



Valhalla Voice

March 9, 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
March 9	6:30-7:30pm	Viking Backers General Meeting in the Media Center
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 12	6pm	County Budget Hearing
March 10,17,24,31	5:30-8pm	HCDrugFree Guiding Good Choices Sessions @ Oakland Mills Middle School
March 16	7-8:30pm	QPR Suicide Awareness and Prevention Training in the Media Center
March 18		Last Day to Order Mulch
March 19	7pm	MTHMU Booster Meeting in Guitar Room
March 19, 20	During Lunch	Rental Prom Tuxedo Measurements
March 23	7pm	Mental Health and Student Athletes in the Cafeteria
March 24	6:30-8:30pm	Screening of "Not Alone" with Discussion in the Auditorium & Cafeteria
March 28		Mulch Delivery Day
April 1		MTHMU Restaurant Night at Squisito on Rte 40
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 15	2:30pm	Deadline to Submit Completed PTSA Scholarship Applications
April 20	6:30-7:30pm	Viking Backers General Meeting in the Media Center
April 21, 23	5:30-9:30pm	SAT Prep in Room 103
April 30		Pick Up M. Stein Tuxedo from School
May 2	8-11pm	Prom at Valley
May 2	11pm-3am	After Prom at YMCA
May 4		Return Rental Prom Tuxedo to School
May 4	6:30-7:30pm	Viking Backers General Board Meeting in the Media Center
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**
- **Senior Banners Available Now**
- **Mulch Sale Live**
- **ISO Student Webmasters**
- **March Mental Health Events**
- **PTSA Scholarships – Applications Open**
- **HCPSS Budget Process -Public Input by March 12**
- **SAT Test Prep Class 4/21 & 4/23**
- **So Many Signups**
- **Volunteer Opportunities**

Next PTSA Meeting

Tuesday, March 10 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.
- **Special Tonight** – the unveiling of the **Mt. Hebron High School new Mission & Vision Statement** presented by teachers Farah Jawhar and Lauren Fischetti, plus student intern John Ross, who all worked on this year-long project.

Senior Banners Available Now

The PTSA is now ready to accept orders at www.varsitygraphics.net/hebron. Celebrate your senior with a personalized senior banner that will be hung at the school for over 3 weeks, and can be used as a keepsake or at graduation parties to celebrate this big achievement! These 2' x 3' vinyl banners are \$35.00, will be displayed in school hallways, then will be delivered to your senior during graduation rehearsal.

Please order by 4/4/20 to have your banner hung in the school. All proceeds from this fundraiser help fund After-Prom. Please direct questions to Cindy Anderson cindy_anderson@hcpss.org.



Need Mulch?

The PTSA's annual Mulch Sale is on now through March 18 - you can order online here: <https://mhsmulchsale.wixsite.com/mhsmulchsale>. Brown mulch (3 cu ft/bag) and Black mulch (2 cu ft/bag) available for \$5/bag. Order 15 bags or more within the Mt. Hebron district and your order will be DELIVERED to your home for FREE. Your order not only beautifies your yard, it supports the After-Prom party, keeping kids safe and having fun on Prom night. Pass it on!



Mulch Delivery Trucks & Drivers Needed

Mulch delivery day is Sat., March 28. Do you have a pickup truck and are willing to help drive deliveries that morning? Muscle is provided to load and unload. Donuts, coffee, and other snacks provided to fuel the muscles and the drivers. We can also use a volunteer logistics coordinator/dispatcher to help make sure the deliveries are efficient. Please email mhsmulchsale@gmail.com to sign up or get more info.

ISO Two Student Webmasters

Know any students interested in web design and management? The PTSA is looking for two new student Webmasters to work with an adult Web Mentor to maintain it's website (<https://www.mthebronptsa.com/>) for the 2020-2021 school, starting May 1, 2020. The two current webmasters are graduating. Please complete the application by 11:59pm March 15: <https://forms.gle/iu5CKqYk6ypnsKRZ6>. Email Caroline Bodziak at mthebronptsa@gmail.com with any questions.

Prom Tuxedo Measurements March 19 & 20

PTSA is again making Prom Tuxedo Rental EASY by bringing the service direct to you! M. Stein Tuxedos will be at school measuring students for tuxedos during all lunch periods March 19 and 20. *ANY STUDENT WHO GETS MEASURED IS ENTERED INTO A DRAWING TO WIN ONE OF TWO FREE PROM TICKETS.* Getting measured is free. Students only pay when they rent a tuxedo from one of M. Stein's many online catalogs. Here's the beautiful thing - students then pick up their tuxedo from school the Thursday before Prom, and return it to school the Monday after Prom. No waiting in line at the menswear store or hassle of returning it later. What's not to love?

www.msteintuxedos.com

Catalog 1 - www.mytuxedocatalog.com

Catalog 2 - www.tuxedobysarno.com

Order form - <http://www.msteintuxedos.com/prom-order-form.html>



March 19th & 20th Prom Tux Fitting Day

M. Stein & Co will be at
MHHS

March 19th & 20th

At lunch

in the Cafeteria
to measure for Prom Tuxes

Get measured even if you're
unsure you will attend Prom.
Sizes held on file

M. Stein & Company to
provide Prom Tux Rentals

TUXEDO ~ TO ~ YOU
FREE Fitting at MHHS
FREE Delivery at MHHS
FREE Pick-Up at MHHS

**20% Donated Back to
Benefit the PTSA**

Over 400 Styles to
choose from
with prices starting
as low as \$85

M. Stein & Company
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301.703.9422

**m.stein &
tuxedos**

www.msteintuxedos.com

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”!

Mental Health in March

“Pi Week” Programs for Families

Brought to you by: Mt. Hebron PTSA CONNECT

Caring for Others is Nice and Needed. Everyone Come Together

Talk on Dialectical Behavioral Therapy

Tuesday, March 10 6:15-7:00pm in the Media Center

Special Guest Speaker Mark Donovan from Congruent Counseling on Dialectical Behavioral Therapy which is a form of cognitive behavioral therapy that may be helpful for teenage mental health issues like stress, depression, self-harm, etc. that may not have been successfully treated with standard methods.

QPR Suicide Awareness and Prevention Training

Monday, March 16 7:00-8:30pm in the Media Center

Just as people are trained in CPR and the Heimlich Maneuver to help save thousands of lives each year, people are trained in QPR. Learn to recognize the warning signs of a suicide crisis, and how to question, persuade, and refer someone to help. Register here: <https://www.eventbrite.com/e/qpr-suicide-awareness-and-prevention-training-tickets-94491297013>



Mental Health and Student Athletes

Monday, March 23 7:00pm in the Cafeteria

Special “Mental Wellness with City” event by Ianni Training speaker Seth Taylor for parents on the balance between being a loving parent and encouraging your child to push through challenges to excel. Learn how to be your child’s biggest asset in their competitive endeavors. Presented by the Ellicott City Soccer Club and Horizon Foundation with the PTSA and Viking Backers. Please register here:

https://docs.google.com/forms/d/1IkdQMD6cl9BnCluSgfO1lckUCkMy9tOeqWyikFr6bns/viewform?edit_requested=true

Screening of “Not Alone” with Discussion

Tuesday, 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 Cafeteria), a documentary made by a teen about teen suicide after her best friend dies by suicide, followed by facilitated panel discussions, including trauma experts and impacted teens. Register here: <https://bit.ly/2VOTpx6>.

PTSA Scholarships

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 by March 15*. To become a member, [join online](#).



HCPSS Budget for 2020-2021: Public Input by March 12

In the next few weeks, Howard County Executive Calvin Ball will make broad decisions about how much money to allocate to HCPSS for education. **March 12th** is the date of the County Executive public hearing where residents can voice support for budget items such as our schools.

The Board of Education budget request may be funded only in part by the County Executive-- -meaning that further cuts to education in our schools may occur!

Public Hearing March 12th at 6pm at the George Howard Building (3430 Court House Drive, near the HoCo District Court) is when community input is considered when weighing county budget priorities.

Families are encouraged to attend the meeting and send emails to support HCPSS!

- To sign up to testify in person at the March 12th hearing: <https://www.howardcountymd.gov/Departments/County-Administration/Budget/Give-Budget-Testimony>
- Emailed testimony can be sent to BudgetTestimony@howardcountymd.gov
- To learn more about the timeline of Howard County public school system budget: <https://www.hcpss.org/f/aboutus/budget/fy21/fy21-operating-budget-timeline.pdf>
- Overview of progress of HCPSS on the FY2021 budget: <https://www.hcpss.org/about-us/budgets/fy21/>

Below is a sample letter provided by a PTA member. You can copy this letter in an email or you can use it as a template to write your own. Please add your personal stories of how important staffing and school programs, such as music, are to your family.

Dear Dr. Ball and members of the Board of Education,

I am writing regarding the proposed FY 21 HCPSS budget. I support keeping the budget funded at Dr. Martirano's requested level.

Dr. Martirano's budget proposal requests that staffing reflect the growth in our student population. Cuts in para-educators and teacher supports have put significant pressure on our teachers and administration. Teachers have been already over working to meet the demands of the students. Due to lack of para-educators, students who need extra help are not being attended.

*Furthermore, during the work sessions, the Board has floated plans to trim essential programs such as music. This is **unacceptable** to parents! Enough cuts!!! Music is a vital program for our students' health and well-being, as well as, their academic success.*

As a tax-payer of Howard County, I request the Board of Education and the County Executive go well past maintenance of effort to fund the HCPSS budget at this level. Howard County should be dedicated to providing a robust educational foundation for our children by addressing the revenue issue.

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!

- Help out on **Mulch Delivery Day** March 28! We need trucks with drivers, food donations, and all sorts of helpers. All Mulch Sale proceeds benefit After-Prom. Sign up [here](#).
- [Provide lunch](#) for the **Men Rising Club** (approx. 15)– 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.
- [Provide snacks](#) for **ESOL Homework Group** (approx. 15). Mt. Hebron’s ESOL department hosts after-school homework sessions to support students. Snacks encourage attendance and help the students think after a long day of school. Many students also go straight from homework club to jobs with no time to eat in between. See the signup link for more info

Volunteers Needed

1. **Sign up to get Emails about Volunteer Opportunities** - <https://forms.gle/fpSc5d99wAYCUk4E6>
2. **Logistics/Dispatch for Mulch Sale** – Training provided! We need someone to help make sure mulch orders get to their destinations in a timely and efficient manner, e.g., figuring out which orders can be grouped together for different sized trucks and for delivery in different neighborhoods. Mulch Delivery Day is March 28, 2020. Can you help? One hundred percent of the annual PTSA Mulch Sale proceeds go to support the After-Prom party, keeping our students in a fun and safe environment following the Prom dance. Please 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 Srin Gorantla at srinivasuanwasha@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

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>
- **NEW DATE!** Viking Backers General Meeting - Monday, **3/9**, 6:30pm to 7:30pm - Media Center
- Street Smarts Driver's Ed Class - 3/9 to 3/20; 3pm to 6:15pm
- Mental Wellness with City Event - 3/23, 7pm - Cafeteria
- HUGE Spirit Wear Spring Sale - 3/31 to 4/2 during lunches - Front Lobby
- Viking Backers Norsemen 2020 Scholarship Applications Due - 4/10, 2:30pm
- Greg's Driving School Class - 4/20 to 5/4; 2:45pm to 6pm
- 17th Annual MH Golf Tournament to benefit the MH Lacrosse program - Tuesday, 5/5 - Turf Valley

New News

Mental Health and Student Athletes

Monday, March 23 7:00pm in the Cafeteria

Special "Mental Wellness with City" event by Ianni Training speaker Seth Taylor for parents on the balance between being a loving parent and encouraging your child to push through challenges to excel. Learn how to be your child's biggest asset in their competitive endeavors. Presented by the Ellicott City Soccer Club and Horizon Foundation with the PTSA and Viking Backers. Please register here: https://docs.google.com/forms/d/1lkdQMD6cl9BnCluSgfO1lckUckMy9tOegWyikFr6bns/viewform?edit_requested=true

HUGE SPIRIT WEAR SPRING SALE

Tues., March 31st through Thursday, April 2nd- during all lunches 10:30-12:30pm

In the front lobby. Lots of mark downs...get your gear before the school year ends! for more information email vikingspiritwear@gmail.com

Worth Repeating

New Date for Viking Backers General meeting: The next Viking Backers General Meeting date has been changed to **Monday, March 9th** at 6:30pm in the Media Center. We hope to see you there!

Viking Backers Positions Available for 2020-2021

Viking Backers Booster Club is currently taking nominations for officers for the following positions:

VP Communications

VP Spirit Wear

VP Ways and Means

We will be voting to approve a slate of new officers at our May 4th general board meeting at 6:30pm. If you are interested or would like to know more about these positions, please attend our March 9th or April 20th General Board Meetings in the Media Center at MHHS at 6:30pm OR contact:

Jim Bahel: president@vikingbackers.org

Srini Gorantla: SRINIVASUANWESHA@gmail.com

Dana Arthurs: vikingspiritwear@gmail.com

*****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.

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!

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.

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



HoCo Brew Hive



Delicious By Dana



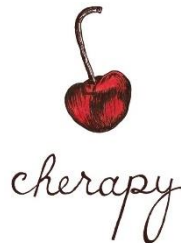
Anissa with Keller Williams



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 year! 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!

Music Advocacy Alert

Important information from our HCPSS liason: “HCPSS BUDGET UPDATES: STOP THE AVALANCHE OF CUTS. We strongly encourage all parents to attend the County budget hearing on March 12 at 6pm, and sign up for HCPSS newsletters. Monitor and be involved in the County budget process over the next few months (and beyond!)! More info [here](#).”

The county again is considering making significant cuts to the HCPSS budget, which will likely impact music and GT programs, class sizes and staffing.

- The budget support theme is “Stop the Avalanche of Cuts” - please wear hats/scarves
- Testify for HCPSS and MUSIC - sign up starts today
- Email the County Executive and the Board of Education - support the full HCPSS budget
- Attend the hearing - filling the room in support of HCPSS is essential”

Restaurant Fundraising: Squisito Pizza and Pasta on Rte 40 - Wednesday 4/1/20

Please join us at our next Restaurant Fundraiser which is at Squisito: 9210 Baltimore National Pike, Ellicott City 21042, from 4-9pm on Wednesday, April 1st. Please see below for flyer with more specific details. (Must PRESENT FLYER and state fundraiser at time of purchase.) Please spread the word!!

[Restaurant Fundraisers Page](#)

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

Ready to Get Involved?

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. (Date is tentative.) Hope to see you!

A huge thank you to all the faculty, students and parents who volunteered to help host the huge Middle School Assessments event last week!

Volunteers Always Needed!

We always need lots of volunteers and are already planning for next year! Please sign up here: [Volunteer for MTHMU](#). If you have any questions at all especially about future involvement, please contact this email: mthmu.volunteers@gmail.com.

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

HCPD's Collision Avoidance Training (CAT)

2020 classes are open for registration; sign your teen driver up TODAY! Available sessions: March 21, April 18, May 9, June 20, July 18, Aug. 22, Sept. 12, Oct. 17, Nov. 21, Dec. 12

The CAT program is a defensive driving and vehicle control program for young drivers developed by the National Traffic Safety Academy. During the one-day course, adapted from law enforcement training, young drivers learn how to better handle their vehicles in various situations. Participants must be ages 16-20, possess a valid Maryland "Class C" driver's license (no learner's permit) and bring a vehicle to drive during the practical exercises.

Cost is \$95. Participants must register in advance by contacting 410-313-3216 or CATprogram@howardcountymd.gov. Let's keep our communities safe, one driver at a time!

Wilde Lake ESOL Needs Volunteers

The English as Second Language (ESOL) program at Wilde Lake High School is looking for adult volunteers to help with two ESOL Tutorials (helping students who are learning English with their homework in all subject areas). They are every day from 8:20-9:10am and 9:15-10:10am, except for on Wednesdays 8:20-9:30am and 9:35-10:25am. Contact Laura Cometa, Wilde Lake ESOL Teacher, to help out at laura_cometa@hcpss.org.

HC DrugFree Updates

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>

Join the Brainy Research Study

Want to Help With Concussion Research? Seeking children 10-17 years old who have recently had a concussion, or who have NEVER had a concussion, to join the BRAINY research study and help us learn more about recovery from concussion, Click [here](#) to view the study flyer and learn more. Our research team appreciates your willingness to consider this, and we would be happy to discuss any ways that our team may be able to assist you, such as through providing concussion-related education or clinical care for students with concussion.



Join the BRAINY Research Study and help us learn more about recovery from concussion

Seeking children 10-17 years old who have recently had a concussion, or have NEVER had a concussion, for a research study

We are recruiting two types of children to participate in a research study to learn about recovery from a concussion: (1) Children with a recent concussion and, (2) children who have never had a concussion, as uninjured comparison participants.

- WHAT:** Child will complete thinking tests and motor tasks and will have 3 brain Magnetic Resonance Imaging (MRI – does not involve radiation) scans. Parent will complete questionnaires.
- Three 4-6 hour visits to Kennedy Krieger Institute are required. The second and third visits will be 3 and 12 months after visit one. Monthly surveys will be completed between visits.
- WHERE:** Kennedy Krieger Institute, Baltimore, MD
- BENEFIT:** There are no significant risks or direct medical benefits for participating in this study.
- COMPENSATION:** \$50.00 gift card for each visit to Kennedy Krieger. \$10.00 gift card for each MRI completed at study visits. \$5.00 gift cards for completion of monthly questionnaires.
- CONTACT:** Brain Injury Research Line
Mickey Ellis-Stockley, Research Coordinator: 443-923-7987
EllisM@kennedykrieger.org

Brain Recovery After Injury in Youth (BRAINY)
Stacy Suskauer, M.D., Principal Investigator, IRB00145695
Kennedy Krieger Institute and Johns Hopkins Medical Institutions

Sponsored by the National Institute of Child Health and Human Development

The information is neither sponsored nor endorsed by HCPSS or the school.

The Loan Closet of Howard County



The **Loan Closet** is a local resource of donated assistive technology (including medical equipment) for those who cannot afford these items or have a short-term need. We also accept and appreciate donations of gently-used equipment.

The **Loan Closet** accepts and provides

- ▶ Bathing Aids
- ▶ Canes/Walkers
- ▶ Communication Devices
- ▶ Low-Vision Equipment
- ▶ Pediatric Equipment
- ▶ Shower Aids
- ▶ Therapy Aids
- ▶ Toilet Aids
- ▶ Wheelchairs
- ▶ *and more!*

ALL equipment requires a **medical referral** from a health care professional (PT, OT or MD).

To utilize the services of the Loan Closet, you must be a **Howard County resident**.

▶▶ **REFERRALS AND APPOINTMENTS**

Once your medical referral is received, **you will be contacted** about availability of equipment and to schedule an appointment. Appointments for **equipment pick-up** are made Monday through Friday between 9:00 AM and 4:00 PM. The referral form can be found at www.howardcountymd.gov/loancloset.

▶▶ **DONATIONS AND RETURNS**

Equipment returns and *gently-used* donations can be received Monday through Saturday, 8:00 AM TO 4:00 PM at: Residents' Convenience Center at the Alpha Ridge Landfill
2350 Marriottsville Road, Marriottsville, MD 21104

OR at our new facility main office on Riverwood Drive — **at the REAR DOOR ONLY** —
Tuesday/Wednesday/Thursday 9:00 AM TO 4:00 PM

*Together we serve
our community.*

Financial contributions are appreciated; all monetary donations are to be made payable to the Director of Finance, Howard County.
If you need this information in an alternate format, contact Maryland Access Point of Howard County at map@howardcountymd.gov or 410-313-1234.

A NEW LOCATION TO SERVE YOU BETTER!

7125 Riverwood Drive, Suite D1
Columbia, MD 21046

EMAIL loancloset@howardcountymd.gov

PHONE 410-313-0363 (VOICE/RELAY)

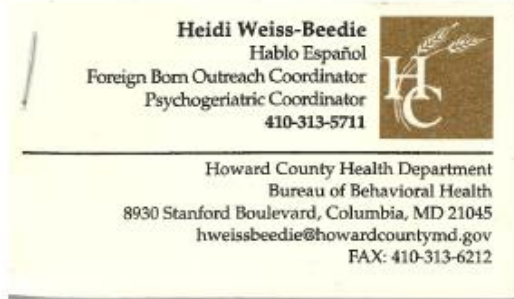
FAX 410-313-0369 (FAX)

www.howardcountymd.gov/loancloset

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.

Behavioral Health Services for the Foreign-Born in Howard County



Behavioral Health Services for the Foreign-Born in Howard County

The **Foreign-Born Outreach Behavioral Health Services Program** helps those who:

- were born outside of the U.S.
- live in Howard County
- are low-income
- do not qualify for public health services.

Interpretation services are available.

Services include:

- Behavioral health evaluations
- Help finding a therapist and/or psychiatrist
- Making counseling appointments
- Medication management services
- Counseling and medication costs
- Services on a sliding fee scale

Contact **Heidi Weiss-Beedie** at **410-313-5711** or hweissbeedie@howardcountymd.gov

Visit hchealth.org or call **410.313.6202** for more information.



Dale Carnegie – Young Adult Leadership Program



Dale Carnegie 

College Bound... **MAY 2020**

Dale Carnegie

Young Adult Leadership Program

Hosted by River Hill High School

Is your teen prepared for college and beyond? The Young Adult Leadership Program gives young adults the skills they need to reach their goals at school, in their relationships and future careers. It teaches life skills in communication, interpersonal skills, public speaking, leadership, stress management, and in particular, self-confidence.

How The Program Works:

It is participative and exercise driven with limited lecture and no written tests. You learn by doing!

Learn How To:

- Communicate more confidently with teachers, parents, coaches & peers.
- Enhance leadership ability within sports teams, clubs, group projects & extracurricular activities.
- Better manage attitude, reduce procrastination & lower stress.
- Sell ideas more convincingly & persuasively in interviews & college applications.
- Build even more confidence & expand comfort zone.

Schedule:

Kick-Off - Wed., 5/6	Session #5 - Wed., 5/27
Session #1 - Sun., 5/10	Session #6 - Sun., 5/31
Session #2 - Wed., 5/13	Session #7 - Wed., 6/3
Session #3 - Sun., 5/17	Session #8 - Sun., 6/7
Session #4 - Wed., 5/20	

*Kick-Off runs from 8pm-8:30pm/Sundays run from 9am-12:30pm/ Wednesdays run from 5pm-8:30pm.

Who is Dale Carnegie?

 www.dalecarnegieyouth.com

Insider Look: Young Adult Leadership Program



Hear what a past graduate has to say...



For More Info Contact:
Janet Rohner
410.960.3301
janet.rohner@dalecarnegie.com

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.

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



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

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/UFjgaLgoodJewiq46>

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