

# Valhalla Voice

## February 3, 2020

The Valhalla Voice is the newsletter of the many Mt. Hebron parent advocacy groups including: the PTSA, which includes the Chinese and Korean committees; Indian & African American groups; the Viking Backers Booster Club; and Marching Unit Boosters Club.

Date	Time	Event/Location		
Present-Feb. 11	3-6:15pm	Street Smarts Driver's Ed Class in Room 155		
February 3		Viking Backers Fundraising @ Manor Hill Tavern		
February 4		MTHMU Restaurant Night at River House Pizza Company		
February 4		Valentine Surprise for Students		
February 5	6:30-7:30pm	Viking Backers Meeting in the Media Center		
February 6		Valentine Surprise for Students		
February 7	6-8pm	Spirit Wear Sale @ Front Lobby		
February 10-24	2:45-6pm	Greg's Driving School in Room 143		
February 11	7pm	PTSA Meeting in the Media Center		
February 13	7pm	MTHMU Booster Meeting in the Guitar Room		
February 15, 22	9am-1pm	SAT Prep in Room 103		
February 21	6-8pm	Spirit Wear Sale @ Front Lobby		
February 28	7-8am	Restorative Justice in Education Book Discussion over Coffee		
		Sponsored by PTSA in the Media Center		
February 28		Winter Band		
March 7		Science Olympiad @Hebron		
March 7	9-11:15am Community Parent Workshop Session abo			
		Unhealthy Relationships		
March 10,17,24,31	5:30-8pm	HCDrugFree Guiding Good Choices Sessions @ Oakland Mills		
		Middle School		
March 28		Mulch Delivery Day		
April 14	6:30-7pm	Guest Speaker on Restorative Justice in Education		
		implementation at Mt. Hebron PTSA Meeting in Media Center		
April 21, 23	5:30-9:30pm	SAT Prep in Room 103		

## Parent Teacher Student Association (PTSA)

Caroline Bodziak, President: <a href="mailto:mthebronptsa@gmail.com">mthebronptsa.com</a>/

 $\label{eq:Twitter: @Mthebronptsa, Facebook: @MHHSPTSA} \\ \text{Meetings 2}^{\text{nd}} \text{ Tuesday evening of the month in the Media Center} \\$ 

- Next Meeting 2/11
- BOE Candidates Forum D1 & D2 2/11
- Mulch Minute
- Valentine Surprise for Students 2/4 & 2/6
- Pi Week Coming up at Mt. Hebron
- Science Olympiad Volunteers Needed
- PTSA Scholarships
- SAT Test Prep Class 2/15 & 2/22
- Volunteer Opportunities
- Education Legislation CB1, HCPSS Operating Budget

#### **Next PTSA Meeting**

Tues., Feb. 11 7:00pm in the Media Center

All are welcome to the **monthly PTSA meeting General Assembly** where you will hear updates from the principal, student leaders, faculty, and parent advocacy groups. **Breakouts for the parent advocacy groups and PTSA follow** to conduct business meetings.

#### **BOE Candidates Forum: Districts 1 & 5 – Feb. 11**

Join us on Tuesday, February 11 from 6:00-7:00pm in the Mt. Hebron HS cafeteria for a Candidates Forum with the Board of Education candidates from Districts 1 and 5, who represent the Mt. Hebron community. Come meet and hear from candidates from both districts and participate in small group Q&A with each candidate. Free event. Please register on <a href="eventbrite">eventbrite</a> to give us an idea of how many to expect.

#### Which BOE District are you in?

Don't know which Howard County Council/Board of Education District you live in? Go to the Maryland State Board of Elections site, enter your info in the search boxes on the right, click "search", and it takes you to your Voter Registration info. Click on "Voting Districts" and it shows you which districts you are in: Councilmanic (this is also BOE), Legislative, Congressional, Circuit Court, Senatorial, and more.

#### Mulch Minute

The MHHS Mulch Committee is picking up steam as we are busy preparing for our annual Mulch Sale to benefit After-Prom! *Mulch Delivery will take place Sat., March 28th.* We're currently working to update the various sign up genius NEEDS, including a logistics/dispatch coordinator to shadow Debbie Jacoby who will be hanging up her Mulch Magic Wand this year. Got a truck? Want to help spread good will & mulch throughout the community? If so, we NEED you! For more information please send an email to <a href="MHHSMulchSale@gmail.com">MHHSMulchSale@gmail.com</a> or be on the lookout for our SignUp Genius links! Jason Bashura / Mulch Monger

#### Shhhh, It's a Surprise!



The sky high expectations of the idea of Valentine's Day can be overwhelming for the most well-adjusted adults, so here's an idea to bring some love into all of Hebron's students' day on Feb. 14. We are asking parents/guardians/adults to write anonymous positive

affirmations on note cards which will be mounted on tri-folds and positioned around the school building on February 14. Students may take notes as needed/desired throughout the day for a Valentine's feelgood moment. Please join us for card-writing from 6-7pm at Lewi Café (9065 Frederick Rd, EC, 21042/lewicafe.com) on Tues., Feb. 4. Cards and pens provided, but you may want to bring spare

change to buy a drink or snack. You may also write out blank index cards at home and drop them off in the collection box in the main office through Feb. 13. If you can't make it Feb. 4, there is another note-card-writing opportunity Thurs., Feb. 6 from 2:15-3:15pm in the Mt. Hebron HS Staff Lounge.

#### Pi Week Coming up at Mt. Hebron

PTSA is delighted to partner with Mt. Hebron HS in activities that stretch the traditional "Pi Week" suicide prevention and awareness/mental health campaign into something closer to "Pi Month"! More details to come on these new events:

- Tues., March 10 @ 6:15-7:00pm in the Media Center Special guest speaker Mark Donovan from Congruent Counseling on Dialectical Behavioral Therapy (DBT) which is a form of cognitive behavioral therapy that may be helpful for teenage mental health issues like stress, depression, self-harm, etc. that have not been successfully treated with standard methods.
- Mon., March 16 @ 7:00-8:30pm in the Media Center Question, Persuade, Refer (QPR) suicide
  awareness and prevention training offered with a trained facilitator from the Grassroots Crisis
  Intervention center.
- Tues., March 24 @ 6:30-8:30pm in the Auditorium & Cafeteria Separate and simultaneous screenings of the film "Not Alone" for adults (in Auditorium) and students (in Café) followed by facilitated panel discussions. Read a synopsis of the film <a href="https://example.com/here">here</a>.

#### Science Olympiad at Hebron - Volunteers Needed



The PTSA is sponsoring the Science Olympiad for the second year in a row at Mt. Hebron on Sat., March 7, 2020. This event draws hundreds of high school participants from our region and is a real showcase for our school and STEM fields. Pulling off such a high-profile event requires many helping hands, from adults and students alike. Student volunteers can even earn service hours! To explore the many volunteer jobs available, please visit the <a href="SignUp Genius">SignUp Genius</a>. For more information about the Science Olympiad please contact

Mt. Hebron science teacher Paul Sabota at paul sabota@hcpss.org.

#### 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.



**EANSWER CLASS** 

#### March SAT Test Coming Up - Is Your Student Ready?

Eight-hour test prep classes open to all high school students are being offered in Howard County high schools throughout the school year (participating schools listed below). Learn everything you need to know about the SAT or ACT in just 8 hours – and without breaking the bank!

Each class includes a full-length practice test and testtaking strategies as well as confidence-building, time management, and guessing techniques. Each SAT and ACT class is only \$159,\* or purchase the SAT/ACT Prep Combo Package for only \$249 (save \$49!). A portion of each student's tuition is donated back to the sponsoring high school or high school organization. \*Register at least one week in advance of the class and receive a \$10 discount.

#### **SAT Prep at Mt. Hebron HS**

Sat., Feb. 15 & Sat., Feb. 22 from 9 am – 1 pm OR T/Th April 21 & 23 from 5:30 pm – 9:30 pm

Additional SAT & ACT prep classes are offered at Atholton, Hammond, Howard, Marriotts Ridge, and Reservoir High Schools. Visit <a href="https://theanswerclass.com/schedule/">https://theanswerclass.com/schedule/</a> www.theanswerclass.com to view the full class schedule and to register your student.

#### **Volunteers Needed**

- 1. Sign up to get Emails about Volunteer Opportunities https://forms.gle/fpSc5d99wAYCUk4E6
- 2. SignUp to Provide lunch for Men Rising club https://www.signupgenius.com/go/30e0f4caca92d6-mthebron3
- 3. **Collecting K-Cups** Hospitality Committee is looking for donations of K-cups to keep staff warm this winter! Please see <u>SignUp</u> for various drop-off locations. Collection ends Feb. 17.
- 4. Science Olympiad March 7, 2020 Science Olympiad SignUp
- 5. Logistics/Dispatch for Mulch Sale Delivery Day March 28, 2020. Help get mulch orders to their destinations in a timely and efficient manner. Email Jason Bashura jpb27nyy@verizon.net.
- 6. **Mental Health Committee** Would you like to join a group of like-minded parents interested in learning more, planning events, and sharing information about mental health to the Mt. Hebron community? Please email <a href="mathebronptsa@gmail.com">mthebronptsa@gmail.com</a>.
- 7. **Toastmasters Youth Leadership Program -** Parent volunteers needed to model public speaking skills and assist with the club. Please email Srini Gorantla at <a href="mailto:srinivasuanwesha@gmail.com">srinivasuanwesha@gmail.com</a>.

#### **Education Legislation**

#### **Stay Informed!**

Track what our Howard County legislators are working on in our state capitol. To find out which legislative district you live in (Mt. Hebron area is 9A or 9B), click on the map.

9A – Del. Trent Kittleman – Subscribe to a weekly e-newsletter by emailing TrentKittleman@verizon.net.

9A - Del. Warren E. Miller - Email for more info: Warren.Miller@house.state.md.us

9B – Del. Courtney Watson – Email for more info: Courtney.Watson@house.state.md.us

<u>Join PTSA Online</u> at <u>www.mthebronptsa.com/</u>. Click on "Membership" to access the online payment portal or a downloadable form that you can send in with a check. Membership forms also available in Korean and Spanish. 100% of your donations stay at Mt. Hebron.

## Subscribe to the PTSA Website www.mthebronptsa.com/

Create a login then update your settings to get notifications of new postings to the PTSA website blog. For detailed instructions <u>click here</u>. Visit the website often for current news, information on programs like scholarships and After-Prom, forms, contact info, and much more.

## **Chinese American Parent and Student Committee (CAPSA)**

Margaret Sui, Chair: <a href="mailto:capsa.mhhs@gmail.com">capsa.mhhs@gmail.com</a>, <a href="mailto:www.capsamhhs.weebly.com">www.capsamhhs.weebly.com</a>

Thank you to all the parents and students who contributed to the Lunar New Year celebration at school on Friday, Jan. 24 and provided snacks for all students and a stunning lunch for Hebron's hard-working staff. Big surprise - there were no leftovers!



## **Korean American Student Parent Committee (KASPO)**

Il Minn, Chair: <a href="mailto:iminn1@gmail.com">iminn1@gmail.com</a>

## **Indian American Student Parent Committee (IASPA)**

Gopi Suri, Chair: <a href="mailto:gopi suri@yahoo.com">gopi suri@yahoo.com</a>

## **Latin America Council Committee (LAC)**

Liset Rajaratnam, Chair: lisetraj@yahoo.com

## **Parents of African American Students (PAAS)**

CJ Ridgely, President: mthebronpaas@gmail.com, www.mthebronpaas.wixsite.com/paas

Juliet Yeates-Trotman, Treasurer; Adrienne Brown, Communications Director

Next meeting: Thurs., Oct. 10, 2019 7:30-8:30pm in Room 105

#### **Membership Drive Continues**

\$30/family – Join online <a href="https://www.mthebronpaas.wixsite.com/paas">www.mthebronpaas.wixsite.com/paas</a>

## Viking Backers

Jim Bahel, President: <a href="mailto:president@vikingbackers.org">president@vikingbackers.org</a>, <a href="http://www.vikingbackers.org">http://www.vikingbackers.org</a>/
It's not too late to become a Viking Backers member! Visit\_www.vikingbackers.org to join! Your membership directly supports clubs, student activities, & athletic programs.

Thank you for making a difference!

- Winter Concessions Help is Needed Please sign up to help!
   https://www.signupgenius.com/go/4090c44afae2fa2fa7-20192020
- **Get your Spirit Wear** 2/7, 2/21
- Street Smarts Driver's Ed Class 1/29 to 2/11; 3pm to 6:15pm

- Greg's Driving School Class 2/10 to 2/24; 2:45pm to 6pm
- Manor Hill Tavern Fundraiser (15% of all dining & bar) All Day, 2/3
- DATE CHANGE! Viking Backers General Meeting Wednesday, 2/5, 6:30pm to 7:30pm Media Center

#### You can now use credit & debit cards & Apple Pay for concessions

The Viking Backers Concession Stand - your place for pizza, hot dogs, cup-a-noodles, and Chickfil-a (on Friday nights only) - <u>is now accepting credit cards, debit cards, and Apple Pay!</u> And remember you can buy a discount card worth \$12 for only \$10.

The Concession Stand is open during all home sporting events, and relies on volunteers (like you!) to work. Click on the link below to sign up! https://www.signupgenius.com/go/4090C44AFAE2FA2FA7-20192020

Volunteering just a couple of hours will get you <u>free admission</u> to the games being played that night! We have a lot of basketball games and wrestling events- please consider helping out! It's a great way to meet other Viking families and make new connections across the Viking community. For students, it's a great way to earn service hours and give back to our great school. Plus, it's a lot of fun – just ask anyone who's done it.

Please remember that our concessions stand raises nearly 35% of the funds provided to not just MTH sports, but clubs and academic activities. We need the support of parent and student volunteers. Thank you and GO VIKINGS!

#### Manor Hill Tavern Fundraiser - All Day on Monday, Feb. 3

Mark your calendars for a fundraiser for Viking Backers at Manor Hill Tavern in Old Ellicott City. Monday, February 3rd (students have the next day off of school)...come anytime, but the Viking Backers Board is planning on being there from 5-7pm. **Manor Hill will donate 15% of the proceeds from dining and bar that night.** You must present the flyer to your server or bartender; it can be found on <a href="wikingbackers.org">wikingbackers.org</a> or at the link below, and we will have them there that night if you forget to bring one. The flyer is good from opening of business til close.

#### Come out and support Viking Backers!!

Manor Hill Tavern Fundraiser Flyer -

http://nebula.wsimg.com/2f3a36989488fab1d0fbf3b195ffce01?AccessKeyId=002F33D41A1420 60BEA5&disposition=0&alloworigin=1

#### **Spirit Wear**

Come get stocked up on warm weather gear - sweatshirts, sweat pants, light weight hoodies, winter hats and blankets.

#### 2020 Upcoming Spirit Wear Sales:

**2/7** Girls Basketball 6pm - 8pm - Front Lobby

2/21 6pm - 8pm - Front LobbySpirit Wear Needs YOU!

We are looking for help selling spirit wear- it's easy and fun and you can check out all the fun, new stuff we are offering this year! Check out the link and sign up if you are available:

https://www.signupgenius.com/go/5080c4baba62aa1f58-winter1

Any questions please email Dana Arthurs at: vikingspiritwear@gmail.com Thank you!!

Viking Backers thanks our sponsors for their support.

Please consider patronizing them.







Dr. Victoria Switzer

HoCo Brew Hive

Delicious By Dana



Anissa with Keller Williams



Julia with RE/MAX



Campanaro Strength & Conditioning



Cherapy



Lloyd Plumbing



Lakeside Title



Steel Fire Kitchen & Bar



## **Driver's Education Options: Greg's & Street Smarts**



Greg's Driving School is the largest driving school in Maryland and has been supporting the Viking Backers and Mount Hebron students since 2006. We provide the 36-hour Driver's Education program directly after school. Any student in Maryland who is 15 years of age or older is eligible to take the classroom portion, and once they are 15 years and 9 months of age they can take the behind-the-wheel part of the program. The program runs for ten (10) days, usually consecutive except for days that school is not in session. Students can sign up for classes at Mount Hebron by visiting <a href="https://www.gregsmd.com/MHHS">www.gregsmd.com/MHHS</a>.

Parents may view our <u>Online Parent Orientation</u> to learn what to expect from the Greg's Driver Education Program and how to assist us in helping your new driver take this important step toward adulthood. As parents are part of the equation in shaping new drivers, your role is important in keeping them safe.

Another useful resource is the free <u>RoadReady</u> app which has been approved by the Maryland Motor Vehicle Administration. This app helps you record the 60 hours of home driving practice that is required of your student, an essential step in the student's progress through the Graduated Licensing System. The app is free and can be downloaded at <u>www.roadreadyapp.com</u>. Thank you for considering choosing Greg's!

# Mount Hebron High School Driver's Education 2019-2020

Cost of the Program: \$360.00

Session	Start Date	End Date	Notes	Time
#1	October 14,2019	October 28, 2019	No class on 10/18/19	2:45 pm – 6:30 pm
#2	November 4,2019	November 15,2019		2:45 pm - 6:30 pm
#3	December 9,, 2019	December 20, 2019		2:45 pm – 6:30 pm
#4	January 6,2020	January 17, 2020		2:45 pm – 6:30 pm
#5	February 10,2020	February 24, 2020	No class on 2/17 – schools closed	2:45 pm – 6:30 pm
#6	April 20, 2020	May 4, 2020	No class on 4/28/2020 Primary Election Day	2:45 pm – 6:30 pm
#7	June 23, 2020	July 7, 2020	Pending room availability	9:00 am -12:15 pm
#8	July 13, 2020	July 24, 2020	Pending room availability	9:00 am -12:15 pm

# STREET SMARTS OF MARYLAND DRIVER'S EDUCATION PARTNERSHIP WITH MT. HEBRON HIGH SCHOOL BOOSTERS!

Since 2009, Street Smarts of Maryland has been a strong financial partner of the Mt. Hebron High School Boosters. In addition to providing students with a premier driver's education program, the company has provided over \$33,275.00 back to the Mt. Hebron HS Boosters in support of student activities and programs.

Street Smarts of Maryland is proud to be able to provide such financial support to the local high schools that endorse the driver's education program. Whether the students are in the classroom or behind the wheel of a car, working together we can strive to make the students the best they can be!

Thank you in advance for your continued support!

**HOW DOES THE PARTNERSHIP WORK?** For each student that enrolls in the driver's education program, a donation will be provided back to the school boosters. Not only will each registered student receive a first-rate driver education but each enrollment will be helping to support the Mt. Hebron HS Boosters as well.

**COURSE OPTIONS:** Street Smarts of Maryland offers several course options with the goal of making each student a safer driver in all types of roadway conditions. The curriculum is based upon teaching safe defensive driving techniques to the students. All of the instructors are either retired law enforcement officers, firefighters, teachers or those with previous Driver's Education experience.

**IN THE COMMUNITY:** To learn more about the company and the law enforcement background, click on the following link to watch a short video which accompanied the featured story in the *Baltimore Sun*. The link can be found at <a href="http://vimeo.com/92306718">http://vimeo.com/92306718</a>

The Street Smarts Driver's Education Program boosts the following:

- \* Certified MVA Instructors \* Management has over 200 Years of Combined Law Enforcement Experience
- \* Thirty (30) hours of Classroom Instruction \* Standard (6 hours), Advanced (8 hours) or Premium (10 Hours) Behind the Wheel Instruction

#### STREET SMARTS OF MARYLAND UPCOMING SESSIONS:

1/29/20 - 2/11/20 3-6:15pm 3/9/20 - 3/20/20 3-6:15pm 4/27/20 - 5/11/10 3-6:15pm 5/20/20 - 6/3/20 3-6:15pm

8/3/20 - 8/14/20 (pending room availability) 9am-12:15pm

Evening and Weekend Classes also available at the main office located at Normandy Shopping Center in Ellicott City.

To register for any session on-line, please visit the Street Smarts website at: www.streetsmartsmd.com

Please feel free to email their office at streetsmartsmd@comcast.net or call 443-355-4238 with any questions regarding their program.

## Parents of African American Students (PAAS)

CJ Ridgely, President: <a href="mailto:mthebronpaas@gmail.com">mthebronpaas@gmail.com</a>, <a href="mailto:www.mthebronpaas.wixsite.com/paas">www.mthebronpaas.wixsite.com/paas</a>
Juliet Yeates-Trotman, Treasurer; Adrienne Brown, Communications Director

#### **Membership Drive Continues**

\$30/family – Join online <a href="https://www.mthebronpaas.wixsite.com/paas">www.mthebronpaas.wixsite.com/paas</a>

## Mt. Hebron Marching Unit Boosters (MTHMU Boosters)

Helen Morse, President: http://mthmarchingunit.wixsite.com/boosters

#### **Communications**

Please check out our Facebook page at <u>MTHMU on Facebook</u> for lots of photos and videos of our performances this season including our recent concerts. For MTHMU families, we also try to post helpful reminders there!

Important: For LOTS more information about the Mt. Hebron Band and Marching Unit, please visit <a href="https://www.mthebronmusic.org">www.mthebronmusic.org</a>. Please add this page to your Favorites!

#### Restaurant Fundraising: River House Pizza Company on Tues. 2/4/20

Please join us at our next Restaurant Fundraiser which is at River House Pizza Company, at 10039 Baltimore National Pike, Ellicott City 21042, all day on Tuesday, February 4<sup>th</sup>. Please see below for more specific details, and spread the word to family and friends! (Must state fundraiser at time of purchase.) Restaurant Fundraisers Page

\*\*\*\*Thanks so much for your support of all our fundraising efforts!\*\*\*\*

#### **Ready to Get Involved This Year?**

We are thrilled to welcome so many new families and would love to see you at Booster meetings and MTHMU events. The next Booster meeting is Thursday, February 13<sup>th</sup>, in the Guitar Room. Hope to see you! We always need lots of volunteers! Please sign up here: Volunteer for MTHMU

#### Own a Piece of MTHMU Memorabilia!

Please contact Mr. Fischer at <u>Joe Fischer@hcpss.org</u> if you are interested in owning a retired Marching Unit Shako hat, Lancers uniform or Cavaliers uniform. The cost of owning one of these meaningful and unique collectibles is simply a donation to MTHMU. Makes a great gift!

## **Community News**



# Guiding Good Choices®

## Sessions:

How to Prevent Drug Use in Your Family

How to Develop Healthy Beliefs and Clear Standards

Avoiding Trouble: How to Say No to Drugs

Managing Conflict: How to Control and Express Your Anger Constructively

Involving Everyone: How to Strengthen Family Bonds

This 4 week program is FREE, but you must register.

This program is offered by the Howard County State's Attorney's Office and HC DrugFree in partnership with the Howard County Health Department. **Guiding Good Choices**® is an evidence-based, interactive prevention program that provides the families of children age 9-14 with the skills and knowledge to reduce the risk that their children will use drugs.

The program is for parents. Children age 9-14 are invited to attend the third session with their parents.

After completing the program, families will be able to:

**Influence** their children to help prevent drug use and other risky behaviors.

**Develop** clear family guidelines and expectations about drug use.

**Teach** children how to stay out of trouble, keep their friends and still have a good time.

Dates: Tuesdays, March 10, 17, 24, and 31, 2020

Time: 5:30 p.m. - 8:00 p.m.

**Location:** Oakland Mills Middle School, 9540 Kilimanjaro Road, Columbia 21045

To register, click link below https://www.surveymonkey.com/r/March2020oms

For more information, contact Joan Webb Scornaienchi, Executive Director, HC DrugFree at 443-325-0040 or <a href="mailto:Admin@hcdrugfree.org">Admin@hcdrugfree.org</a>.



#### **Mental Health Training**

A <u>Youth Mental Health First Aid</u> class has been scheduled for Friday June 5, 8 a.m.-5:30 p.m. at Howard County General Hospital. The cost is \$10 for community members who live or work in Howard County. To register for this class, visit the <u>website</u>. For any questions or more information, please contact Janice Stanton at 410-740-7601 or Jstanto6@jhmi.edu



### SAVE-THE-DATE - EMMS Drama

#### Presents Peter Pan, Jr.

PRODUCTION SCHEDULE Thursday, March 12th @ 7pm Friday, March 13th @ 7pm Saturday, March 14th @ 7pm Sunday, March 15th @ 4pm

Tickets will cost \$10; every person, regardless of age, must have a ticket

If you need wheelchair locations reserved, please e-mail Ms. JJ (jennifer\_l\_johnson@hcpss.org)

Online sales using OSP February 3rd – February 28th (If you purchase online, there will be a WILL CALL table in the foyer, please stop by to pick up the actual tickets)

Students ticket sales during lunch will start on March 5th

Tickets will be sold at the door

#### **Leadership U Class of 2020**

Are you thinking of college for your child? Let <u>Leadership U</u> help your current sophomore build their 21<sup>st</sup> century skills that will help them succeed in life! <u>Leadership U</u> can provide him or her a memorable week-long program of leadership development, networking, and community awareness. Beginning the end of July and continuing through the fall of their junior year with nine Sunday afternoon group meetings, **LU** will give your child the opportunity to build their confidence, learn to network, strengthen their leadership skills, meet new students, and work on a community service project of their choice. **Come learn more and speak to some of our grads at one of our final two information sessions: February 13 at HCLS-Central Branch from 7-8pm or March 1 at HCLS-Miller Library from 3-4pm. Parents and students in 10<sup>th</sup> grade are encouraged to attend. Additional information is available at <a href="http://www.leadershiphc.org/leadership-u-2/">http://www.leadershiphc.org/leadership-u-2/</a> or email Meg Ignacio <a href="mailto:mignacio@leadershiphc.org">mignacio@leadershiphc.org</a>. Online applications are due no later than March 12, 2020.** 

#### **HCPSS Special Education Events**

For a full list of events, please view the special education parent and guardian calendar at <a href="http://www.hcpss.org/special-education/calendar/">http://www.hcpss.org/special-education/calendar/</a>

FAMILY SUPPORT GROUP FOR PARENTS AND CAREGIVERS OF INDIVIDUALS AGE 16-26 WITH MENTAL HEALTH NEEDS

Third Thursday of each month, 7:30-9:00pm

First Presbyterian Church/9325 Presbyterian Circle/Columbia, MD 21045

National Alliance on Mental Illness (NAMI) Family Support Groups, offered by NAMI affiliates in communities across the country, are free, confidential and safe groups of families helping other families who live with mental health challenges. In NAMI Family Support Groups, families join a caring group of individuals helping one another by utilizing their collective lived experiences and learned wisdom. Family member can achieve a renewed sense of hope for their loved one living with mental health challenges. For more information please contact 410 772-9300 or <a href="mailto:info.namihc@gmail.com">info.namihc@gmail.com</a> or visit <a href="mailto:www.namihowardcounty.org">www.namihowardcounty.org</a>. Free

#### HCPSS & The Council of Elders 2019-2020 Community Academy Workshops

All workshops, 9-11:15 a.m. – Oakland Mills Middle School, 9540 Kilimanjaro Road, Columbia Additional details regarding specific sessions are forthcoming

<u>The Council of Elders</u> and the Howard County Public School System have partnered to sponsor the following 2019-2020 parent workshop series:

- Saturday, January 25 Social Media
- Saturday, March 7 Healthy and Unhealthy Relationships

Please call 410-313-1598 in advance to arrange for the following services:

- Child Care
- Interpreting

#### **Career Day at Patapsco Middle School**

Patapsco Middle School is hosting Career Day on **April 3, 2020**. We are looking to show our students many careers and paths to success. We will have sessions in the morning for volunteers to share their work experiences and their pathways to their career.

We are looking for volunteers to present to groups (approx. 20 - 30 students) about their path to their career. Please consider volunteering from 8:30 am - 11:30 am. The presentations would be between 20 - 25 minutes, and they would be repeated four times (to different groups of students).

You can choose to present for 2 sessions or 4 sessions. Each session will be approximately a 20 minute presentation to students, with time for questions and answers.

Please let us know if you, your organization or someone you know might be a good fit for our event. We appreciate any contact information or possible leads that will help make this day as successful as possible for our students. If you have any questions, please email <a href="mailto:rachel\_millstein@hcpss.org">rachel\_millstein@hcpss.org</a>. Sign up Here!: <a href="https://forms.gle/UFjqaLqoodJewiq46">https://forms.gle/UFjqaLqoodJewiq46</a>

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