

North Bethesda Middle School

May 11, 2025

News and Notes

Monday, May 12, 2025	MAP R testing through English classes Special Schedule
Tuesday, May 13, 2025	MAP R testing through English classes Special Schedule PTSA Meeting 7:00 PM NBMS Media Center or Zoom
Wednesday, May 14, 2025	MAP M testing through Math classes Special Schedule Boys Soccer Home v. Frost (Girls away)
Thursday, May 15, 2025	MAP M testing through Math classes Special Schedule Caregiver Connection Night on Zoom (for incoming 6th grade parents) Girls Soccer home v. Westland
Friday, May 16, 2025	Regular Schedule - Period 5 Phoenix Time

Dear North Bethesda Families:

This week our students worked hard to complete the MCAP Math testing. Next week, the MAP R and MAP M will be administered. We are proud that our students are taking the time to show how they have progressed academically. Please remind them to bring their charged Chromebooks and chargers.

Please join me in congratulating Ms. Rachel Lunsford, 7th Grade Social Studies Teacher. Ms. Lunsford won the Montgomery County National History Day Teacher of the Year for 2025 from the Humanities Council. (photo linked [here](#)) Congratulations Ms. Lunsford and thank you for all you do!!

We need your help in addressing a concerning trend circulating on social media platforms like TikTok, where students are inserting objects such as paper clips or pencil leads into Chromebook USB ports. This behavior is not only dangerous—posing serious fire and electrical hazards—but also results in costly damage to school equipment. Please take a few minutes to speak with your child about the risks and consequences of participating in such trends and reinforce the importance of using technology safely and responsibly. Your support in keeping our school environment safe is greatly appreciated.

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

- Update on required district and state testing

- Information about this week's PTSA meeting -- attend in the NB Media Center or on Zoom
- Cupcake Wars on May 22nd, 2025
- Seventh Grade Color Wars and how to order a commemorative tee shirt
- Important Information about 8th Grade End-of-Year Activities
- Montgomery County Public Schools Family Climate Survey
- Information for WJ Rising 9th Graders Interested in trying out for WJHS football.
- How to support your child on the upcoming Math MCAP and MAP M assessments using IXL
- Yearbook Ordering Information
- Ms. Rice's counseling update about Puberty and Hygiene
- 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.

Reminder - there are no after school activity buses for the rest of the year!

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 COMPLETED	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

PTSA Meeting

Please join us for our last PTSA Meeting of the year (hybrid, Zoom link below or join us in person in the Media Center!) and take the opportunity to wish Dr. Smith well in her retirement!

Join Zoom Meeting

<https://mcpsmd.zoom.us/j/83480369881?pwd=cWRPY3NyMENqTGZ0Y2x6Z05WQzBFdz09>

Meeting ID: 834 8036 9881

Passcode: 289810

On the agenda:

1) approving our PTSA bylaws:

https://nbmsptsamembershiptoolkit.com/assets/06045/Communications/NBMS_PTSA_Bylaws_March_2025_docx.pdf

2) voting on our PTA nominations (see message below from our Nominating Committee)

Thank you for the opportunity to serve on the Nominating Committee of the North Bethesda Middle School PTSA. We respectfully submit the following nominations for the PTSA Board for the 2025-2026 Academic School Year:

- President: Ray Azarm
- Secretary: Dana Dirker
- Treasurer: Nisha Rastogi
- VP of Membership: Isaac Wedin
- VP of student enrichment: Sreya Mukherjee
- VP of Communications: Regan Kelly

We are still in need to fulfill the VP of Social Activities (grade level socials! cupcake wars! March Madness!). If you read this email and are willing to help, please reach out to yamiletc.rivera@gmail.com ASAP.

2025 CUPCAKE Wars

This is a great annual event sponsored by the PTSA. Please review [this linked flyer](#) for the link to register.

Who: 35 teams of 1-4 students per team

You will need 18 regular non-iced cupcakes, + any extra "just in case" and any decorating tools of your choice brought from home. NO outside decorations are allowed.

****If you want to purchase your cupcakes from local pastry chef and judge: Annie Chapman:** <https://chapmansdc.com/pages/about-chapmans> at \$36 for 18 cupcakes (\$2 each) please indicate below and Annie who will be judging that night will bring the cupcakes the night of the Cupcake Wars. (\$2.50 each for gluten free) ***see the bottom of this form.*****

What: Competing in 3 timed rounds to be judged by local pastry chef and three NBMS teacher judges

How: Decorating cupcakes based on themes announced during the event; judged on presentation and appearance with PTSA providing decorating supplies.

When: 6pm – 8pm on Thursday, May 22, 2025

Where: NB Cafeteria – Space is limited to a max of 35 teams

Why: PRIZES and FUN!!!

WE PROVIDE ALL DECORATIONS FOR THE NIGHT FOR FAIR AND LEVEL OPPORTUNITIES FOR ALL STUDENTS

REGISTRATION: <https://forms.gle/UB2VfZoY63bLhecB8>

MCPS FAMILY CLIMATE SURVEY

Your Voice Matters: Share Your Experience!

We hope you are doing well! At NBMS, we value our partnership with families and know that your voice plays a vital role in helping us create the best possible learning environment for all students.

We invite you to share your feedback by participating in the **Family Survey**. This short survey gives you the opportunity to share your experiences and opinions about our school and the broader school district. Your honest input will help us understand what's working well and where we can improve.

The survey is easy to complete, takes only a few minutes, and your responses are completely confidential. The results will be used to guide our efforts in strengthening programs, services, and support for students and families.

The survey is open from May 12, 2025, through June 9, 2025.

To participate, simply click the link below:

<https://parentsurvey.mcpsmd.org/>

We deeply appreciate your time and commitment to our school community. Your feedback makes a difference!

Warm regards,
North Bethesda Middle School Administration

WJHS Football Team Information

Do you have an 8th grader interested in trying out for football in the Fall? The document linked below has information about workouts and the summer camp experience and how to register.

https://docs.google.com/document/d/1R-pu6wgb2MGQSLsl7_jT_S2WJszH8_IZ6MYuBa6ji_Y/edit?usp=sharing

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>

Math Support

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 Geometry](#)

[MCAP Algebra 1](#)

[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

Please join the PTSA for their final meeting of the year.

Topic: NBMS PTSA Meeting 5.13.2025

Join Zoom Meeting

<https://mcpsmd.zoom.us/j/83480369881?pwd=cWRPY3NyMENqTGZoY2x6Z05WQzBFdz09>

Meeting ID: 834 8036 9881

Passcode: 289810

****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. Students have been asked to complete the following form for

Ms. Rice's Counseling Update

Close your eyes and imagine the smell of freshly baked cookies in your house. Yum, right? Now, close your eyes and imagine driving car pool after a soccer game and everyone has taken their shoes off. It's an assault on your senses, right?

The changing hormones of puberty stimulate glands and increase perspiration, especially in the underarm and groin areas. The increase in perspiration combined with bacteria that live on the skin create an odor. This odor is affectionately known as B.O. We've all noticed our own children, maybe Febrezed their bedroom when they were off at school, but imagine being in the middle of thirty sweaty pubescent adolescents?

It's natural that teens sweat more and they sweat in new places on their bodies. The oils produced in the underarm and groin sweat glands, along with the different chemicals found in teen sweat, mixing with the bacteria living on our skin and clothing can create a very strong odor. At this age, it's important to bathe or shower daily, paying particular attention to the armpit and groin area. Some teens may need antibacterial soap, but all could use some deodorant. It's also a good idea to wash clothes regularly and avoid wearing the same thing multiple days in a row.

As much as I sometimes want to walk the hallways handing out deodorant samples, it's a delicate conversation that is best to have at home. If you haven't had the talk already, keep

some humor, but be straightforward with your teen diving right into the subject. Teaching proper hygiene now will reduce embarrassment as they get older and your teen will thank you for it. Your child's teacher might thank you too!

Webinars, Seminars, Announcements, and things...

- [Parent Child Journey](#) with Dr. Shapiro & colleagues
 - **Free Parent Support Group EVERY Monday at 1:00pm:** May 12th - Raising Boys and Girls Differently; [register in advance for zoom link](#)
 - May Excursion: [Medication for Struggling Children](#) - Thursdays in May from 8:00-9:00 pm on Zoom
- CDI hosts **The Confidence Myth: Rethinking Fear, Self-Doubt, and Success at Work and Beyond** with Dr. Jill Stoddard, Monday, **May 12th** from 10:00-11:00 am, [register in advance](#)
- **The Couple Check-Up: Building Relational Resilience in the Adoption and Fostering Journey** - hosted by C.A.S.E. on May 15th from 1:00-2:30pm, [Register in advance](#)
- 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

- Is there a particular area or subject your student loves or could use to improve in? A tutor can help your child gain, improve, or hone some skills this summer. Here are a few ideas we've come across:
 - Hone your **critical reading** and **writing** skills with a veteran Certified English Teacher and local legend - www.robertguisetutoring.com
 - How to Survive Middle School! 5-day online summer course focusing on **time management, study skills, and organization** strategies, for more information or to sign up visit EnhancingYourStrengths.com
 - Looking to get ahead in **math**? [Bethesda Scholars](#) is offering in person and virtual small group instruction in Algebra, Geometry, Algebra II and so on.
 - Looking for support in math, reach out to your child's counselor for a focused list of certified MCPS math tutors.
- Looking to be active - check out one of the local **basketball** camps run by our very own teachers and coaches.
- [Montgomery Can Code](#) - free summer camp for MCPS rising 6th, 7th and 8th graders - campers will learn to code with Swift, an Apple programming language
- 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>

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!

Sincerely,
AnneMarie K. Smith, Ed.D.
Principal
North Bethesda Middle School