



PRINCIPAL'S NEWSLETTER

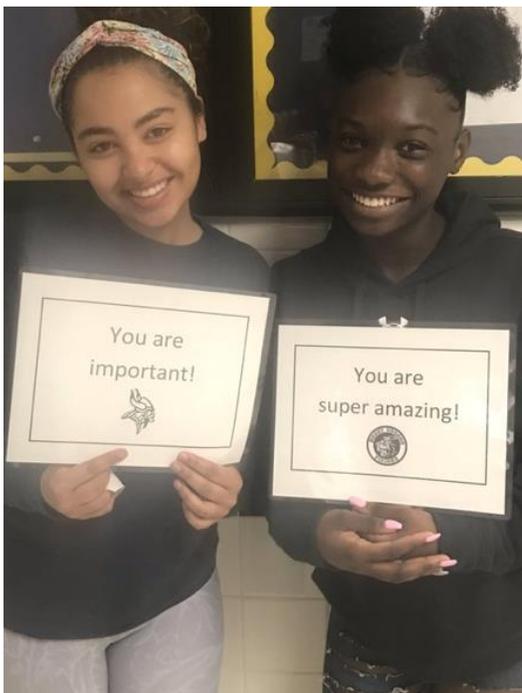
November 1, 2019

Happy Friday, Vikings!

You got this. You are enough. No te rindas. You are worthy of love. Vales mucho. Don't give up. You are not alone. One day at a time. Have you seen the positive affirmation signs posted in front of our school? Many thanks to parent, **Ana Nunez**, who is part of the PTSA's committee on Mental Health Awareness for spearheading the effort to get our signs.

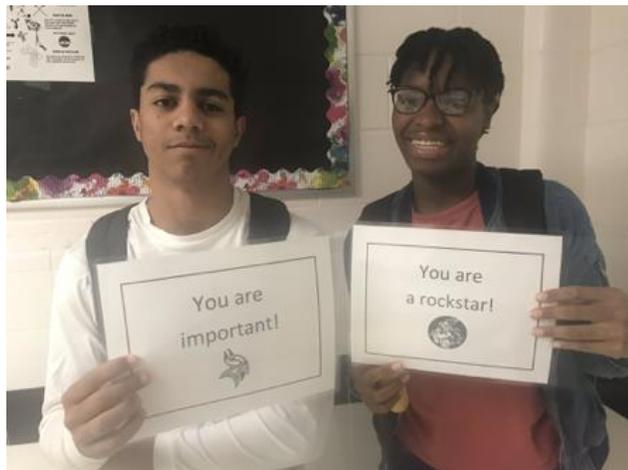
Ms. Nunez reminds us that there is evidence from people who have survived suicide attempts that some of these simple words and messages may be just what someone needs to hear to push through one more day. And it may have a positive impact on our overall community as well, being visible to people who drive past our school every day. We're now part of a larger movement as schools and communities from Oregon to Ohio and as close to home as Baltimore County have been displaying signs.

Inside our school, Juniors **Sophie LeClaire** and **Connor Byrne** must be commended for hosting a mental health speaker from Grassroots this past Wednesday during Viking time. As part of their Leadership U project, Sophie and Connor wanted students to have an outlet to talk about stress and mental health and how social media portrays it. The conversation has been started, and it's ongoing... In fact, Sophie & Connor are hoping to bring in more speakers in the future.



Finally, we started our new "Feel Good Friday" initiative a day early! Follow us on Twitter for all of our pictures and so much more. Here are just a few to make you feel good!

Until next week, always remember, you got this! ~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
November 4	During Lunch	Start selling tickets for 'Damn Yankees'
November 4	6:30-7:30pm	Viking Backers Meeting in the Media Center
November 7		College Trip for Juniors who submitted permission form
November 7	10am	'Damn Yankees' matinee – free for senior citizens
November 8	7-8am	Restorative Justice in Education Book Discussion over Coffee Sponsored by PTSA in the Media Center
November 8, 9	7pm	'Damn Yankees' Theatre production
November 11		1 st Report Cards Issued
November 11	6pm	Winter Sports Parents/Coach Meeting in the Auditorium
November 12	6:30pm	SAT/ACT info night for parents in the Media Center
November 12	7pm	PTSA Meeting in the Media Center
November 13		Last Day for Winter Sports Registration
November 13	7-8:30pm	GT Parent Academy in the Auditorium
November 13	7-9pm	Career Academies Information Session @ ARL
November 14-16	7pm	'Damn Yankees' Theatre Production
November 22	6-10pm	Viking Backers Basket Bingo @The Lodge in Catonsville
November 25, 26		3-hour early dismissal at 11:10am
November 26		Staff Luncheon Provided by PTSA
November 27-29		Schools closed for Thanksgiving Holiday
December 10	7-9pm	Career Academies Information Session @ ARL
Dec 23-Jan 1		Schools closed for Winter Break
January 20		Schools & offices closed/ Martin Luther King Jr. Day
January 22-24		HS only 3-hour early dismissal at 11:10am
January 27		Schools closed/Professional Work Day for Staff
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
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 implementation @ Mt. Hebron 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 25		Schools closed for Memorial Day

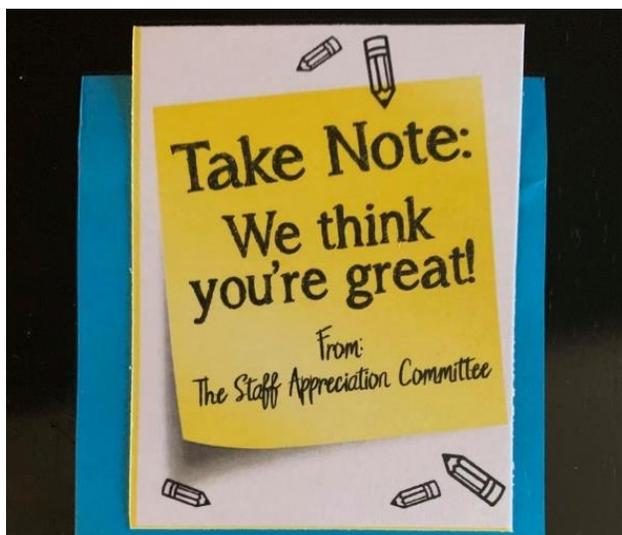
May 28		Last day for After School Activities Bus
June 22		Last possible school day if all 5 snow days are used

CELEBRATIONS!

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

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

Congratulations to **Lynzee Louden** and **Jenna Lessler** for being selected to the HCPSS All-County Dance Ensemble! Only two dancers from each Howard County high school were selected for this honor!



Thank you to the PTSA's Staff Appreciation Committee for this very special note. They must have known we're already running low on Post-Its!! Many thanks to Joanne DiMaggio, Sandi Miller and Mollie Smith!

NEW NEWS

Winter Sports Information

Sports Registrations: All winter sports registration will be done online through the parent Connect portal. www.hcpss.org/connect All registrations should be complete prior to Nov 14th. Students who are missing any information in Connect will not be eligible to tryout. You must use the parent/guardian portal to register students. You cannot register students through their student portal of Connect.

Winter Sports Parents/Coach Meeting

We will hold our Winter Sports Parent Information night on Monday, Nov. 11th at 6:00 PM in the auditorium followed by team breakout sessions for each team. We ask that all parents who have an athlete that will participate in winter tryouts please attend.

Winter Sports Tryout Times and Locations

(All students must be registered to tryout through Connect)

Please click the link below to access coaches' emails if you have sport specific questions.

<https://mhhs.hcpss.org/athletics/teams>

Boys JV Basketball: Nov 15th 6:45-8:45 Main Gym, Nov 16th 12:00-2:00 Main Gym, Nov 18th 6:45-8:45 Main Gym

Boys Varsity Basketball: Nov 15th 4:45-6:45 Main Gym, Nov 16th 10:00-12:00 AM Main Gym, Nov 18th 2:45-4:45 Main Gym

Girls JV Basketball: Nov 15th 2:45-4:45 Main Gym, Nov 16th 8:00-10:00 AM Main Gym, Nov 18th 2:45-4:45 Aux Gym

Girls Varsity Basketball: Nov 15th 2:45-4:45 Main Gym, Nov 16th 8:00-10:00 AM Main Gym, Nov 18th 4:45-6:45 Main Gym

Boys and Girls Indoor Track: Nov 15th 2:20 on the track, Nov 16th 9:00 AM on the track, Nov 17th 2:20 on the track

Wrestling: Nov 15th 2:30-5:30 Wrestling Room, Nov 16th 8:30-11:30 Wrestling room, Nov 18th 2:30-5:30 Wrestling Room.

Winter Cheer: Nov 19th 4:45-6:45 Aux Gym, Nov 20th 2:45-4:45 Aux Gym, Nov 21st 2:45 Aux Gym, Nov 22nd 2:45 Aux Gym.

Allied Bowling: TBD

Here is some information about our upcoming show, "Damn Yankees". Please let me know if you have any questions.

Mt. Hebron Theatre Production 'Damn Yankees'

Performances: November 8-9 and 14-16 at 7pm

Senior Citizen Matinee: November 7 at 10am

(Patrons should contact Kathryn Carlsen to reserve your spot- kcarlsen@hcpss.org. This is a free show for seniors. Any other performance tickets will be \$6)

Rating: PG

Running Time: 2 hours and fifteen minutes with one intermission

Tickets: \$12

Advanced Ticket Sales:

- Tickets will be sold for \$12 in advance starting on November 4th during lunch shifts
- Visit the website <http://www.MtHebronTheatre.org> for information on ticket reservations.

- Tickets **cannot** be ordered over the phone.
- Senior citizens get half priced tickets-\$6

Door Ticket Sales:

- Tickets will be sold at the door starting at 6:15pm on the night of the performance.
- Tickets sold at the door are \$12.
- Senior citizens get half priced tickets- \$6.

Doors Open:

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

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

Vikings Service Club Sandwich Making

Viking Service Club is at it again! We will be making sandwiches in the cafeteria on Nov. 20th at 2:15, and all sandwiches will be delivered to Grassroots that afternoon.

Please help us by signing up to contribute sandwich fixings!

<https://www.signupgenius.com/go/5080E48ABA628A1FD0-sandwich1>

If you are a STUDENT who would like to volunteer to help us make sandwiches, please sign up here:

<https://www.signupgenius.com/go/5080E48ABA628A1FD0-volunteers1>

SPECIAL SECTION for SENIORS

Free Help Financial Aid Process Help

We are very fortunate to have Ms. Velma Green, from the Maryland Educational Opportunity, at Mt. Hebron to help navigate through the financial aid process for your student's college education. She is knowledgeable in working on the FAFSA, as well as with many grants/loans. This is a FREE service.

She will be available by appointment on Mondays beginning Oct. 7th in Student Services office between 9am-1:00pm (last appointment). There is limited space so please do not delay.

Please contact Ms. Linda Mathias in Student Services, to schedule an appointment.

You are encouraged to bring any pertinent financial statements.

We hope that coming onsite to your school is helpful for your students and families, and will encourage early completion of the FAFSA to maximize your student's financial aid opportunity.

Students/parents should bring the following information with them:

- a. The student/parents FSA ID, if they already have one.
- b. The student/parents social security number
- c. A copy of the student and/or the parents 2018 Tax Returns, if they have filed taxes.
- d. A copy of the student and/or parents 2018 W2's and,
- e. All 2018 untaxed income information. Untaxed information includes but is not limited to child support paid or received, housing, food, and other living allowances, veterans non-educational benefits, etc.

Please contact Ms. Linda Mathias in Student Services at 410-313-2883, OR your student's counselor to sign up with the following information:

- a. The student's name
- b. The parent's name. If they plan to attend
- c. Appointment time and,
- d. An email address for us to follow-up

Senior Events Calendar

Event	Date	Location	Cost
Senior T-shirt	January		Free
Prom	May 2, 2020		
Class Night Dinner & Dance	May, 2020	TBD	
Senior Picnic	May, 2020	TBD	
Graduation	Date announced in April	Merriweather Post Pavilion	Free

WORTH REPEATING

Howard County G/T Program Parent Academy, Nov. 13

Wednesday, November 13, 7 – 8:30 p.m. – Mt. Hebron High School Auditorium, 9440 Old Frederick Road, Ellicott City, 21042

Navigating the College Admissions Process

Presented by Bailey Jackelen, Assistant Director of Admissions, Johns Hopkins University

Preparing for the college application and admissions process can be a really exciting time for students—a time to explore their interests, think about their future and begin to take ownership of their life plans. It can also be a stressful time not just for them but their entire families. In this session, discover how to prioritize the things that can best impact the process,

focusing conversations and energy on the things that matter most. We'll review important steps for preparation, key conversations to have as a family, and the best ways to prepare for the outcomes.

Bailey Jackelen is an Assistant Director of Admissions in the Office of Undergraduate Admissions at Johns Hopkins University. An experienced admissions officer, she will present on the college search and selective admissions process.

For more information, please email hcpssgtac@gmail.com or alyson_tommins@hcpss.org or call 410-313-6800.

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.

Career Academies Information Sessions

Career and Technology Education (CTE) Career Academies Information Sessions will be held for interested students and their parents on **November 13, 2019 and December 10, 2019** from 7-9pm at the Applications and Research Laboratory on Route 108 near the Board of Education.

Arts Media and Communication

Animation and Interactive Media
Graphic Design

Apprenticeship Maryland

Business Management and Finance

Academy of Finance
Accounting
Marketing

Career Research and Development

Construction and Development

Architectural Design
Construction
HVAC

Consumer Services, Hospitality and Tourism

Culinary Science

Environmental, Agricultural Natural Resources

Agricultural Science

Health and Biosciences

Academy of Health Professions - Certified Nursing Assistant, Clinical Research in Allied Health, Emergency Medical Technician, Physical Rehabilitation
Biotechnology

Human Resource Services

Homeland Security and Emergency Management
Teacher Academy of Maryland

Information Technology

Computer Programming
CyberSecurity Networking - Computer Networking, PC Systems

Manufacturing, Technology and Engineering

Aerospace Engineering: Project Lead the Way
Engineering: Project Lead the Way
Systems and Project Engineering

Transportation Technologies

Automotive Technology

Career Academy Shadow Day Opportunities

10th graders...Have you ever wondered about taking one of our Career Academies? If so, you have an opportunity to visit the actual programs at the ARL - Applied Research Lab- to see if you would like to attend during your junior and senior years.

The following programs will be available for you to shadow:

Computer Networking-Cyber	Cybersecurity Operations
Heating Ventilation and Air Conditioning	Architecture
Academy of Finance	Graphic Design
Construction	Automotive
Homeland Security	System and Project Engineering
Biotechnology	Agricultural Science
Animation	Health Professions

9th Graders - If you are interested in the Early College Program for Cybersecurity, you also may attend a shadow day at the ARL. Please see your counselor for more information and a permission slip. **All Permission Slips are due on November 8th.**

College Visits for Juniors New This Year

MHHS Student Services will be offering College Visits on 11/7 for the first time! Permission slips were distributed English 11 Classrooms on 10/1; the trips are on a first come, first serve basis, so get your forms into us in student services as soon as possible. Please have students choose 1 trip on 11/7 to Mount St. Marys, UMD College Park, Johns Hopkins University, Towson University, or Salisbury University.

Get Your Mt. Hebron Sideline Jacket!

There is no reason to be cold on the sidelines this year! Get your official Mt. Hebron sideline jacket complete with the Mt. Hebron logo and your name.

This sale is a fundraiser for the Mt. Hebron field hockey team but all sports can benefit from this warm and cozy offer. Go to <http://www.mthebronfieldhockey.com/> to check it out!

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.

After School Activities Bus Running Again This School Year!

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-1Hrly6lvlbQea0HtTzOdfwmo/edit>

Bus Dates:

November: 5, 7, 12, 14, 19, 21

December: 3, 5, 10, 15, 17, 19

January: 2, 7, 9, 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

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.

Cold and Flu Season is Approaching

Prevention Tips:

- Avoid close contact with sick people
- Practice good hand washing. Wet hands, lather with soap and scrub well for 20 seconds, and dry thoroughly.
- Practice good health habits: getting adequate sleep, good nutrition, and exercise.

- Cover your nose or mouth with a tissue if you cough or sneeze to prevent spreading the illness to others.
- Get the flu vaccine

Symptoms of flu may include: Fever, body aches, chills, fatigue, vomiting, diarrhea, cough, sore throat, congestion or runny nose.

What Should I do if I get Sick? Howard County Public Schools require that any student with a temperature over 100.0 be picked up from school. Keep your child at home until fever free for 24 hours without fever reducing medication. Consult with your health care provider if fever persists and/or symptoms worsen.

Help Wanted for Ice Hockey Club



The Mt. Hebron Ice Hockey club team is in need of 2 student managers and 1 team photographer. You will be part of the team, just not playing on the ice. This is a great opportunity for you to improve your college application.

Student Manager (2)

- 10 game commitment
- Run the time clock during home games
- Manage the score sheet during home games

Team Photographer (1)

- 1 practice and 10 game commitment
- Take team photo and individual player photos
- Take photos of the team during games

Please contact:

Manager, Jen McMennamin jenmcm@gmail.com, 443-520-2032

Coach, Derek Freeman frumer71@gmail.com, 443-414-2036

Sponsor, Dan Blocklin Daniel_Blocklin@hcpss.org

Visit us on Facebook: <https://www.facebook.com/MthHockey>

This is not a school sponsored club

AP Exams - A Guide for Mt. Hebron Parents

AP Exams - 2019-2020



2020 AP Exam schedule			
Week 1	Morning 8 a.m.	Afternoon 12 noon	Afternoon 2 p.m.

Monday, May 4, 2020	United States Government and Politics	Physics C: Mechanics	Physics C: Electricity and Magnetism
Tuesday, May 5, 2020	Calculus AB	German Language and Culture	
	Calculus BC	Human Geography*	
Wednesday, May 6, 2020	English Literature and Composition	European History	
Thursday, May 7, 2020	Chemistry	Physics 1: Algebra-Based	
Friday, May 8, 2020	United States History*	Computer Science A	
	AP 2-D Art and Design, 3-D Art and Design, and Drawing – last day for coordinators to submit digital portfolios (by 8 p.m. ET) and to gather 2-D Art and Design and Drawing students for physical portfolio assembly.		
Week 2	Morning 8 a.m.	Afternoon 12 noon	
Monday, May 11, 2020	Biology	Chinese Language and Culture*	
		Environmental Science	
Tuesday, May 12, 2020	Spanish Language and Culture	Psychology	
Wednesday, May 13, 2020	English Language and Composition	Microeconomics*	
		Music Theory	
Thursday, May 14, 2020	World History: Modern	Macroeconomics	
Friday, May 15, 2020	Computer Science Principles	Statistics	
	French Language and Culture		

Testing Location:

- All exams will be administered at **Crossroads Church of the Nazarene** (2750 Rogers Avenue) [Exams listed with a * may be combined with other schools and held elsewhere. Students will be alerted if this is the case. Chinese is only administered at Centennial High School – students who wish to take that exam should see Dr. Kiehl in room 109].
- Transportation is not provided to or from the exam site. Students are asked to arrive 30 minutes before the exam begins. Plan to be at Crossroads for roughly four hours from the start of the exam.
- Students may not bring a cell phone into the exam, and should make transportation arrangements in advance.
- Students are not expected to attend school on the day they take an exam. You will sign a form in Naviance that allows the student to be excused for a school-based activity.

Cost and Deadlines:

The **cost** is \$94/exam. Payment must be made at the time of registration (see registration instructions below). After students select their exams in the Portal and submit the online Naviance registration, they are asked to submit a printed copy of the Naviance form along with proof of payment (check, or print-out of online credit card payment).

Student Registration	Exam ordered by Nov. 1	\$94
HCPSS Late Registration	Exams ordered between Nov. 6 and 15th	\$94+\$20 fee
Late registration	Ordered Nov. 16–Mar 13	\$94 + \$40 fee
Unused/ canceled exam	Exam that is canceled or not taken by the student	\$40 fee *Refund before Feb 8 th for on time registration - \$54 **Refund after Feb 8 th for on time registration - \$45

- If students elect to register after November 1st, there is no guarantee their registration can be processed in time to avoid fees.
- There is no discount for multiple exams.
- Students who are self-studying or in Virtual AP courses must follow the same deadlines, but need to see Dr. Kiehl to acquire the join code for registration.
- Fee waivers are available for students who meet certain financial need criteria. Details will be available in Naviance.

Registration:

- **Step 1** – If you submitted your permission form to use the College Board portal for registration, log into the Portal using your account. myap.collegeboard.org
- **Step 2** – Your teachers provided you with a unique join code for each AP class in which you are enrolled. If you haven't done so already, enroll in the course. You should see a button on the course page that says, "Register for Exam." Click that button to register and confirm your decision on the pop up window. You will need to do this for each exam you wish to take.
- **Step 3** - Sign-in to Naviance (linked through hcpss.me)
- **Step 4** - Read the instructions for "2020 AP Test Registration" on the Naviance homepage
- **Step 5** - Click on the "About Me" tab near the top of the homepage
- **Step 6** - Choose "My Surveys" and then either, "Surveys not started" or "Surveys in Progress." Then select "2020 AP Exam Registration & Fee Waiver Request"
- **Step 7** - Complete the registration form
- **Step 8** - Print the form
- **Step 9** - Click submit
- **Step 10** - Bring the printed form with a parent/guardian signature with your online payment receipt or a check or money order made out to **Mt. Hebron High School**, to the administrative hallway near Student Services, and drop it off in the AP Box (please staple the payment to your form).

AP Coordinators

Melissa Kiehl – Room 109, mkiehl@hcpss.org, 410-313-2880

- Dr. Kiehl can answer questions at Mt. Hebron regarding testing and registration.

Amy Comberiate –amy_comberiate@hcpss.org, 410-313-2880

- Ms. Comberiate will be in charge of test administration at Crossroads during the two-week testing window.

Join the Plastics Student Task Force

Are you concerned about plastics in our waterways?

Students from each high school are encouraged to apply to the plastics student task force.

Please see your teacher for an application.



All meetings will take place at the Howard County Conservancy, 10520 Old Frederick Rd, Woodstock, MD

11/6 5:30-7 Work Group

12/11 5:30-7 Work Group

1/8 5:30-7 Work Group

2/5 5:30-7 Work Group

3/4 5:30-7 Work Group

Your next **VALHALLA VOICE will be published November 4th with the latest news from your parent advocacy groups and community.**