



Valhalla Voice

February 10, 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 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, 24	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 Camp
March 2	6:30-7:30pm	Viking Backers General Meeting in the Media Center
March 4		MTHMU Restaurant Night at Chipotle on Rte 40
March 7		Science Olympiad @Hebron
March 7	9-11:15am	Community Parent Workshop Session about Healthy and Unhealthy Relationships
March 9-20	3-6:15pm	Street Smarts Driver's Ed Class in Room 155
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: mthebronptsa@gmail.com, www.mthebronptsa.com/

Twitter: @Mthebronptsa, Facebook: @MHHSPTSA

Meetings 2nd Tuesday evening of the month in the Media Center

- Next Meeting 2/11
- BOE Candidates Forum D1 & D2 2/11

- Restorative Justice Book Discussion 2/28
- Mulch Minute
- Valentine Surprise for Students 2/13
- 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

The PTSA is sponsoring a **Board of Education (BOE) Candidates Forum for Mt. Hebron Districts 1 and 5 on Tuesday, February 11 from 6-7pm** in the cafeteria. Come meet and hear from candidates from both districts and participate in small group Q&A with each candidate.

WHY is this important? The BOE develops and manages policies about the education of Howard County's youth. By learning about the candidates, you can make sure to vote for someone whose values and beliefs align best with your own.

Free event. Please register on [eventbrite](#) to give us an idea of how many to expect.

Do you have a **question for the BOE candidates**? Please email them to mthebronptsa@gmail.com. Several of those questions will be chosen for the small group format.

Please email mthebronptsa@gmail.com if you require **translator service** and in which language. We will do our best to accommodate those needs but are unable to guarantee translators will be available.

We will have volunteers at the Forum allowing citizens to **Register to Vote**. Students may *register to vote* at age 16 (if you are also a Maryland resident and US citizen) but you have to be 18 yrs of age to *actually vote*. To determine your eligibility, please check here: https://www.elections.maryland.gov/voter_registration/index.html?eligibility. You may also use that site to register to vote through an online application.

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.

Restorative Justice Book Discussion – Feb. 28

Feb. 28 @ 7am in the Media Center – Mt. Hebron is implementing Restorative Practices throughout the school this year. All staff are reading "The Little Book of Restorative Justice in Education" to learn about the philosophy, and you can too. What are Restorative Practices? What does it look like in the

classroom and around school? Want to learn more? The PTSA will order and mail to your home a complimentary copy of the book for parents who register to join the book discussion Friday, February 28 @ 7:00am in the Media Center. Teacher leaders Lisa Viglotti and Hannah Gonzalez will facilitate. Please register (it's FREE!) on [eventbrite](#).

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 MHHSMulchSale@gmail.com 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 feel-good moment. Parents can still contribute by writing positive messages on 3"x5" index cards and dropping them in the collection box in the front office by the end of the school day Feb. 13.

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 [here](#).

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 [SignUp Genius](#). 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](#).



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 test-taking 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 <https://theanswerclass.com/schedule/> 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 [SignUp](#) 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 mthebronptsa@gmail.com.
7. **Toastmasters Youth Leadership Program** - Parent volunteers needed to model public speaking skills and assist with the club. Please email Srin Gorantla at srinivasuanwasha@gmail.com.



Education Legislation

Council Bill 1 is TABLED

The Howard County Council voted Feb. 3 on CB1-2020, to raise the number of years a developer must wait to build residential housing if area schools are over capacity from four to SEVEN years. The bill was TABLED (i.e. postponed) by a vote of 3 to 2. Voting to approve the bill were Liz Walsh and Deb Jung. Voting to table the bill were David Yungmann, Christina Rigby, and Opel Jones. I will let you know your next opportunity to provide testimony (written or oral) on this bill.

More detail: If a development project has been approved it then must pass a school capacity test. If the project FAILS the school capacity test, i.e. if affected schools are above capacity at the time, then the project is halted. The project takes the school capacity test annually until it passes or until it fails for 4 years straight. After 4 years development may occur even though the school(s) is/are over capacity.

CB1 increases the number of years from four to SEVEN that a project may have to wait to be built. This provides HCPSS a longer time to create new capacity by refurbishing or building new schools, preventing additional overcrowding and the need for further redistricting. PTSA will notify you when the bill is scheduled for another public work session.

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

Join PTSA Online at www.mthebronptsa.com/. 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 [click here](#). 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: capsa.mhhs@gmail.com, www.capsamhhs.weebly.com

Korean American Student Parent Committee (KASPO)

Il Minn, Chair: imin1@gmail.com

Indian American Student Parent Committee (IASPA)

Gopi Suri, Chair: gopi_suri@yahoo.com

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 www.mthebronpaas.wixsite.com/paas

Viking Backers

Jim Bahel, President: president@vikingbackers.org, <http://www.vikingbackers.org/>

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>
- **Greg's Driving School Class** - 2/10 to 2/24; 2:45pm to 6pm
- **Get your Spirit Wear** - 2/24
- **Viking Backers General Meeting** - Monday, 3/2, 6:30pm to 7:30pm - Media Center
- **Street Smarts Driver's Ed Class** - 3/9 to 3/20; 3pm to 6:15pm

Exciting News from Concessions!! - You can now use credit & debit cards & Apple Pay!

The Viking Backers Concession Stand - your place for pizza, hot dogs, cup-a-noodles, and Chick-fil-a (on Friday nights only) - **is now accepting credit cards, debit cards, and Apple Pay!** 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 free admission 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 - Thank you for attending!

Viking Backers would like to thank everyone for coming out last Monday to Manor Hill Tavern and supporting Mt. Hebron and our booster program. We had over \$1800 in sales and Manor Hill gave us

back 15%. It was so much fun to see all levels of the restaurant (there are three!) filled with our wonderful community. Go Mt. Hebron Vikings!

Look for updates on our next fundraiser for Viking Backers- coming to a local restaurant near you!!

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:

2/24 6pm - 8pm - Front Lobby

Spirit 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: Thank you!

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

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

Viking Backers thanks our sponsors for their support. Please consider patronizing them.

Dr. Victoria Switzer
Cherapy
Campanero
HoCo Brew Hive
Electrico

Lakeside Title
Steel Fire
Delicious by Dana
Annisa with Keller Williams
Julia with RE/

Lloyd Plumbing



Dr. Victoria Switzer



HoCo Brew Hive



Delicious By Dana



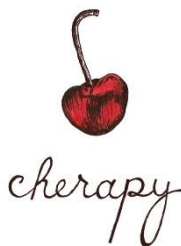
Anissa with Keller Williams



Julia with RE/MAX



Campanaro Strength & Conditioning



Cherapy



Lloyd Plumbing



Lakeside Title



Steel Fire Kitchen & Bar



Electrico

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 www.gregsmid.com/MHHS.

Parents may view our [Online Parent Orientation](#) 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 [RoadReady](#) 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 www.roadreadyapp.com. 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! **Next Class Runs from 3/9/2020 - 3/20/2020**

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 <http://vimeo.com/92306718>

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:

3/9/20 - 3/20/20 **3-6:15pm**

4/27/20 - 5/11/20 **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.

Mt. Hebron Marching Unit Boosters (MTHMU Boosters)

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

Communications

Please check out our Facebook page at [MTHMU on Facebook](#) 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 www.mthebronmusic.org. Please add this page to your Favorites!

Restaurant Fundraising: Chipotle on Rte 40 - Wednesday 3/4/20

Please join us at our next Restaurant Fundraiser which is at Chipotle: 9120 Baltimore National Pike, Ellicott City 21042, from 4-8 pm on Wednesday, March 4th. Please see below for flyer with more specific details, and spread the word to family and friends! (Must PRESENT FLYER and state fundraiser at time of purchase.) This is always a great fundraiser for us!! [Restaurant Fundraisers Page](#)

****Thanks so much for your support of all our fundraising efforts, including our recent sub sale!****

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 13th, 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 Joe_Fischer@hcpss.org 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

HC DrugFree Updates

	
<p>Sessions:</p> <p>How to Prevent Drug Use in Your Family</p> <p>How to Develop Healthy Beliefs and Clear Standards</p> <p>Avoiding Trouble: How to Say No to Drugs</p> <p>Managing Conflict: How to Control and Express Your Anger Constructively</p> <p>Involving Everyone: How to Strengthen Family Bonds</p> <p>This 4 week program is FREE, but you must register.</p> <p>This program is offered by the Howard County State's Attorney's Office and HC DrugFree in partnership with the Howard County Health Department.</p>	<p>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.</p> <p>The program is for parents. Children age 9-14 are invited to attend the third session with their parents.</p> <p>After completing the program, families will be able to:</p> <ul style="list-style-type: none">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. <p>Dates: Tuesdays, March 10, 17, 24, and 31, 2020</p> <p>Time: 5:30 p.m. – 8:00 p.m.</p> <p>Location: Oakland Mills Middle School, 9540 Kilimanjaro Road, Columbia 21045</p> <p>To register, click link below https://www.surveymonkey.com/r/March2020oms</p> <p>For more information, contact Joan Webb Scornaieni, Executive Director, HC DrugFree at 443-325-0040 or Admin@hcdrugfree.org.</p> <p>HCDrugFree Empowering the Community</p>

Free Parenting Classes: HC DrugFree and the State's Attorney's Office will offer another series of parenting classes for parents of children age 9-14. This is an evidence-based, interactive prevention program that provides the families of with the skills and knowledge to reduce the risk that their children will use drugs. Class dates: March 10, 17, 24 and 31 from 5:30 p.m. to 8:00 p.m. at the Oakland Mills Middle School. Hurry to register at <https://www.surveymonkey.com/r/March2020oms>

HC DrugFree's Teen Advisory Council (TAC) will meet on Monday, February 10 from 5:30 p.m. to 7:00 p.m. at The Barn/Teen Center in the Oakland Mills Village Center. TAC meets one Monday evening a month and is open to all Howard County high school students. Community service hours are available for all meetings and events. To access the registration form, please visit <http://www.hcdrugfree.org/teen-advisory-council-1>. Refreshments provided at meetings, so must RSVP to Admin@hcdrugfree.org or call 443-325-0040.

Feb 11 Information Session on July Sister Cities High School Student Exchange

See amazing sights, experience international cultures, and enhance your French or Spanish language skills. All of that is available to Howard County high school students through Columbia Association's Annual Sister Cities High School Student Exchange Program.

Teens and their parents are invited to learn more about the 2020 exchange trips on Tuesday, February 11, 2020 from 7-8 pm at Columbia Association Headquarters at 6310 Hillside Court, Columbia, MD 21046.

Every year, two groups of Howard County high school students travel to Europe in July to stay for two weeks in one of Columbia's sister cities in France or Spain. Each student lives for two weeks with a teen they are matched with, in either Cergy-Pontoise (near Paris, France), or Tres Cantos (near Madrid, Spain). They then host their European counterparts here in Howard County for the last two weeks of July.

Students who are taking Spanish or French in high school level III or above (or are native speakers) can participate in the summer 2020 program.

The program fee is \$700 for CA residents and \$850 for nonresidents, excluding airline tickets. Airline tickets in 2020 will range from \$1,000 to \$1,400 per participant. There are excellent scholarships that cover 100% of the airfare and reduce the fee by half for students who qualify.

The application deadline is Friday, February 21, 2020. The application packet is available at ColumbiaAssociation.org/teenexchange. For more information, contact Laura Smit at 410-715-3162 or International@ColumbiaAssociation.org.

Mental Health Training

A [Youth Mental Health First Aid](#) 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 [website](#). For any questions or more information, please contact Janice Stanton at 410-740-7601 or Jstanto6@jhmi.edu.

Soup'r Sundae

Please mark your calendars and SAVE THE DATE for Soup'r Sundae 2020! This year, the event will be held on Sunday, March 15th from 11:00 am to 2:00 pm at Wilde Lake High School. Soup'r Sundae is Howard County's BEST FAMILY FUNDRAISER! Come and enjoy all the soup, bread and ice cream you can eat! There will be a Silent Auction, musical entertainment and face painting for kids. Tickets are STILL \$20 for adults and \$5.00 for kids under 12. All proceeds go to support Grassroots crisis services. Information regarding volunteer opportunities for soup pick up, event set up and serving the day of will be sent out later this month.

HCPSS Special Education Events

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

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 info.namihc@gmail.com or visit www.namihowardcounty.org. 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

[The Council of Elders](#) and the Howard County Public School System have partnered to sponsor the following 2019-2020 parent workshop series:

- Saturday, March 7 – Healthy and Unhealthy Relationships

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

- Child Care
- Interpreting



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

Interested in advertising in our playbill for 2019-2020 show?

Do you have a **business or organization** that would benefit from advertising to over **1,000** patrons who will see our show? Support our drama club program by advertising in our playbill. Contact jennifer_l_johnson@hcpss.org for more information.

[CLICK HERE TO DOWNLOAD REQUEST FORM](#)

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Ticket Details

- o Tickets will cost \$10; every person, regardless of age, must have a ticket
- o If you need wheelchair locations reserved, please e-mail Ms. JJ (jennifer_l_johnson@hcpss.org)
- o [Online sales using OSP February 3rd – February 28th](#)
- o Students ticket sales during lunch will start on *March 5th*
 - Tickets, Star Grams and Refreshments will be sold at the door

Leadership U Class of 2020

Are you thinking of college for your child? Let **Leadership U** help your current sophomore build their 21st century skills that will help them succeed in life! **Leadership 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 10th grade are encouraged to attend. Additional information is available at <http://www.leadershiphc.org/leadership-u-2/> or email Meg Ignacio mignacio@leadershiphc.org. Online applications are due no later than March 12, 2020.

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 rachel_millstein@hcpss.org. Sign up Here!: <https://forms.gle/UFjqaLgoodJewiq46>

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