



*October 22, 2023  
North Bethesda Middle School  
News and Notes*



**North Bethesda Middle School Upcoming Events**

**This Week**

October 23 Regular Scheduler Period 7 Phoenix Time

Grade 7 FINANCE PARK DAY 3

October 24 Regular Schedule Period 6 Phoenix Time

October 25 Regular Schedule Period 6 Phoenix Time SEL Lesson

October 26 Regular Schedule Period 1 Phoenix Time

Boys Softball Game Home v. Westland Girls away @ Westland.

Cross-Country @ Westland

October 27 Regular Schedule Period 2 Phoenix Time CARE STORE

SGA Dance 6-8

**Next Week**

October 30 Regular Schedule Period 3 Phoenix Time

October 31 Regular Schedule Period 4 Phoenix Time **NO ACTIVITY BUSES TODAY**

November 1 Grading and Reporting Day - No School for Students.

November 2 Regular Schedule Period 5 Phoenix Time

**SCHOOL PORTRAIT MAKE UP DAY!**

Cross Country Home vs. Frost

November 3 Regular Schedule Phoenix Fun Day EXTENDED PT Schedule

**2023-2024 SCHOOL HOURS: 8:15 - 3:00 p.m.**

Parents, please drop off students in the drop off loop.

**(Entrance on Bradmoor Drive - note: Johnson Drive is for buses only)**

[Administrators](#)

Grade 6 [Katherine B Rudd@mcpsmd.org](mailto:Katherine_B_Rudd@mcpsmd.org)

Grade 7 [tirza\\_carmichaelcollins@mcpsmd.org](mailto:tirza_carmichaelcollins@mcpsmd.org)

Grade 8 [Daniel E Werbeck@mcpsmd.org](mailto:Daniel_E_Werbeck@mcpsmd.org)

Principal [Annemarie e smith@mcpsmd.org](mailto:Annemarie_e_smith@mcpsmd.org)

## [GRADE LEVEL UPDATES/QUARTERLY VOCABULARY](#)

Please click on this [link](#) to go to the NBMS webpage where you can find the weekly grade level updates and quarterly vocabulary lists. The grade level updates can be found under the Academics tab on our school webpage.

## [MCPS Calendar](#)

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

Dear North Bethesda Families:

I wanted to share that this week I will be on annual leave out of the country from 10/23 through 10/27. I have a unique opportunity to go to Iceland! Your child's grade level administrators are available to support and will consult with our director, Dr. Zarchin, as needed. Because I am out of town, I will be sending the next NBMS News and Notes on 11/5.

Thank you to Stacey Singer for a wonderful fall treat. The donuts, apples, and apple cider were delicious and very appreciated.

Congratulations to our undefeated Boys and Girls Softball Teams and to our Cross-Country team for putting in a valiant effort this past week against Pyle!

## **NBMS BASKETBALL TRYOUTS**

Tryouts are for 7<sup>th</sup> and 8<sup>th</sup> graders for our Boy's and Girl's teams. In order to tryout, students must have a 2.0 GPA or higher, completed a doctor's physical within the last two years. Registration is now open for basketball in ParentVue and the final registration date for tryouts will be Sunday, December 3<sup>rd</sup> - No Exceptions! Tryout dates are December 5, 6, and 7<sup>th</sup> from 3:30-4:15. Everyone must register their child through ParentVue, however, if your child tried out for a Fall sport this year, you would not need to upload the physical again.

Pre-Participation form:

<https://www2.montgomeryschoolsmd.org/contentassets/80ee165412504289898564aff64ac79a/physical-evaluation-for-athletics-sr-8-rev-0619.pdf>

Please reach out to Mr. Gibbons for further questions: [Barry\\_Gibbons@mcpsmd.org](mailto:Barry_Gibbons@mcpsmd.org)

## **MODEL UN**

Congratulations to the Model UN Team for their success at their opening Model UN conference at Holton Arms Upper School on Saturday, October 14th. Across the board, our delegates distinguished themselves, demonstrated confidence and poise, drove debate, and represented their countries, themselves, and NBMS with skill and diplomacy. The following team members received special recognition in their committees:

- **Abby Marlowe** earned the **BEST DELEGATE** gavel for representing the Democratic Republic of Congo in the UN World Food Programme as it debated how to handle the global hunger epidemic caused by climate change;
- **Jonathan Kim** earned the **BEST DELEGATE** gavel for representing Pakistan in the UN Office of Disarmament Affairs as it addressed the use of Lethal Autonomous Weapons;
- **Bridget Clark** earned the **BEST DELEGATE** gavel for representing the United Kingdom in UNESCO as it considered how to make technology affordable and accessible in education around the world;
- **Hailey Robinson** earned the **BEST DELEGATE** gavel for representing Afghanistan and **Eli Waldstreicher** earned **HONORABLE MENTION** for representing Argentina in the UN Office for Outer Space Affairs as it debated sustainable and equitable development of outer space and space exploration; and
- **Karmaan Saxena** earned the **OUTSTANDING DELEGATE** award for his representation of Syria in the UN Disarmament and International Security Committee discussing the impact of private military security contractors on global security.



## **NATIONAL SCHOOL BUS SAFETY WEEK**

Our bus drivers appreciated our treats. We gave them donuts and coffee, a small NBMS gift, and a poem written by students in our Phoenix Phorce! Phoenix Phorce made a morning announcement that encouraged the students to say thank you to the bus drivers! The drivers and attendants were very appreciative!

## **KIDS HELPING KIDS' FOOD DRIVE**

This year North Bethesda will be participating in the "Kids Helping Kids" Food Drive. Canned and boxed food items will be collected in first period classrooms every day starting Monday, October 23<sup>rd</sup> until Tuesday, October 31<sup>st</sup>. All items collected will benefit local food banks and local families. Food insecurity has increased 50% in just the past year. Our

help is needed to support our neighbors. It will be fun for you too - the first period class with the most donations will win a doughnut party!

## **SGA SPONSORED ALL GRADE LEVEL DANCE 10/27**

Hi, I'm Bridget Clark, and on behalf of the SGA, I would like to invite your child to the first-ever all-grade level Fall Dance! There will be a good DJ, food, and games. If your child would like to submit song requests, look for the form in the global announcements. Tickets are limited - so remember to bring \$10 on Monday to get yours before they run out! If there is a financial need, please students may see their grade-level counselor to have the ticket fee waived. Tickets will be sold next week in front of the Media Center before school starts.

## **SCHOOL PORTRAITS ARE NOW AVAILABLE ONLINE**

Any student who has not had a chance to order, it's not too late!

***Please visit: [vosphoto.com/underclass](https://vosphoto.com/underclass)***

***Use your student ID when prompted for the online code.***

For questions regarding school pictures please email: [underclass@vosphoto.com](mailto:underclass@vosphoto.com)

## **YEARBOOK INFORMATION**

**SUBMIT PHOTOS FOR YEARBOOK!!** Does your child have photos they would like to submit for the yearbook? Have you or your child 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 '23-'24 yearbook. They can be 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](mailto:Jemi_J_Lui@mcpsmd.org).

YEARBOOKS FOR SALE! NMBS yearbook sales have begun! 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 will only be done 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](mailto:Jemi_J_Lui@mcpsmd.org).

## **MEDIA CENTER NEWS**

We are so proud of our NBMS readers! Mrs. Woods shared the following great news about our circulation.

From September 1<sup>st</sup> to October 1<sup>st</sup>, 2023, and we had 1,456 books checked out during this time. Last year from September 1<sup>st</sup>- October 1<sup>st</sup>, 2022, and we had 1,040 books checked out. An increase in over 400 books from last year during that time to this year!

It's because of innovative promotions like the one below and the welcoming environment that Mrs. Woods and Mrs. Kennedy cultivate that we foster a love of reading at NBMS!

NBMS Students! Fall in Love with a Book this fall! Check out a book (any book you have NOT read before) from the NBMS Media Center anytime between October 10th- November 10th. Read the book. Get a review form from Mrs. Woods or Mrs. Kennedy. Write a short review about what you LOVED about the book & why. Turn in your book review to Mrs. Woods or Mrs. Kennedy in the Media Center by November 13th. Get invited to our cupcake party in the Media Center on November 17th during lunch.

## **KENSINGTON 8K**

Great news! Despite the last-minute cancellation of the Kensington 8K due to Montgomery Parks closing half of our race route, the fundraising portion of the event was a success. In the coming weeks, **the NBMS PTSA will receive a check ~\$3,000 (final amount pending).**

THANK YOU to the organizers of the Kensington 8K. I hope everyone considers participating next fall!

## **SKI CLUB**

This message is sent on behalf of the NBMS SKI CLUB PTO

NB Ski Club is back for another winter! If your student is interested in participating in the Friday night ski trips to Liberty Mountain in January and February, please follow this link to complete a short survey. Thank you and look for more announcements from the Ski Club in the near future. <https://forms.gle/Ep6ewMv1jajTXxMLA>

## **PTSA ENRICHMENT OPPORTUNITY**

### **Chinese Language Class - Thursdays**

- Grades Accepted: 6th-8th Grade.
- Time: 3:15-4:15 PM
- Tuition Price: \$215.00 (for 10 weeks/10-class meetings)
- Course Dates: 11/2 - 1/18 (Thursdays)
- No Class On: 11/23

Learn from a seasoned expert with:

- Official qualification to teach Chinese in the USA for PreK-12 grades.
- 18 years of hands-on teaching experience in various school districts and geographies.
- Distinction as a featured speaker at multiple teacher conferences.

### **Chinese Language Class Course Description:**

Embrace a multi-tiered learning approach designed to cater to every student's unique language proficiency. By fostering interaction between learners of various skill levels and utilizing an intuitive support system, we aim to ensure that every participant attains a rewarding and satisfying learning experience.

### **Registration Link:**

[https://docs.google.com/forms/d/1Le0zjLMcP7HcX1NwI558qK8SRwhGN3VnTGZghFkX\\_Xw/viewform?edit\\_requested=true](https://docs.google.com/forms/d/1Le0zjLMcP7HcX1NwI558qK8SRwhGN3VnTGZghFkX_Xw/viewform?edit_requested=true)

### **SIXTH GRADE OUTDOOR EDUCATION**

In the spring NBMS 6<sup>th</sup> graders will attend Outdoor Education. Click [here](#) for an overview of MCPS's outdoor education program. Please consider volunteering to help support our sixth graders! Complete the form linked below to indicate your interest in being an awesome chaperone for Outdoor Education! NBMS will be attending ODE in three sessions (May 20-22, May 22-24, and May 29-31).

<https://tinyurl.com/nbmsodechaperones>

### **MS. RICE'S COUNSELING UPDATE**

As we enter this week of Mental Health Awareness, let's talk about our mental health. It's time for a check-in!

- How are you feeling today?
- What's taking up most of your headspace?
- Have you been drinking enough water?
- How have you been sleeping?
- What have you been doing for exercise?
- What did you do today that made you feel good?

As you reflect on these questions, you may want to ask them to your child, or even ask them to yourself about your child. You might choose to observe. Is your child in a good place?

Depression often begins in the teenage years, thanks to so many shifts in hormones and brain development. Girls are diagnosed more than boys and depression can look different for different people, but the most common sign of depression in both children and teens is a change in mood. If your child is struggling with depression, they will typically feel sad or irritable most of the time and lose interest in things they normally enjoy. Other signs and

symptoms include lack of motivation, difficulty focusing, changes in eating and/or sleep patterns, feelings of hopelessness, withdrawal from social interactions and possibly thoughts of suicide.

Anxiety disorders affect almost 32% of adolescents. Unhealthy levels of anxiety occur when worry becomes a constant focus and one begins to change their life to avoid people, places, and situations to avoid discomfort. When left untreated, anxiety can have a negative impact on school performance and important social experiences, as well as put teens at higher risk for substance use.

It seems as I get older, I notice that nothing gets easier. Teens today are growing up faster than when I was a teen, thanks to social media and the internet. World news, local news, aging families, job, and food insecurity, and so much more...we are all impacted in some way. It is important that we stop and check in on ourselves and our loved ones. It is okay not to be okay, but we also want to support those who are not okay. Mental health is akin to physical health - there is treatment available, and no one needs to suffer alone.

If you or someone you love is showing signs of depression or anxiety, please reach out for help. You can start with your doctor, therapist or even your school counselor. The [Montgomery County Crisis Center](#) is open 24/7 for assessment and referrals. You can also make some changes at home to start healing from the inside out and support life-long well-being. I **cannot say it often enough: eat well, exercise, get outside, practice mindfulness and breathe. These five practices will take you far when it comes to long-term positive mental health.**

You can also check out these great resources from Mental Health America - [Take A Mental Health Test](#) or [Check-in with friends and family](#). Also, MCPS is hosting a Virtual [Mental Health Awareness Fair](#) from October 30th - November 4th, covering topics like physical health, therapy dogs, neurodiversity, coping with stress and more.

Be well,  
Ashley

### **Webinars, Seminars, Announcements, and things...**

- **THIS WEEK! Kids Helping Kids Food Drive** to benefit Manna Food and our community. **October 23-31** first period classrooms will be competing to see who can bring in the most items. Check out this graphic with [most needed items](#).
- **Caring Matters will host a free Fall Holiday Virtual Family Grief Support** group on November 2nd at 6:00pm. Register by October 25th as space is limited. Bilingual interpreters will be available for Spanish speaking families as well. To register contact [Gilly Cannon](#), 301-990-8904.
- **MCPS Mental Health Awareness Week** - October 30th-November 4th
- PEP webinar: [When to Set Limits and When to Let Go](#), for parents of preschoolers through teens. Thursday, November 2nd from 8:00-9:00pm, \$25.
- **ATTENTION 8th Graders!** - [High School Regional/Countywide Special Programs](#) applications are due by November 3rd. The common application is found in ParentVUE.
- **NBMS Career Day** is scheduled for Friday, March 8, 2024. If you'd like to join us to share about your career, please complete the [Career Speaker Information Form](#).

- Educational Connections hosts a free workshop with Ann Dolin, M.Ed. - [“How to Handle Disappointing Grades: Ways to Uncover the Reasons Behind Your Child’s School Performance \(& How to Help!\)”](#) on November 9th at 1:00pm
- [Parent Child Journey](#) with Dr. Shapiro & colleagues
  - **Free Parent Support Group EVERY Monday at 1:00pm:** *October 23rd - Helping Your Child Build Self-Confidence*; [register in advance for zoom link](#)
- [MCPS Parent Academy webinars:](#)
  - *October 26th - Active Parenting NOW! Part 3*

Get a jump start on summer with **Summer Discovery Programs** pre-college, travel-education summer programs. Programs are offered for [gifted students](#) starting in 1st grade and for [all students](#) starting in 6th grade.

## AWARDS SEASON

Now is the time to nominate exceptional support staff, teachers, and principals for awards recognizing their academic commitment and dedication to your school. Nominations made in previous years may be resubmitted.

The awards are—

The Montgomery County Public Schools Teacher of the Year Award - honors a full-time pre-kindergarten through Grade 12 teacher and who must have a minimum of six years’ experience as an MCPS teacher.

The Montgomery County Public Schools Rising Star Award - honors a full-time pre-kindergarten through Grade 12 teacher who is in their first, second or third year of teaching in MCPS.

The Shirley J. Lowrie Thank You for Teaching Award - honors extraordinary elementary school teachers who have a deep dedication to the teaching profession. These elementary school teachers, pre-kindergarten through Grade 5, must work directly with students in the classroom daily, demonstrate a thorough knowledge of the subject matter, and effectively communicate that subject matter to students.

The Washington Post Teacher of the Year Award - recognizes a full-time prekindergarten through Grade 12 teacher who has a minimum of five years teaching experience, three of which must be in MCPS. Nominations may be submitted by teachers, students, former students, parents, administrators, or the public.

The Washington Post Principal of the Year Award - recognizes principals who go beyond the day-to-day demands of their position to create an exceptional educational environment and who have a minimum of five years teaching experience, three of which must be in MCPS. Nominations may be submitted by teachers, students, former students, parents, administrators, or the general public.



The Mark Mann Excellence and Harmony Award -honors MCPS principals who excel in promoting academic excellence, positive human relations, and community outreach and who have a minimum of two years' experience as a principal in MCPS.

Deadline for all award materials is midnight on Friday, December 22, 2023

Learn more at this link:

<https://www2.montgomeryschoolsmd.org/departments/personnel/awards/>

Don't delay; nominate today!

## **EXTRACURRICULAR ACTIVITIES**

Click [here](#) to review extracurricular activities and start dates offered by the school.

Click [here](#) for activity bus routes.

- Buses begin on Tuesday, September 12
- Buses end of Friday, May 9<sup>th</sup>
- No buses are scheduled for Halloween, 10/31

## **MCPS PARENT RESOURCES**

### **[Parent Academy](#)**

### **[Pathway to College, Career, and Community Readiness](#)**

### **[MCPS News Center](#)**

Webpage featuring the latest MCPS news and press releases updated regularly.

### **Ask MCPS / Spanish Hotline**

General information about MCPS

Call: 240-740-3000 | Spanish Hotline: 240-740-2845

E-mail: [ASKMCPS@mcpsmd.org](mailto:ASKMCPS@mcpsmd.org)

## **PARENTVUE ACCESS**

Instructions for getting started with Parent Vue can be found at

<http://bit.ly/synergyparent>. If you need an activation code, please contact our registrar, [marybeth\\_turska@mcpsmd.org](mailto:marybeth_turska@mcpsmd.org)

In the counseling office or ask our main office staff.

## **YOUTH CRUISER SMARTRIP CARDS**

Did you know that kids under 18 ride free on MCDOT Ride On buses and most Metrobuses in the County? Get your Youth Cruiser SmarTrip Card now and Get Going!

Learn more at <http://ow.ly/sagI50JOBsh>.

## NBMS HELPFUL 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](mailto:Maria_Stefanias@mcpsmd.org)

### TO REPORT AN ABSENCE

**Call the Attendance Line at 240-740-2101 by 9 a.m.** Upon return to school, send a note to the main office: include 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.**

If you have any questions, please contact the Department of Transportation Bethesda Bus Depot at **240-740-6580**.

### 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](mailto: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 information above, please send an email to [Carla.A.Jurewicz@mcpsmd.net](mailto:Carla.A.Jurewicz@mcpsmd.net). Thank you!

Warmly,

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

Principal

North Bethesda Middle School

[North Bethesda Middle School Website](#)