



## PRINCIPAL'S NEWSLETTER

March 6, 2019

Happy Friday, Vikings!

As both a former science teacher and former Science Olympiad coach, I'm so excited for tomorrow when we will, once again, host the regional tournament for the Science Olympiad! Founded in 1984, Science Olympiad is one of the premiere science competitions in the nation, providing rigorous, standards-based challenges to the teams who participate. And under the guidance of our truly outstanding science teacher, Hebron Olympiad coach and event coordinator(!), **Paul Sabota**, we have 45 teams who will be competing on Saturday!



From Herpetology to Heredity, Chemistry Labs to Codebusters, Meteorology to Mission Impossible and so much more, there is truly something for everyone who has an interest in science, technology, engineering or math (STEM) with 23 different events in which students can compete. Our students have been working long hours beyond the school day and on weekends preparing for their events. They've been studying, building robots and mouse traps and other structures, doing lab simulations, and taking mock tests. They've been preparing both as individuals and as teams because one of the aspects I love most about Science Olympiad is that it fosters teamwork.

And while our student teams are busy competing, our adult teams of volunteers will be working feverishly to support this far-reaching community event. Our beloved and active **PTSA** is responsible for reserving our building and committing resources to make this happen. Our dynamic and ever-present **Viking Backers** will be running concessions all day. Countless **Viking staff and community members** have volunteered in the competition rooms. And our **custodians** will be working overtime as well, all in support of our young people who will have the opportunity to move on to the state competition at the University of Maryland in April and from there, represent Maryland at Nationals. The Science Olympiad awards generous scholarships every year, and I couldn't be prouder of our community for coming together to support this worthwhile event for our future scientists.

I hope to see you many of you tomorrow proudly sporting your Viking black and gold because our amazing community is definitely something of which everyone should be proud to be a part!

Joelle

P.S. Good luck to our **It's Academic Team**, our **Lancers**, and our **Bands** – all of whom also have competitions tomorrow as well! It's a busy day for our Vikings (and their cheering sections)!

P.S.S. Don't forget to **set your clocks 1 hour AHEAD on Saturday night**. The Monday after Daylight Savings Time is notoriously one of our biggest tardy days of the year, so this year I'm challenging everyone to beat our previous years and have no tardies on Monday! We can do it! (It just might mean an extra shot of espresso for yours truly. ☺)

## **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.*

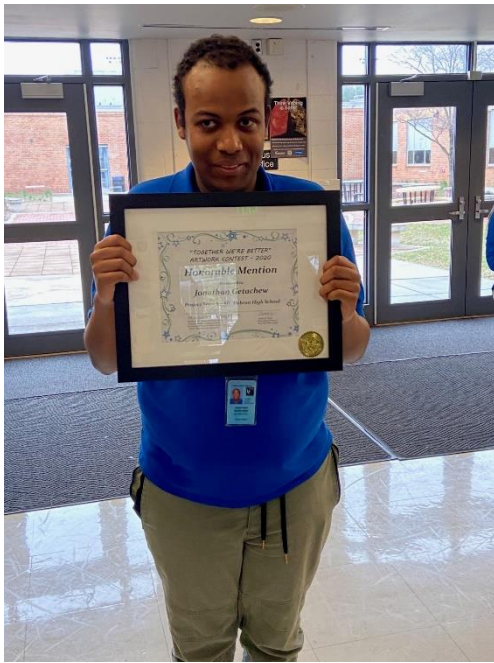
<b>Date</b>	<b>Time</b>	<b>Event</b>
March 7		Science Olympiad @ Hebron
March 9	During Lunch	Pjammin for Cancer Awareness Donations
March 9-13		Pi Week Activities and Donations for Mental Health
March 16	7-8:30pm	Suicide Awareness & Prevention Training in the Media Center
March 18-22	3/18, 10am 3/19-21, 7pm 3/22, 2pm	"Beauty and the Beast" Musical Production
March 24	6:30-8:30pm	"Not Alone" Movie Night & Panel Discussion in the Auditorium & Cafeteria
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!

**BIG THANK YOU** on behalf of the **Viking Service Club** for your support of the Pennies for Patients Campaign to help the Leukemia and Lymphoma society in their fight to end Blood Cancers. In school we raised \$204.63 in actual pennies (over lunch shifts and department boxes). The online donations came in at \$1,385.00 for a grand total of \$1,589.63 raised over the course of (2) weeks. Thank you all again!!!



**Congratulations to Jonathan Getachew** who entered the "Together We're Better" Inclusive Education program and Artwork Contest sponsored by The ARC of Maryland in partnership with the Maryland Developmental Disabilities Council, the Maryland State Department of Education, and the Maryland Department of Disabilities. He has received an honorable mention for his entry! He did a fantastic job and we are so proud of him!





**Congratulations to Jack Callaghan** of the Mt. Hebron Ice Vikes Ice Hockey Club for being named 1st Team All Maryland Student Hockey League! He was selected as one of the top three forwards of all 48 teams in the league. He is the first Mt. Hebron player to be selected 1st or 2nd team All MSHL. Jack was also selected 1st Team All-Conference by the Howard conferences coaches. Congratulations Jack!

The Ice Vikes finished fourth in the Howard Conference, narrowly missing the State Playoffs in a sudden death OT loss to Altholton.

Conference All Stars: **Jack Callaghan, Austin Meckes, Jake Schwartz, Andrew McMennamin, Liam Malonson, Lauren Cursey (alternante), Gianni Karam (alternate), Ethan Freeman (alternate)**

Academic Awards: **Lauren Cursey, Andrew McMennamin, Jake Schwartz, Ben Gordon, Jake Pearce, Brody Callaghan, and Noah Carter**



Ice Vikes 2019-20 Roster includes: Seniors: **Jack Callaghan (Captain), Austin Meckes (Captain), Eleni Keogh (Alternate Captain)**. Juniors: **Lauren Cursey, Liam Malonson, Andrew McMennamin and Jake Schwartz**. Sophomores: **Zane Baker, Nick Chalk, Stephen Deane, Ethan Freeman, Ben Gordon, Gianni Karam, Jake Pearce and Ty Rager**. Freshman: **Brody Callaghan and Noah Carter**. Student Photographer: **Madeleine Phillips**

Coaches: **Derek Freeman, Gordon Wallace, Chloe Ruck, and Max Ruck.**

Manager: **Jennifer McMennamin**

Volunteers: **Mary Pearce (Backer Rep), Eftyhia Zesta (Treasurer), Cheryl Rager (Apparel), Lisa Schwartz (Social Media)**

Teacher Liaison: **Dan Blocklin**

**Do you follow our VIKING BACKERS on Facebook? If not, you're missing out! Both Viking Backers & PTSA have excellent social media coverage and thanks to our active parents and student webmasters frequently get results and events posted even before the school! Go Vikings!!**



**Mt Hebron Viking Backers**

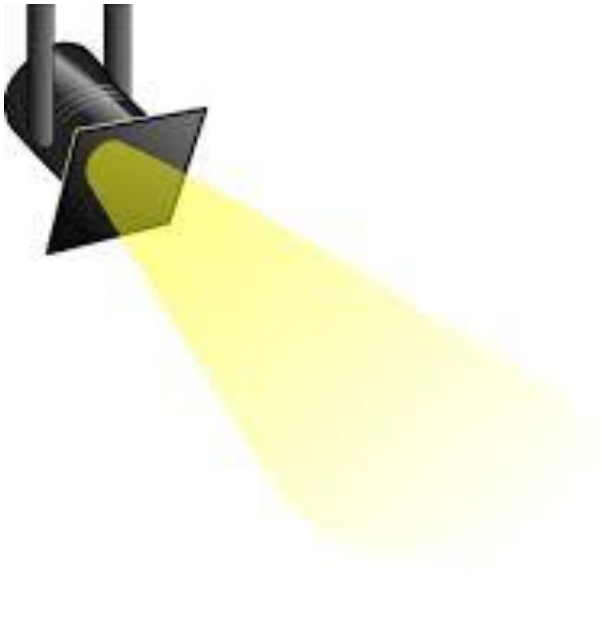
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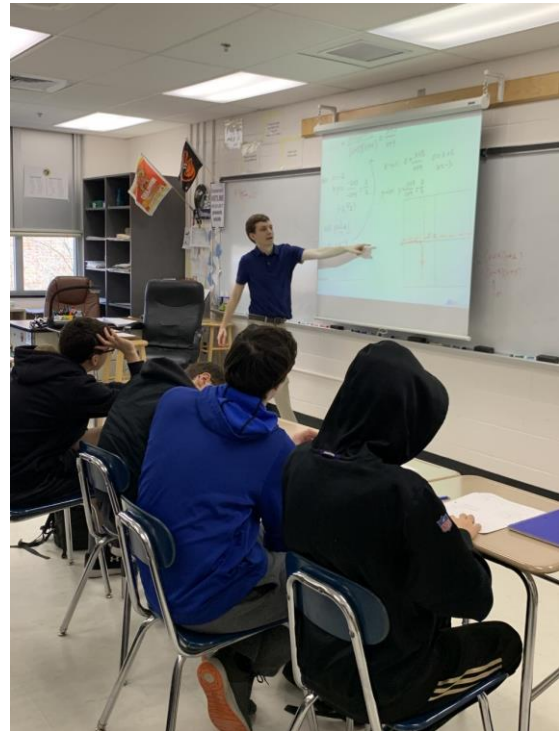
Our Viking Indoor Track & Field team had a good showing at the Maryland State 3A championships. Our girls took 7th in the State and our boys placed 18th. From the girls, Sierrah Matthews won the girls 300M dash and placed 2nd in the 500M while Lara Abedin placed 7th in the 500M dash and 13th in the 800M run. The girls 4x200M and the 4x400M teams earned 4th and 5th place honors respectively. Justin Evans placed 8th in the 300M while Evans and Evan Kocsis finished 5th and 10th in the 500M dash respectively. Will Jones and Kocsis took 7th & 8th in the 800M run, and Jacob Hauf earned 6th in the 3200M. The boys closed out with 11th for our 4x400M and 15th for our 4x800M relays.



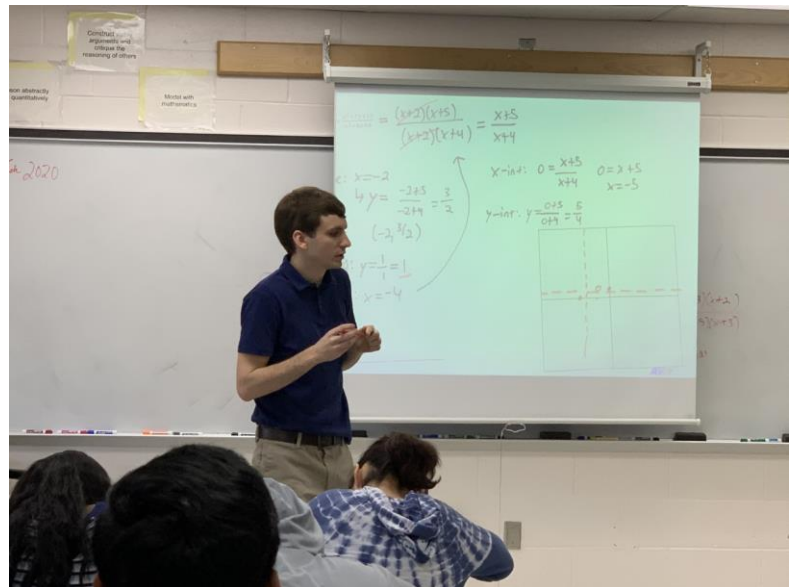
## STAFF SPOTLIGHT



We are proud to have Josh Ernst as part of our phenomenal Math department! After graduating from Centennial High School, Josh attended UMBC for five years, obtaining a M.A.T. in Secondary Mathematics Education.



In Josh's class, you will see a teacher with a clear passion and energy not only for Math but for his students as well. Students are frequently up out of their seats. At the beginning of class, he takes multiple volunteers to go up to the boards that are located all around the room to write down a few of their homework problems. As a class, other students are invited and enthusiastically begin critiquing the responses. It is evident based on the number of students that openly participate that Mr. Ernst has created in an environment that feels safe to do so. When walking around one student shared that, "Mr. Ernst is so energetic and we are always doing activities that keep us on our feet!"




Outside the classroom, Josh enjoys walking/hiking and loves time cuddling with his two black-lab-chow-mixes, Winnie and Roo. He also earned his black belt in mixed martial arts when he was a senior in high school. Josh has also extended an invite to join him for a board game night, although he may not be aware of this until he opens this newsletter. ;)

Thanks for being part of our Hebron family!

# NEW NEWS

## **Pi Week for Mental Health Awareness is Next Week, March 9-13**




***DON'T DO NOTHING!***  
YOU can save the life of a friend.  
Call Grassroots.  
410.531.6677

**Join the MHHS Pi Day Buy-A-Day  
Campaign to  
PREVENT SUICIDE.**

**Your \$3.14+ donation will help buy a  
day of support at Grassroots Crisis  
Intervention Center.**

*Change jars will be in all math classes  
March 9-13, 2020*



Get ready to celebrate the number Pi, 3.1415...! What is Pi beside the kind you eat? Pi is one of the most revered constants of our mathematical world which represents the ratio of the circumference to the diameter for any circle. Pi Day is March 14 and is so important that we are celebrating a whole week, March 9-13!

Just like Pi is important to the Math world, so is our mental health. Over 48,000 Americans died by suicide in 2017. Suicide is the 2<sup>nd</sup> leading cause of death among 15 to 24 year olds. At any given time, 1 in 5 Americans is struggling with a mental health issue. 1 in 4 high school students experience sad or hopeless feelings and 1 in 6 high school students have seriously contemplated suicide. To put suicide in perspective with say cancer, since 1999, suicide deaths have increased 33% while cancer deaths have decreased 27%.

Pi Week will include lunch time activities designed to reduce stress and the showing of the video, Don't Do Nothing (DDN), a high school initiative that focuses on suicide awareness and prevention. Later in March, MHHS PTSA is sponsoring evening activities focused on mental health and preventing suicide.

During Pi Week, optional donations of \$3.14 or more will be collected and donated to Grassroots Crisis Intervention Center, Howard County's 24-hour crisis center and homeless shelter. Our goal is to raise \$2,400 or more to buy a day of support at Grassroots. Donations can be made in cash or check made payable to "Mount Hebron High School". Last year, Hebron raised \$3,600 which funded 18 staff members who handled 100 calls and 4 visits by the mobile crisis team. We are making a difference!

The Pi Day Buy-A-Day campaign is happening across Howard County as many HCPSS middle and high schools raise awareness about mental health and suicide prevention to buy a day of support at Grassroots. Please support Pi Day Buy-A-Day. Support Life!

### **Hebron Has A New Food Pantry!**

Viking Service Club wants to thank everyone for their incredible support in the Pennies for Patients Campaign. Our next effort will be to serve a more immediate need in the building to **help students with food security**. Please view the sign-up below to help with this effort. Please bring any of the items on the list to Ms. Dolan in Student Services by March 20<sup>th</sup> Thank you!

<https://www.signupgenius.com/go/5080e48aba628a1fd0-mount>



## **Mt. Hebron's Mission & Vision Statement**

Curious? Come see the Mt. Hebron High School Mission & Vision statement unveiled at next Tuesday's PTSA meeting, March 10 at 7pm in the media center. Teachers Farah Jawhar and Lauren Fischetti, along with student intern John Ross, will be presenting the results of this year-long undertaking.

## **Pjammin for Cancer Awareness is Monday!**

There are estimated to be 413,000 cases of childhood cancer worldwide in 2020. On Monday, March 9, we will be hosting our second annual Pjammin event to provide support for kids with cancer and their families. Pajamas are often worn by kids during their treatment in hospitals. All you have to do is wear pajamas to school on Monday to show your support. Our goal is to raise over \$1,000. All donations will go to the American Childhood Cancer Organization. If each student brings just one dollar to your lunch shift we should well surpass our goal. Thank you for your support of cancer research and I hope to see everyone in their pajamas on Monday!

## **ISO Two Student Webmasters**

The PTSA is looking for two new student Webmasters to work with an adult Web Mentor to maintain its website (<https://www.mthebronptsa.com/>) for the 2020-2021 school, starting May 1, 2020. The two current webmasters are graduating. Experience with Wix a plus. Do you know a student(s) who would shine in this role? Interested students should complete the application by 11:59pm March 15: <https://forms.gle/iu5CKqYk6ypnsKRZ6>. Email Caroline Bodziak at [mthebronptsa@gmail.com](mailto:mthebronptsa@gmail.com) with any questions.

## **March Mental Health Events at Mt. Hebron High School**

Monday March 16 - 7:00-8:30pm (Mt. Hebron Media Center)QPR (Question, Persuade, Refer) Suicide Awareness & Prevention Training – provided by a trained Grassroots facilitator and open to parents, students, teachers, coaches, anyone over age 14.

Tuesday, March 24 – 6:30-8:30pm (Mt. Hebron Auditorium & Cafeteria)“Not Alone” Movie Night & Panel Discussion– Simultaneous screening of the film “Not Alone” for adults (in auditorium) and teens (in cafeteria); both followed by facilitated panel discussions. Film synopsis: “Driven by a desire to understand why her best friend killed herself at 16, Jacqueline Monetta asks teens to share their struggles with mental illness and suicide attempts. Through her intimate teen-to-teen conversations, Jacqueline, and the audience learn about depression, anxiety, self-harm, suicide attempts, getting help and treating mental illness. Each teen paints a vivid picture of the depths of despair he/she suffered and how talking about it saved them. They assure the audience that mental illnesses, like physical illnesses, can and should be treated.”Mt. Hebron CONNECTCaring for Others is Nice and Needed. Everyone Come Together!

## **Looking for Donations of Photo Supplies**

Have any old film cameras or photography equipment you don't use any more? Consider donating it to the MHHS Art department for our photography classes. Please email Caroline Creeden ([caroline\\_creeden@hcpss.org](mailto:caroline_creeden@hcpss.org))



## The "Mulch Minute"

Have you ever wondered how far 6000 bags of mulch laid "end-to-end" would stretch? Can honestly tell you I've NEVER thought about that, but, it's a simple equation:

Since each bag is 39" and we're planning on selling 6,000 bags this year - that is 19,500' - and since you know there 5,280' in a mile, that would mean 3.69 MILES OF MULCH being delivered on March 28th!!! HUH? To put that in perspective, that would mean from Mt Hebron High School.... end to end.... to the top of the hill in Old Ellicott City! That's AMAZING!!!



Think about that! If this MULCH MINUTE update doesn't have you thinking about 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 help to 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](mailto:mhsmulchsale@gmail.com)

## 11th and 12th-Grader In-School Vaccination Clinics

Next month, we will be holding in-school immunization clinics for 11th and 12th graders, offering Tdap, Meningitis, MenB, and HPV vaccinations. These vaccines may be **required or recommended for college entry or employment**. The vaccines will be offered at no cost to you. There is **no co-pay or deductible**. However, we will bill your insurance company, if you have insurance.

Below is information about the vaccines that are being offered. If you would like your child to be vaccinated, you must register online.

REGISTER ONLINE by **APRIL 10, 2020** at: [www.vaccineconsent.com](http://www.vaccineconsent.com)

Having your child vaccinated at school saves time and makes sure he/she is protected from serious diseases. Thank you.

<b>Your Child Might Need...</b>		
<b>Vaccine Name</b>	<b>Why is it Needed?</b>	<b>When is it Needed?</b>
<b>Meningococcal Meningitis (MCV4) Booster</b>	Meningitis is very contagious and can be deadly. Prevents four types of meningitis.	First dose at 11 or 12 years old. Second dose recommended five years after the first dose.
<b>Meningococcal Meningitis Type B (MenB) Vaccine*</b>	It is responsible for most college outbreaks of meningitis.	First vaccination at about 16 years old. The second one is needed at least six months later.
<b>Human Papilloma Virus (HPV) Vaccine</b>	Prevents nine types of cancer. One of only two vaccines that can prevent cancer.	For males and females 9 to 26 years old. Depending on age, two or three vaccinations needed at least six months apart.
<b>Tdap Vaccine</b>	Prevents tetanus, diphtheria, and pertussis.	Now, if you didn't get one after 11 years old.
When you fill out the consent form, initial beside all vaccines you would like your child to receive. We will check school records and the Maryland immunization registry, ImmuNet, see which ones are needed.		

Estimado padre o tutor:

Durante el mes de marzo se llevarán a cabo clínicas de inmunización en las escuelas para niños de 11º y 12º grado, que ofrecerán vacunas contra la Tdap, la meningitis, la meningitis B, y el virus del papiloma humano (VPH). Estas vacunas son **requeridas o recomendadas para ingresar a la universidad**. Las vacunas se ofrecerán sin costo alguno para usted. **No habrá copago ni deducible**. Sin embargo, le facturaremos a su compañía de seguros, si usted cuenta con seguro.

REGÍSTRESE EN LÍNEA antes de **10 de Abril** en: [www.vaccineconsent.com](http://www.vaccineconsent.com)

Vacunar a su hijo en la escuela ahorra tiempo y asegura que se encuentre protegido de enfermedades graves. Gracias.

<b>Su hijo/a podría necesitar...</b>		
<b>Nombre de la vacuna</b>	<b>¿Por qué es necesaria?</b>	<b>¿Cuándo es necesaria?</b>
<b>Refuerzo de Meningitis Meningocócica (MCV4)</b>	La meningitis es muy contagiosa y puede ser mortal. Previene cuatro tipos de meningitis.	La primera dosis a los 11 o 12 años. La segunda dosis se recomienda cinco años después de la primera dosis.
<b>Vacuna contra la meningitis meningocócica tipo B (MenB)*</b>	Es responsable de la mayoría de los brotes de meningitis en las universidades.	La primera vacuna a los 16 años aproximadamente. La segunda es requerida por lo menos seis meses después.
<b>Vacuna contra el virus del papiloma humano (VPH)</b>	Previene nueve tipos de cáncer. Una de las dos únicas vacunas que pueden prevenir el cáncer.	Para hombres y mujeres de 9 a 26 años. Según la edad, se requerirán dos o tres vacunas con un intervalo de al menos seis meses.
<b>Vacuna Tdap</b>	Previene el tétanos, la difteria y la tos ferina.	Ahora, si no fue vacunado después de los 11 años de edad.

Quando llene el formulario de consentimiento, escriba sus iniciales al lado de todas las vacunas que le gustaría que su hijo recibiera. Revisaremos los registros escolares y el registro de inmunizaciones de Maryland, ImmuNet, para ver cuáles son necesarios.

## *Counselors' Corner*

- 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.
- MILITARY INFORMATION NIGHT – Thursday, April 16, 6pm-9pm at Oakland Mills High School. Don't miss this chance to learn more about the branches of the military! For more information, contact Chief Felch at 410-313-6945 or [donald\\_felch@hcpss.org](mailto:donald_felch@hcpss.org)
- Is your child interested in becoming a teacher? TEACH HOCO is an interactive event taking place on Tuesday, March 31<sup>st</sup> during 3<sup>rd</sup> period. Students can sign up on Naviance. Contact Ms. Valentine for more information.
- COLLEGE VISITS FOR JUNIORS: Student Services is offering spring visits to several colleges. Students will be given permission slips during JUNIOR CLASSROOM LESSONS the week of March 23; applications and \$10 (cash or check) are due on March 30<sup>th</sup> from 7-7:30 am. All permission slips must be signed by a parent. Students can choose 1 trip:
  - April 23: Morgan State University OR University of Delaware

- April 24: UMD College Park OR UMBC
- Did you take a class at HCC? Any student who took a JumpStart Dual Enrollment course and earned college credit is eligible to order an honor cord for graduation. Here's the link: <https://www.balfourmd.com/honor-cords> (Links to an external site.). Students will have to "log-in" this year with an "Email & Password" (which they create) which is required due to e-commerce security.
- SCHOLARSHIPS FOR SENIORS
  - Don't forget – the *Maggie J. Brown Spirit of Columbia Scholarship* is due March 15. It offers six \$2,500 scholarships to seniors who exhibit exceptional efforts in providing community service to benefit Columbia residents and those in the Columbia area. Find criteria and applications here: [www.ColumbiaAssociation.org/Scholarship](http://www.ColumbiaAssociation.org/Scholarship)
  - *Delegate Courtney Watson Legislative Scholarship* is for students in District 9B and plan to attend a Maryland community college, college, university, technical or career school. Find the application and more information here: [www.courtneywatson9b.com/scholarship](http://www.courtneywatson9b.com/scholarship)
  - Are you a female athlete with a 2.8 GPA or higher? *The Kitz Sfekas Memorial Scholarship* is accepting applications through March 19. See below for the link: [https://cfhoco.org/wp-content/uploads/2019/10/Sfekas-Scholarship\\_01.Guidelines.pdf](https://cfhoco.org/wp-content/uploads/2019/10/Sfekas-Scholarship_01.Guidelines.pdf)
  - *Zaching Against Cancer* Foundation is presenting six \$2,500 Spirit Award Scholarships to students who will be attending a 2 or 4 year college and may have experienced hardships such as being a cancer survivor, being a caregiver for someone with cancer or a relative of a person with cancer. Find the application and more information here: <https://www.zachingagainstcancer.org/scholarships/>
  - *Champions Against Cancer Foundation* is offering scholarships for students who have a parent/guardian who has/had cancer or who lost a parent/guardian to cancer and will attend a higher educational/vocational institution in the fall of 2020. The deadline is March 31.
  - Looking for more scholarships? Check out Naviance! Look under "Colleges" (in the top right of the home page) and then "Scholarships and Financial Aid" from the drop down! Students should log on using Clever and use their school computer credentials to sign in. Parents can contact the school counselor if they do not have log in information.
- SUMMER OPPORTUNITIES
  - Project Access is a college prep program designed to facility the transition of high school students with disabilities into post-secondary education. High school students completing grades 9-12 who will be receiving a high school diploma are eligible. See the school counselor for more details and applications!
  - York College is offering a 9 day/8 night camp called Business Not As Usual for students in current grades 9-11 who are interested in business. Find more information here: <https://admissions.ycp.edu/register/summer-program-Jun2020>
  - Maryland Leadership Workshops hold summer youth leadership programs for students in grades 6-12 at Washington College in Chestertown MD. Visit the site for the application and more information: <http://mlw.org/summer-programs/>
- OTHER OPPORTUNITIES
  - Wellesley College is offering new webinars for young women who are planning to attend, apply or want to know more about preparing for college. Click the link and scroll to the bottom for more information: <https://www.wellesley.edu/admission/inyourarea#webinars>
  - Boston University is hosting a reception in our area for current 10<sup>th</sup> and 11<sup>th</sup> graders! The reception is March 30, 2020 at the Georgetown Preparatory School, Hanley Multipurpose Room (10900 Rockville Pike, North Bethesda, MD 20852) starting at 6:30.

You must RSVP for the event here (you have to search for the event by zip code):  
<https://www.bu.edu/admissions/visit-us/bu-in-your-area/>

- Interested in attending a Historically Black College or University (HBCU)? The 17<sup>th</sup> Annual DC/MD Black College Expo is being held on Saturday, March 14, 2020 at Bowie State University from 9-3 with an after show from 3-5. There will be workshops, on the spot admissions & scholarships for current seniors, networking and entertainment.  
<https://www.thecollegeexpo.org/events/dc-maryland>

## SPECIAL SECTION for SENIORS

### **Senior Banners Available Now**

The PTSA is now ready to accept orders at [www.varsitygraphics.net/hebron](http://www.varsitygraphics.net/hebron). Celebrate your senior with a personalized senior banner that will be hung at the school for over 3 weeks, and can be used at graduation parties to celebrate this big achievement! These 2' x 3' vinyl banners are \$35.00, will be displayed in school hallways, then will be delivered to your senior during graduation rehearsal.

Please order by 4/4/20 to have your banner hung in the school. All proceeds from this fundraiser help fund After-Prom. Please direct questions to Cindy Anderson [cindy\\_anderson@hcpss.org](mailto:cindy_anderson@hcpss.org).



### **Have you purchased your 2020 senior yearbook?**

Have you purchased your 2020 senior yearbook from [www.jostens.com](http://www.jostens.com)? Do you regret not buying your 2017 freshman yearbook? Now is your chance to own both!

If you have already purchased your 2020 senior yearbook, from now until March 13<sup>th</sup>, bring your receipt to Ms. Fischetti in 232 and purchase your 2017 freshman yearbook for \$25 by cash or check!

Haven't bought your yearbook yet? No worries—if you purchase your 2020 senior yearbook from March 1st until March 13th, you can purchase your freshman 2017 yearbook for \$35 by cash or check!

Guarantee that you get a 2020 senior yearbook—only 60 books remain! Order today at [www.jostens.com](http://www.jostens.com)!

Limited supply, first come, first serve for freshman yearbook campaign. Only 40 2017 yearbooks are available. See Ms. Fischetti with any questions.

### **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**

<b>Event</b>	<b>Date/Time</b>	<b>Location</b>
Last Day to Purchase 2020 Senior Yearbook	March 13, 2020	www.jostens.com
Prom Rental Tuxedo Measurements	March 19,20/ During Lunches	Cafeteria
Staying Safe in Ocean City Program	March 30, 2020/ 7pm	Atholton High Auditorium
Last Day to Order Senior Banners	April 4, 2020	www.varsitygraphics.net/hebron
Deadline to Submit Completed PTSA Scholarship Applications (Eligible for PTSA Members)	April 15, 2020/ 2:30pm	PTSA Website: <a href="http://www.mthebronptsa.com/">www.mthebronptsa.com/</a> mthebronptsa@gmail.com
Staying Safe in Ocean City Program	April 27, 2020/ 7pm	Howard High Auditorium
Pick Up Tuxedo	April 30, 2020	Cafeteria
Prom	May 2, 2020, 8-11pm	Turf Valley
After Prom	May 2-3, 2020/ 11pm-3am	YMCA
Return Tuxedo	May 4	Cafeteria
Class Night Dinner & Dance	May, 2020	TBD
Senior Picnic	May, 2020	TBD
Graduation Window	May 18-28, 2020	Merriweather Post Pavilion

## **NEWS WORTH REPEATING**

### **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

### **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.

## **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](mailto:president@vikingbackers.org)

Srini Gorantla: [SRINIVASUANWESHA@gmail.com](mailto:SRINIVASUANWESHA@gmail.com)

Dana Arthurs: [vikingspiritwear@gmail.com](mailto: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.

## **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](#).

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!

## **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](http://www.MtHebronTheatre.org) to purchase tickets online. There is a service charge of \$1.50
- Tickets will be sold in advance starting on March 16<sup>th</sup> 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](mailto: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)

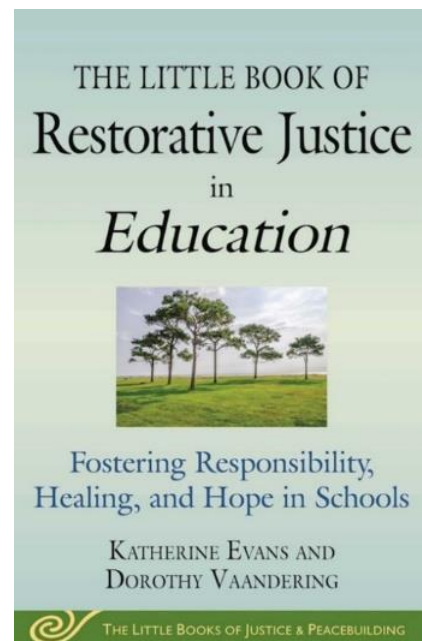
St. John Baptist Church, Fellowship Hall

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



## FREE Prom Dresses!

7th Annual  
**A PRETTY & POLISHED AFFAIR**  
Cherice Daniel, President & Kristin Best, Advisor  
Becca's CLOSET  
SATURDAY  
**MARCH 28<sup>th</sup>**  
9:00 AM TO 2:00 PM  
ATHOLTON HIGH SCHOOL, SENIOR CAFETERIA  
4500 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

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 28<sup>th</sup> from 9am-2pm.**



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](http://WWW.APPA2020.Eventbrite.com)

Organizations & groups are welcomed!

For more information, email [APPA@zphiblgz.org](mailto:APPA@zphiblgz.org) or [beccacloset@gmail.com](mailto: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.

**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](mailto: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](mailto:srivastava@icahoward.org).

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](mailto: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](mailto:youth@icahoward.org)  
Web: [icahoward.org](http://icahoward.org)  
FB/[icahoward](https://www.facebook.com/icahoward)  
Ph. 410-567-6599



## **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](mailto: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.

**Your next **VALHALLA VOICE** will be published March 9th with the latest news from your parent advocacy groups and community.**

# School Year Resources

## **Update Your Emergency Information ANNUALLY**

Parents/guardians may now complete/update their Family File emergency information. *Parents must verify or update information for each child, each school year.* Access your Family File by logging in to [HCPSS Connect](#), selecting the Family File tab on the left and then selecting Family File. [Details and resources](#) can be found on the HCPSS website.

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

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

## **After School Activities Bus Schedule**

The Activities Bus is available for any student staying after school for academic support or extracurricular activities. The dates for the bus, as well as the stops, are listed below. Both are subject to change. If your child is interested in taking the bus, please fill click on the link & complete the form. **Students may not ride the bus without parent/guardian permission.**

<https://docs.google.com/forms/d/1hfuJg83ak7JXXsSaOv-1Hrly6lvbQea0HtTzOdfwmo/edit>

### **Bus Dates:**

March: 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](http://www.vikingbackers.org) to join online. We no longer are taking paper forms or checks; everything is going through the website. Your membership supports ALL students at Mt. Hebron.

