**Viking Parent Weekly September 8, 2020**

*An email newsletter of the many Mt. Hebron parent groups.*

**Parent Teacher Student Association (PTSA)**  
Caroline Bodziak, President: [president@mthebronptsa.com](mailto:president@mthebronptsa.com)   
[Website](https://www.mthebronptsa.com/) | [Facebook](https://www.facebook.com/MHHSPTSA/) | [Twitter](https://twitter.com/home)  
Meetings 2nd Tuesday @ 7pm via Zoom (except September is Thurs., Sept. 17)

**Next PTSA Meeting**Thursday, September 17 @ 7pm via Zoom. This will be an informational meeting with Dr. Miller following the 9/10 Back-to-School night presentation and the first two weeks of virtual school. Check the [PTSA website](https://www.mthebronptsa.com/meetings) for updates.

**Have Questions After Back-to-School Night?**

Did Back-to-School Night leave you with even more questions? Please email them to [president@mthebronptsa.com](mailto:president@mthebronptsa.com). Dr. Miller will address as many as possible at the 9/17 PTSA Zoom meeting.

**Suicide Awareness & Prevention Training**

Suicidal thoughts, much like mental health conditions, can affect anyone regardless of age, gender or background. People trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade and refer someone to help. Register for FREE virtual training by qualified Grassroots instructors [here](https://grassrootscrisis.org/events/virtual-suicide-prevention-training-qpr-question-persuade-refer-for-youth-13-and-their-families/). For youth ages 13 & up, their families or anyone who works with youth. Visit the [PTSA website](https://www.mthebronptsa.com/interesting-articles) for additional mental health resources.

**Worth Repeating….**

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Sat./Sun. Oct. 10 & 11 from 9am-1pm both days

AND

Sun., Nov. 8 from 9am-1pm + T/Th Nov. 10-11 from 7-9pm

Register with [The Answer Class](https://theanswerclass.com/) now only $149.

**United Way Campaigns**

If your business conducts a United Way Campaign you can designate Mt. Hebron PTSA as a recipient of some of your contribution using designation code #166. Thank you!

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**One Book, One School for Parents/Community**A Collaboration with Parents of African American Students (PAAS): Students, Staff, Parents and Community Members are invited to read a common book and participate in activities throughout the year to lead to informed action. The selected book is “Stamped: Racism, Anti-Racism, and You” by Jason Reynolds. Interested parents and community members sign up and learn more [here](https://www.mthebronptsa.com/rje-book-discussion). Students and staff will learn more through school.

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Description automatically generated](https://www.mthebronptsa.com/membership-s)**Join Today**Your membership is THE MOST IMPORTANT THING you can do for PTSA so don’t wait, join now! Explore the [website](https://www.mthebronptsa.com/) to learn about everything the PTSA does to support ALL students, staff, and families at Mt. Hebron. Click on the image to join.

* **Chinese American Parent and Student Committee (CAPSA)**  
  Daisy Zhang, Chair: [capsa.mhhs@gmail.com](mailto:capsa.mhhs@gmail.com), [www.capsamhhs.weebly.com](http://www.capsamhhs.weebly.com)
* **Korean American Student Parent Committee (KASPO)**  
  Il Minn, Chair: [iminn1@gmail.com](mailto:iminn1@gmail.com)
* **Indian American Student Parent Committee (IASPA)**  
  Gopi Suri, Chair: [gopi\_suri@yahoo.com](mailto:gopi_suri@yahoo.com)
* **Latin America Council Committee (LAC)**Liset Rajaratnam, Chair: [lisetraj@yahoo.com](mailto:lisetraj@yahoo.com)

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

**Parents of African American Students (PAAS)**  
Co-Presidents Juliet Yeates-Trotman & Adrienne Brown [mthebronpaas@gmail.com](mailto:mthebronpaas@gmail.com)  
$30/family – Join online [www.mthebronpaas.wixsite.com/paas](http://www.mthebronpaas.wixsite.com/paas)

**Viking Backers**  
Jim Bahel, President: [president@vikingbackers.org](mailto:president@vikingbackers.org), <http://www.vikingbackers.org/>

While 2020 might start off different than the past, we plan on ending the year on a high note!

Your membership this year is more important than ever! Please consider being a Backer for the coming school year. We have launched a new website to make it easier for you to join. Hover your phone camera here to be directed to our membership link…



NEXT MEETING IS SEPTEMBER 14, 2020 at 6:30pm via Zoom. Please email [president@vikingbackers.org](mailto:president@vikingbackers.org) for the link.

**Community News**

**For Parents of Freshmen**

A new Facebook group for info sharing among parents and guardians: **Mount Hebron High School Class of 2024 Parent Group**. This is a private group NOT sponsored by PTSA.