



## PRINCIPAL'S NEWSLETTER

January 10, 2020

Happy Friday, Vikings!

Did you make any New Year's resolutions? Even if you didn't, I'll bet you can guess what one of the top resolutions is each year. If you said, "be more active/exercise more," you'd be right. It's certainly one of my goals each year, and though I get plenty of steps in our building each day, I still need to be more purposeful in my workouts.



Fortunately, our dedicated **Physical Education teachers** don't mind when I join their classes to workout with the students. It's an energizing way to start my morning; I get to connect with the kids and get my workout in at the same time. They're more than happy to help me correct my form while telling me things about their lives that I might not otherwise know. It's just one of many ways I actively seek to engage with your kids and get to know them on a personal level. The workouts are really secondary, though I'm certainly happy when I can get one in.

Movement is important on so many levels. When our bodies are engaged, the critical thinking receptors in our brain as well as our ability to learn is enhanced. Physical activity is also the best distraction from stress and negative thoughts, and an added bonus is that it stimulates endorphins which are natural mood enhancers that reduce anxiety and depression. Of course, tired bodies and minds also sleep better, both helping you fall asleep faster and deepening your sleep.

There's no downside to moving more. What's important is that you choose an activity that you enjoy and will be able to maintain. The students in our **dance department** have definitely found a form of movement that they love, and I can't tell you how excited I am to see our first-ever **Winter Dance Spectacular** tonight at 7pm in our auditorium! If you're not already planning to come, I hope you'll consider joining me. Our new dance instructor, **Ms. Jen DiPietro**, has been working hard with our students. We got a sneak preview at our winter assembly just before break, and the students and staff were mesmerized. I know tonight's show is going to be sensational!

And if you see me tonight, please let me know what your favorite sport or activity is. Maybe you can inspire me to try something new this year. As long as I don't have to put on a dance costume.

Joelle

## **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
January 8-17		Course Requests window is opened in Synergy for 9th-11th graders to choose electives and alternates
January 11		MS/ HS Honors Band Rehearsal
January 13	6:30-8pm	Electives Fair in the Gym and Cafeteria
January 14	7pm	GT Information Session in the Auditorium
January 20		Schools & offices closed/ Martin Luther King Jr. Day
January 20	8:30am-4:30pm	MLK, Jr. Day of Service @ Glen Mar Church
January 21-24		Mid-term exam window
January 22-24		HS only 3-hour early dismissal at 11:10am
January 27		Schools closed/Professional Work Day for Staff
January 27	7-8pm	Leadership U Information Session for Current Sophomores @ HC Miller Branch Library for Sophomores
January 31	7pm	Jazz Showcase
February 3		Quarter 2 Report Cards Distribution during 3 <sup>rd</sup> Period
February 4		<b>NEW **Schools &amp; offices closed for Special Election</b>
February 8	10am	It's Academic Team competition airs on WJZ-channel 13
February 13	7-8pm	Leadership U Information Session for Current Sophomores @ HC Central Branch Library
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
March 1	3-4pm	Last Leadership U Information Session for Current Sophomores @ Miller Branch Library
March 18-22	3/18, 10am 3/19-21, 7pm 3/22, 2pm	"Beauty and the Beast" Musical Production
April 2	6pm	HebronFest
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
April 14	7pm	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 18-28	TBD	Graduation Window @ Merriweather Post Pavilion
May 25		Schools closed for Memorial Day
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***

***We now have over 2,000 followers!!! Go Vikings!!***



Photo credit: Doug Kapustin / Baltimore Sun Media Group

It is with great pride and excitement that we are happy to announce that our very own Mt Hebron Viking, **Esha Shah**, was not only selected to the Maryland 1<sup>st</sup> Team All State but she was also named the 2019 Maryland Offensive Player of the Year! This is truly and incredible honor that among the thousands of high school field hockey players in our state she was selected as the best of the best.

Esha was one of three nominees of very talented players who are part of some incredible programs. She has represented our program well and this achievement is a first for Mt Hebron Field Hockey!

We are so proud of you & your accomplishment, Esha!!



# NEW NEWS

## MLK, Jr. Day of Service Opportunity



**" Life's most persistent and urgent question is, 'What are you doing for others?' "**

**– MARTIN LUTHER KING JR.**

Our sixth annual Day of Service will be hosted at Glen Mar Church partnering with Ames Memorial UMC, St John Baptist Church, and Terps Against Hunger. Join us for family-friendly short-term service activities for ages 5 to 105 that will make a positive difference in our community. There will be about 18 different on-site and a couple off-site activities. The activities help with food security, community development, public health, and support the morale of service members. The Day of Service offers individuals, families, and friends, the opportunity to serve together. We hope to attract over 1,400 people (last year's attendance was 1,345) and package over 100,000 meals. We will also hold a blood drive with the American Red Cross. So, come for an hour or come for the day!

### **MONDAY, JANUARY 20, 2020 (MLK JR. DAY) FROM 8:30 AM TO 4:30 PM**

**COST:** The event is **FREE** and open to the public but donations allow us to expand the event.  
**WHAT:** Family friendly short-term service activities for ages 5 to 105 years old. We will offer free childcare from 9:00 AM to 12:00 PM for 1 to 4 year olds.  
**WHERE:** Glen Mar Church, 4701 New Cut Road, Ellicott City, MD 21043  
**SERVICE HOURS:** Authorization forms for your service hours are available at the sign-in table  
**ON-SITE LUNCH:** Bowl of chili with or without meat, grilled cheese sandwich, and a bottle of water  
**VISIT US:** [www.glenmarumc.org/gmcevents/dayofservice/](http://www.glenmarumc.org/gmcevents/dayofservice/)

**Have questions? Email us at [dayofservice@glenmarumc.org](mailto:dayofservice@glenmarumc.org) or call 410-465-4995**

\*Partnership opportunities are available

#### **PLANNED ACTIVITIES FOR 5 YEARS OLD AND UP:**

- Packaging meals for the hungry
- Decorating cookies for inner-city school teachers and childcare workers
- Writing letters and drawing pictures for service members, college students, and others
- Making no-sew fleece blankets for students and elderly

#### **PLANNED ACTIVITIES FOR 8 YEARS OLD AND UP:**

- Sewing pillowcases for people during a hospital stay
- Making jump ropes out of clean old t-shirts for school children
- Making fishing kits and pony bead kits for children
- Assembling health care kits for children
- Knitting items for those recovering from an illness
- Making tic-tac-toe kits and flannel teddy bears for school children

#### **PLANNED ACTIVITIES FOR ANY AGE:**

- On-site food collection for the Sandtown community in Baltimore: non-perishable food items
- On-site collection of gently used clothing for those in need
- On-site collection of gently used shoes of any size for those in need of footwear
- Health screening for 16 years old and up (BMI and blood pressure screening, pre-diabetes risk assessment)
- Blood drive with the American Red Cross for 16 years old and up

#### **PLANNED OFF-SITE ACTIVITIES FOR 8<sup>TH</sup> GRADERS AND UP:**

- Several all-day off-site activities (meet at church at 8:30 am, bring a bag lunch and two water bottles)

\* The information is neither sponsored nor endorsed by HCPSS or the school.

## **Leadership U Class of 2020**

Is your student looking to build his/her confidence, strengthen their leadership, and problem solving skills, and learn how to network? Does he or she want to make a difference in our Howard County community? Consider joining the Leadership U Class of 2020! Leadership U is an exciting, experiential leadership, teambuilding, and community service opportunity for **current high school sophomores**. This unique four-month program involves a week-long summer program of hands-on activities, as well as involvement in a team community service project. This program is for students with leadership potential, a desire to learn with others, and for those with an interest in the community. Come to learn more and speak to some of our grads at one of our information sessions being conducted at the Howard County Library System: **January 27 at HCLS-Miller Branch from 7-8pm, February 13 at HCLS-Central Branch from 7-8pm or March 1 at HCLS-Miller Branch from 3-4pm**. Both parents and students are highly encouraged to attend. Additional information is available at <http://www.leadershiphc.org/leadership-u-2/> or email Meg Ignacio [mignacio@leadershiphc.org](mailto:mignacio@leadershiphc.org). Applications are due March 12, 2020.

## **News from Health Room**

### **Staying 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 and the CDC recommends 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.
- Disinfect areas that ill people have been in contacts with.

## **Counselor's Corner**

- **IT'S SCHEDULING TIME!**
  - *Elective Fair – is Monday, January 13 at 6:30 pm.* Come on out to view performances and hear from students and teachers about available electives at Mt. Hebron.
  - Counselors will be available during all lunch shifts in the cafeteria beginning Monday, January 13 to answer questions and help students sign up for courses.
  - Still have questions? Counselors will meet with EVERY student in grade 9-11 to help with course selection beginning January 28. Students will receive passes to come down. Lists will also be posted for students to see when their appointments are.
  - Need registration directions in Korean or Spanish? See your counselor for more information!
- **PSAT results** are out! Get our full score report and explanations of how to interpret your scores by going to [www.psat.org/myscore](http://www.psat.org/myscore). You can also access practice tests based on your responses. Need help? See your counselor!
- **HCPSS Summer School** (June 22-July 31) – registration opens through HCPSS Connect on February 1 or in person at the Homewood Center February 1, 9-11 am. Check out course offerings on their website: <https://www.hcpss.org/summer-programs/>

- **Future Electrician Open House**  
Friday, February 28, 2020  
8:30am-1:00pm  
IEC Chesapeake 8751 Freestate Drive, Suite 250 Laurel, MD 20723  
R.S.V.P BY January 24, 2020 To [SBurley@IECChesapeake.com](mailto:SBurley@IECChesapeake.com)

## **Winter Slip and Fall Prevention**



# **INJURY PREVENTION UPDATE**

## **Winter Slip and Fall Prevention**

**Use extra caution to keep on your feet this winter.**

- » Don't hurry when conditions are likely to be slippery. Give yourself plenty of time to get to your destination.
- » Wear slip-resistant footwear, appropriate for the weather. Using good winter boots with deep treads is a must. Ice cleats would provide extra protection as well. Leather-soled shoes for men and high-heeled shoes for women are especially hazardous in winter.
- » Walk in designated walkways as much as possible. Taking shortcuts over snow piles and other frozen areas can be hazardous.
- » When getting in and out of vehicles, always keep at least one hand on the handle or grab bar so you can catch yourself if you start to slip.
- » Keep skid-resistant door mats near entrances to dry your footwear. Check the bottom of your feet every time you enter a building, and clean off the accumulated ice and snow.
- » Carry a small water bottle (with wide mouth) of sand to sprinkle outside your vehicle before you exit and along your walking route.

### **How to Walk in Snow/Ice**



- ❄ Bend slightly and walk flat-footed with your center of gravity directly over the feet as much as possible.
- ❄ Extend your arms out to your sides to maintain balance. Keep your hands out of your pockets. Hands in your pockets while walking decreases your center of gravity and balance.
- ❄ You can help break your fall with your hands if you do start to slip. Watch where you are stepping and go slowly.
- ❄ Take short steps or shuffle for stability. When walking, curl your toes under and walk as flat-footed as possible. Don't step on uneven surfaces. Avoid curbs with ice on them.
- ❄ Place your full attention on walking. Digging in your pocketbook or backpack while walking on ice is dangerous.

# SPECIAL SECTION for SENIORS

## **Seeking Graduation Speakers**

It's time to start planning for graduation! We are looking for a few student speakers who would like to be part of the commencement ceremony. If you are interested in auditioning, you will need to audition with your own speech. Auditions will be held on 2/13/20 after school.

In order to audition, you must complete the [Google form](#) by Monday, 1/13/20. Speeches must be no longer than 3 minutes and will be read by you in front of a panel, so be sure to practice reading out loud and time yourself. We look forward to your creativity!

## **Graduation Window Announced**

HCPSS has confirmed the window for the 2020 high school graduations as Monday, May 18-Thursday, May 28, 2020. The 12 HCPSS comprehensive high schools will hold ceremonies at Merriweather Post Pavilion. The Cedar Lane School ceremony will be held at that school.

HCPSS has made this early announcement to accommodate planning by parents, students, schools and community members. We will provide the specific dates and times of each school's graduation ceremony after Merriweather finalizes its concert schedule, historically in the early spring.

## **A Note from Student Services**

Please periodically check out the folders located under the **DOCUMENT RESOURCES** link on the Home Page of Naviance. There are folders for College Planning, Career Planning, Financial Aid, NCAA/ Student Athletes, Parent Presentations, among others. We upload resources we think will be valuable for you and your students!

## **Senior Portraits**

Senior Portraits are due by Friday, January 31, 2020, if you want your portrait to be in the yearbook.

Any outside portraits should be mailed to the yearbook email: [yearbook.mounthebron@gmail.com](mailto:yearbook.mounthebron@gmail.com)

All other questions can be answered from the FAQ on the yearbook webpage <https://mhhs.hcpss.org/yearbook>.

## **Senior Events Calendar**

<b>Event</b>	<b>Date</b>	<b>Location</b>	<b>Cost</b>
Makeup Senior Portraits	January 30, 2020		
Senior Portraits Due	January 31, 2020		
Senior T-shirt	January		Free
Deadline to Submit Casual Portraits and from Outside Photographer	February 14, 2020	Submit to: <a href="mailto:yearbook.mounthebron@gmail.com">yearbook.mounthebron@gmail.com</a>	
Prom	May 2, 2020, 8-11pm	Turf Valley	
Class Night Dinner & Dance	May, 2020	TBD	
Senior Picnic	May, 2020	TBD	
Graduation Window	May 18-28, 2020	Merriweather Post Pavilion	Free

# NEWS WORTH REPEATING

## **Mid-Term Exam Schedule Released**

Mid-Term exams are Jan 21-24. The complete schedule and more information is posted on our website.

<https://mhhs.hcpss.org/news/2020/01/mid-term-exam-schedule-2020>

## **Thank You to Everyone Who Is Supporting Lexi's Super Plunge!**

As of New Year's Eve, **Junior Lexi Cucchiaro** passed the \$10,000 mark in her Special Olympics fundraising campaign, so she's officially going to be a 2020 Super Plunger! Thank you so much for supporting her efforts over the past few months - it really did take a village to get her to her goal. She's still collecting donations until she plunges into the Chesapeake Bay 24 times in 24 hours over January 17-18. If you would like to contribute to Lexi's campaign and help support Maryland's Special Olympics athletes, please visit her fundraising page at <https://support.somd.org/fundraiser/2229452>. We'll post photos as soon as we have them. Way to go Lexi!!!

## **Summer School Preview**

Please go to <https://www.hcpss.org/summer-programs/> to view information on summer school programs offered through Howard County.

## **Freshmen News**

We know midterms may feel a long way off, but the 9th grade team is already planning. There is a **9th grade Midterm Mania link** on the MHHS Student Community Canvas page under the Academics tab. This page has test taking strategies, study skills, the midterm schedule, and a midterm document for almost every 9th grade class. Please encourage your student to utilize these resources over break and the weeks leading up to midterms to prepare for the exams. If your student does not see a document for a specific class, please have the student contact the teacher directly via email.

Students can also stay after school on Tuesdays and Thursdays from 2:45pm-4pm for additional help in the media center with the beyond school hours program. This is a free, drop in tutoring program where students can receive additional support from other students from various National Honor Societies. Please contact the school with questions regarding the beyond school hours' bus.

Please contact Ms. Mongano or Ms. Stafford (the 9<sup>th</sup> grade Instructional Team Leaders) or your child's school counselor with any questions.

## **College Board College Readiness**

On the College Board college readiness site you can learn more about the PSAT/NMSQT score report by watching a video, practicing for the SAT using your PSAT/NMSQT scores, as well as creating your own career roadmap.

<https://collegereadiness.collegeboard.org/psat-nmsqt-psat-10> (Links to an external site.)

In addition, Khan Academy offers free, personalized SAT support based on your test results.

<https://collegereadiness.collegeboard.org/about/benefits/khan-academy-practice>

### **Mt. Hebron Gifted and Talented Research Program**

The Gifted and Talented Research Program at Mt. Hebron High School includes two courses – **Independent Research GT** and **Intern/Mentor GT**. Both courses provide our students with a unique opportunity to explore a topic of their choice for the entire school year.

Students in **Independent Research** are in class with Dr. Kiehl every day. They learn about the process of conducting scholarly research, finding appropriate sources, refining their writing skills, connecting with professionals in their field, and presenting their research. They focus all of their assignments on a topic they choose and receive guidance at every step from Dr. Kiehl. Every year, the diversity of topics is fascinating. A few of this year's topics include brain cancer, the bystander effect, water availability in third world countries, special education, and so much more!

Students in **Intern/Mentor** are placed in an internship in the community. They also advance their skills and understanding of research, writing, and presenting, but do so through authentic experiences with professionals and periodic instruction from Dr. Kiehl, who also monitors their internship progress throughout the year. Students are fortunate to be placed with a number of prestigious mentors in the area. Internship locations include financial advisors, hospitals and universities, the Applied Physics Lab, local doctors' offices, the court house, and many more!

If you are interested in learning about these unique opportunities that set your child apart from others, please be sure to attend the **GT Information Session on January 14<sup>th</sup> at 7pm** in the **Mt. Hebron Auditorium**. Applications are available in the Mt. Hebron Media Center beginning December 1<sup>st</sup> and online at [www.MtHebronGT.com](http://www.MtHebronGT.com). Students are welcome to see Dr. Kiehl in room 109 or email [mkiehl@hcpss.org](mailto:mkiehl@hcpss.org) with questions.

### **HC DrugFree Teen Meeting**

We encourage all Howard County high school teens to join HC DrugFree's Teen Advisory Council (TAC) where they will have a safe place to learn about risk taking and healthy alternatives, discuss what is happening in and around our community, and much more. Questions? Call 443-325-0040 or email [Admin@hcdrugfree.org](mailto:Admin@hcdrugfree.org).

The next TAC meeting will be held on **January 13** from 5:30 p.m. to 7:00 p.m. at The Barn (The Columbia Association's Teen Center) located in The Oakland Mills Village Center.

**TAC is open to all Howard County high school students (public, private and home school)**, but students must RSVP to [Admin@hcdrugfree.org](mailto:Admin@hcdrugfree.org) for each meeting. TAC follows the HCPSS school cancellation policies. Registration forms can be found on the TAC page at <http://www.hcdrugfree.org/teen-advisory-council-1/>. Refreshments provided.

**Your next VALHALLA VOICE will be published January 13th with the latest news from your parent advocacy groups and community.**

# School Year Resources

## **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.

## **Free Drop-In Tutor on Tuesday and Thursday**

The Media Center will be open every Tuesday and Thursday until 4pm. National Honors Society tutors will be available for free drop-in tutoring. All students are welcome. Please contact [danielle\\_borgia@hcpss.org](mailto:danielle_borgia@hcpss.org) with any questions.

## **After School Activities Bus Schedule**

The Activities Bus is available for any student staying after school for academic support or extracurricular 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-1Hrly6lvbQea0HtTzOdfwmo/edit>

### **Bus Dates:**

January: 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

### **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

## **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](http://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.

