

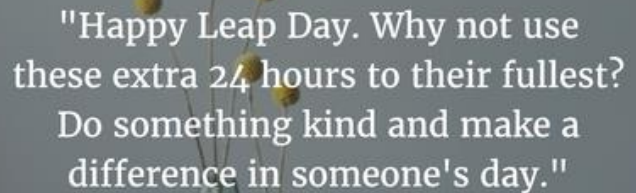


PRINCIPAL'S NEWSLETTER

February 28, 2019

Happy Friday, Vikings!

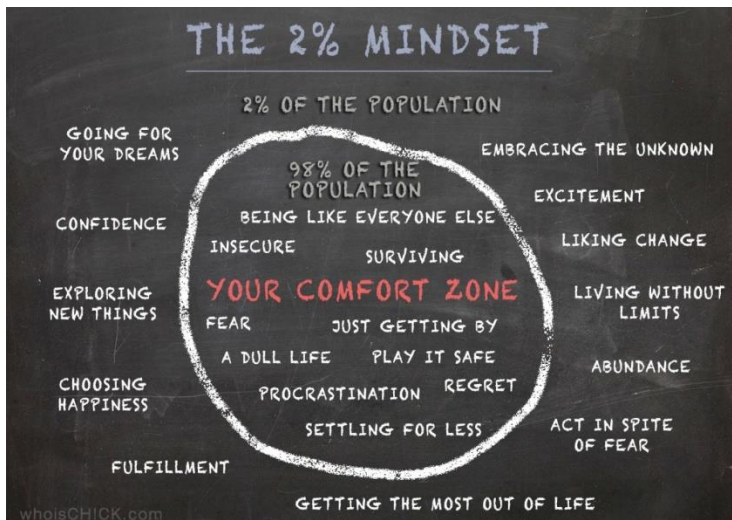
Tomorrow is a Leap Day, the extra day that gets added to our calendar every fourth year to fix the problem that while our calendar year is 365 days, the solar year – the amount of time it actually takes for the Earth to circle the sun – is 365.24219 days. As a former science teacher and someone who was born on February 29th, I am particularly fond of Leap Day. ☺



"Happy Leap Day. Why not use these extra 24 hours to their fullest? Do something kind and make a difference in someone's day."

So what are you going to do with your extra day this year? As educators, we frequently talk to our students about taking risks, leaps if you will, as it's the only way we grow. Orrin Woodward famously said, "Success is on the other side of your comfort zone." And **Tori Valentine** who was just named HoCo Outdoor Track & Field Athlete of the Year knows all about stepping outside her comfort zone as do **Shreya Santhanagopalan, Rashi Kejriwal, Manasi Prashant, Caroline Kasuba** and **Pooja Nambiar** who just won the 28th Annual Central Maryland Physics Olympics competition! Not only were they crowned the overall champions, but they also won first place in 2 of the 6 events. And our **Lancers** who

competed at Good Counsel High School this past Saturday placed 1st in Props and 3rd in POMS.



Of course, most of the leaps we take aren't as noticeable but are still noteworthy. We have students who courageously get their driver's license (and probably more courageously, parents who stretch far beyond their comfort zone to teach them drive! Or maybe that's just me.) We have students trying new activities and clubs, and, of course, taking risks in the classroom every day. With risk also comes the potential for failure, but as teacher **Ms. Kara**

Brooks-Odom reminded us all this week, *fail* simply stands for **F**irst **A**ttempt **I**n **L**earning.

Your students are a constant source of inspiration as we marvel at their determination and what they can accomplish when they push themselves and take leaps. What will be your next leap?

Happy Leap Day!
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 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 2-5		Middle School Band Assessments hosted by MHHS
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!



Photo credit Viking Backers Facebook Page

Congratulations to Tori Valentine - HoCo Girls Outdoor Track & Field Athlete of the Year!

<https://www.baltimoresun.com/maryland/howard/sports/ph-hs-girls-track-all-county-2019-story.html>



Congratulations to Our Physics Olympics Team B: Shreya Santhanagopalan, Rashi Kejriwal, Manasi Prashant, Caroline Kasuba and Pooja Nambiar!!! They won the 28th Annual Central Maryland Physics Olympics competition! Not only were they crowned the champions overall, but they also won first place in 2 of the 6 events. Special thanks to sponsor and science teacher, **Ms. Giang Lu!!**



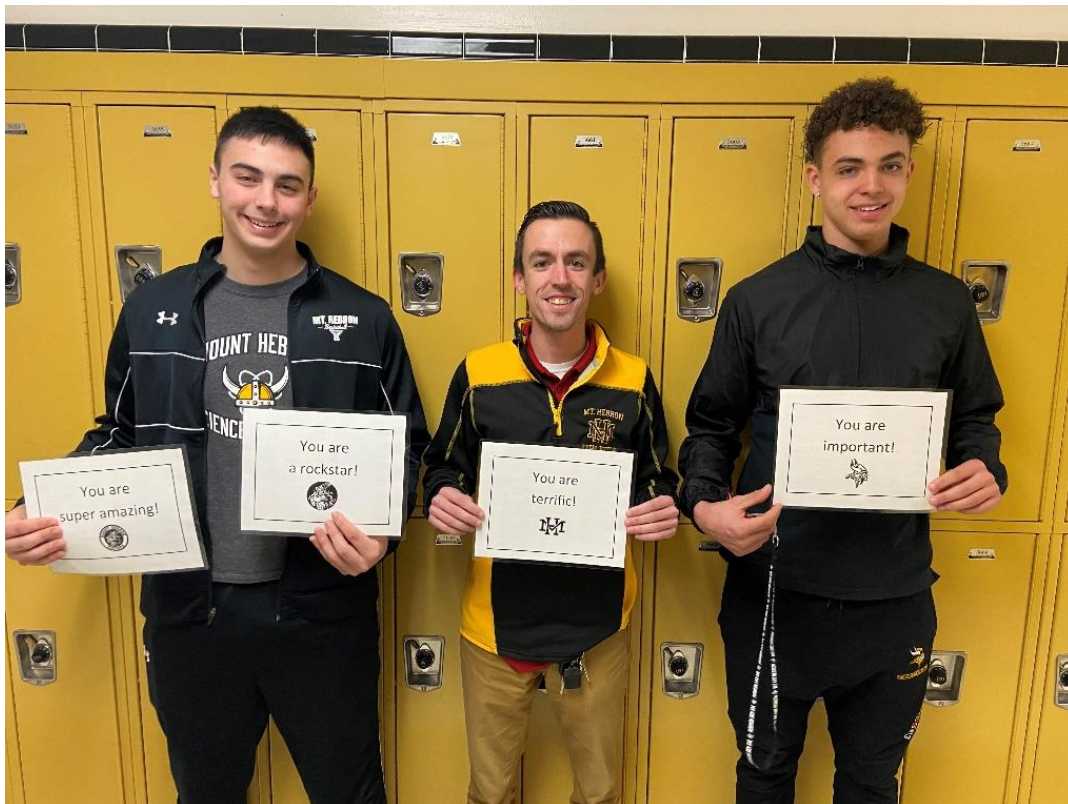
Congratulations to Our **Lancers** who competed at Good Counsel High School this past Saturday and placed 1st in Props and 3rd place in POMS. Their lyrical performance was breathtaking! Special thanks to sponsor and English teacher **Ms. Jennifer Goodwin** for all her efforts and support of the team!



Congratulations to Jenna Buckshaw, Rachel Chiei, Alyssa Debels, Victoria Iveljic, Jenna Lessler, Ellen Li, Lynzee Loudon, Megan McCluskey, Paige McGinnis, Rachel Reiter, Logan Scarbath, Mira Tadimalla, Amber Wartman and Maggie Zhang!! Mt. Hebron's Senior Dance Company performed at the Gordon Center for Performing Arts on February 28th to participate in the Maryland Dance Alliance, a full day festival for dance students in Maryland. They were also selected to dance in the evening showcase!! Special Thanks to our Dance Teacher **Ms. Dipietro**!!

Congratulations to former MHHS graduate **Caitlin Moynihan** who has TWO Emmy nominations as Assistant Producer for, "Character Study" and "Gotta Dance!!!!!"

FEEL GOOD FRIDAY!



Today is the **LAST DAY** in the Pennies for Patients campaign, led by the Viking Service Club, to raise money for blood cancer research! Currently, the sophomore class is in the lead! Please be sure to visit one of the links below to donate and stay tuned for an update in next week's newsletter on how much we raised! Come on Vikings, we can cure cancer together!



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

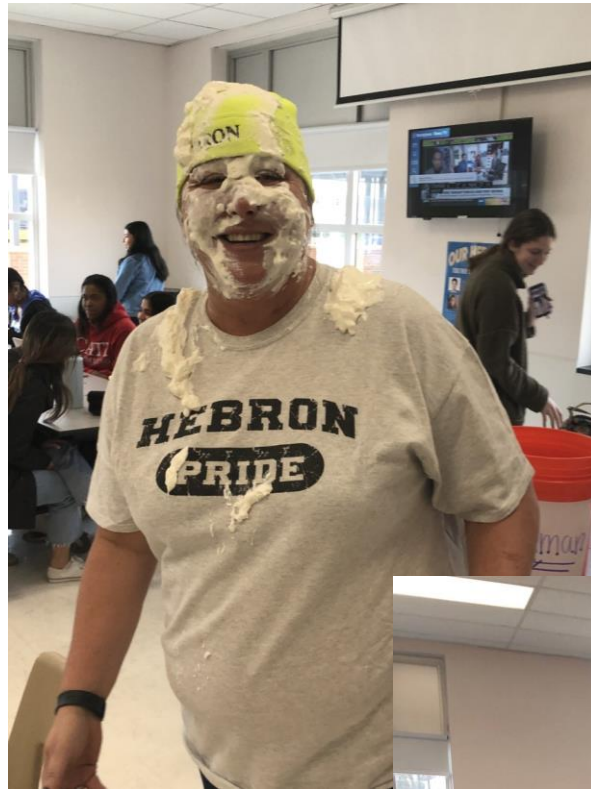
10th Grade: <https://events.ils.org/pages/md/MtHebronHighSchool-2020/10thGrade>

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

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

Getting PIED (2x!) for a Cause!

As promised in last week's newsletter, here are the pics of me getting "pied" in support of our "Pennies for Patients" campaign. Congratulations to 1st & 2nd lunches!





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





Thank you to all of the staff and students who helped us celebrate and honor Black History Month!



The ever-clever Staff Appreciation Committee was busy again this month as they treated our staff to some refreshMINTS. Thank you so much for making us smile and helping us mask our coffee breath! 😊



STAFF FOCUS



Social Study Teacher: **Mr. Herdman**

Mr. Herdman is one of our amazing Social Studies teachers! He has been teaching World History Honors and Advanced Placement World History here at Mount Hebron for the past two years and brings a wealth of experience in teaching. This week, Mr. Herdman continued with great teaching and learning with a focus on WWI. He and his students were engaged in a lesson that went well beyond just reading about a topic in a textbook. Mr. Herdman led his students through a very deep and detailed discussion.



In addition to teaching here at Mount Hebron, **Mr. Herdman** is greatly involved with our Student Government Association serving as their co-advisor along with Ms. Engelstatter. Together, this team organized the canned good drive to feed over 150 families including many families at Hebron nearly doubling last year's numbers. Mr. Herdman's students would gladly tell you that "he is probably the most understanding teachers in the school. He will help you out with anything." ~Sophia. We are so pleased to have Mr. Herdman here at MHHS!!

NEW NEWS

Mt. Hebron Boys Lacrosse 46th Annual Spaghetti Dinner

Monday March 16th 5-7:30 pm

Mt Hebron Cafeteria

Come out and support the Mt. Hebron boys lacrosse teams!

\$ 10.00 for Adults

\$ 5.00 for students, staff and seniors

Tickets can be purchased from any player or at the door. To go containers available

Viking Backers Positions Available for 2020-2021

Viking Backers Booster Club is currently taking nominations for officers for the following positions:

- VP Communications
- VP Spirit Wear
- VP Ways and Means

We will be voting to approve a slate of new officers at our May 4th general board meeting at 6:30pm. If you are interested or would like to know more about these positions, please attend our March 2nd or April 20th, General Board Meetings in the Media Center at MHHS at 6:30pm OR contact Jim Bahel: president@vikingbackers.org

Srini Gorantla: SRINIVASUANWESHA@gmail.com

Dana Arthurs: vikingspiritwear@gmail.com

Viking Backers Norsemen 2020 Scholarship

Applications are now available online and must be returned to the Guidance Office no later than 2:30pm on Friday, April 10, 2020

As a result of the generous Mt. Hebron High School Community and the fund-raising efforts of the Viking Backers Booster Club and its members, it is our pleasure to offer the Viking Backers Norsemen 2020 Scholarship opportunity to deserving students in our community.

The Norseman Scholarship will be awarded to up to five (5) deserving Mount Hebron High School seniors who have personified the Backers' goal of making a positive impact on our school and our community. To be eligible, students who apply must have maintained a 2.5 grade point average (GPA) or better and have demonstrated significant leadership qualities and potential. These funds are a recognition of this commitment and can be used in support of any number of post-graduation activities.

To be eligible, at least one parent must be a current member of the Viking Backers prior to March 31, 2020. For all eligibility requirements, complete details on the application process, as well as the application form, please visit our website: <http://www.vikingbackers.org/scholarships.html>

Senior applicants must complete the scholarship application form and return it to the Guidance Office no later than 2:30pm on Friday, April 10, 2020.

NOTE: NO APPLICATIONS WILL BE ACCEPTED AFTER THIS DATE & TIME!!!!

The winner will be announced during the Mt Hebron High School's Senior Awards Ceremony.

The “Mulch Minute”

The Mulch Minute:

Have you ever wondered how much mulch it would take to cover our Mt. Hebron football field? Me too (not really, but I digress...) Well then, the week's mulch minute has the answer for you!

The football field is 100 yds (300') x 160 feet wide. That means the field itself is 57,600 square feet; based on 3" of mulch cover, we would need 7,200 of the 2 cu ft bags OR 4,800 of the 3 cu ft bags. Based on last year's mulch sales, we would have been able to cover the entire field in about 2.5" of mulch. Think about that! If this MULCH MINUTE update doesn't have you thinking about (*or in a Pavlovian response smelling!?*) how much mulch you'll need at home, I'm not sure what will.



Want to help deliver mulch on March 28th? Want to buy some mulch? Need VOLUNTEER service hours? Don't want to help but wanna feed the VOLUNTEERS: 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.

Counselors' Corner

- MINDFUL MARCH is here! Every Wednesday during Viking Time students will have the opportunity to participate in Wellness/Mindful activities. Check out the link to see and register for the offerings! <https://forms.gle/brK8m4aBAaKyZ7Ky6>
- Are you looking for a COLLEGE THAT CHANGES LIVES for your student? Colleges That Change Lives (CTCL) is coming to Bethesda on May 19 @ the Bethesda North Marriott Hotel & Conference Center. The program begins at 7 with an information session followed by a college fair that should last about 1.5 hours. Students are encouraged to register. Check out information here: <https://ctcl.org/washington-dc-may-19-2020/>
- COLLEGE AND CAREER NIGHT – An informative evening with special presenters! Thursday, March 26 @ 6 pm. Presenters include College Park, Towson, Johns Hopkins, Mount St. Mary's, Lincoln Tech, ROTC Armed Forces, Howard Community College and The Answer Class. There will be 3 breakout sessions for you to attend.
- Is your child interested in becoming a teacher? TEACH HOCO is an interactive event taking place on Tuesday, March 31st during 3rd period. Students can sign up on Naviance. Contact Ms. Valentine for more information.
- TRANSCRIPTS FOR SUMMER PROGRAMS: Is your child signing up for a summer program that requires a transcript and/or counselor recommendation? Students can request a transcript using the blue Transcript Request Form in Student Services. Please allow 10 school days (not including weekend days) for processing. Please attach any forms that need to be completed to the blue form.
- Howard Community College is hosting a Project Access College Fair on Sunday, March 7, 2020, 10 am – 1 pm. Admissions representatives and disability coordinators from over 30 schools will be present to conduct workshops on college/career planning, financial aid and the difference between high school and college, just to name a few. Visit their site to find out more information: www.howardcc.edu/projectaccess

PAYDAY is Coming!

Put Away Your Device Day (PAYDAY) is **next Friday March 6th** and many schools, companies and organizations nationwide are participating in the **National Day of Unplugging**.

For the 3rd year Mt. Hebron will be participating in Unplugged Day. This is an opportunity to encourage and challenge your student, and even yourselves, to break away from technology/social media for one day...or even part of the day, such as during the school day. This is completely voluntary, but hopefully with some adult modeling students can begin thinking about their own personal use habits.

The goal is for our students to make a commitment be more **physically and mentally** present without the distraction of their phone or device during ONE day of their life....or just PART of the day. As a parent you can encourage your student to participate and to avoid technology, exercise, meditate, socialize, and get outside.

Students who pledge to participate will receive an embroidered cell phone pocket sticker with the Viking logo (as supplies last), and will sport a sticker Friday to be distributed Wednesday and Thursday during lunch, and Friday morning.

RESOURCES for Parents

A recent study showed that only 32% of students aged 13-17 preferred to communicate in person. On the other side: 35% preferred texting, 16% social media and 10% video chatting.

Are You a Social Media-Savvy Parent? Take this quiz and find out:

<https://graphics.wsj.com/quiz/index.php?standalone=1&slug=workfam-quiz0116>

While at home over the next several days, we encourage you to have conversations with your student. Here are some starter prompts to get them thinking:

- When have you felt ignored by someone on a phone or other digital device? How did that make you feel?
- When have you ignored other people while you used a phone or other digital device? Why did you?
- How much time do you spend on social media each day? Do you think that is enough or too much?
- How important is your device to you on a scale of 1 to 10? How does this make you feel?
- When do you turn off your devices (other than when you are in school)? If the answer is never, why?
- What is the longest amount of time you've been unplugged (phone, online)? How did you feel?
- When you are with your friends do you all have your phones out?
- How do you think society's manners and acceptable behaviors have changed with the ever-present cell phone?
- What are you not doing when you are on technology instead?
- When you are not on technology do you feel like there is anything you are missing out on?

- Do you feel like you are in control of the time you spend on your digital device or that your digital device is controlling your time?
- How does your use of technology impact your relationships, both positively and negatively? Are there areas you want to change?
- How do you feel when your friends have their phones or computers out when you are trying to talk to them?

TIPS for students: Always be responsible on social media:

- What you post impacts yourself, people you care about and others.
- Always think before you post, and report harmful posts appropriately.
- Bullying, threats, and ranting about your school/classmates/teachers/bosses online can also lead to disciplinary actions such as suspensions, expulsions or being fired.
- Content can still be accessed from the site's servers after it is deleted by the user.
- Take screen shots or find another way to record/document the post in order to show it to a trusted person who can help intervene.
- Employers, colleges, scholarship providers, schools, and the police can monitor your online activity, including private messages.
- Posting, liking, sharing, and commenting on criminal activity on social media can put youth at risk for violence, victimization, disciplinary action, and arrest.

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

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!

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!

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.

Beauty and the Beast

Performances: March 19-21 at 7pm and 22 at 1pm Tea with Belle, 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

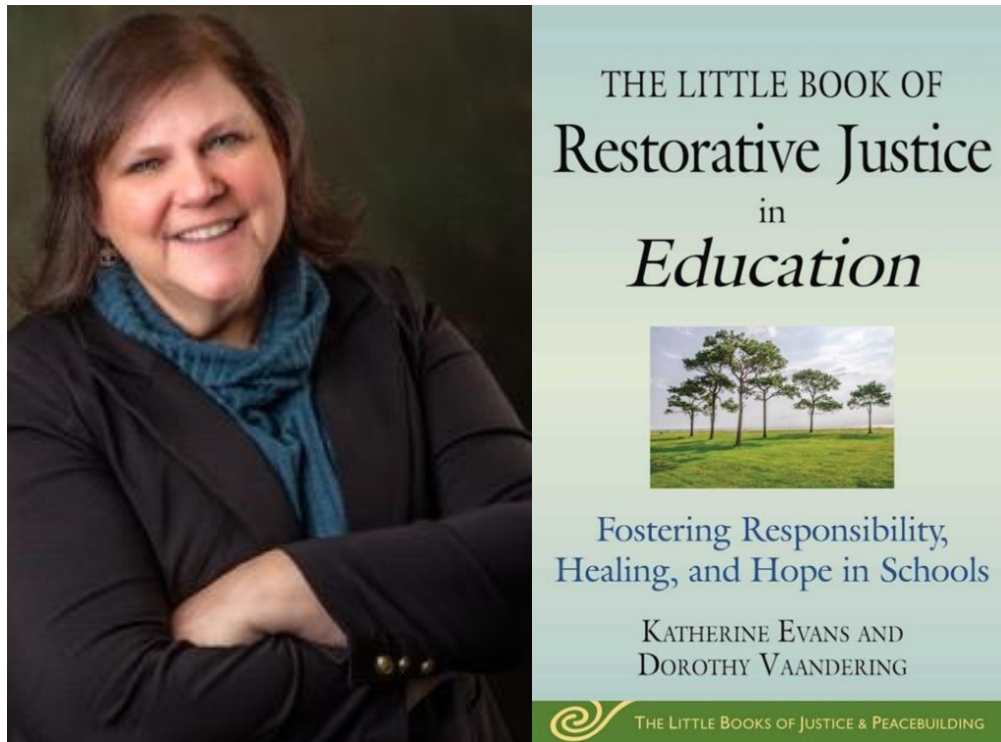
Door Open:

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

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



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

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.

FREE Prom Dresses!

14th Annual
A PRETTY & POLISHED AFFAIR
Cherice Daniel, President & Kristin Bost, Advisor
Becca's CLOSET
Hosted by Zeta Phi Beta Sorority, Inc. Lambda Gamma Zeta Chapter of Howard County, MD
Becca's Closet of Atholton High School
SATURDAY MARCH 28th
9:00 AM TO 2:00 PM
ATHOLTON HIGH SCHOOL, SENIOR CAFETERIA
8020 FREETOWN ROAD, COLUMBIA, MD 21044

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.**

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@zphibgc.org or beccacloset@gmail.com.

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.

Your next **VALHALLA VOICE** will be published **March 2nd** 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 Stops (Pick up at MTH @ 4:10 pm)

Bus Dates:

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

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.

