Happy Friday Hebron Community!

It was wonderful to see so many families last night at Back-to-School Night! I enjoyed reconnecting with familiar faces and meeting new ones. We have an amazing community, and I am always energized when we are able to spend time together!

As always, there's much going on in our community. You can click on the links below to take you directly to that section of the newsletter or scroll down to read the all the news. As a reminder, my newsletter is always posted on our website as well under, "News."

Follow Us Upcoming Dates/Events School News PTSA Viking Backers Community News

FOLLOW US & STAY CONNECTED

Follow us on twitter: <u>@hcpss_hebron</u> School Website: <u>http://mhhs.hcpss.org/</u> PTSA: <u>mthebronptsa.com</u> The Mountain: Hebron High School's Online Newspaper: <u>https://mthmountain.com/</u>

Viking Backers: http://www.vikingbackers.org/

MTHMU Boosters: http://mthmarchingunit.wixsite.com/boosters

UPCOMING DATES/EVENTS

See our <u>calendar</u> on our website for additional dates.

September 10 Rosh Hashanah- No School

September 11 7-8pm PTSA meeting in the Media Center

September 12-14	3-6pm	Auditions for the Fall Play- Auditorium
September 17	•	Viking Backers meeting in the Media Center
September 17		HC Drug Free Teen Advisory meeting @ The Barn
September 18	7-8pm	PTSA meeting in the Media Center
September 19		Yom Kippur- No School
September 20	6-9pm	Senior Crab Feast- Cafeteria
September 22		MTHMU Sub Sale: Making at School & Delivery
September 26	7-8:30pm	PTSA Cafe Conversations
September 28	7pm	The Fantasticks Musical- Auditorium
September 29		MTHMU Stevenson Band Day
September 30	2pm	The Fantasticks Musical- Auditorium
October 3	6pm	MTHMU Booster meeting in the Band Room
October 7	9am	Viking 5K & 1mile Fun Walk
October 13		Home Coming Dance @ Gym & Cafeteria
October 22	6:30-8pm	PTSA Cafe Conversations
October 27		MTHMU Marching in Alsatia Mummers Parade @Hagerstown
January 17, 2019	7:30-9am P	TSA Cafe Conversations
March 5, 2019	7-8:30pm P	TSA Cafe Conversations
April 27, 2019	Р	from @ The Hotel at Arundel

SCHOOL NEWS

STUDENT MORNING DROP-OFF

Students who are driving themselves to school are encouraged to arrive early to avoid being tardy. Traffic jams occur daily during the morning rush along Old Frederick Road and St. Johns Lane. We very much appreciate your partnership to ensure our commitment to student safety.

Students who arrive at/after 7:25am are considered tardy and may receive disciplinary consequences. Students can arrive to school as early at **6:30 am** as our cafeteria is open. Students enter through the patio doors that lead directly into the cafeteria. Students may NOT enter the school building before 7:00am without a teacher pass. Students who arrive before 7:00am can wait outside or go to the cafeteria.

WELCOME VISITORS

In order to ensure the safety of all students and staff, all visitors must press the buzzer located to the far left of the main entry doors to be admitted to our building. Please provide us with your name, student's name and reason for your visit. We will buzz you right in. During school hours, all visitors must report to the office to sign in unless you are going to the attendance window. All visitors must wear a visitor badge.

WELCOME BACK TIPS FROM THE HEALTH ROOM

In an effort to support your child's education, please ensure that they are adequately prepared for school each day.

- Nutrition: A balanced diet is vital to good health. Eat breakfast, lunch, and dinner, or pack a snack, and supply emergency money for lunch or snacks.
- Sleep: The CDC recommends a minimum of 8-10 hours of sleep in a 24hr period for people 13-18 years of age.
- Exercise: Healthy bodies equal healthy minds. Regular exercise may improve cognitive ability and improve immunity.
- Comfort Measures: Ensure that your child has personal items such as; lip balm, lotion, contact solution, feminine hygiene products, and tissues.
- Medications: Take necessary medications prior to school or provide the health room with a supply of medication. Please note: per HCPSS policy medications must include a physician's order.
- Dress in layers especially with transitional season changes. Temperatures in different parts of the building may vary.

STUDENT SERVICES

Questions about schedules should be directed to Student Services: 410-313-2883 or your specific counselor.

A-Ce	Ms. Veronica Valentine (<u>Veronica_Valentine@hcpss.org</u>)
Ch-G	Ms. Tina Flynn (<u>Tina_Flynn@hcpss.org</u>)
H-Le	Ms. Monique Flores (<u>Monique_Flores@hcpss.org</u>)
Li-Pa	Ms. Allison Downey (<u>Allison_Downey@hcpss.org</u>)
Pe-Si	Mr. Patrick Miles (Patrick_Miles@hcpss.org)
Sk-Z	Ms. Patricia Marton (Patricia_Marton@hcpss.org)

SAT COACHING

Busy Schedule? Hoping for a High SAT score?

Have no fear! Blitz Classes are here! ALL CLASSES HELD AT MT. HEBRON!

Spots go quickly!

This class begins September 18th and is in preparation

for the October 6, 2018 SAT

Questions? Contact:academiccoaches@outlook.com

Register at www.academic-coaches.com

LOOKING FOR LEADERSHIP & SERVICE OPPORTUNITIES?

All middle and high school students interested in serving the community and gaining leadership skills are invited to attend the monthly meetings of the Howard County Association of Student Councils (HCASC). *Out next meeting is Wednesday,*

<u>September 12th from 7-8:30pm at the Homewood Center Cafeteria.</u> ALL ARE WELCOME!

THEATER NEWS

Viking Backstage: News & Events from Mount Hebron Theatre.

Join the Backstage CREW!

The Viking Technical Crew is looking for new members. We will have our first Tech Work Day on Saturday, September 8th from 9a-3p. No experience necessary. Help us get the scene shop ready to build the lands of Narnia and Oz. Bring gloves and a friendly attitude. Great for community service hours too! All students and parents welcome.

Donate on September Eight!

The Mount Hebron Theatre Company is looking for donations of old ice hockey sticks and quart or gallon cans of water-based latex paint (at least half full) to support our upcoming production of The Lion, The Witch, and the Wardrobe. We will be accepting donations of these items on Saturday, September 8th from 9-3 or by appointment. Please email Mr. Barker at steven_barker@hcpss.org to arrange donations.

You're in good company, The Mount Hebron Theatre Company & Thespians Honor Society

Calling all actors, singers, dancers, costumers, carpenters, electricians, advertisers, and artisans. Please join us Friday, September 7th right after school until 4 pm in the Auditorium for games, snacks, and info about all the opportunities Hebron Theatre has to offer. Learn about Mainstage shows, Tech opportunities, Improv and Shakespeare Troupe, Thespians and the New York Trip. Lots of fun for all. Be a part of it! Everybody plays on the Viking Stage!

Sign up for Fall Auditions HERE: <u>https://goo.gl/forms/PPawrW6t2x2ccFtf2</u>

Sign up for audition and fight workshop today. <u>https://goo.gl/forms/9cqx7bzRtjfzdV9m2</u>

PTSA NEWS

Parent Teacher Student Association (PTSA)

Caroline Bodziak, President: <u>mthebronptsa@gmail.com</u>, <u>www.mthebronptsa.com/</u> Meetings 2nd Tuesday of the month @ 7:00pm in the Media Center

Join Online!

No more forms, checks and envelopes required! Visit the new student-created PTSA website at <u>www.mthebronptsa.com/</u> for the **convenience of joining online**. Of course, you can still go old-school by downloading a form from the website. The important thing is to join the PTSA to support programs that support all Hebron students and staff. Visit the website for details on PTSA programs, our values, goals and past accomplishments.

Hands-On Help with Canvas and Naviance Sept. 11

6:00-7:00pm - Guidance Counselors from Student Services will be in the media center to provide parents/guardians hands-on instruction or assistance with Canvas and Naviance on the computers. No RSVP required. You are invited to stay for the PTSA meeting at 7:00pm.

First PTSA Meeting Sept. 11 in the Media Center

6:00-7:00pm - Welcome Social for parents new to MHHS. Mingle with current PTSA members and students from the Student Government Association (SGA) to ask questions about life at Hebron and find out about Homecoming (coming up Oct. 13). Light refreshments provided.

7:00-8:00pm - PTSA meeting. Vote on 2018-2019 budget and Position Statement on School Overcrowding. Hear reports from the principal, SGA leaders, and other parent groups. We promise to keep it short!

8:00pm - Veronica Valentine, Instructional Team Leader (ITL) of Student Services, will explain Canvas, Naviance, how your student uses them and how parents/guardians can use them, services provided by Guidance counselors and she will take your questions. For student-specific questions, please call Student Services to set up a private meeting.

Advocacy Alert!

The Howard County Board of Education is seeking your input on Options to Relieve High School Overcrowding. <u>https://tinyurl.com/yaua99gn</u>

There will be a public hearing Tuesday, September 11 at 7:00pm at the Department of Education. You can register via the link to speak at the public hearing. You may also submit written testimony via letter (Board of Education Office, 10910 Clarksville Pike, Ellicott City, MD 21042) or email (<u>BOE@hcpss.org</u>) no later than 4:30pm on September 18, 2018. The Board is scheduled to take action on September 20, 2018.

The PTSA is in the process of drafting a Position Statement in response to the HCPSS call for public comments. PTSA

members will have a chance to review and vote on the Position Statement at the Tuesday, September 11 7:00pm PTSA meeting in the MHHS media center. Follow the

Mt Hebron High School PTSA Facebook page and the PTSA website <u>www.mthebronptsa.com</u> for important updates.

For questions about the call for public input, please contact the Board of Education office at 410-313-7194.

Values: Café Conversations Sept. 26 7:00-8:30pm

Parents and guardians are invited to the first of four repeating workshops to help Mt. Hebron HS define a set of values for the school community. What values do you have as an individual? Within your family? Within your community? How about within your school? School administration is using professional learning and Viking Time to work with teachers and students on this issue during the school day. The resulting values developed by the students, families and staff will be combined, consolidated, and used as the theme for the 2019-2020 school year. Please participate and have your voice heard.

If Sept. 26 doesn't work for you, pencil one of these dates in. You only have to attend one.

Monday, October 22 6:30pm-8:00pm

Thursday, January 17 7:30am-9:00am

Tuesday, March 5 7:00pm-8:30pm All sessions will be held at Mt. Hebron HS. Refreshments provided by the PTSA.

Hospitality Committee Busy Feeding Staff

The PTSA Hospitality Committee, led by Terri Gainey and Erin Lanthier, fed all MHHS staff a lunch of chick-fil-a, subs, macaroni and cheese, salad and desserts on August 28 to get ready for the school year. PTSA also provided staff with a surprise treat of Rita's Italian ice on August 31. Hospitality will be coordinating subs and cookies for the Sept. 26 Values Café Conversations, and is planning a baked potato bar luncheon for staff Nov. 19 during conference week. If you would like to be on the Hospitality email list, please send an email to <u>mthebronptsa@gmail.com</u>.

Staff Appreciation Committee

Led by Sandi Miller and her team of Amy Smith and Joanne DiMaggio, the Staff Appreciation Committee has already provided bowls of minty treats in the staff workroom at school to thank teachers and staff for their commit-mint to, involve-mint with, and encourage-mint of Hebron's wonderful employees. The Staff Appreciation Committee will be publishing SignUp Genius requests throughout the year with the goal of providing a monthly reminder to staff of how much they are appreciated.

Reflections

Thank you to Theater Arts teacher Steven Barker and parent Deborah Bosilovich for taking on implementation of the PTA Reflections program. Reflections is a program for which students create themed artwork to be displayed in a fall art show and then judged to continue on to the county, state and national level. Stay tuned for details as they emerge. There's still room for another parent assistant. Interested? Email <u>mthebronptsa@gmail.com</u>.

Volunteers Needed

Maybe one of these is right for you! To ask questions and get details, please email <u>mthebronptsa@gmail.com</u>.

1. **Reflections Co-Chair** to assist Faculty Chair, Steven Barker, and parent Co-Chair Deborah Bosilovich.

2. **Mulch Sale Assistant** - Needed to shadow this year's Mulch Sale Chair, Mary Pearce, to prepare to run the show the following year. The PTSA Mulch Sale is the PTSA's largest fund raiser in support of After-Prom.

3. Assistant to the director of After-Prom Sponsorships & Social Media with the goal of running the show next year. Sponsorships and Social Media can be done separately or together.

4. A MHHS PTSA **rep to the Special Education Citizens Advisory Committee (SECAC)** to attend monthly SECAC meetings and report back to the PTSA. If your child has an IEP or 504, this might be the opportunity you've been waiting for.

5. **Student Directory** - Format data and get directory printed through county Print Shop. PTSA can find a student assistant for this project too.

6. Legislative Advocacy - A new opportunity! Learn how to take an issue you care about (gun control? Immigration?) through the legislative process. We have a parent member who can coordinate visits to the Maryland General Assembly from the Annapolis side. We would need a parent or student member interested in coordinating from the Hebron end.

VIKING BACKERS

president@vikingbackers.org, http://www.vikingbackers.org/

Parents of African American Students (PAAS) CJ Ridgely, Co-president, Cheryl Godsey, Co-president: <u>mthebronpaas@gmail.com</u>, www.mthebronpaas.wixsite.com/paas

Chinese American Parent and Student Association (CAPSA)

Grace Wang, Chair: capsa.mhhs@gmail.com, www.capsamhhs.weebly.com

Indian American Student Parent Association (IASPA)

Gopi Suri, Chair: gopi_suri@yahoo.com

Mount Hebron Marching Unit Boosters (MTHMU Boosters) Helen Morse, President: <u>http://mthmarchingunit.wixsite.com/boosters</u>

MTHMU BOOSTERS ORGANIZATION:

Did you know that the Mt. Hebron Marching Unit is on Facebook? Please check out our page at<u>https://m.facebook.com/MTHMU/</u> for some amazing drone photos as well as videos of our awesome Band, Cavaliers, and Lancers from their performances the last few weeks, including New Student Orientation and the first football game vs. MRHS.

Time is running out! Don't miss our awesome....

FALL SUB SALE - Orders Due by September 11th

Hurry and order some delicious subs for a super easy meal at home or on the go! You may order any of the 5 sub varieties in person from any MTHMU student, or simply click here to order online, and receive on Saturday September 22nd: <u>http://mthmarchingunit.wixsite.com/boosters/online-store/Sub-Sale-</u> <u>c26574495</u>. The 6th option is a "Donation Sub" which will be delivered to Grassroots. Don't forget to order some "Freezer Subs" for easy meals for the rest of the month! The order process is the same as last year. The Fall Sub sale is extremely important to help the unit raise funds for ongoing needs as well as their big Spring Trip. MTHMU truly appreciates your support!

VOLUNTEER OPPORTUNITIES

Want to enjoy MTMHU music even more often? We need your help! There are many volunteer jobs at our various events. Check them out here and sign up today!

http://signup.com/go/eaUfWpp

The MTHMU Booster Meetings are held on the first Wednesday of every month. The next meeting will be Wednesday, October 3rd, at 6:00 pm in the Band Room.

Did you know that HCPSS provides only a FRACTION of the funds needed by our athletic teams each year and gives NOTHING to our student clubs? The financial support by the Viking Backers Booster Club is VITAL to the success of our students in many extracurricular activities. For the last few years, we have not been able to fully fund all requests and next year promises to be more of the same - especially since the county has CUT an additional \$5000 from the athletics budget! YOU can help by joining AND getting involved.

410-989-3717 Viking Backers text/mobile

www.vikingbackers.org Like us on Facebook Follow us on Twitter Follow us on Instagram

ANNUAL VIKING 5K

2018-2019 Viking Backers Memberships Available Now!

ANNUAL VIKING 5K The 26th Annual Viking 5k and 1m Fun Walk **SUNDAY Oct 7 @ 9:00 am.** Join the Mt. Hebron High School community on Sunday, Oct. 7 to kick off homecoming week by running (or walking) the Hebron trail, neighborhood and stadium track! Compete for age group or MtH Awards (Alumnus, Student, Parent, Faculty and more!). New to running? We have a Novice award this year! and Bullseye Running keeping time! Proceeds benefit the efforts of the Viking Backers, supporting student clubs and athletics.

Race Information: <u>http://www.vikingbackers.org/viking-5k-race-details.html</u>

Online Registration: <u>https://www.athlinks.com/event/viking-5k-cross-country-race-2018-210846</u>

Not running this year? Please consider to volunteer some time to support this Viking tradition!

Race Committee: <u>https://www.signupgenius.com/go/4090c44afae2fa2fa7-viking1</u>

Race Day: https://www.signupgenius.com/go/4090c44afae2fa2fa7-2018

Feet First is providing certificates for the top male and female finishers! Clark's Ace Hardware has provided a basket, to be raffled. And there will be a special raffle for 8-13yo!

REGISTRATION (Note Online Registration closes Oct 4, with price increase on Race Day):

Race T-shirts guaranteed for the first 120 registered participants. Questions? Email: <u>MTH.Viking5K@gmail.com</u> Mike Bosilovich, Chairperson

We invite you to join the Viking Backers, booster club for Mt. Hebron High School. The Viking Backers is an all-volunteer, parent organization that supports ALL student extracurricular activities including academics, arts & athletics. Visit www.vikingbackers.org to join online or drop off your Completed forms & payment can also be mailed to P.O. Box 775 Ellicott City, MD 21041. Your membership supports ALL students at Mt. Hebron! www.vikingbackers.org Like us on Facebook Follow us on Twitter Follow us on Instagram - the links are in last week's newsletter

We are still need in need of volunteers for the board and committees, see list of open positions below. If you are interested please contact Viking Backers <u>president@vikingbackers.org</u> or come to one of our meetings to learn more.

Our next meeting is Monday, September 17th at 6:30pm in the Media center

BOARD OF DIRECTORS vacancies for 2018-2019:

President - VACANT (keep in touch with board and committees; lead monthly meetings; liaison to admin)

VP Ways & Means - VACANT (communicate with event committee chairs for fundraisers)

VP Concessions - Patti Lizzo*

VP Spirit Wear - VACANT (organize spirit wear sales)

Marketing/sponsorship - VACANT (solicit local business sponsors; create sponsorship packages)

Spirit Wear - VACANT (assist the VP Spirit Wear by hosting in person sales at school)

Volunteer Coordinator - Stacey Freedman*

Website - Jackie Wilson*

Winter Event - VACANT (create a new adult or community fundraiser)

(*-indicates last year of service)

SPIRIT WEAR

Be a proud Viking and show your spirit by purchasing some great-looking Mt. Hebron spirit wear!

The 2018-19 online MHHS Spirit Wear store is now open for ordering at <u>www.bsnteamsports.com</u>. Enter access code **uEagxbUGFa**. The store will be open through **September 10, 2018**. Due to the customized nature of the program, all sales are final and there will be no exchanges. Please check sizes carefully before ordering.

Spirit wear items deliver 3-4 weeks after the close of the store. You will receive a notification once items arrive and dates, times, location for pickup. The Viking Backers will also be selling spirit wear items not available at the online store during New Student Orientation and Back to School Night. Everyone is invited to place an order! Students, Parents, Family Members and Staff too!

Questions email <u>mthspirit@gmail.com</u>.

COMMUNITY NEWS

Leadership and Service Opportunity for All Middle and High School Students: Please help us by sharing this information with your students and families through newsletters, announcements, etc.

If you are a middle or high school student and interested in:

- Sharing the Student Voice on HCPSS Policy and Community Issues
- Gaining Leadership Skills
- Practicing Community Service
- Working with student leaders from across HCPSS

Please attend Howard County Association of Student Councils (HCASC) meetings throughout the year on the second Wednesday evening

of each month. The next HCASC meeting is Wednesday 9/12 7-8:30 PM at the Homewood Cafeteria. For more information please contact Ms. Cindy Drummond at cindy_drummond@hcpss.org.

Innovative Pathways Evening Program

Opportunities & Experiences for all Students to take courses and Accomplish their Goals

The Innovative Pathways Evening Program offers all students an opportunity to realize individualized goals for their high school career by earning credits through evening courses.

Over the course of one or two semesters, students are able to take full or half-credit classes in many subject areas for:

-Recovery Credit -Original Credit -Open up space in schedule Program advancement

-Make room for other courses of interest -Gain great experience

Parents can register online through September 21 for the Innovative Pathways Evening Program at www.hcpss.org/connect/

You can find more information regarding times, tuition, and financial assistance in the attached documents. If you have any questions, please reach out to <u>innovativepathways@hcpss.org</u> or 410-313-6627.

HOST FAMILY NEEDED FOR MT. HEBRON EXCHANGE STUDENT

Razaq is an exchange student from Indonesia. Through no fault of his own, he needs a host family. Razaq won an extremely competitive scholarship program from the U.S. State Department to come experience ordinary life in the USA and to share his culture. Out of 70,000 Indonesian applicants, he was one of 80 selected. Razaq is an excellent student, kind, and responsible. He is very interested in science, active in school clubs, and tries to be a role model for his younger sister. Host families volunteer to provide room and board and to treat the student as part of their family. He has his own health insurance and spending money.

This is an opportunity to learn about another country and culture -- as well as make a lifelong friend from Indonesia! AFS Intercultural Programs has an active program in Howard County with support for both students and families. If you would like more

information, please contact Christina McGarvey at 410-997-7087 or <u>AFSBaltimore@gmail.com</u>

HC DrugFree

Teen Advisory Council: HC DrugFree's Teen Advisory Council (TAC) meets one Monday evening a month from 5:30 p.m. to 7 p.m. at The Barn/Teen Center in the Oakland Mills Village Center and is open to all Howard County high school students. Community service hours are available for all meetings and events. TAC's first 2018-19 meetings will be held on **Monday, September 17 and October 22**. To register, please visit www.hcdrugfree.org and go to the Teen Advisory Council page. Refreshments provided at meetings so must RSVP to Admin@hcdrugfree.org or call 443-325-0040.

Get Rid of Old EpiPens, Medication and More: The next convenient drive-thru medication and "sharps" (needles, syringes and EpiPens) collection will be held on **Saturday, October 27** between 10 a.m. and 2 p.m. in the Wilde Lake Village Center parking lot near the Swim Center and UPS Store. HC DrugFree and the Howard County Police urge you to clean out your unwanted or expired over-the-counter and prescription medication and sharps. Please visit HC DrugFree's website at <u>www.hcdrugfree.org</u> and go to the Events/Drug Take Back Day page for more information about medication disposal, call 443-325-0040 or email Admin@hcdrugfree.org.

Opioid Workshop by Howard County

Howard County presents Opioid Workshop on Tuesday, September 18th, 7-8pm.

Register by contacting Howard County Health Department - send email to orpresponse@howardcountymd.gov

Class is at Bethany UMC - 2875 Bethany Lane, Ellicott City, MD 21042

For more Community News and Programs visit <u>http://www.hcpss.org/community-news-and-programs/</u>