



# Valhalla Voice

January 6, 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
January 6	6:30-7:30pm	Viking Backers Meeting in the Media Center
January 6-17	2:45-6pm	Greg's Driving School @ Hebron
January 7	11am-9pm	MTHMU Restaurant Fundraiser @ Sizzle Kabob
January 9	7pm	MTHMU Booster Meeting in the Guitar Room
January 10		Deadline for After-Prom 2020 Logo Design Contest
January 10	6-8pm	Spirit Wear Sale @ Front Lobby
January 14	7pm	PTSA Meeting in the Media Center
January 14, 16	5:30-9:30pm	SAT Prep in Room 103
January 17	6-8pm	Spirit Wear Sale @ Front Lobby
January 20		MTHMU Sub Orders Due
January 20	8:30am-4:30pm	MLK, Jr. Day of Service @ Glen Mar Church
January 25	9-11:15am	Community Parent Workshop Session about Social Media @ Oakland Mills Middle School
January 29-Feb. 11	3-6:15pm	Street Smarts Driver's Ed Class @ Hebron
January 31	6-8pm	Spirit Wear Sale @ Front Lobby
February 1		MTHMU Sub Making and Delivery
February 7	6-8pm	Spirit Wear Sale @ Front Lobby
February 15, 22	9am-1pm	SAT Prep in Room 103
February 21	6-8pm	Spirit Wear Sale @ Front Lobby
February 28	7-8am	Restorative Justice in Education Book Discussion over Coffee Sponsored by PTSA in the Media Center
March 7	9-11:15am	Community Parent Workshop Session about Healthy and Unhealthy Relationships
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](mailto:mthebronptsa@gmail.com), [www.mthebronptsa.com/](http://www.mthebronptsa.com/)

Twitter: @Mthebronptsa, Facebook: @MHHSPTSA

Meetings 2<sup>nd</sup> Tuesday evening of the month in the Media Center

- **Next Meeting 1/14/2020 – Social Media & Teens**
- **After-Prom 2020 Logo Design Contest – Deadline 1/10**
- **SAT Test Prep Class 1/14 & 1/16**
- **Toastmasters Youth Leadership Program for Students**
- **Volunteer Opportunities**
- **Education Legislation**

### Social Media & Teens

Tues., Jan. 14 6:30-7:00pm in the Media Center

A guest speaker before the next PTSA Meeting will help parents understand the realities of today's social media world and positive/negative impacts on teens, and the role of social media in teen mental health.

Speaker: Valerie Harvey, Community Engagement Specialist with the Howard County Government Department of Community Resources and Services Office of the Local Children's Board.

Stick around after the presentation for 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.

### After-Prom 2020 Logo Design Contest

All students are invited to submit designs for the logo for After-Prom 2020. The logo will appear on t-shirts, correspondence, and marketing materials. The winning artist will receive a \$20 gift card to Qdoba, plus 2 tickets to After-Prom 2020 (if the winner is a junior or senior). Check out the design specs and contest guidelines posted on the PTSA website: [Logo Design Contest](#). The contest runs through midnight January 10, 2020.

### Volunteers Needed

1. **Sign up to get Emails about Volunteer Opportunities** - <https://forms.gle/fpSc5d99wAYCUk4E6>
2. **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](mailto:mthebronptsa@gmail.com).
3. **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](mailto:srinivasuanwasha@gmail.com).

### Don't Miss Out - Affordable & Convenient

#### SAT & ACT Prep Classes Near You!

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**

T/Th Jan. 14 & 16 from 5:30 pm – 9:30 pm OR

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](http://www.theanswerclass.com) to view the full class schedule and to register your student.

### **Education Legislation**

There are plenty of important Howard County Board of Education meeting dates in January, especially on the budget, and opportunities to testify. Click here for more info: [BOE Important Dates](#).

There is so much legislation concerning HCPSS being proposed and considered by the state delegation. A wonderful breakdown is provided in the [PTACHC November Newsletter](#).

**Join PTSA Online** at [www.mthebronptsa.com/](http://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/](http://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.

## **Viking Backers**

Jim Bahel, President: [president@vikingbackers.org](mailto:president@vikingbackers.org), <http://www.vikingbackers.org/>

**\*\*\* Become a Viking Backers member! Visit [www.vikingbackers.org](http://www.vikingbackers.org) to join! \*\*\***

Your membership directly supports clubs, student activities, & athletic programs.

Thank you for making a difference!

- **Winter Concessions Help is Needed - Please sign up to help!**  
<https://www.signupgenius.com/go/4090c44afae2fa2fa7-20192020>

- **Get your Spirit Wear** - 1/3, 1/10, 1/17, 1/31, 2/7, 2/21
- **Viking Backers General Meeting** - 1/6, 6:30pm to 7:30pm - Media Center
- **Greg's Driving School Class** - 1/6 to 1/17; 2:45pm to 6pm
- **Street Smarts Driver's Ed Class** - 1/29 to 2/11; 3pm to 6:15pm

### **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:**

**1/3** Boys Basketball 6pm - 8pm - Front Lobby

**1/10** Girls Basketball 6pm - 8pm - Front Lobby

**1/17** Boys Basketball 6pm - 8pm - Front Lobby

**1/31** Girls Basketball 6pm - 8pm - Front Lobby

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

**2/21** 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](mailto:vikingspiritwear@gmail.com)

**Concessions - Have Fun while Getting Involved!**

**(No experience required - We'll train you!)**

**Winter Concession Sign Ups are Now Out** - Come out and volunteer for a couple of hours- it's a lot of fun and you get 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.

Click on the link below to sign up!

<https://www.signupgenius.com/go/4090C44AFAE2FA2FA7-20192020>

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!**

### **Driver's Education: Street Smarts or Greg's**

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

**Next Class Runs from 12/2/19 – 12/13/19**

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:**

**1/29/20 – 2/11/20 3-6:15pm**

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

**4/27/20 - 5/11/10 3-6:15pm**

**5/20/20 – 6/3/20 3-6:15pm**

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

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

To register for any session on-line, please visit the Street Smarts website at:  
[www.streetsmartsmd.com](http://www.streetsmartsmd.com)

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



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.gregsmmd.com/MHHS](http://www.gregsmmd.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](http://www.roadreadyapp.com). We thank you for considering choosing Greg's!

## Greg's Driver Education Dates

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

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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

### Parents of African American Students (PAAS)

CJ Ridgely, President: [mthebronpaas@gmail.com](mailto:mthebronpaas@gmail.com), [www.mthebronpaas.wixsite.com/paas](http://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](http://www.mthebronpaas.wixsite.com/paas)

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

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

### Communications

Congratulations to all of our MTHMU members on an amazing 2019 Marching Season!! We hope you enjoyed our Fall events – look for many more performances to come this Winter and Spring!

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](http://www.mthebronmusic.org).

Please add this page to your Favorites!

### **Winter Sub Sale – Orders Due By 1/20/20!**

Sub Sale delivery will be Super Bowl weekend!! Band and marching unit students are already taking orders for freshly-made subs to be delivered to buyers on Sat., Feb 1. This important fundraiser helps fulfill the many needs of the Mt. Hebron band program. Supporters can also purchase freezer subs to be delivered to Grassroots or Our Daily Bread. Please support a band member or order online BY Sunday 1/20 right here: [MTHMU Winter Sub Sale](#)

### **Cavalier Color Guard Candy Bar Sale!**

We are still selling these delicious World's Finest candy bars! Support a great cause!— just \$1 a bar. Caramel, Milk Chocolate with Almonds, WF Crisp, Milk Chocolate, Dark Chocolate, and new this year - Wafer Bar. Just find one of our awesome Cavaliers and tell him or her that you are hungry!

### **Restaurant Fundraising: Sizzle Kabob on Rte 40 - Tuesday, 01/07**

Please join us at our next Restaurant Fundraiser which is at Sizzle Kabob, at 10039 Baltimore National Pike, Ellicott City 21042, from 11am-9pm. Please see the flyer below for more specific details, and spread the word to family and friends! (Must state fundraiser at time of purchase.) [Sizzle Kabob Flyer](#)

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

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

We are thrilled to welcome so many new families and would love to see you at Booster meetings and MTHMU events. The next Booster meeting is Thursday, January 9<sup>th</sup>, in the Guitar Room. Hope to see you! We always need lots of volunteers! Please sign up here: [Volunteer for MTHMU](#)

### **Own A Piece Of MTHMU Memorabilia!**

Please contact Mr. Fischer at [Joe\\_Fischer@hcpss.org](mailto: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.

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

Margaret Sui, Chair: [capsa.mhhs@gmail.com](mailto:capsa.mhhs@gmail.com), [www.capsamhhs.weebly.com](http://www.capsamhhs.weebly.com)



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

Gopi Suri, Chair: [gopi\\_suri@yahoo.com](mailto:gopi_suri@yahoo.com)

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

Il Minn, Chair: [iminn1@gmail.com](mailto:iminn1@gmail.com)

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

Liset Rajaratnam, Chair: [lisetraj@yahoo.com](mailto:lisetraj@yahoo.com)

# **Community News**

## **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](mailto:info.namihc@gmail.com) or visit

[www.namihowardcounty.org](http://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, January 25 – Social Media
- Saturday, March 7 – Healthy and Unhealthy Relationships

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

- Child Care
- Interpreting

## MLK Jr. Day of Service



**“ Life’s most persistent and urgent question is, ‘What are you doing for others?’ ”**

– MARTIN LUTHER KING JR.

Our sixth annual Day of Service will be hosted at Glen Mar Church partnering with Ames Memorial UMC, St John Baptist Church, and Terps Against Hunger. Join us for family-friendly short-term service activities for ages 5 to 105 that will make a positive difference in our community. There will be about 18 different on-site and a couple off-site activities. The activities help with food security, community development, public health, and support the morale of service members. The Day of Service offers individuals, families, and friends, the opportunity to serve together. We hope to attract over 1,400 people (last year's attendance was 1,345) and package over 100,000 meals. We will also hold a blood drive with the American Red Cross. So, come for an hour or come for the day!

### **MONDAY, JANUARY 20, 2020 (MLK JR. DAY) FROM 8:30 AM TO 4:30 PM**

**COST:** The event is **FREE** and open to the public but donations allow us to expand the event.  
**WHAT:** Family friendly short-term service activities for ages 5 to 105 years old. We will offer free childcare from 9:00 AM to 12:00 PM for 1 to 4 year olds.  
**WHERE:** Glen Mar Church, 4701 New Cut Road, Ellicott City, MD 21043  
**SERVICE HOURS:** Authorization forms for your service hours are available at the sign-in table  
**ON-SITE LUNCH:** Bowl of chili with or without meat, grilled cheese sandwich, and a bottle of water  
**VISIT US:** [www.glenmarumc.org/gmcevents/dayofservice/](http://www.glenmarumc.org/gmcevents/dayofservice/)

**Have questions? Email us at [dayofservice@glenmarumc.org](mailto:dayofservice@glenmarumc.org) or call 410-465-4995**

\*Partnership opportunities are available

#### **PLANNED ACTIVITIES FOR 5 YEARS OLD AND UP:**

- Packaging meals for the hungry
- Decorating cookies for inner-city school teachers and childcare workers
- Writing letters and drawing pictures for service members, college students, and others
- Making no-sew fleece blankets for students and elderly

#### **PLANNED ACTIVITIES FOR 8 YEARS OLD AND UP:**

- Sewing pillowcases for people during a hospital stay
- Making jump ropes out of clean old t-shirts for school children
- Making fishing kits and pony bead kits for children
- Assembling health care kits for children
- Knitting items for those recovering from an illness
- Making tic-tac-toe kits and flannel teddy bears for school children

#### **PLANNED ACTIVITIES FOR ANY AGE:**

- On-site food collection for the Sandtown community in Baltimore: non-perishable food items
- On-site collection of gently used clothing for those in need
- On-site collection of gently used shoes of any size for those in need of footwear
- Health screening for 16 years old and up (BMI and blood pressure screening, pre-diabetes risk assessment)
- Blood drive with the American Red Cross for 16 years old and up

#### **PLANNED OFF-SITE ACTIVITIES FOR 8<sup>TH</sup> GRADERS AND UP:**

- Several all-day off-site activities (meet at church at 8:30 am, bring a bag lunch and two water bottles)

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

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