



*December 18, 2022
North Bethesda Middle School
News and Notes*



NORTH BETHESDA MIDDLE SCHOOL UPCOMING EVENTS

Monday, December 19th Pd. 1 Phoenix Time

Tuesday, December 20th Pd. 2 Phoenix Time

Wednesday, December 21st Pd 3 Phoenix Time

Thursday, December 22nd Pd 7 Phoenix Time 7th Grade Day of Service

NOTE: There will be NO extracurricular activities on 12/22. There are no activity buses that day.

Friday – NO SCHOOL

2022–2023 SCHOOL HOURS: 8:15 – 3:00 p.m.

[Regular Schedule](#)

Extended Phoenix Time Schedule

[Administrators](#)

Grade 6 Melvise_E.Powell@mcpsmd.org

Grade 7 Daniel_F.Verbeck@mcpsmd.org

Grade 8 Katherine_B.Rudd@mcpsmd.org

Principal Annemarie_e.smith@mcpsmd.org

[MCPS COVID-19 Reporting Form.](#)

Dear Phoenix Family:

The holidays give us an opportunity to pause our busy lives and reflect on our proud accomplishments. I want to say “thank you” to the entire school community for all the support that you provide to our students, our families, and our staff. I hope you all have a joyous and special holiday season with time to relax and enjoy family and friendships.

This past week we had an informative PTSA meeting about our emergency procedures and how parents can support our Literacy school improvement goals. We also enjoyed the wonderful winter concert! In addition, we celebrated our chorus winning the 97.1 Nutcracker choral music contest. This competition earned us \$2500 for our music program and students had the opportunity to perform at the Warner

Theatre and stay to see the Nutcracker after their performance. Parent volunteers came out to support our final CARE store of 2022 and our mailroom received a ton of AMAZON donations.

Reminder: If you haven't already done so, please join our PTSA at <https://www.nbmsptsa.org/> Sadly, our membership is down despite our PTSA doing so much to build community and to support our students and teachers.

7TH GRADE DAY OF SERVICE THURSDAY 12/22.

Seventh grade will be participating in a Day of Service on Thursday, December 22. Throughout the day students will be making coloring kits and cards for kids in the hospital, dog toys, and making sandwiches and trail mix for the homeless.

We need your help to make this day a success! We need supplies to make the sandwiches and trail mix for Martha's Table. We are also making coloring kits for Children's National Hospital in DC. Please take a moment to look through the sign-up and see if you can help us make as many sandwiches for people in need as possible.

Sign-up: <https://www.signupgenius.com/go/4090D4DAAAB2CA02-1stannual1>
We appreciate your support!

PHOENIX TIME MATH PRACTICE

Every Wednesday with a regular scheduled Phoenix Time, we will be linking a document with Math practice for all levels of Math at NBMS for students to complete during Phoenix Time or on their own time. We will link these math practice exercises in the Global Announcements. Here is [a link](#) to this past week's practice opportunities.

STUDENT RECOGNITION

HONOR ROLL and STRAIGHT As

Congratulations to the NBMS students who earned straight A's or Honor Roll for Quarter 1. NBMS is so proud of the students' effort. Please click [here](#) to see the names of these students. Students should look for a link to an electronic certificate in their .net account!

STUDENTS OF THE QUARTER

The seventh and eighth grade teams recognized students of the quarter this week. These students received an invitation to have an ice cream treat during Phoenix Time. 6th Grade will recognize students starting quarter two

Teachers selected these students for **Student of the Quarter for Quarter 1**! They exhibited positive Communication, Accountability for their actions, were Respectful, and helped to keep our

Environment clean and positive. We appreciate these students for being positive role models for their peers and for demonstrating our NBMS core values.

7th Grade

Lulu Adams
Leo Carcenac Ratsimbazafy
Bridget Clark
Amadou Deme
Wesley Fraser
Shanelle Goredema
Ellis Harvey
Aaron Johnson
Zoya Khan
Victoria Lynch
Alina MacDermott
Abby Marlowe
Laranya Mohotti
Leilani Nesson
Lou-Ann Nicolo
Summer Onder
Rachel Parsons
Hailey Robinson
Amelia Rosner
John Saunders
Charlie Simpson
Amelia Soccio
Sofia Walendowska
Ethan Wells
Aldebaran Wirawan

8th Grade

Alice Abrams
Aram Beccara
Matilda Carr
Daniela Carreno Perez
Summer De Jesus
Yana Debade Nolasco
Magaly Escobar-Vasquez
Reemay Ghermay
Jemma Gruber
Sophie Gudana
Lucia Kanazir
Kalaekidan Kebede
Ian Lantz
Gabriel Martinez
Maggie McGee
Victor Mellerup
Gabby Nyero
Emma O'Hearn
Zac Poulin
Caroline Roe
Elanor Saybolt
Kolton Sidhu
Gilad Stering

CULTURE OF RESPECT LESSONS

Just a friendly reminder to have your students complete the *Culture of Respect Module* located in myMCPS classroom. This *required online training lesson* developed by MCPS for students grades 6 through 12 provides critical information that will help them better recognize the signs of inappropriate behaviors, including several ways to report alleged/concerning incidents. Students will earn two SSL hours after completing the training.

You may use your MCPS Chromebook to complete the training and it should take approximately 30 minutes. Students should ***Please be sure to complete all sections by Thursday, December 22, 2022.***

YEARBOOK

SUBMIT PHOTOS FOR YEARBOOK!! Do you have photos you would like to submit for the yearbook? Have you taken pictures of events this year? We hope your answer is YES! The Yearbook Club is looking for students and families to contribute pictures for the '22-'23 yearbook. They can be of classes, clubs, student life, community events, SSL, concerts, sporting events, etc. You can submit photos via the Yearbook Snap app (the app icon is orange!), or the Community Upload website (<https://snap.yearbookforever.com/snap/index.html#/upload/1-23J-32823>). The access code is phoenix (no caps or spaces). If you have any questions or run into any problems with submissions, please contact Ms. Lui at Jemi_J_Lui@mcpsmd.org.

YEARBOOK ORDERS

Thank you to everyone who has pre-ordered their yearbook already! Copies are selling quickly. Be sure to reserve yours today!

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.

The pricing for a yearbook is as follows: Special Discount: \$30 (now until 12/31); Early Bird Discount: \$35 (1/1 until 2/28); Regular Price: \$40 (3/1 onwards). Yearbook orders are online this year. There are a LIMITED NUMBER of yearbooks. Please get your order in ASAP to reserve your copy! If you have any questions, please contact Ms. Lui at Jemi_J_Lui@mcpsmd.org.

ENRICHMENT ACADEMIES

Enrichment Academies Winter After School Club registration begins Tuesday, December 6th at 8:30 a.m. The catalog with club descriptions and pricing was sent from Ms. Harcourt via the NBMS parent listserv and paper copies are in the main office and counseling office. A copy of the catalog can also be found by clicking [this corrected link](#). To register for a winter club on the 6th, go to <https://nbms.enrichment-academies.com>. If you have any questions, you may contact Erin Harcourt at erin@enrichment-academies.com.

COUNSELING UPDATE from Ms. Rice

Although my children are younger than yours, I suspect I encounter some of the same things in my household that you do in yours. I would guess that we both feel the same desire for our children to be happy and successful in life and that sometimes, we do not always go about achieving these goals in the right way.

I attended a workshop yesterday with William Stixrud called “The Self-Driven Child.” He has a book with the same title, and another called “What Do You Say” Talking with Kids to Build Motivation, Stress Tolerance, and a Happy Home.” While I was listening to him talk, I kept thinking, if only this training had been on Monday...because we had a rough week in my house, and I think I could have done better as a parent.

Stixrud said that all children need to feel a sense of autonomy, a sense of control. They need to build the skills to take responsibility for their own mistakes and they need practice making good decisions. As parents we need to be less reactive and anxious. Calm is contagious. We need to listen without judging, validate feelings, and build confidence.

We can do this by being more of a consultant than an authoritarian. We can offer advice and options, but we should not force our children to do anything. Our goal as consultants is buy in. For example, it is natural to want your child to do their chores on your timeline; but saying “I need you to empty the dishwasher,” does not usually get anyone moving. What you might try is, “I’ve got an idea...what if you empty the dishwasher now and then we will have time to watch a movie together later.” Or you could say, “For what it’s worth, if you empty the dishwasher, it will make it easier for me to clean up the kitchen from dinner.”

Another place where we can be consultants rather than enforcers is around technology. Duh, duh, duh.... technology is everywhere and it is central to a middle schooler’s social life these days. Stixrud suggests that instead of enforcing a limit on game time, we watch or play with our children to understand what is so captivating. Then, it will be easier to use empathy, and collaborative problem-solving about how to spend less time with technology and more time with humans, or less time playing games and more time doing homework.

Many of us worry about our children and what they will be like in a few years or as an adult. Remember that calm is contagious, and we are models for our children, on display at all times. Practice focusing on supporting a sense of autonomy, reducing anxiety, and delaying technology (more on that another time). Stixrud says to be in the moment, and they will be okay. I must agree with him. As a holiday gift to my children, I will be working to be less anxious and reactive and let them make more of their own choices. Whether they are good or poor choices, I know they will learn from them.

Happy Holidays!

Workshops, Forums, Ideas and Things...

- Washington Behavioral Medicine Associates present a Coffee Chat with Dr. Jaclyn Halpern to talk about [Navigating Your Child’s Social Media](#), Friday, January 13th from 9:30–10:00 AM on Zoom. Register in advance.
- [Parent Child Journey](#) with Dr. Shapiro & colleagues
 - **Free Parent Support Group EVERY Monday at 1:00pm:** 12/19 – Holiday Season Joy (and Stress)
 - **Anxiety in Children and Adolescents** with Dr. Shapiro, two Thursday nights, January 12th and 19th, from 7:00–8:00pm on Zoom; [registration required](#)

- o ADHD Meds for Children and Adolescents with Dr. Shapiro, two Thursday nights, January 12th and 19th, from 8:15–9:15pm on Zoom; [registration required](#)
 - o Parents of Challenging Children: Preschool through Early Adolescence, nine Thursday nights, 8:00–9:00pm starting February 2nd with Dan Shapiro, MD on Zoom; [registration required](#)
- We are planning for **Career Day on March 24th** this year! This is one of the best days of the year and we love to have parents and community members join us. If you are available from 7:45–10:45am on March 24th and are interested in giving an engaging presentation (think props, videos, interactive lessons, etc.) to our students, please complete [this form](#). We will be creating a diverse group of speakers for our students and will contact you if you are selected.

TUTORING OPPORTUNITIES

All MCPS students have access to free, virtual tutoring services through FEV Tutor and Tutor Me Education.

- Both companies offer two services:
 - o Free on-demand tutoring for homework help, no scheduling needed
 - o Free, scheduled tutoring for on-going support, scheduling required
 - o Both companies record sessions, take session notes, and communicate directly with families
- The difference between the two companies:
 - o FEV Tutor – no camera for tutor or student – ideal for grades 3–12 students for whom the camera is a barrier to learning
 - o Tutor Me Education – camera for tutor and student
- Students access tutoring through using their MCPS Clever account.

For families who would like to set up scheduled, on-going sessions, please share:

To set up tutoring sessions with FEV Tutor:

- mcps@fevtutor.com

To set up tutoring sessions with Tutor Me Education:

- MCPS@tutormeeducation.com or 240-618-2549 OR
- Fill out their [request form](#) ** best way

Do not pay attention to the way they show to log in. All students log in through Clever.

[Video sample](#)

[English flyer](#)

[Spanish flyer](#)

EXTRA CURRICULAR ACTIVITIES

NOTE: There will be NO extracurricular activities on 12/22. There are no activity buses that day.

Please click [here](#) for a slide show about clubs offered by NBMS STAFF and click [here](#) to review our ECA page on the NBMS Website. Here is a link to a chart that details what activities take place

each day. Please note that an asterisk means this is a fee-based Enrichment Academy activity. Two asterisks denote a club that meets every other week

TUESDAY	WEDNESDAY	THURSDAY
	Phoenix Phorce - C108 Nicolas	Knitting D216 Masiello
Environmental Club - A107 Sadeghi	Writing Club - A201 Lee	Model UN Steimer
Comic Book Club - Shao D214	HW Club C105 Halary/Cacho	Running Club Rm. 222
	SGA ** Jasti Currie/Haag	HW Club C105 Halary/Cacho
	A Capella -McFeaters 222	Intramural Soccer
	Art Club – Stentz	Yearbook Club - Lui
	Math Team - Needham (9/28 - Feb ?)	
	SAFE Club Sauer	
	Yearbook Club - Lui	

Activity Bus routes run Tuesday, Wednesday, and Thursday. You can find the routes linked on our ECA web page [here](#)

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

BUSES

If you have any questions, please contact the Department of Transportation Bethesda Bus Depot at 240-740-658

SCHOOL CASH ONLINE

Parents/guardians received a notification with their student(s) PIN information required for adding a student to their account beginning **Monday, August 15, 2022**. If you have not registered on School Cash Online, please follow the directions below.

[Directions to School Cash Online](#)

[Directions to School Cash Online \(Spanish\)](#)

The MCPS Help Desk has set up a community support drop box (see below) for community support.

communitytechsupport@mcpsmd.org

SSL

Martin Luther King (MLK) Week of Service January 14-22, 2023, Martin Luther King (MLK) Week of Service is January 14-22, 2023. Every year North Bethesda Middle School (NBMS) hosts

a schoolwide student service learning (SSL) project. Ms. Jurewicz is looking to form a student-led committee for this year's MLK Week SSL project. Students will earn SSL hours. If you are interested in being part of the MLK SSL project committee, please complete the Google form below: <https://forms.gle/3vvc9GVIZ7Ya34Uc9>


***Students and adults-join the NBMS SSL MyMCPS Classroom to receive SSL information specific to NBMS. Link =\ <https://mcpsmd.instructure.com/enroll/FC6DG7>

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

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

For SSL forms, guidelines, resources, and much more click on the MCPS SSL Hub => <https://bit.ly/SSLHubMCPS>

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.

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If you have any questions, after reviewing the information above, please send an email to Carla.A.Jurewicz@mcpsmd.org. If I do not know the answer to your question, I will jot it down to ask at the formal SSL training that will take place soon.

Warmly,

AnneMarie Kestner Smith, Ed.D. (She, Her, Hers)

Principal

North Bethesda Middle School

[North Bethesda Middle School Website](#)

Follow me on Twitter @NBMSPrincipal

