



Valhalla Voice

June 03, 2019

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Calendar

Date	Time	Event/Location
June 3	6:30pm	Viking Backers Meeting in the Media Center
June 4		Staff Luncheon by KASPO(Korean American Student and Parent Committee)
June 5	6pm	College Night in the Auditorium
June 5	6pm	MTHMU Last Boosters Meeting in the Band Room
June 8		Football Event Run by MHHS Coach Frederick
June 11-13	5:30-7:30pm	Lancers Fall Marching Unit Auditions in the Main Gym
June 19		Final Staff Appreciation Luncheon by PTSA
June 24 – July 8		Street Smarts Drivers Ed Sessions @ Hebron
No Class on 7/4		
July 15 - 26		Street Smarts Drivers Ed Sessions @ Hebron
August 7 - 20		Street Smarts Drivers Ed Sessions @ Hebron
September 10	7pm	1 st PTSA 2019-2020 Meeting in the Media Center
October 26	10am-3pm	MTH Marketplace

Parent Teacher Student Association (PTSA)

Caroline Bodziak, President: mthebronptsa@gmail.com, www.mthebronptsa.com/

Twitter: @Mthebronptsa, Facebook MHHSPTSA

Meetings 2nd Tuesday of the month @ 7:00pm in the Media Center

Next Meeting: September 10, 2019

Help with the Final Staff Appreciation Luncheon 6/19

The PTSA Staff Appreciation Committee is planning the end-of-year Staff Luncheon for Wed., June 19 and can use your help rounding out the menu. Please check out the SignUp Genius here: <https://www.signupgenius.com/go/30e0f4caca92d6-mthebron> and help if you can. Thank you!

Help with KASPO Committee Luncheon 6/4

The Korean American Student and Parent Committee is looking for help holding a traditional Korean lunch for Mt. Hebron staff on June 4. If you would like to help please contact Il Minn at iminn1@gmail.com.

Scholarships Awarded 5/23

Congratulations to the following seniors who were awarded a \$1,000 PTSA Scholarship:

Khiem Doan
Caitlin Madden
Mallaika Majid
Eliza Munns
Uma Phatak
Saniya Purohit
Blaire Ridgely
Lorin Rocheleau
Chris Vandervat
Jacob Witlin

Staff Appreciation

The PTSA Staff Appreciation Committee was at it again making sure staff know that school would “knot” be the same without them!



Senior Banners

Senior Banners were taken off the school walls, rolled up, and given to students during graduation practice at school. If you haven't seen it at home yet, please check with your senior!



Hebron for Hope T-Shirts Available

Mount Hebron's SGA would like to sell at least 100 more Hebron for Hope t-shirts before the end of the school year in order to support our chosen charity, Believe in Tomorrow Children's Charity!

We still have plenty of small, medium, large, and extra large t-shirts. These shirts are unisex, preshrunk cotton. Shirts are \$10, and can either be bought with cash or check, made out to Mount Hebron High School. Ask your student to stop by the

media center or contact Mrs. Engelstatter at katherine_engelstatter@hcpss.org if you would like to buy a shirt.

Interested in School-Related Policies?

The following HCPSS policies are all up for revision in 2019-2020. If you would like to be a member of a policy committee which will meet in the fall 2019, please email the PTA Council of Howard County (PTACHC) at ptachc@gmail.com.

Policy 1050 Tobacco-Free Environment

Policy 9230 Alcohol, Other Drugs, Prescription Medication and Over the Counter Products

Policy 4030 - School Activity Funds

Policy 7000 - Workforce Diversity
Policy 7020 – Nepotism
Policy 8080 - Responsible Use of Technology
Policy 8090 - Non-School-Hour Curricular Programs (2 year review)
Policy 8100 - Field Trips
Policy 9010 - Attendance

Subscribe to the PTSA Website

Create a login then update your settings to get notifications of new postings to the PTSA website blog. For detailed instructions [click here](#).

Chinese American Parent and Student (CAPS) *Committee*

Margaret Sui, Chair: msui2998@hotmail.com

Korean American Student Parent Organization (KASPO)

Now a PTSA Committee

Il Minn, President: iminn1@gmail.com

As a token of appreciation, KASPO is serving staff and teachers traditional Korean food on June 4th. KASPO needs parent volunteers for food preparation and serving. Please contact IL Minn (iminn1@gmail.com) if you wish to help. Thank you.

Viking Backers

Viking Backers www.vikingbackers.org

We need your talents and your ideas! The Viking Backers have several important volunteer opportunities for the coming school year. This is a great opportunity for parents to make Mt. Hebron High School a better and more rewarding experience for students and faculty. We have several great opportunities including VP of Concessions, VP of communications, and others. Our student activities, our athletes, and our school are all touched by the work of the Viking Backers volunteers. Please contact Jim Bahel, President (president@vikingbackers.org), to discuss these openings. We also invited you to attend our June 3 meetings to discuss these opportunities

Registration for Viking Backers Summer Sports Camps is now open. We are proud to work with our coaches and athletic staff to continue this Hebron tradition.

Please visit the Backers homepage (www.vikingbackers.org) and select the "Summer Sports Camp" link which will take you to the page for camper registration and payment. <http://www.vikingbackers.org/summer-sports-camp.html>

New for this year: The Valhalla Football Combine, a unique football event on June 8 run by our MHHS football coach Shawn Frederick. This one-day event will give promising high school football players a chance to take part in skill and strength events to demonstrate their football abilities. It will also provide valuable information on the college entry process and other issues of interest to the football athlete. For more information please go to <https://www.youtube.com/watch?v=IXw2rj7Hs1s>. Registration is available via the Backers' homepage.

Drivers' Education: The Viking Backers is happy with the options we are able to offer our students for Drivers' Education. Both of our Drivers' Ed partners - Greg's Driving School and Street Smarts - have upcoming classes and openings. Please check the Viking Backers' website <http://www.vikingbackers.org/driver-s-ed.html> for additional information and registration details.

MTH MARKETPLACE – 10/26/19

By popular demand, MTH MARKETPLACE is back for the fall! On Saturday, Oct. 26 from 10a-3p, the Viking Backers Booster Club will host an arts & crafts festival with over 120 vendors featuring handmade goods, art, décor, jewelry, skin care and more! Admission and parking are FREE and open to the public.

If you are interested in being an exhibitor, please fill out the application at <https://forms.gle/TGPaAuNBKWRCBfus8>. Spaces are 8x8 or larger for \$40 (plus a \$2 transaction fee).

For more information, please see our Facebook event page <https://www.facebook.com/events/471657553411552/> or event website <https://mthmarketplace.weebly.com/>. Additional questions? Email Lisa Scarbath at lscarbath@gmail.com

Join us at our next meeting June 3rd @6:30pm in the Media Center

Parents of African American Students (PAAS)

CJ Ridgely, Co-president, Cheryl Godsey, Co-president: mthebronpaas@gmail.com, www.mthebronpaas.wixsite.com/paas

Indian American Student Parent Association (IASPA)

Gopi Suri, Chair: gopi_suri@yahoo.com, Visit Website: IASPA

Mount Hebron Marching Unit Boosters (MTHMU Boosters)

MTHMU NEWS

Please check out our Facebook page at <https://m.facebook.com/MTHMU/> for lots of photos and videos of all our performances this year! For MTHMU Families, we also try to post helpful reminders there!

The last Boosters meeting of the year will be held on Wednesday, June 5, 2019 at 6:00pm in the Band Room. Please join us!

READY TO GET INVOLVED FOR NEXT YEAR?

If you're interested in volunteering for next year – please reach out immediately to mthmuinfo@gmail.com.

We need a lot of hands to help MTHMU be the best it can be, and it is a lot of fun too!

LANCERS FALL MARCHING UNIT AUDITIONS

Auditions for Fall MU Lancers will be held on June 11th, 12th and 13th from 5:30-7:30 in the Main Gym.

Community News

NAMI Parent Support Group

NAMI of Howard County holds monthly parent support group meetings. NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to improving the lives of individuals and families affected by mental illness. NAMI operates at the national, state, and local levels to provide support, education and advocacy. NAMI Howard County has served the residents of our community with free programs since 1979.

Group for Parent and Caregivers of Children and Teens with Mental Health Concerns:

Meets first Monday of each month 7:30-9:00PM, Rm 252

First Presbyterian Church

9325 Presbyterian Circle, Room 252

Columbia, Maryland 21045

Learn more about NAMI: <https://namihowardcounty.org/about-nami-howard-county/>

Become an “Emotional Support Human”

Do you have a friend or family member going through a hard time? Be their Emotional Support Human!

Emotional Support Human

/əˈmɔʃ(ə)n(ə)l/ /səˈpɔrt/ /ˈ(h)yooˌmən/

noun

An individual of the human (homo sapien) species who is committed to helping other people dealing with emotional and mental health challenges. Emotional Support Humans are characterized by compassion, care, love and a willingness to help the people around them – their friends, loved ones and community. Formal training is not required.

Last week the Horizon Foundation launched a new public outreach campaign designed to help people effectively support those in their lives who may be struggling with mental health challenges. The **“Emotional Support Human Etiquette”** campaign, modeled after the concept of emotional support animals that provide comfort to many, aims to normalize conversations around mental health and offer tips for people to approach those conversations. Visit the link above (or <https://supporthuman.org>) to learn more about becoming an Emotional Support Human and sign the pledge!

Every Considered Hosting an Exchange Student?

Host Families Sought for AFS Exchange Students: Next school year, about eighteen AFS exchange students from around the world will come to Howard County for a life-changing year. Exchange students live in a family such as yours and attend your local high school. Host families volunteer to provide room and board for a student and get to know a great kid and learn more about a different part of our world. Students are available from countries around the world, such as Norway, Italy, Indonesia, Japan, Thailand, Switzerland, and Germany and many more.

You can pick kids who enjoy hobbies such as running, debate competitions, singing, playing soccer and tennis, baking, drawing, or playing violin.

If you would like to hear more about the process of becoming a host family or any other aspect of our program, please contact Christina McGarvey at (410) 997-7087 or AFSBaltimore@gmail.com.

CAMP INCLUSION REGISTRATION OPEN

Camp Inclusion is a summer day camp in Howard County for any student (12-21) with or without a cognitive, social, or physical disability. At Camp Inclusion, campers participate in group games and sports including soccer, kickball, and handball. Campers also participate in arts & crafts activities such as tie-dye and painting, as well as developmentally appropriate board games, which are adapted for campers as needed. For more information please visit <http://www.campinclusion.org/>

Please visit the **Community News and Programs page** on the HCPSS website for announcements of upcoming events and programs sponsored by non-profit organizations.

<http://www.hcpss.org/community-news-and-programs/>