



PRINCIPAL'S NEWSLETTER

Happy Friday, Vikings!

What's in a name? As you may or may not know, last year HCPSS stopped using the term *guidance* counselor when referring to your student's counselor and instead began using **School Counselor**. Historically the term guidance counselor was used because a counselor's main role was to "guide" students to college or into the world of work. And while that is still an important part of their role, over the past decade these highly trained and skilled individuals have become an integral part of your student's education team, increasing the scope of their responsibility in response to the ever-changing needs of our students.



Do you know who your student's school counselor is? Our dedicated team includes **Liz Dolan, Allie Downey, Monique Flores, Tina Flynn, Pat Miles, and Veronica Valentine**, and I couldn't be prouder of the work they do every day on behalf of all of our students. In the ever-changing educational landscape of the 21st century, they work tirelessly not only to help your students figure out what they want to do after high school but also help them with the here and now.

Today's teens face numerous challenges and pressures and our school counselors are highly trained and certified to support your student in a myriad of ways including emotional support, family intervention and social development as well as academic guidance and career planning.



Of course, they can't do it alone, which is why **Linda Mathias**, our Student Services Secretary as well as our terrific student aides (**Natali Anderson, Jaeda Cohen, Brooke Foyles, Michael Gbadamoshi, Sofia Gonzalo, Bryanna Hoskinson, Akshay Jeyakumar, Phillip Kim, Jaylynn Lawlah, Abigail Lehman, Jordan Maloney, Charlotte Petrilla, Mara Poole, and Hannah Wyatt**) play a vital role in ensuring that our school counselors are able to focus their efforts on meeting the varying needs of each of our individual students.

NEXT WEEK is *National School Counseling Week*, and at the time of year when our counselors are busy meeting with each and every student in our building, I wanted to take a moment to lift up and highlight the multifaceted and essential role these hard-working, dedicated educators play in ensuring that all of our students receive the comprehensive supports and services they deserve to help them achieve and succeed. We may have changed their name to school counselor, but what I call them on a daily basis is, **REMARKABLE!**

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 31	7pm	Jazz Showcase
February 1	9-11am	HCPSS Summer School Registration Open
February 3		Quarter 2 Report Cards Distribution during 3 rd Period
February 4		NEW **Schools & offices closed for Special Election
February 8	10am	It's Academic Team competition airs on WJZ-channel 13
February 17		Schools closed for Presidents' Day
February 24	6pm	Spring Sports Parents Meeting in the Auditorium
February 28	7-8am	Restorative Justice in Education Book Discussion over Coffee Sponsored by PTSA in the Media Center
February 28		Deadline for Spring Sports Registration
February 29		Spring Sports Tryouts Start
March 7		Science Olympiad @ Hebron
March 18-22	3/18, 10am 3/19-21, 7pm 3/22, 2pm	"Beauty and the Beast" Musical Production
March 26	6-7:30pm	College Night (College Park, HCC, Armed Services and UMBC) in the Auditorium
March 28	9am-2pm	Becca's Closet Free Prom Dress @Atholton High Senior Cafeteria
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
June 22-July 31		HCPSS Summer School
August 25, 2020		First School Day for Students 20-21 School Year

CELEBRATIONS!

****For even more celebrations & good news, follow us on Twitter: @hcpss_mhhs**

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



Congratulations to our Delta Scholars who participated in the Adopt-A-Family program. As Luminaries, they donated gifts, food, gift cards and volunteered their time.



Because of them, the program was an absolute success and the holidays for many families with children with disabilities were even more special!



**LOVE OUR
FEEL GOOD FRIDAYS!!**

Congratulations to the following **art students** who were nationally recognized and received Scholastic art awards! How timely given that we just highlighted our art program and students in last week's newsletter – so proud of all of you!!!

Yanyu Li: a silver Key and one honorable mention

Erin Park: a silver key and 4 honorable mentions

Erin Poycott: one honorable mention

Bryan Tam: one honorable mention



Stamp Out Intolerance Update!

Check out **Ms. Vitali** and our students about our Stamp Out Intolerance Project on WMAR 2 News! Click on their homepage and scroll down to get an update on our stamp collection thus far!

<https://www.wmar2news.com/news/working-for-the-future/mt-hebron-high-school-gets-closer-to-six-million-stamps-for-its-stamp-out-intolerance-project>

Thank you Ms. Vitali for continuing this endeavor!



How cool is this!!! We honored the **1990 girls state championship basketball team** at halftime during our Wednesday girls basketball game. It was so awesome!! Tammy Webster, as well as Head Coach Dave Greenberg and 12 other players from the team were there. Such a special night for our Vikings, past and present!

THANK YOU to Ellicott Mills MS & EMMS Day Chief, **Michael Jackson** for changing a tire on **Senior Kelly Barnes'** car!

Kelly got a flat tire and pulled in to the EMMS bus loop. She notified the front office staff that she was out front and that she was going to change it herself, but they insisted on getting her help with the flat tire. And while this certainly falls outside the scope of his regular duties, Mr. Jackson didn't hesitate to help. He is definitely a ***hero in our community!***

SCHOOL CUSTODIAN:

The quiet hero of the school. They are always the first to arrive each day, clean up messes no one dares to touch and befriends everyone that passes by.

#schoolheroes

teresa Kwant





Congratulations to all of our
Students of the Month who were
recognized this afternoon!



STAFF FOCUS



Melissa McCarthy is one of our amazing PE teachers who is known for having some of the most engaging lessons throughout a student's day.

In her Aerobic Conditioning and Weight Training classes, Ms. McCarthy works with numerous community organizations to bring in co-instructors who provide an accelerated and varied level of activity to ensure she's meeting the needs of the diverse learners in her class.

She sends out regular Canvas announcements sharing the events for the week which helps to establish a culture for learning as well as seamless classroom procedures.

Within one semester, the students have the opportunity to participate in activities that promote physical, mental, and emotional well-being such as kickboxing, yoga, axis training, circuit training, cycling, mindfulness, and more.

Ms. McCarthy also creates a safe environment that is welcoming to everyone. She cares deeply about her kids and strives to develop genuine relationships with every student. Students often come to Mrs. McCarthy to regroup, and some even call her a "second mom."

Thank you, Ms. McCarthy, for bringing such a sense of belonging to the Mt. Hebron school community!



NEW NEWS

FREE Prom Dresses!

Atholton High School's Becca's Closet student club is hosting our 4th annual A Pretty and Polished Affair! We want to help your students get a prom dress for this year's prom season! The event is 100% free and not only includes a dress, but accessories, alterations, hair and make-up, refreshments, and giveaways! Free Prom Dresses from Becca's Closet @ Atholton High Senior Cafeteria on March 28th from 9am-2pm.

4th Annual
A PRETTY & POLISHED AFFAIR

Cherice Daniel, President & Kristin Bopst, Advisor

Becca's CLOSET

PROM

Students, you are cordially invited to a one of a kind boutique experience.....

Each student will receive assistance from a personal shopper and access to hundreds of free dresses, accessories, and expert fashion, and makeup advice.

Get your FREE ticket today at
WWW.APPA2020.Eventbrite.com

Organizations & groups are welcomed!

For more information, email APPA@phiblgz.org or beccascloset@gmail.com.

SATURDAY MARCH 28th
9:00 AM TO 2:00 PM
ATHOLTON HIGH SCHOOL SENIOR CAFETERIA
8220 FREETOWN ROAD COLUMBIA, MD 21044

Hosted by
Zeta Phi Beta Sorority, Inc. Lambda Gamma Zeta Chapter of Howard County, MD
Becca's Closet of Atholton High School

Muslim Interscholastic Tournament

MIST is coming! **MIST** is the Muslim Interscholastic Tournament that takes place every year around the United States and in Canada. This year students in the DC and surrounding counties will participate at the Universities of Shady Grove April 03, 2020-April 05, 2020. Students interested in participating should go to <https://my.getmistified.com/> to register or to <http://www.dcmist.com/> for more information. Stay tuned to the announcements for MSA meetings or see Mrs. Brooks-Odom in room 149 for details.

Suicide Prevention: from the office of our School, Psychologist, Mr. Klyap

Here is some helpful information from the National Association of School Psychologists regarding suicide prevention:

1. Youth suicide is a serious problem. Suicide is the leading cause of death among school age youth. In 2015, approximately 18% of 9th to 12th graders seriously considered suicide with 9% having made an attempt one or more times.

2. Suicide is preventable. Youth who are contemplating suicide typically give warning signs of their distress. Most important is to never take these warning signs lightly or promise to keep them secret.

3. Suicide Risk Factors. Certain characteristics are associated with increased suicide risk include:

- Previous suicide attempt(s)
- Isolation and aloneness
- Non-suicidal self-injury (e.g., cutting)
- Mental illness including depression, conduct disorders, and substance abuse
- Family stress/dysfunction
- Family history of suicide
- Environmental risks, including presence of a firearm in the home
- Situational crises (e.g., the presence of a gun in the home, bullying and harassment, serious disciplinary action, death of a loved one, physical or sexual abuse, breakup of a relationship/friendship, family violence, suicide of a peer)

4. Suicide Warning Signs. Most suicidal youth demonstrate observable behaviors signaling suicidal thinking:

- Suicidal threats in the form of direct statements (e.g., "I am going to kill myself") and indirect (e.g., "I wish I could fall asleep and never wake up again")
- Suicide notes and plans (including online postings)
- Making final arrangements (e.g., giving away prized possessions)
- Preoccupation with death
- Changes in behavior, appearance, thoughts, and/or feelings.

5. There are protective factors that can lessen the effects of risk factors. These can include family and peer support, school and community connectedness, healthy problem-solving skills, and easy access to effective medical and mental health services.

In the Howard County Public School System, procedures are in place to actively identify and intervene whenever there is suspicion of a suicide-related concern. When such a concern is raised, trained staff provide immediate support to the student and parents are informed. Such collaboration between home and school is critical as HCPSS staff can help families connect with local community mental health supports.

We are fortunate in Howard County to have access to the **Grassroots Crisis Intervention Center**. Their 24-hour Crisis Phone Line (410-531-6677) provides immediate support. (All HCPSS high schoolers have the Grassroots contact information on the back of their school ID cards). Help is also available through "live chat" (<http://www.help4mdyouth.org/chat/>) or by texting your zip code to 898-211. Grassroots also offers drop-in crisis counseling at their facility (located at 6700 Freetown Road in Columbia; near Atholton High School).

For more tips for parents and educators, view the documents below:

[Preventing Youth Suicide: Tips for Parents and Educators](#)

[Prevención del suicidio juvenil: consejos para padres y educadores](#)

Counselors' Corner

- Counselors are in full swing meeting with students every 10 minutes through February 12. If you are trying to get in touch with your child's counselor at this time, please be patient, we will get back to you!
- Many colleges require MIDYEAR REPORTS to complete applications. Counselors will be sending midyear reports out to all schools after February 14 automatically. There is no need to contact your child's counselor unless there have been changes to the application list.
- Now is the time to look for scholarships! There are many local and national scholarships on the Naviance scholarship database. Below are new scholarship opportunities:
 - Champions Against Cancer – For graduating high school seniors whose lives have been affected by cancer. Applicants must have a parent/guardian who has cancer or lost a parent/guardian to cancer and will be attending an institution of higher education in fall 2020. Students should see their counselor for the application.
 - Maggie J. Brown Spirit of Columbia 2020 Scholarship Award offers up to \$2,500 education awards to seniors who exhibit exceptional efforts in providing community service to benefit Columbia residents. Applications are available at www.ColumbiaAssociation.org/Scholarship. Application deadline is March 15, 2020.
 - Howard County General Hospital is offering the Aronson/Willis Memorial Award, providing two \$2,000 scholarships (one male, one female) who have participated in at least 2 varsity sports in high school while maintaining a high GPA. Deadline to apply is March 30, 2020. Students should see their counselor for the application.
- More summer opportunities
 - HCC Kids on Campus: <https://www.howardcc.edu/programs-courses/continuing-education/courses/kids-on-campus/>
 - Bold @ Olin is a business and leadership program at Washington University in St. Louis for young women entering grades 11 or 12. <https://olinwustl.campusgroups.com/bsba/bold@olin/>
 - Lehigh University Summer Academy is for students in rising grades 6-11. Visit the website for more information. www.summeracademy.lehigh.edu
 - Explore media production and unleash your talent at Boston University's Academy of Media Production. <https://combeyond.bu.edu/workshop/academy-of-media-production/>

Health Guidelines to Help Prevent and Limit the Spread of Flu and Flu-Like Illnesses

According to the Centers for Disease Control and Prevention (CDC), flu activity typically peaks between December and February and can continue into May. School custodians do a wonderful job of keeping our schools clean, but the spread of flu and other illnesses in a school building is a concern for all parents and school staff.

With concerns of the flu spreading each year and recent concerns on the coronavirus, here are recommendations and information on Influenza-Like Illnesses (ILI) and the 2019 Novel Coronavirus to help prevent and avoid spreading infections.

Influenza-Like Illness (ILI)

Influenza and ILI viruses are spread through the air by coughing or sneezing. Here are a few recommendations to help prevent the spread of ILI:

- Teach children to wash their hands often with soap and water or an alcohol-based hand rub.
- Teach children not to share personal items like drinks, food or unwashed utensils, and to cover their coughs and sneezes with tissues or the elbow, arm or sleeve instead of the hand, when a tissue is unavailable.
- Get a flu vaccine. To help prevent flu and reduce its impact, everyone 6 months of age and older should get vaccinated every year.
- Know the signs and symptoms of the flu. Symptoms include fever (100 °F or greater), cough, sore throat, runny or stuffy nose, body aches, headache, and feeling very tired. Some people may also vomit or have diarrhea.
- Do not send children to school if they are sick. A child who is determined to be sick while at school will be sent home.
- [Keep sick children at home for at least 24 hours](#) after they no longer have a fever or do not have signs of fever, without using fever-reducing drugs like acetaminophen (Tylenol) or ibuprofen (Motrin/Advil). Keeping children with a fever at home will reduce the number of people who may get infected.

If your child exhibits symptoms associated with influenza, such as a fever (100 °F or higher), consult your primary care physician for evaluation. Infants, toddlers, seniors, pregnant women, and people with certain underlying health conditions are at increased risk of severe illness or complications from influenza, and should consult with their primary care physician if they develop symptoms of influenza.

For more information on influenza, please check the [HCPSS flu prevention web page](#) and [Maryland Department of Health website](#).

Coronavirus

The CDC provides [guidelines](#) on the 2019 Novel Coronavirus, or 2019-nCoV, a new respiratory virus first identified in Wuhan, Hubei Province, China.

According to the CDC, if you were in Wuhan within 14 days and feel sick or have had close contact with someone who has recently traveled from this area and is showing symptoms of fever, cough or difficulty breathing, you should:

- Seek medical care right away. Before you go to a doctor's office or emergency room, call ahead and tell them about your recent travel and your symptoms.
- Avoid contact with others.
- Not travel while sick.
- Cover your mouth and nose with a tissue or your sleeve, not your hands, when coughing or sneezing.
- Wash hands often with soap and water for at least 20 seconds to avoid spreading the virus to others. Use an alcohol-based hand sanitizer if soap and water are not available.

This is an evolving situation, and HCPSS will follow the guidance of the CDC and [Howard County Health Department](#) who will continue to provide updated information as it becomes available.

SPECIAL SECTION for SENIORS

PTSA Scholarships – Get Ready

PTSA is offering seven \$1,000 scholarships to seniors to pay for college or *any other post-high school adventure*. The application will be available on the PTSA website February 1 and the due date is April 15. Please remember that to be eligible, *the senior student and at least one adult family member must be PTSA members*. To become a member, [join online](#).



Graduation Window Announced

HCPSS has confirmed the window for the 2020 high school graduations as Monday, May 18 to 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.

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

Senior Events Calendar

Event	Date/Time	Location
Senior Portraits Due	January 31, 2020	
Senior T-shirt	January	
PTSA Scholarship Application Available (Eligible for PTSA Members)	February 1, 2020 - April 15, 2020	PTSA Website: www.mthebronptsa.com/ mthebronptsa@gmail.com
Deadline to Submit Casual Portraits and from Outside Photographer	February 14, 2020	Submit to: yearbook.mounthebron@gmail.com
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

NEWS WORTH REPEATING

Spring Sports Registration & Tryouts

Instructions for Spring Sports Registration/Tryouts

Must be **complete by Feb. 28th**

1. Go to www.hcpss.org/connect. You must use a computer. Cell phones will not work for registration.

HCPSS Connect – HCPSS

HCPSS Connect provides access to a variety of student information and classroom instructional tools offering personalized communication and timely, relevant and easily accessible information relating to your student. www.hcpss.org

2. Login to your connect portal (**must be the Parental Login**. Using your student's login info will not allow registration.)
3. Once logged in go to the menu on the left and click **HS Athletic Registration** (if you have more than one student make sure you have selected the student from the drop down menu at the top of the page.)
4. Click on Athletic Registration.
5. **Complete all forms**. Do not skip or leave any boxes blank.
6. Please upload **physical dated after April 1, 2019** (PDF). Older physicals will not be accepted. Please load **BG&E bill dated after Jan 1, 2020**. Older BG&E bills will not be accepted.

Spring Sports **Tryouts Start Feb. 29th**. Specific Tryout Times for the 29th will be announced in coming weeks. If you have any sports specific questions please email your son or daughter's coach. Emails can be found at <https://mhhs.hcpss.org/athletics/teams>

The Spring Sports Parents Meeting will be held on Monday, February 24th at 6:00 PM in the auditorium with team breakout sessions immediately following.

Science Olympiad Needs You

Thank you for assisting on Saturday, March 7th, 2020 at our 2nd Annual Science Olympiad competition at Mt. Hebron High School! Please sign up for all the jobs that you feel most comfortable in doing. If you are an "Event Volunteer" we will notify you which one you are covering ahead of time. If you want to help with a specific event like Forensics or Ornithology please leave a comment. Note: if you sign up for an event we will need help grading the tests.

*Please note this is a Div. C (high school) tournament.

Students age 16 and up may volunteer on their own; high school students under age 16 may volunteer with an adult. Any age student may volunteer for setup and cleanup. All students may earn service hours for volunteering.

We also need people to work set-up after school on Friday 3/6/20, early set-up Saturday morning before the event, and clean-up after the awards that same Saturday.

Email the Director, Paul Sabota, at paul_sabota@hcpss.org for further clarification or if you want to see a list of events. The address of the venue is 9440 Old Frederick Road Ellicott City MD 21042.

<https://www.signupgenius.com/go/20f0b4da9a62fa31-mthebron1>

This Sign-Up Genius will be updated. You will receive an email if you signed up.

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!

Applications are available in the Mt. Hebron Media Center beginning December 1st and online at www.MtHebronGT.com. They are due Friday, January 31st. Students are welcome to see Dr. Kiehl in room 109 or email mkiehl@hcpss.org with questions.

HC DrugFree Updates

HC DrugFree's Teen Advisory Council (TAC) will meet on Monday, February 10 from 5:30 p.m. to 7:00 p.m. at The Barn/Teen Center in the Oakland Mills Village Center. TAC meets one Monday evening a month and is open to all Howard County high school students. Community service hours are available for all meetings and events. To access the registration form, please visit <http://www.hcdrugfree.org/teen-advisory-council-1>. Refreshments provided at meetings, so must RSVP to Admin@hcdrugfree.org or call 443-325-0040.

TAC is open to all Howard County high school students (public, private and home school), but students must RSVP to 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 February 3rd 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 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:

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

*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

Bus Stops (Pick up at MTH @ 4:10 pm)

*Maple Rock Dr and East Stayman Dr

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.



