

MARRIOTTS RIDGE HIGH SCHOOL

Bits and Bridles Bulletin



May 17, 2016

Important Dates:

June 17—3-hr early dismissal

August 25—Freshman Orientation

August 29—School begins



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From the Health Room:

End of Year Medication Information

This is a reminder from the Health Room that all medications and supplies **must** be picked up by a parent or guardian before **Friday, June 17 at 12:30 p.m.** Any medication not picked up will be disposed of according to HCPSS policy.

Summer School Students:

If your student is attending summer school at Marriotts Ridge and currently has medications, you may pick them up from the Health Room on the last day of summer school.

2016-2017 Medication Forms Information:

Medication forms for the 2016-2017 schoolyear were sent home on June 1 or can be picked up from the Health Room. Please have all medication forms completed, dated, and signed by the physician **after** July 01, 2016. All over-the-counter medications must arrive in a new, unopened container with a medication form completed by the physician.

*****Please be aware of the following recalls:

The Parmavite LLC company is recalling specific lots of Nature Made products due to possible Salmonella or Staphylococcus aureus contamination. For more information/products/lot #'s can be found on the following website: <http://www.fda.gov/Safety/Recalls/ucm505706.htm>

Frito Lay has also issued a voluntary recall of select Rold Gold Tiny Twists, Rold Gold Thins, Rold Gold Sticks, and Rold Gold Honey wheat braided due to potential undeclared peanut allergen. For more information: <http://www.fda.gov/Safety/Recalls/ucm505365.htm>

Yearbooks!

The 2016 MRHS yearbooks will be delivered in the early fall (September/October). Recent graduates will have their yearbooks sent to the address they gave Jostens when ordering the yearbook. If the recipient knows that he/she is moving, they will need to contact Jostens directly. Underclassmen will receive their yearbooks during the school day in the fall. Students and parents may still order yearbooks by following the hyperlink on the MRHS website.

Summer Hours

Main Office

Mon - Friday

7:30 - 3:30

Student Services:

Mon - Fri

8:30AM - 2 PM



2016 Fall Sports Information Marriotts Ridge High School

The following information will help parents and incoming 10th, 11th, and 12th graders as you prepare for the fall sports season:

1. The fall sports season begins on August 10th.
2. All those planning on trying out for a Fall Sport must have a 2.0 GPA with no more than one failing grade for the marking period.
3. All 10th, 11th, and 12th graders will need the following:
 - a. Current physical: Must be dated after April 1, 2016.
 - b. Athletic Participation form.
 - c. Copy of Birth Certificate. One time item. If the student has played a sport before, this is already on file.
 - d. Proof of residency. This may be a BGE bill, phone bill, etc.
 - e. Sudden Cardiac Arrest form.
 - f. You can download all forms on the MRHS website: mrhs.hcpss.org
 - g. All student athletes must be insured.

All students must have concussion testing prior to the first practice, except for Golf and Cross Country. Concussion testing is good for 2 years.

The following is a list of all fall head coaches. It includes their email addresses and first practice date and time. Please refer all questions to the coaches, and do not mail information to the school.

Sport	Coach	email	Start
Volleyball	Amanda Olsen	amanda_olsen@hcpss.org Main Gym 8:30am	8/15
Field Hockey	Stacie Gado	stacie_gado@hcpss.org Hockey field 8:00am	8/12
Boys and Girls Cross Country	Rich Malt	richard_malt@hcpss.org Track 3:00pm	8/15
Girls Cross Country	Jason Conley	jason_conley@hcpss.org Track 3:00pm	8/15
Football	Marcus Lewis	marcus_lewis@hcpss.org Weight Room 8am	8/10
Cheerleading	Kelly Brown	kelly_brown@hcpss.org Aux Gym 8am	8/10
Girls Soccer	Karyn Peksa	karyn_peksa@hcpss.org Track 8am	8/10
Boys Soccer	Quinn Khouri Paul Courtney	quinn_khouri@hcpss.org paul_courtney@hcpss.org Soccer practice field 9am	8/10
Boys and Girls Golf	Mark Dubbs	mark_dubbs@hcpss.org held at Waverly on or about 8/15 TBD Contact Coach Dubbs for more information.	The first tryout will be
Allied Soccer	Kim Burke	kimberly_burke@hcpss.org early September	Practice will begin in

MRHS Fall Sports Cont:

Concussion Testing will be held in the Media Center computer lab under the direction of our Athletic Trainer, Carly Hayes, on the following dates:

8/2	Cheerleading	3:30	Girls Soccer	4:30
8/3	Volleyball	3:30	Boys Soccer	4:30
8/4	Field Hockey	3:30	Football	4:30
8/5	Football	3:30	Make Ups	4:30
8/9	Make Ups	3:30 and 4:30		

All are expected on time with the concussion paperwork. Email Carly with questions at carlyhayes27@gmail.com

The Fall Sportsmanship Meeting will be held on 8/22

at 7pm in the auditorium.

One parent or guardian of each fall student-athlete is expected to attend.

MRHS Fall Field Hockey

If you or your student plans on trying out for Field Hockey in the Fall, please email Coach Gado at stacie_gado@hcpss.org to receive Preseason information. We will collect paperwork and begin the Fall Season on Friday, August 12 from 8:00am-10:00am at the Field Hockey Field.

MRHS Fall Cross Country

If you or your student plans on running Cross Country this fall, please take some time to read about tryout information, the summer training log, and summer workout information by going to mrhsrunning.weebly.com.

New for next season: Returning athletes must complete the summer training log in order to run in the first meet. Returning runners must be within two minutes of their 5k times from last year in order make the team. New runners must run a 5K in 30 minutes or less.

If you have any questions regarding summer training or tryout information for the fall, please do not hesitate to contact Coach Malt at richard_malt@hcpss.org.



Join in the fun at Marriotts Ridge!

MRHS Booster Summer Sports and Music Camps

Registration is now open for the Marriotts Ridge Booster summer sports and music camps for students in grades 3-12. For a complete list and registration information, check out the website: <http://www.mrhs-boosters.com/summer-camps>



RECYCLE AT THE RIDGE—In addition to the typical HoCo recycling of paper, plastic and metal, MRHS Environmental club also recycles: Used Batteries, Used Markers (any type and any brand), Old Cell phones, Used ink cartridges

Students may bring recycle items to room 234 and they will be happy to take care of them for you. Boxes can be found outside the door for markers and batteries. The boxes for the cell phones and ink cartridges are inside the classroom.

PTSA

PTSA Meeting/Election June 9

The MRHS PTSA would like to invite parents, teachers, and students to the Annual General Meeting of the PTSA. The meeting will be held at Marriotts Ridge High School on Thursday, June 9th, 2016 at 7:00 PM. During the meeting, committee members for the next school year will be elected.

The MRHS PTSA invites parents to serve on the PTSA committees.

The PTSA provides various services to the MRHS school community. Please visit PTSA website (<http://www.marriottsridgeptsa.org>) for the details on the services. Nominations are accepted for executive and non-executive positions. Interested parents can contact Swami Swaminathan at swami@usa.com or Dave Brown at wesdad96@gmail.com.

Parent Volunteers – PLEASE READ

HCPSS has developed a brief training module and certificate of completion for anyone that volunteers at Marriotts Ridge or any other Howard County Public School. Both the module and certificate are located on the HCPSS website, and we'll also create links from your schools to this page under the "Get Involved" navigation tag. **Parents/volunteers please complete the training and submit your certificate of completion to the school before registering as a volunteer.**

The site is available: <http://www.hcpss.org/parents/volunteer-information/>

Online Hitching Post

MUSTANG SPIRIT WEAR ONLINE!

Sweatshirts, t-shirts, shorts,
stadium seats and more!

www.tinyurl.com/mrhsstore





Parents: Sign Up for HC DrugFree's FREE Electronic Newsletter

to learn about local drug/ alcohol issues.

To sign up for our electronic newsletter, please call 443-325-0040 or sign up online at www.hcdrugfree.org and click on the "Join Our Mailing List" box.

Crisis Text Line 741-741

Crisis Text Line serves anyone, in any type of crisis- *bullying, self-harm, suicidal thoughts and more*- providing access to free, 24/7 support and information via the medium they already use and trust: **text**. A live, trained Crisis Counselor receives the text and responds quickly to help you move from a hot moment to a cool moment and to stay safe and healthy.

Text START to 741-741
Anonymous and confidential

Visit: www.crisistextline.org

HC DrugFree Teen Advisory Council 2016-17: Open to all Howard County High School students. HC DrugFree is accepting registrations for the 2016-17 Teen Advisory Council. TAC meets one Monday evening a month from 5:30 p.m. to 7:00 p.m. Community service hours are available. Hurry to register your teen so we can contact them this summer. Visit <http://www.hcdrugfree.org/teen-advisory-council> for the registration form and more information.

HC DrugFree – FREE secured medication storage boxes. HC DrugFree is giving away medication storage boxes. To learn how you can get yours, please email (no calls please) admin@drugfree.org. Visit <http://www.hcdrugfree.org/drug-take-back-day-1> to see a photo of the boxes distributed at the April 30 medication Take Back Day event and a list of medication disposal sites in Howard County. HC DrugFree and the Howard County Police urge you to quickly dispose of medications you do not need and always safely store medications remaining in your home.



SUMMER MEALS for KIDS & TEENS

Being Served in your Community

OPEN to ALL children, 18 and younger.

NO Application, NO Enrollment, NO Cost!

Open Sites:

Talbott Springs Elementary School

9550 Basket Ring Rd, Columbia, MD 21045

June 27 – July 29, 2016

(12:45 pm – 2:15 pm)

Laurel Woods Elementary School

9250 N Laurel Rd, Laurel, MD 20723

June 27 – July 29, 2016

(12:30 pm – 2:00 pm)

Phelps Luck Elementary School

5370 Old Stone Ct., Columbia, MD 21045

June 27 – July 29, 2016

(12:30 pm – 2:00 pm)

Long Reach High School

6101 Old Dobbin Ln, Columbia, MD 21045

June 27 – July 29, 2016

(12:30 pm – 2:00 pm)



For more information please contact HCPSS Food and Nutrition Service at www.hcpss.org/food-services or at 410-313-6743.

Around Town...



American Idol 2016 Top 10 Finalist

Olivia Rox with **Warren Hill**

June 26 at Glenelg High School

Olivia Rox is an extraordinary 17-year old singer/songwriter who soared into the American Idol Top 10 finals this year.

We are thrilled to announce that Olivia will perform at Glenelg High at 7 PM on Sunday, June 26 with her band led by her father, acclaimed jazz saxophonist Warren Hill.

Tickets at: **OliviaRoxGlenelg.com**

Olivia may be the next Kelly Clarkson or Taylor Swift. Don't miss your chance to see this young rising star at GHS!

All proceeds will support the Glenelg Music Program and its long tradition of nurturing musical talent.

Around Town...

Starthmore's Summer Intensive

Apply now for a select spot in Strathmore's Summer Intensive—part of our Institute for Artistic and Professional Development. This program will take place **July 11-15** and is designed to provide in-depth experience to outstanding high school instrumentalists as they consider a performing arts career. For more information <https://www.strathmore.org/education/artistic-development/summer-intensive>

AFS

Columbia Association is seeking host families for high school students from Columbia's new Sister City, Tema in Ghana (West Africa) from **July 15 to 31**, 2016. For a host family application and more information, please contact Laura Smit, Program Manager for International Exchange & Multicultural Programs at Laura.Smit@ColumbiaAssociation.org or 410-715-3162.

SUMMER STUDY SKILLS CAMP

Register now for the **Summer Study Skills Camps to be held the weeks of August 1 and 8. Middle School Classes** meet from 9:00 - 11:00 am. during the weeks of **August 1-5** and **August 8-12. High School classes** meet from 12 noon to 2:00 pm also during **August 1-5** and **August 8-12**, Monday-Friday. One session longer than the academic year classes, the expanded time guarantees that students have time for fun and creative activities as part of the powerful Stressless Tests® curriculum. Proven to be effective for all students, the Camp is an especially powerful way to prepare students as they move into the new academic demands of middle school or high school. All classes meet at the Owen Brown Community Association building in Columbia.

Subjects include • How to Study More Effectively • Time Management - Overcoming Procrastination • Test-taking Skills • Focusing, Concentrating and Getting Organized, • Taming ADD • Dealing with Boredom and Overwhelm • Effective Self Advocacy, and more. Great for students who have never learned how to study and those who are creative thinkers whether they are gifted learners or struggling students.

The fee is just \$175 for Summer Camp and includes a copy of *What's My Style? Test and Study Secrets for Procrastinating Teens* by Betty Caldwell.

To register, go to www.Stresslesstests.org. For more information, contact Betty Caldwell at Bcaldwell202@gmail.com

Glenwood Library Community News:

Ready, Set, Yo-Yo!

Learn about the fun and challenging sport of yo-yoing, and give it a try! Join a local expert for a demonstration and the opportunity to show your skills.

Ages 9 & up; 60 min

Wed, Jun 22nd, 2 pm

Register: <http://goo.gl/6RlsPL>

Girl Power!

Collaborate and make meaningful connections with others to make a difference in your community. First session involves planning for the second session's activity. (2nd session scheduled for July 12th 10:00am)

Ages 9-12; 90 min

Tue, June 28th, 7 – 8:30 pm

Register: <http://goo.gl/9HjOij>

Meet the Author: Kathy MacMillan

Kathy MacMillan discusses her debut young adult novel, *Sword and Verse*, called "a tense, romantic fantasy epic about prejudice, political struggle, and the power of words" by bestselling author R.J. Anderson. Find out how this fascinating fantasy world was created, and create crafts for the world of the book. Books available for purchase and signing.

Ages 14 & up; 60 min.

Wed, Jun 29th, 7 – 8 pm

Register: <http://goo.gl/IUy7d0>

JOIN US EVERY MONTH

Lego® Challenge

Sat, Jun 18th, 3:30 – 4:30 pm

Teen Advisory Board (with snacks!)

Tue, Jun 14th, 3:30 – 4:30 pm

last meeting until September

Knit 'n Chat Teen Knitting Group

Fri, Jun 10th, 3:30 – 5:00 pm

Tue, Jun 21st, 6:45 – 8:15 pm



Around Town...

Howard County Police

P.L.E.D.G.E

Summer Leadership Camps

A free, one-week program for students entering ninth grade

July 18-22 2016 (Open enrollment April 18 thru June 17)

August 1–5, 2016 (Open enrollment April 18 thru July 1)

PLEDGE Camp is a week-long experience that teaches leadership, communication, teamwork and decision-making skills.

For more information contact: www.hcpd.org or

Howard County Dept. of Police, Youth Division— **410-313-6088**