

North Bethesda Middle School

May 4, 2025

News and Notes

Monday, May 5, 2025 MATH [MCAP Testing Bell Schedule: no Phoenix Time,](#)

Tuesday, May 6, 2025 MATH [MCAP Testing Bell Schedule: no Phoenix Time](#)

Girls Soccer @ home v. Westland Boys Soccer Away @Westland

Wednesday, May 7, 2025 Regular Bell Schedule: PT -2

MCAP Makeups.

Thursday, May 8, 2025 Regular Bell Schedule: PT -3

Friday, May 9, 2025 Regular Bell Schedule: PT - 4

Dear North Bethesda Families:

Thank you to those of you who came out for the Spring Fling Pop Up Market. All proceeds support our families in need. Thank you to Ms. Jasti Currie for organizing this great event. This coming week is staff appreciation and as usual, our wonderful PTSA has planned a week of treats for our staff. Please consider having you or your child write a note of appreciation to a staff member who has made a difference in their lives. A note of appreciation goes a long way in feeding the souls of educators! This past Friday, I was touched when, unsolicited by any adults, the students of 1331 made a thank you poster ([photo linked here](#)) for their bus driver who is moving to another route. I know Mr. Moh was thrilled to be the recipient of such thoughtfulness.

In this week's *News and Notes*, you'll find details on the following topics:

- A link to Ms. Afram's [Career Flash Update](#).
- Seventh Grade Color Wars and how to order a commemorative tee shirt
- Recording of WJHS Parent Meeting for rising 9th grade parents/caregivers
- Important Information about 8th Grade End-of-Year Activities
- How to support your child on the upcoming Math MCAP and MAP M assessments using IXL
- Yearbook Ordering Information
- PTSA Nomination Information for 2025-2026 school year

- Ms. Rice's counseling update about times of transition. MCPS Meal Viewer – a new tool for viewing breakfast and lunch menus
- Other Helpful Information

We appreciate your continued support and engagement!

2024-2025 SCHOOL HOURS: 8:15 – 3:00 p.m.

[Bell Schedules 2024-2025](#)

[MCPS CALENDAR](#)

To report Bullying and Harassment, please use this [Bullying and Harassment Form](#)

[Bus Route Links](#) – scroll down to North Bethesda Middle School for the most up to date bus routes. If you have any questions, please contact the Department of Transportation Bethesda Bus Depot at 240-740-6580.

Click [here](#) to learn more about Extracurricular activities and Activity Bus Routes

Administrators

Grade 6 Daniel_E_Werbeck@mcpsmd.org

Grade 7 Katherine_B_Rudd@mcpsmd.org

Grade 8 tirza_carmichaelcollins@mcpsmd.org

Principal Annemarie_e_smith@mcpsmd.org

Upcoming NBMS School-wide State Testing Schedule:

Date	Test	Audience/Venue
Wednesday, 4/2/25 COMPLETED	Maryland School Survey	All Grades, AM Homeroom
April 23, 25, 28, 29, 2025 COMPLETED	MCAP English Language Arts	All Grades, AM Testing Group
May 5 - 6, 2025	MCAP Math	All, Morning and Afternoon Testing Groups
May 12 - 15, 2025	MAP M/R	All, English and Math classes
May 19 - 22, 2025	MCAP Social Studies	8th Grade only - taken in Social Studies classes

7th GRADE COLOR WARS

At the end of the year, NBMS 7th graders have a blast participating in “Color Wars” Students are divided into groups and compete against each other in a variety of Field Day activities. Students may purchase a commemorative t-shirt. Thank you to all the fabulous seventh graders who submitted their amazing designs. Congratulations to designer Elijah Sangano for winning the contest. Use the link below to order your t-shirt today. They will be available May 2-May 20 for \$9. **Please use the link below to order your student’s tee shirt. Check out the design [here](#)**

<https://mcpsmd.schoolcashonline.com>

WJHS PARENT GROUP PARENT INFORMATION NIGHT

Last Tuesday approximately 70 NBMS parents/caregivers attended this informative event hosted by our PTSA. We learned about the WJHS PTSA, the WJHS Educational Foundation, and the WJHS Booster Club. Parents and caregivers had the opportunity to ask questions about the transition to high school. The WJHS Parent Group Meeting Recording is linked [here](#).

Math MCAP

We value the home to school partnership all of our caregivers bring as we all want to do what is best for our students and our children. MCPS purchased IXL for all middle school students to help them work on their math skills and better prepare them for standardized assessments like MAP and MCAP. We need your support at home in working with students to guide them through their personalized [NWEA Skills Plan](#) in IXL. This will help them do better on MAP-M when we take it on **May 14-15th**

You can also help your student prepare for the MCAP Math assessment, which we will be giving on **May 5th and 6th**. Please have your child go to their grade level test if they are not in Algebra 1 or Geometry. If they are in Algebra 1 or Geometry, they will go to that practice test. This allows them to see the types of questions they could encounter on the MCAP Math State assessment. <https://support.mdassessments.com/practice-tests/math>

Also, there are test prep links in IXL for the MCAP.

[MCAP Grade 6](#)

[MCAP Grade 7](#)

[MCAP Grade 8](#)

[MCAP Algebra 1](#)

[MCAP Geometry](#)

[MCAP Algebra 2](#)

YEARBOOKS FOR SALE!

Yearbooks are selling out! If you would like to order a yearbook this year, please use this link to place your order <https://yearbookforever.com/>

Enter "North Bethesda Middle School" in the search bar and it will take you to the order page. Yearbooks cost \$40 and orders will only be done online this year. There are a LIMITED AMOUNT of yearbooks. Please get your order ASAP to reserve your copy!

If you have any questions, please contact Ms. Lui at Jemi_J_Lui@mcpsmd.org.

NBMS PTSA 2025 - 2026 School Year

The PTSA Nomination Committee is seeking interested candidates for open positions in the 2025-2026 school year. Click here to learn more information and to indicate your interest: https://docs.google.com/forms/d/19Lvx7GYaFl75OOwW2HSWoqFNsZy5s3dy1UhUayw3tuA/viewform?chromeless=1&edit_requested=true

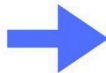
RISE LIKE A PHOENIX

To make the upcoming school
year a fantastic one for our
kiddos



**VOLUNTEER FOR A
PTSA POSITION**

scan the QR code
to check positions
available



****8th GRADE INFORMATION - End of Year Activities****

8th Grade SOCIAL

Attention 8th grade Families and Caregivers - Save the Date!

Please read all you need to know about the 8th grade social at the link below!

<https://drive.google.com/file/d/1kF-sRB9vzrpOS4gFG2tm2Cy7T3NhvHhG/view?usp=sharing>

We need the village to pull off this spectacular event for our kids! We still need at least 31 volunteers. Please consider helping make this a night to remember!

- *Use this sign-up genius link to volunteer.*

<https://www.signupgenius.com/go/9040C49AFAF2E5-56151588-8thgrade#/>

8th Grade End of Year Field Trip to Hershey Park

The date for this field trip is Thursday, June 12, 2025 8:15 a.m. to 7:45 p.m.

[Link to field trip form.](#) Please review as there is important information regarding logistics and behavioral expectations before and during the trip.

8th Grade Staff- Student Promotion Ceremony

Due to our large student population and space constraints at North Bethesda Middle School, our tradition involves hosting a staff-student only promotion celebration. This event is recorded and shared with families for their convenience. The celebration includes speeches from both students and staff, recognition of academic and extracurricular achievements, special awards, musical performances, student slides, and messages from teachers. This year, the celebration is scheduled for **Friday, June 13, 2025, from 9:00 - 10:30** due to the MCPS revised schedule of this date being an early release.

Ms. Rice's Counseling Update

Spring is a time of renewal and change. The grass is greener, the flowers are blooming, kittens are being born, and your child is growing. With growth comes change and transition which can be hard.

The end of the school year is fast approaching. Students have all sorts of feelings when school is coming to a close because school can be something different to every student. For many it's a place to be enlightened and learn, for others it is where they are able to be most social, and for some it is a safe haven. As students anticipate the end of the year, they begin to recognize what they will gain or lose over the summer and this is what brings on the feelings.

It's quite hot in my office and I've been sitting in cooler, yet also more communal, spaces while I write this. In perfect timing for this article, I had the benefit of overhearing a student express her discontent with a middle school boundary, "I can't wait to leave this place," she said. Some of our 8th graders are feeling exactly that way right now, they just can't wait to move on to high school and have more freedom. Some are bursting with excitement at the opportunities that lie ahead. Yet, others may be feeling a little apprehensive, nostalgic, or unsure. After all, this is the place where they began their journey through adolescence.

So many feelings accompany the transition from school year to summer that we start seeing them emerge right after spring break. Different students handle transition in different ways, and for some the transition is harder than for others. If you have an 8th grader, they are going to high school. Can you believe it! Have you talked with them about how they are feeling during this time of transition? I have had the pleasure of hosting my first intern this spring and she too is in a time of transition. While she's excited to graduate and start

working, she's also feeling kind of blue, because for the first time in her life she won't be a student.

No matter how old your child is, whether they are transitioning to 7th grade or high school, they are still learning how to manage big emotions and may need your support at this time. As I've said before, the best thing you can do as a parent is connect with your child. Validate their emotions and all of the feelings they are feeling. It's totally normal to feel excited, nervous, done with middle school, not quite ready to leave, and everything in between. After you validate their feelings, encourage your child to finish the year strong, to continue to put in the effort, and to continue to show up and show respect to themselves, the teachers, and staff. It's important to finish what you start, and while it's easy to mentally check out at this time of year, school is still in session.

Good luck with the transition and remember, change is hard, but it also can be good.

Webinars, Seminars, Announcements, and things...

- [Parent Child Journey](#) with Dr. Shapiro & colleagues
 - **Free Parent Support Group EVERY Monday at 1:00pm:** May 5th -Sex Education for Children & Teens With Developmental Differences; [register in advance for zoom link](#)
 - May Excursion: [Medication for Struggling Children](#) - Thursdays in May from 8:00-9:00 pm on Zoom
- The Chesapeake Center Ask the Expert Webinar: [Coaching vs. Therapy: Choosing the Right Path to Growth, Healing, & Success](#) - Thursday, May 8th, 12:00-1:15pm, Free via Zoom
- Georgetown Psychology's Parent Education Series -
 - May 29 12:00-1:00pm, [How EMDR Therapy Can Help Children & Teens with Anxiety, Depression, and Negative Core Beliefs](#)

Summer Happenings

- The Verizon Innovative Learning STEM Achievers Program at Uniformed Services University is hosting a no-cost summer STEM camp for middle school students, June 23-July 11, no prior STEM experience needed. For more information email stem@usuhs.edu or to [apply, click here](#).
- [Growing Minds Social-Emotional Enrichment Camps](#) at St. Andrews
 - Transitioning to Middle School Through Art - setting the stage for navigating nerves and socializing - for Rising 6th Graders, July 28-Aug 1
 - Empowered Black Girls: A Safe Space for Connection and Growth - for 6th-8th graders, July 21-25
- [Expressive Therapy Center Week-Long Specialty Summer Camps](#) (9:30am-12:30pm)
 - Transition to Middle School - July 21-25
 - Art and Mindfulness - July 28- August 1 (Grades 6-8)

HELPFUL RESOURCES and Information

ATTENDANCE

Our attendance secretary is Maria Stefanias. The best way to reach her for questions or updates about attendance is to send her an email at Maria_Stefanias@mcpsmd.org

TO REPORT AN ABSENCE Call the Attendance Line at 240-740-2101 by 9 a.m. or send an excuse note by email.

Upon return to school, send a note to the main office: include the student's full name, grade, dates, and reason for absence. You can use this [Attendance Note](#) template for Absences, Tardies, or Early Dismissals. MCPS requires a doctor's note for absences of 5 days or more. For an absence of 3 days or longer, homework may be requested by calling the Counseling Office at 240-740-2110.

Teachers enter attendance for each period into Synergy, the attendance system. All class absences generate an automated call/email to parents. If you believe there is an error, please contact the teacher and the attendance office.

School Meal Viewer

Here is the NBMS MealViewer [link](https://schools.mealviewer.com/school/NorthBethesdaMS).
<https://schools.mealviewer.com/school/NorthBethesdaMS>

Here is a [link](#) to the MCPS Division of Food and Nutritional Services where you can find more information in different languages.

CAFETERIA FEES

It may be necessary to periodically review the cafeteria balance and funding source on your student's account to check for accuracy and for appropriate monetary funds. As a reminder, a traditional school lunch is \$2.80, but students have the option to purchase additional a la carte items for additional purchase. We find it appropriate for you to review with your child expectations and norms around cafeteria spending, and to support them in establishing boundaries and budgeting accordingly. We do not want any surprises for you and your child in terms of their daily spending. Prepay and check your child's account at www.myschoolbucks.com This service is optional—schools will continue to accept checks and cash for meals in the cafeteria.

Support Call the School Bucks toll-free customer support center at 1-855-832-5226 for assistance with enrollment or questions about your account. MySchoolBucks support staff are available Monday to Friday, from 7:00 a.m. to 7:00 p.m. eastern standard time.

FREE and REDUCED MEALS

Students in Maryland who qualify for reduced-price meals will not be charged for meals.

Applications: Free and Reduced-price Meals System (FARMS) applications have been updated for the new school year and are now available online at www.MySchoolApps.com; this is the preferred application method.

Apply online NOW at MySchoolApps.com (Translations available) Click [here](#) for an English video tutorial. Click [here](#) for a Spanish video tutorial.

- Federal eligibility guidelines change each school year; therefore, a new application must be submitted each school year. All students in the family should be listed on one household application. A notice will be mailed home to each student if you are approved for meal benefits or do not qualify for meal benefits. Please keep this important document for your records and use throughout the school year. Families may apply for meal benefits at any time during the school year.
- Households that are unable to apply online should contact their school or the Division of Food and Nutrition Services at 240-740-7400. If you would like a paper application, please contact the main office.

STUDENT HANDBOOKS

Updated online versions of A Student's Guide to Rights and Responsibilities, the Student Code of Conduct in MCPS, Guidelines for Respecting Religious Diversity and Guidelines for Student Gender Identity are available on the [MCPS website](#).

STUDENT SERVICE LEARNING (SSL)

[NBMS Student Service Learning \(SSL\) Website](#)

Resources: [SSL Information and FAQ flyer](#); hard copies are available in the Counseling Office. For SSL forms, guidelines, resources, and much more click on the MCPS SSL Hub => <https://bit.ly/SSLHubMCPS>

All students should check their SSL hours quarterly, step-by-step directions for checking SSL hours => <https://bit.ly/SSLonVUE>

Students, please check your StudentID@mcpsmd.net Gmail account daily for SSL emails (and of course other important emails)

Make sure to join the NBMS SSL MyMCPS Classroom.

To join, click on the NBMS SSL MyMCPS Classroom link => <https://mcpsmd.instructure.com/enroll/FC6DG7>. Please share this link with students, family, and friends.

If you have any questions, after reviewing the SSL information above, please send an email to Carla.A.Jurewicz@mcpsmd.net. Thank you!

Have a great week!

Sincerely,

AnneMarie K. Smith, Ed.D.

Principal

North Bethesda Middle School