



PRINCIPAL'S NEWSLETTER

February 21, 2019

Happy Friday, Vikings!

Our amazing **Math Department** eats lunch together every day, and on Wednesdays, they only share positive news, having dubbed it, "What's Good Wednesdays!" I love this because intention creates reality, and this week in particular, it felt like there were multiple reasons to be positive. Our week started on Tuesday (already a great way to start the week! ☺) when **Erin Lanthier**, chair of **PTSAs Hospitality Committee** dropped off a personalized basket of assorted K-cups for each of our departments. When you see me in the parking lot every morning with my coffee, please know how appreciative I am to all of the parents who generously contributed K-cups and to Erin and her committee for putting them all together.

On Wednesday, I Tweeted congratulations to our 5 National Merit Finalists, **Aboli Dahiwadkar**, **William Li**, **Lorelei Loraine**, **Pooja Nambiar** and **David Wang** along with a great picture (see Celebrations below). Calling students to the Principal's office for positive news is one of my very favorite parts of my job.

Thursday we sent an eBlast about Pennies for Patients (your generosity astounds me), and **Haley Miller** and our Viking Service Club have somehow managed to talk me into getting pied in the face next Friday for the cause. Stay tuned...I'm sure I'll have some fun(?) pictures to share next Friday! They'll probably do whipped cream (please not shaving cream) but in case they read this, coconut or chocolate cream pie are my favorite. Just sayin'. ☺

Today I got to call **William Li** (pictured below along with his School Counselor, Allie Downey) to my office to celebrate his recognition from the White House for receiving The Prudential Spirit of Community Award Certificate of Excellence as one of the top student volunteers in the state of Maryland. With over 400 service hours, William is so incredibly deserving, and I was thrilled to celebrate him!



JV Football Coach Joe Armstead (who also works in our building as a Special Education Paraeducator!) celebrates High-5 Fridays. He makes his rounds throughout the day spreading positivity like cake frosting as he leaves good vibes in his wake. From High-5 Fridays to What's Good Wednesdays, every day is cause for celebration and joy as your remarkable students and our dedicated staff never cease to amaze me. What a privilege it is to wear black and gold!

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
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 6		National Day of Unplugging (#unplugged) MHHS will be participating
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 25	10am-2pm	Drive-Thru Medication and Sharps Collection @Wilde Lake Village Center Parking Lot
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 **Anushka Ganoo** and **Kasturi Vedantham** who will be participating in a US Women's National Cricket Team selection camp this Saturday in Columbia. Here's the media release regarding the event: <https://www.usacricket.org/media-release/usa-cricket-announces-upcoming-talent-identification-events-for-women-and-girls/> So incredibly proud of these young women!!



THANK YOU to **Erin Lanthier**, the PTSA Hospitality Committee and all of the parents who generously contributed K-cups for our staff! We are appreciative beyond words!

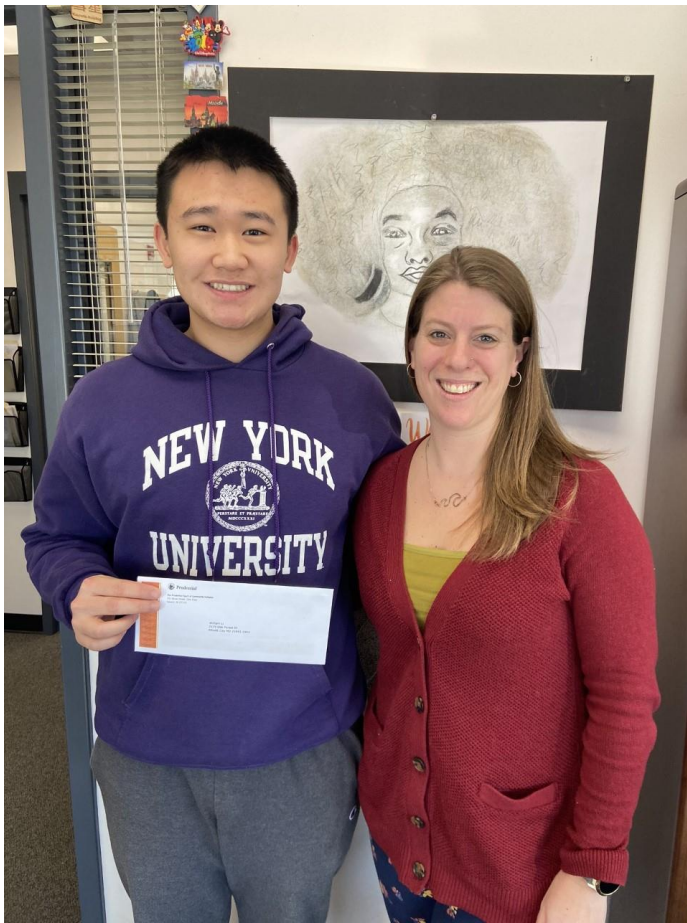


Photo Credit: Viking Backers Facebook Post

Congratulations to Sierrah Matthews for being a double medalist at the State Indoor Track & Field Championship. She won the 300 & finished 2nd in the 500. Congrats Sierrah!



Congratulations to Aboli Dahiwadkar, William Li, Lorelei Loraine, Pooja Nambiar and David Wang who are finalists in the 2020 Competition for National Merit Scholarships!!



Congratulations to William Li,
pictured with his School Counselor
Allie Downey, for being a Prudential
Spirit of Community Award Honoree!!
We are so proud of him!



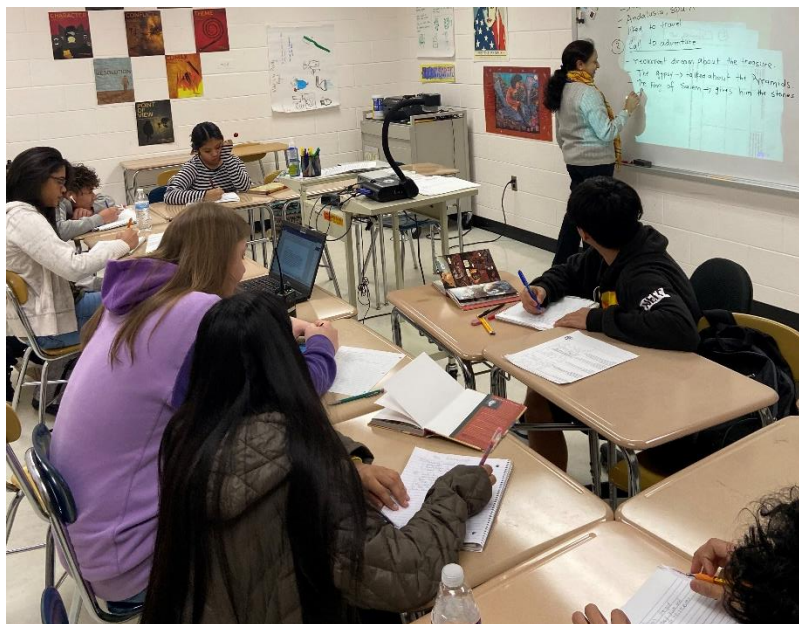
**Congratulations Coach Ireland – MD Field
Hockey Coach of the Year!!!! Recognized at
our Girls Basketball Game this week!**

Congratulations to Aboli Dahiwadkar and Angeline Luther who are 2020 Maryland Affiliate
Winners of the NCWIT Award for Aspirations!! So proud of both of you!

STAFF FOCUS



ESOL TEACHER: **SEMANTI GANGOPADHYAY**



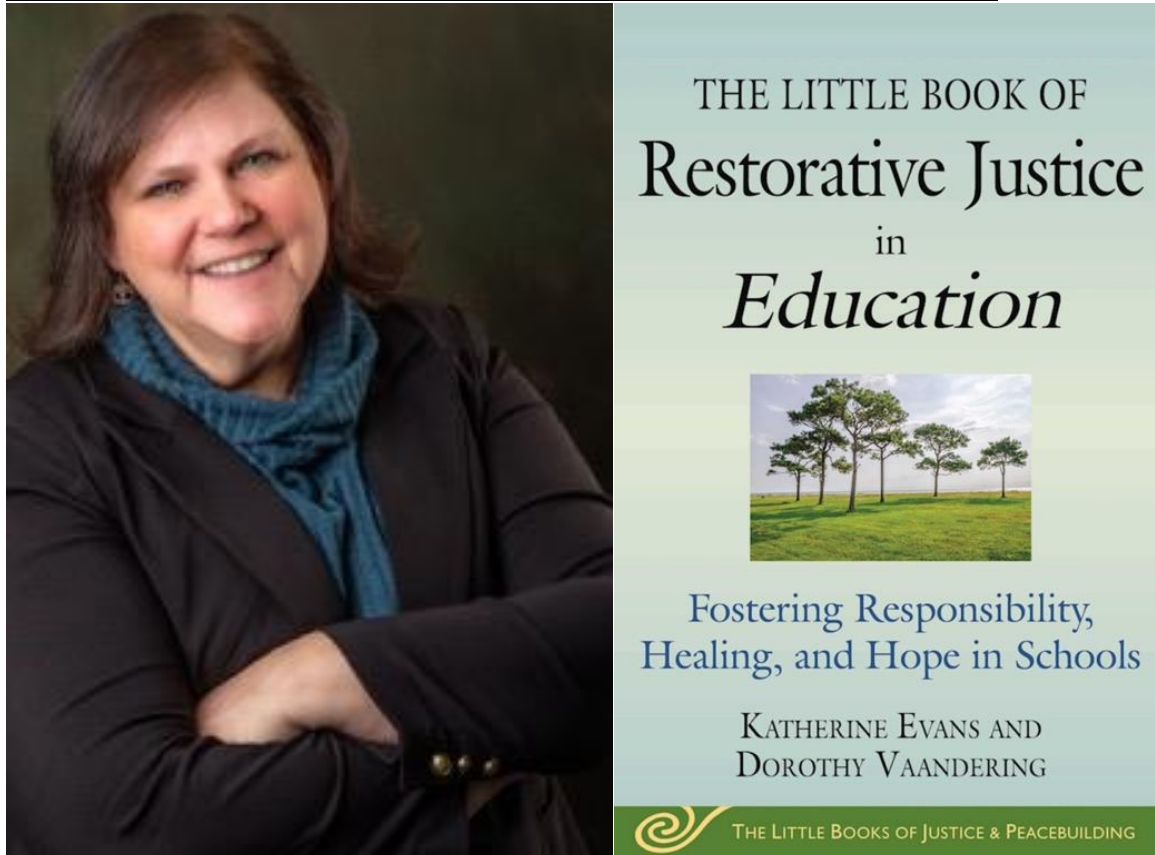
Ms. Gangopadhyay is one of our superstar ESOL (English for Speakers of Other Languages) teachers! She has been an ESOL teacher since 2006, and we've been blessed to have her here at Hebron since 2017. She is also a certified English teacher and co-teaches English 12 with Ms. Fulchino.

There are five teachers and one Paraeducator in our ESOL department which services over 150 students. They are a very close team and take care of the students far beyond their needs in the classroom. Ms. G., as she is known to her students, can frequently be seen working with students after school and during her lunch period as well.

Colleague, Ms. Viglotti says, "Working with Semanti these past two and a half years has been a growing experience. I have seen how she pushes kids and develops such meaningful relationships with them." Ms. G. advocates for her students with their content teachers as if she they were her own children, knowing that their parents may not be able to do this. One senior shared, "She works miracles!" She is for sure the reason that so many of our students do not give up. We are so grateful for her and love her dearly!!

NEW NEWS

Restorative justice in Education: A conversation with Dr. Kathy Evans



Conversation and book signing with educator and co-author of *The Little Book of Restorative Justice in Education*

Monday, March 23, 2020
6pm-8:30pm (6pm-6:30pm Refreshments)
St. John Baptist Church, Fellowship Hall
9055 Tamar Drive, Columbia, MD, 21045

RSVP

<https://www.eventbrite.com/e/restorative-justice-in-education-a-conversation-with-kathy-evans-tickets-95108442913>

Sponsored by Howard County Education Association; Howard County Public Schools System Office of Diversity, Equity, and Inclusion; and the Restorative Justice Partnership

Brain Bee

The Ellicott City Brain Bee will be held by the neuroscience club on Monday, 2/24/20 after school in Room 109 from 2:50-4:30 PM. You can register at ecbrainbee.weebly.com. If you have any questions, you can email ecbrainbee@gmail.com. This is the second annual year of competition.

Disability Awareness Program during Sports for Life Classes

Sports for Life classes have been participating in DAP (Disability Awareness Program) the past two weeks in their classes, playing wheelchair basketball and other team sports. The Aerobic Conditioning & Strength and Conditioning classes also got to join in for a few days, which has been a great display of teamwork and working together.



The "Mulch Minute"

Our Mt. Hebron Mulch Committee is busy working behind the scenes to make sure that our Mt. Hebron community looks great through the annual MULCH SALE benefiting the PTSA After-Prom. Did you know that last year 22 volunteer drivers delivered 5,516 bags of mulch throughout our community?

Thanks to our AWESOME student/team/club volunteers who helped to load the trucks that criss-crossed neighborhoods, backroads and driveways this work was completed in less than 4 hours! That's an INSANE 1,379 bags an hour!

Want to help deliver mulch on March 28th? Want to buy some mulch? All the info you need is available by clicking below:

<https://mhsmulchsale.wixsite.com/mhsmulchsale?fbclid=IwAR1Ok1t8a5tsa9s9FHHW1rbX2mlxIFEoyW9iG8-i8bDCr9qtdYDayaFn7KA>

Or by contacting the MHHS Mulch Committee@ mhsmulchsale@gmail.com

Thanks in advance for your support!



Allied Softball Team Looking for Peer Partners

Students interested in being a Peer Partner for the Allied Softball Team should contact Trish Ewart (patricia_ewart@hcpss.org). The season begins March 16!

Attention All JUNIORS!



The 2021 Class Board has designed t-shirts to sell to offset the cost of prom (see images above)! Act fast and get one while you can! They are \$12 and can be purchased through this link:

<https://osp.osmsinc.com/HowardMD/BVModules/ProductTemplates/Bvc2013/Product.aspx?productid=DA010-332>

Please be sure to print a copy of your receipt and bring it to Ms. Aubin's room, 236, before or after school to pick up your shirt! Thanks for your support!

Leadership U Class of 2020

Don't miss this **last chance** – to come to a **Leadership U Information Session!!** Give your sophomore the opportunity to have an experience that will be a highlight of his or her high school career. Come hear from LU grads and learn what the program is all about. **Our final information session is Sunday, March 1 at HCLS-Miller Branch from 3-4pm.** Parents and students in both 9th and 10th grade are encouraged to attend. Additional information is available at <http://www.leadershiphc.org/leadership-u-2/> or email Meg Ignacio mignacio@leadershiphc.org. Online applications are due no later than March 12, 2020.

2020 Yom Hashoah Essay Contest 75 Years Later: Our Stories of Survival, Loss, and Liberation

Who's Eligible: All Howard County middle school and high school students

Purpose of the Essay Contest:

The Howard County Holocaust Remembrance Committee seeks to remember the Holocaust by learning from the events that took place in Europe from 1933 to 1945. This year marks the 75th anniversary of the liberation of the concentration camps. The essay provides students an opportunity for reflection, and to consider how the atrocities of the Holocaust continue to impact us today. The hope is that this will highlight the importance of standing up against hateful actions to prevent terrible events from happening again in the future. There will be a first and second place prize awarded at the middle school level, and similarly at the high school level. First Prize winners will each receive \$100 and Second Prize winners will each receive \$50.

Essay Background and Topic:

On April 15, 1945, General Dwight D. Eisenhower spoke these words after he saw the newly liberated camps: *"The things I saw beggar description...the visual evidence and the verbal testimony of starvation, cruelty, and bestiality were...overpowering...I made the visit deliberately in order to be in a position to give first-hand evidence of these things if ever, in the future there develops a tendency to charge these allegations merely to "propaganda."*

In thinking about this quote, share your responses to the following questions. Your discussion should be written in the form of an essay.

1. How do you think General Eisenhower felt as he spoke these words?
2. Why do you feel it was important to share what he saw with the world?
3. What impact did reading this quote, or learning about the Holocaust in general, have on you?

Students who are interested in learning more about this topic are encouraged to visit the United States Holocaust Memorial Museum's online collection of digital resources, at <https://collections.ushmm.org/search/>.

The Basic Things to Know:

- Essay should be 300-500 words and no more than 2 typed pages.
- Essay should be submitted by email no later than March 15, 2020.
- Winners will be notified by March 31, 2020.
- Essay should be submitted by email to YomHaShoahEssayContest@gmail.com. Please type either Middle School or High School in the subject line. Include a title page with your name, school name, grade, contact phone number and/or email address.

Judging:

Essays will be judged by Howard County Holocaust Remembrance Committee members and Howard County teachers, using a 6-point rubric that will incorporate common core standards.

Pennies for Patients Fundraising – Help us PIE DR. MILLER NEXT FRIDAY!

Please donate in the MHHS Pennies for Patients campaign, run by the Viking Service Club in partnership with the Leukemia and Lymphoma Society! LLS is a voluntary health organization dedicated to funding research, finding cures and ensuring access to treatments for blood cancer patients. Mount Hebron has set a goal to raise \$3,000 for this incredible organization and it is a **competition** between the classes to see who can bring in the most! There are two ways you can donate!



ONLINE: Donate through your class-specified link!

See below for access!

9th Grade: <https://events.lls.org/pages/md/MtHebronHighSchool-2020/9thGrade>

10th Grade: <https://events.lls.org/pages/md/MtHebronHighSchool-2020/10thGrade>

11th Grade: <https://events.lls.org/pages/md/MtHebronHighSchool-2020/11thGrade>

12th Grade: <https://events.lls.org/pages/md/MtHebronHighSchool-2020/12thGrade>

IN SCHOOL: The Viking Service Club will be collecting at all lunch shifts on Mondays, Wednesdays, and Fridays! Bring a few dollars to place in your grade's collection bucket! We will keep you updated as the campaign continues to let you know how each class is doing and how close we are to our goal! Go Vikings! We can cure blood cancer together!

Indian Cultural Association - Essay Contest for Students & Parents

Children & Parents often have a lot of feelings or thoughts to share with one another, but are not always able to. This essay contest is an opportunity for you to speak up.

ICA INDIAN CULTURAL ASSOCIATION

2020 ESSAY CONTEST

For Parents & Youth

CASH PRIZES

THIS IS YOUR STORY!

"STUDENTS,
if you could tell your
parents anything, what
would it be?"

"PARENTS,
if you could tell your
children anything, what
would it be?"

Children & Parents often have a lot of feelings or thoughts to share with one another, but are not always able to. This essay contest is an opportunity for you to Speak up.

Submit entries via email: youth@icahoward.org
Upload deadline: April 3rd, 2020, 11:59PM EST

For more information, see official rules for entry posted on
<https://www.indianculturalassociation.org/essay-contest>

Questions? Email: youth@icahoward.org
Web: icahoward.org
FB: [icahoward](https://www.facebook.com/icahoward)

Ph. 410-567-6599

TOPIC: "STUDENTS, if you could tell your parents anything, what would it be?"
"PARENTS, if you could tell your children anything, what would it be?"

Award: 1st Prize: \$200, 2nd prize: \$100. The name of the winners will be announced by the end of June 2019.

Who is eligible? All students enrolled in grades 6-12 in U.S. public, private and home schools in Howard County, Maryland.

Format? The essay should be 300-500 words. Entries must be typed, double-spaced and must be the participant's original work.

How to Enter? Entries must be emailed to youth@icahoward.org with "Student/Parent Essay Contest" written in the subject line. For more information, see official rules for entry posted on <https://www.indianculturalassociation.org/essay-contest> or contact Niti Srivastava at srivastava@icahoward.org.

Counselors' Corner February

- Jumpstart Dual Enrollment Info Session – If your student is thinking about taking classes at HCC for next school year, there will be an info session April 17 @ 9:15. Sign up via Naviance.
- Is your senior looking for Scholarships? Check out local and national scholarships on Naviance! Go to "Colleges" (on the top right of the screen) then "Scholarships and Money" to find out more. If you do not have your parent log in, please contact your child's counselor.
- MINDFUL MARCH is coming!! March will feature mindfulness workshops during Viking time, Pi Mental Health Week and Unplugged Day! PTSA also has some fun and creative initiatives planned so stay tuned for more information!
- HC Drug Free offers several initiatives open to the community. Please see below for more information:
 - **Free Parenting Classes** - HC DrugFree and the State's Attorney's Office are offering another series of evidence-based, interactive parenting classes. Provides the families of children age 9-14 with the skills and knowledge to reduce the risk that their children will use drugs. Classes will be held on Tuesdays, March 10, 17, 24, and 31 from 5:30 p.m. –

8:00 p.m. at Oakland Mills Middle School in Columbia. Parents are expected to attend all 4 classes. For more information, contact HC DrugFree's Executive Director, Joan Webb Scornaienchi at Admin@hcdrugfree.org or 443-325-0040. To register, visit <https://www.surveymonkey.com/r/March2020oms>

- **HC DrugFree's Teen Advisory Council (TAC)** will meet on Monday, March 16 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
- **Senior Week: Staying Safe in Ocean City Program** - HC DrugFree, Ocean City Police and Ocean City Beach Patrol will return for this annual program. Held on Monday, March 30 at Atholton High School and Monday, April 27 at Howard High School. Free. Open to the public. Both programs will be at 7:00 p.m. in the school auditorium. This program is for students and parents/adults. For questions, contact Admin@hcdrugfree.org or call 443-325-0040.
- **Drive-Thru Medication and Sharps Collection** - HC DrugFree's next drive-thru medication and sharps (needles, syringes and EpiPens) collection will be held on Saturday, April 25 from 10 a.m. to 2 p.m. in the Wilde Lake Village Center parking lot. Bring all unwanted and expired over-the-counter and prescription medication. Free. Open to the public. No need to get out of your vehicle. Student and adult volunteers welcome. Community service hours available. Medication guarded and transported by the Howard County Police and the Drug Enforcement Administration.

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. 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 Events Calendar

Event	Date/Time	Location
Staying Safe in Ocean City Program	March 30, 2020/ 7pm	Atholton High Auditorium
Deadline to Submit Completed PTSA Scholarship Applications (Eligible for PTSA Members)	April 15, 2020/ 2:30pm	PTSA Website: www.mthebronptsa.com/ mthebronptsa@gmail.com
Staying Safe in Ocean City Program	April 27, 2020/ 7pm	Howard High Auditorium
Prom	May 2, 2020, 8-11pm	Turf Valley
After Prom	May 2-3, 2020/ 11pm-3am	YMCA
Class Night Dinner & Dance	May, 2020	TBD
Senior Picnic	May, 2020	TBD
Graduation Window	May 18-28, 2020	Merriweather Post Pavilion

NEWS WORTH REPEATING

Beauty and the Beast

Performances: March 19-21 at 7pm and 22 at 2pm

March 18 at 10am: Elementary & Middle Student Matinee

Rating: PG

Running Time: 2 hours and fifteen minutes with one intermission

Tickets: \$12 General Admission, \$10 Student, \$6 Senior Citizen/Child Under 6

Advanced Ticket Sales:

- Visit the website www.MtHebronTheatre.org to purchase tickets online. There is a service charge of \$1.50
- Tickets will be sold in advance starting on March 16th during lunch shifts for students. We can accept cash, checks, and credit cards
- Tickets **cannot** be ordered over the phone
- Senior citizens get half priced tickets-\$6. These can be purchased online

Door Ticket Sales:

- Tickets will be sold at the door starting at 6:15pm on the night of the performance
- We can accept cash, checks and credit cards

Door Open:

- The audience will be seated starting at 6:30pm

Questions: Contact Kathryn Carlsen by email kcarlsen@hcpss.org



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.

Science Olympiad Needs You

Thank you for volunteering on Saturday, March 7th, 2020 at our 2nd Annual Science Olympiad competition at Mt. Hebron High School! Please sign up for all jobs 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.

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 Bogst, 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@zphiblgc.org or beccascloset@gmail.com.

SATURDAY MARCH 28th
9:00 AM TO 2:00 PM
ATHOLTON HIGH SCHOOL, SENIOR CAFETERIA
8330 PRETOWN 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

Your next **VALHALLA VOICE** will be published **February 24th** 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: 25, 27

March: 3, 5, 10, 12, 17, 19, 24, 26, 31

April: 2, 14, 16, 21, 23, 30

May: 5, 7, 12, 14

*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

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

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.

