



Valhalla Voice

December 16, 2019

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 7, 2020	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 14	7pm	PTSA Meeting in the Media Center
January 14, 16	5:30-9:30pm	SAT Prep in Room 103
February 1		MTHMU Sub Making and Delivery
February 15, 22	9am-1pm	SAT Prep in Room 103
February 28	7-8am	Restorative Justice in Education Book Discussion over Coffee Sponsored by PTSA in the Media Center
April 14	6:30-7pm	Guest Speaker on Restorative Justice in Education implementation at Mt. Hebron PTSA Meeting in Media Center
April 21, 23	5:30-9:30pm	SAT Prep in Room 103

Parent Teacher Student Association (PTSA)

Caroline Bodziak, President: mthebronptsa@gmail.com, www.mthebronptsa.com/

Twitter: @Mthebronptsa, Facebook: @MHHSPTSA

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

- **Next Meeting 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](#). 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>/www.theanswerclass.com to view the full class schedule and to register your student.

Volunteers Needed

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

Please add this page to your Favorites!

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: capsa.mhhs@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.hcps.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

SECAC 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.howardcountyseca.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/>