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.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event/Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>January 7, 2020</td>
<td>11am-9pm</td>
<td>MTHMU Restaurant Fundraiser @ Sizzle Kabob</td>
</tr>
<tr>
<td>January 9</td>
<td>7pm</td>
<td>MTHMU Booster Meeting in the Guitar Room</td>
</tr>
<tr>
<td>January 10</td>
<td>7pm</td>
<td>Deadline for After-Prom 2020 Logo Design Contest</td>
</tr>
<tr>
<td>January 14</td>
<td>7pm</td>
<td>PTSA Meeting in the Media Center</td>
</tr>
<tr>
<td>January 14, 16</td>
<td>5:30-9:30pm</td>
<td>SAT Prep in Room 103</td>
</tr>
<tr>
<td>February 1</td>
<td></td>
<td>MTHMU Sub Making and Delivery</td>
</tr>
<tr>
<td>February 15, 22</td>
<td>9am-1pm</td>
<td>SAT Prep in Room 103</td>
</tr>
<tr>
<td>February 28</td>
<td>7-8am</td>
<td>Restorative Justice in Education Book Discussion over Coffee Sponsored by PTSA in the Media Center</td>
</tr>
<tr>
<td>April 14</td>
<td>6:30-7pm</td>
<td>Guest Speaker on Restorative Justice in Education implementation at Mt. Hebron PTSA Meeting in Media Center</td>
</tr>
<tr>
<td>April 21, 23</td>
<td>5:30-9:30pm</td>
<td>SAT Prep in Room 103</td>
</tr>
</tbody>
</table>

**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 1/14/2020 – Social Media & Teens
- After-Prom 2020 Logo Design Contest
- 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](https://www.ptsa.org/). The contest runs through midnight January 10, 2020.

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

**Volunteers Needed**

1. **Sign up to get Emails about Volunteer Opportunities** - [https://forms.gle/fpSc5d99wAYCUk4E6](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.
3. **Toastmasters Youth Leadership Program** - Parent volunteers needed to model public speaking skills and assist with the club. Please email Srin Gorantla at srinivasu.wesha@gmail.com.
Education Legislation
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. 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.

Viking Backers
Jim Bahel, President: president@vikingbackers.org, http://www.vikingbackers.org/

*** 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!

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
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.
A BIG THANK YOU to everyone who supported our Fruit sale! We hope you are enjoying your citrus! For more information, please contact Chris Peters at MTHMUCitrus@gmail.com

**Winter Sub Sale!**
Sub Sale delivery will be Super Bowl weekend!! Band and marching unit students start taking orders this week for freshly-made subs to be delivered to buyers on Sat., Feb 1. This important fundraiser helps students fund their participation in the spring trip to Myrtle Beach, SC and supports 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 (order link will be on https://www.mthebronmusic.org and also our Facebook page).

**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! Makes a great stocking stuffer!

**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 9th, 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. Perfect idea for Holiday Gifts!
Chinese American Parent and Student Committee (CAPSA)
Margaret Sui, Chair: capsamhhs@gmail.com, www.capsamhhs.weebly.com

Indian American Student Parent Association (IASPA)
Gopi Suri, Chair: gopi_suri@yahoo.com

Korean American Student Parent Committee (KASPO)
Il Minn, Chair: iminn1@gmail.com

Latin America Council Committee (LAC)
Liset Rajaratnam, Chair: 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 or visit www.namihowardcounty.org. Free

SECA SOCIAL & PARENT CONNECTION MEETING
Next meeting January 8, 2020
Wilde Lake Middle School
10481 Cross Fox Lane
Columbia, MD 21044 (in the cafeteria)
Anyone involved in Special Education in Howard County is invited to attend and participate in our meetings including parents, students, caregivers, educators, community partners, service providers and school administrators. We welcome your contribution and meaningful input. For more information contact SECACChair@gmail.com or visit www.howardcountysecac.com. If HCPSS schools are closed or after-school activities are cancelled due to weather, the event will be rescheduled. Other meetings this school year will be: February 12, March 11, April 15, May 13, June 10, 2020. All are held at Wilde Lake Middle School from 7-9:00pm. 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

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