



Valhalla Voice

February 18, 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
February 18	2:30pm	Symphonic Winds Clinic
February 19	7pm	Winter Drumline Performance at Basketball Game
February 19	6pm	Wind Ensemble Clinic
February 20	2:30pm	Symphonic Band Clinic
February 21, 24	6-8pm	Spirit Wear Sale @ Front Lobby
February 22	9am-1pm	SAT Prep in Room 103
February ~ 24	2:45-6pm	Greg's Driving School in Room 143
February 24	6pm	Spring Sports Parents Meeting in the Auditorium
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	6:15-7pm	Guest Speaker, Dialectical Behavioral Therapy
March 10	7pm	PTSA Meeting in the Media Center
March 10,17,24,31	5:30-8pm	HCDrugFree Guiding Good Choices Sessions @ Oakland Mills Middle School
March 19	7pm	MTHMU Booster Meeting in Guitar Room
March 28		Mulch Delivery Day
April 10	2:30pm	Viking Backers Norsemen 2020 Scholarship Applications Due
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
May 5		17th Annual MH Golf Tournament to benefit the MH Lacrosse program

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 3/10**
- **Restorative Justice Book Discussion 2/28**
- **Valentine Surprise for Students a Success**
- **March is about Mental Health**
- **Science Olympiad – Volunteers Needed**
- **PTSA Scholarships**
- **SAT Test Prep Class 4/21 & 4/23**
- **So Many Signups**
- **Volunteer Opportunities**

Next PTSA Meeting

Tuesday, March 10th in the Media Center

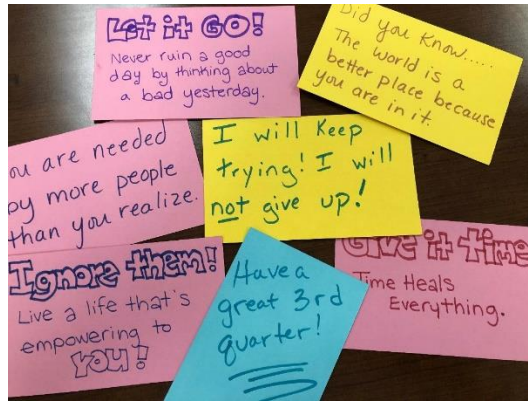
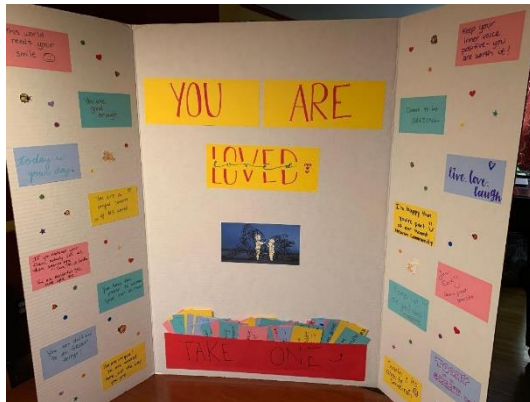
- **6:15pm** – Guest Speaker, Mark Donovan, Congruent Counseling on **Dialectical Behavioral Therapy (DBT)** which is a form of cognitive behavioral therapy that may be helpful for teenage mental health issues like stress, depression, self-harm, etc. that have not been successfully treated with standard methods.
- **7:00pm** - 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.

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](https://www.eventbrite.com).

Valentine Student Surprise

Students arrived at school on Valentine’s Day to hundreds of positive affirmations for the taking! PTSA posted 4 tri-fold boards around school covered with positive messages for students on a take-one-if-you-want-one basis. Thank you to Ana Nunez and the Mental Health Committee!



March is all about Mental Health

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. Register [here](#).
- **Mon., March 23 TBD in the Cafeteria** – Special workshop for parents on the Mental Health of Student Athletes. In partnership with the Ellicott City Soccer Club and Viking Backers.
- **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) about teen suicide followed by facilitated panel discussions. Read a synopsis of the film [here](#).



Brought to you by the Mental Health Committee’s CONNECT: Caring for Others is Nice and Needed. Everyone Come Together.

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 is on the [PTSA website](#) now 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](#).



Last SAT Test Prep Coming Up in April – Register Now!

The 8-hour 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!). ***Register at least one week in advance of the class and receive a \$10 discount.**

SAT Prep at Mt. Hebron HS



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/> **to view the full class schedule and to register your student.**

So Many Signups – You Can Help!

- The [Science Olympiad](#) on March 7 is looking for adult and student volunteers to help make the day successful for the hundreds of students attending. STEM interest a plus! If you're not inclined to judge events, you can still work the concession stand. We need you!
- [Provide lunch](#) for the Men Rising Club – The goal of this initiative will feature discussions and activities to help students establish goals academically, socially, and emotionally toward the ultimate objective of being successful in high school and beyond. This select group of young men will miss lunch in the cafeteria as they meet with staff and speakers.
- [Donate K-Cups](#) to help the Hospitality Committee keep staff warm this winter! The SignUp has all the details. Collection ends Feb. 17.

Volunteers Needed

1. **Sign up to get Emails about Volunteer Opportunities** - <https://forms.gle/fpSc5d99wAYCUk4E6>
2. **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.
3. **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.
4. **Toastmasters Youth Leadership Program** - Parent volunteers needed to model public speaking skills and assist with the club. Please email Srini Gorantla at srinivasuanwesha@gmail.com.

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: iminn1@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

Membership Drive Continues

\$30/family – Join online www.mthebronpaas.wixsite.com/paas

Viking Backers

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
- **Spring Sports Parents Meeting** - 2/24, 6pm - Auditorium
- **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
- **Viking Backers Norsemen 2020 Scholarship Applications Due** - 4/10, 2:30pm
- **17th Annual MH Golf Tournament to benefit the MH Lacrosse program** - Tuesday, 5/5 - Turf Valley

New News

Spring Sports Meeting - Monday, 2/24, 6pm - Auditorium

The Spring Sports Parents Meeting will be held on 2/24 at 6pm in the Auditorium. If you haven't already become a Viking Backers member, this would be a great night to join! Your membership directly supports clubs, student activities, & athletic programs.

Memberships and Spirit Wear will be available for purchase!

*****Viking Backers Norsemen 2020 Scholarship*****

Applications are now available [online](#) and must be returned to the Guidance Office **no later than 2:30pm on Friday, April 10, 2020**

As a result of the generous Mt. Hebron High School Community and the fund-raising efforts of the Viking Backers Booster Club and its members, it is our pleasure to offer the Viking Backers Norsemen 2020 Scholarship opportunity to deserving students in our community.

The Norseman Scholarship will be awarded to up to five (5) deserving Mount Hebron High School seniors who have personified the Backers' goal of making a positive impact on our school and our community. To be eligible, students who apply must have maintained a 2.5 grade point average (GPA) or better and have demonstrated significant leadership qualities and potential. These funds are a recognition of this commitment and can be used in support of any number of post-graduation activities. **To be eligible, at least one parent must be a current member of the Viking Backers prior to March 31, 2020.**

For all eligibility requirements, complete details on the application process, as well as the application form, please visit our website: <http://www.vikingbackers.org/scholarships.html>

Senior applicants must complete the scholarship application form and return it to the Guidance Office **no later than 2:30pm on Friday, April 10, 2020.**

NOTE: NO APPLICATIONS WILL BE ACCEPTED AFTER THIS DATE & TIME!!!!

The winner will be announced during the Mt Hebron High School's Senior Awards Ceremony.

Golf Tournament to benefit MH Lacrosse

Registration is now available online at <http://www.vikingbackers.org/lacrosse-golf-tournament.html> for the 17th Annual MH Golf Tournament to benefit the MH Lacrosse program. **This event will be held on Tuesday, May 5th, 2020 at Turf Valley Resort.**

Worth Repeating!

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!

Spirit Wear

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

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



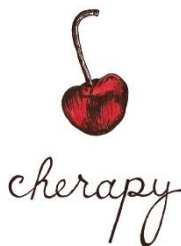
Anissa with Keller Williams



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.gregsmd.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.

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

Membership Drive Continues

\$30/family – Join online www.mthebronpaas.wixsite.com/paas

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, March 19th, 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

Save The Date! Drive-Thru Medication and Sharps Collection

The next drive-thru medication and sharps (needles, syringes and EpiPens) collection will be held on Saturday, April 25 from 10 a.m. to 2 p.m. in the Wilde Lake Village Center parking lot. Bring all unwanted and expired over-the-counter and prescription medication. Free. Open to the public. No need to get out of your vehicle. More information and a flier will be shared in future updates. Medication will be guarded and transported by the Howard County Police and the Drug Enforcement Administration.

HC DrugFree Updates

	Guiding Good Choices®
<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 Scornaienzi, 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 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>

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](#)

[CLICK HERE TO ORDER AD SPACE ONLINE](#)

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: 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/UFjqaLqoodJewiq46>

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