselors visited Patapsco, Dunloggin and Ellicott Mills Middle.

In between middle school visits, counselors were also visited health classes on Thursday to discuss an important topic - Mental Health. This time of year can be stressful for students and families. Counselors want to make sure that our students are equipped to deal with the stresses of not only the holiday season, but the upcoming midterms and the end of the second quarter. Lastly, counselors are also planning the upcoming ***Alumni Day on Wednesday, December 19***. Stay tuned for more info!

Canned Food Drive Update

We are coming up on our final collection week for the Canned Food Drive. The class competition has been hot, but we're not done yet! Monday is our final Money Monday: the class with the most cash wins our last round of candy. Wednesday is ALL CANS WEDNESDAY! The class that brings in the largest number of cans will win an ICE CREAM PARTY. Shop the non-perishable aisles this weekend and load up those shopping carts to help us reach our goal of 70,000 cans! ***We could really use more pasta, peanut butter, and soups***, but we'll take anything and everything you have. Thank you so much for supporting our community this holiday season Vikings!

Everybody can be **great,** because everybody can **serve.**

THE KAPPA PHI LAMBDA CHAPTER of ALPHA PHI ALPHA FRATERNITY, INC.
THE ALPHA FOUNDATION of HOWARD COUNTY, INC.





**Present the 44th Annual
Dr. Martin Luther King, Jr.
MEMORIAL BREAKFAST**

DATE:
Sunday, January 13, 2019
Seating begins at 8 a.m.
The program begins promptly at 8:30 a.m.


LOCATION:
Martin's West
6817 Dogwood Road
Baltimore, MD 21244

TICKET: Adults: \$70
Children: \$35
(under 12 years old)

TICKET INFO: Ernest L. Jackson
email: ernestl.jackson@yahoo.com

**GUEST KEYNOTE SPEAKER
DR. DAVID A. THOMAS**
12th President of Morehouse College



The breakfast serves as the major fundraiser for The Alpha Foundation of Howard County, Inc., a 501(c)(3) non-profit charitable organization

Please Join Us!

On Sunday, January 13th, 2019 at 8am, The Alpha Foundation of Howard County, Inc. is hosting the 44th Annual Dr. Martin Luther King, Jr. Memorial Breakfast at Martin's West. The keynote speaker will be Dr. David A. Thomas, the 12th president of Morehouse College.

Some Mt. Hebron Alpha Achievers will join Dr. Miller and Ms. Grimes representing all our Vikings. ***This event is open to the public.*** See the flyer or for more information visit: www.alphafoundationhc.org

Bring A Friend to Class Week for PE

We will be hosting our first-ever "Bring a Friend" event during the week of Jan 7 -11, 2019. Each student can invite a friend to attend a PE Elective with them anytime during that week.

Guidelines:

- Each student can bring ONE friend.
- Your guest does not have to wear Aerobic attire, however they should wear clothes that are comfortable and allow a wide range of movement. (Jeans are not ideal), as well as athletic shoes/sneakers.
- This is an interest meeting; anyone attending should have interest in signing up for a PE Elective class next year.
- Your guest does not have to have experience, but should be medically cleared to participate.
- Your guest must complete a "Friend Form" below in order to participate. Forms can be acquired from any PE teacher.
- Guest student must gain parent/guardian, as well as teacher approval. Any and all work is expected to be made up.

WORTH REPEATING

2019 Graduation Window Dates

The window for graduation for the Class of 2019 is Monday, May 20 - Friday, May 24 and Tuesday, May 28 - Friday, May 31. The actual graduation schedule will be available in the spring (usually around April 15).

AP Courses and Exams

Do you have a child enrolled in an AP course this year? If so, we invite you to read more about the registration and testing process on our website at <https://mhhs.hcpss.org/about/ap-exam-registration>. More information will be shared in February when registration opens.

School Supplies Drive from African Affairs Club

Starting December 3rd, Mount Hebron's African Affairs Club is organizing a school supplies drive to collect much needed school items to African immigrant families in Baltimore and within our community who have school aged children. We are asking for any new or slightly used school supplies to be donated to families in need. Labeled boxes are set up around the school and in the front lobby for students to drop off their donations. We are collecting only school supplies- pens, pencils, notebooks, etc. - will be accepted. NO money is being collected.

Releasing a Student from the Health Room

When a student needs to go home, a parent/guardian who has custody will be initially contacted by the School Nurse or Nurse Assistant. If the parent/guardian is unable to pick up their child, the child may go home with a designated adult on the emergency contact list. To ensure your child's safety, please double check who you have listed on as an emergency contact and make any changes as needed. For safety and liability reasons, the health room staff cannot authorize a cab/Uber or similar modes of transportation.

Graduation Cap & Gown Order

If you have not ordered your cap and gown yet, please do so at www.balfour.com. All orders must be in by January 11th. If you have any questions, please contact Ms. Gutierrez (brittany_gutierrez@hcpss.org) or Ms. Miles (leigh_miles@hcpss.org)

Photography Supplies Donations Needed

Do you have any 35MM film cameras not being used? Any old photo equipment, supplies, or other cameras that you no longer need?

The Mt. Hebron Photo Department wants to grow the program for our students so they have more opportunities to improve their photography skills and concepts. Please contact photo and art teacher Caroline Creeden caroline_creeden@hcpss.org for more information or donations. We appreciate for your support of your students, the art/photo department, and Mt. Hebron.

Mr. Murach Nominated for Teacher of the Year



Congratulations to our incredible Math teacher, **Mr. Greg Murach**, is the PTSA & MTH nomination for 2019 Teacher of the Year and if you know him, he is most deserving!!!!

We would love for you to contribute to his application. If you are interested in writing a letter, please email them to me or drop off to me (Dr. Miller) **by December 21.**

Please write letters with the below in mind.....

A description of the nominee's contributions for each of the nomination criteria. Nominees must be teachers who:

- Instill in students a desire to learn and achieve*
- Understand the individual needs of students, encourage their talents and foster their self-esteem*
- Demonstrate a thorough knowledge of subject matter and the ability to share it effectively with students*
- Foster cooperative relationships with their colleagues and the community*
- Demonstrate outstanding leadership.*

Looking for Peer Partners

"The Allied Bowling program is looking for a few committed Peer Partners. Peer Partners buddy with players to help ensure full participation in the game. It is a 2-day per week commitment (Tues/Thurs beginning Dec. 6th through Jan. 17th). Please email Ms. Trish Ewart if interested (patricia_ewart@hcpss.org)."

Winter ARL Shadow Days- 2019

Are you a 10th grader interested in a Career Academy at the ARL? Are you a 9th grader interested in Early College Cyber Security or the Aerospace Engineering program?

Do you want to know what a typical day at the ARL is like? You can attend the ARL Shadow Days during the school day on January 8, 9 and 10, depending which academy you are interested in.

Students have the opportunity to shadow classes at the Applications and Research Lab (ARL) and learn about programs before making course selection decisions.

The following dates are set for shadow days this winter. Students are provided bus transportation from their home school to the ARL in order to visit classes. Students who wish to attend should see their counselor for permission forms, and must return signed permission forms to their counselor.

All permission slips are to be turned in to your counselor no later than Thursday, December 20th

Tuesday, January 8th AM (periods 1 and 2) - current 10th graders only

Computer Networking Architectural Design Graphic Design
Agricultural Science Systems & Project Engineering Automotive Technology

Wednesday, January 9th PM (periods 5 and 6) - current 10th graders only

Health Professions

Wednesday, January 9th AM (periods 1 and 2) - current 10th graders only

Finance Biotechnology Animation HVAC
Homeland Security Construction Management Cybersecurity Essentials

Thursday, January 10th AM (periods 1 and 2) - current 9th and 10th graders

PLTW- Aerospace Engineering (current 10th graders only)
Early College Program in Network Security (current 9th grade only)

Senior Portraits

The final school date for senior portraits is January 8, 2019. If you are unable to do this date, please call Lifetouch at 410-644-7700 to schedule an appointment at their Baltimore studio. Please note that studio appointments have a \$10 sitting fee. You are only required to take the free formal yearbook photos, but are welcomed to choose any package available. For more information about senior portraits and Lifetouch packages and prices, go to our page on the school website <https://mhhs.hcpss.org/yearbook>

The deadline for formal drape/tux senior portraits is January 31st. If you are submitting a portrait from an outside photographer, please have them email it to yearbook.mounthebron@gmail.com with a subject line of "Senior Portrait [Last Name of Student], [First Name of Student]". It should be attached as a .jpeg file. **Please note that the yearbook reserves the right to not accept portraits that are not high enough quality.**

Please see examples of appropriate senior portraits on our yearbook page: <https://mhhs.hcpss.org/yearbook>

Deadlines for optional casual portraits will be March 29, 2019. Please email it to yearbook.mounthebron@gmail.com with a subject line of "Casual Senior Portrait [Last Name of Student], [First Name of Student]".

Please email Ms. Fischetti with any questions at lauren_fischetti@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 2019: 1/14 & 1/28, 2/11 & 2/25, 3/11 & 3/25, 4/8 and 4/29 (*In April we will meet the 5th Monday instead of the 4th Monday because of Spring Break*), 5/13 *Please see the FRONT OFFICE for a form if you would like to participate.*

Beyond School Hours Program – Media Center

A reminder that the Media Center is open every Tuesday and Thursday after school, until 3:40 pm. In addition, National Honors Society Tutors will be available for drop-in tutoring on any subject. Please encourage your child to utilize this **free tutoring service** whenever needed!

After School Activities Bus Dates: (Tuesdays and Thursdays, **bolded** dates are **Wednesdays**)

Dec: 4, 6, 11, **12**, 13, 18, 20
Jan: 3, 8, 10, 15, **16**, 17, 22, 29, 31
Feb: 7, 12, 14, 19, 21, 26, **27**, 28
Mar: 5, 7, 12, 14, 19, 21, 26, 28
Apr: 2, 4, 9, 11, 23, **24**, 25, 30
May: 2, 7, 9, 14, 16

Pick up time is approximately 4pm. The bus will stop at the following locations:

- 1) Litter Court and Litter Drive
- 2) Hollifield Station Elementary Station
- 3) Town and Country and West Springs Drive
- 4) Worthington Elementary
- 5) Brunswick Zone/Dunkin Donuts

Parent Support Group

Mount Hebron has 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).

The remaining meetings will be held in Mt. Hebron's Media Center from 6:30-8:30 on the following dates. All are welcome! Please join us!

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.

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