



*November 5, 2023
North Bethesda Middle School
News and Notes*



North Bethesda Middle School Upcoming Events

November 6 Regular Schedule Period 6 Phoenix Time

November 7 Regular Schedule Period 7 Phoenix Time *Culture of Respect Lesson*

November 8 Regular Schedule Period 7 Phoenix Time *Culture of Respect Lesson*

8th Grade Chorus Field Trip to WJ

November 9 Regular Schedule Period 1

November 10 Regular Schedule Period 2

7th Grade Social 6-8 PM

Mark your calendar:

November 14th NBMS PTSA MEETING

November 17th Coffee with the Counselors

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

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

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:

As we enter our second quarter, it has been heartwarming to see the students engaged in their classes, involved in extracurricular activities, attending socials and dances, and having the opportunity to build relationships through special days like Phoenix Phun day last

Friday. Team Leaders and teachers extended Phoenix Time in order for students to have time to connect and socialize at school. We were fortunate to have a beautiful fall day and it was a lovely way to end the first week of the second quarter. Report cards will be distributed on Thursday.

At the secondary level, the large number of students prohibits us from having a parent teacher conference with all families. This year, we are holding conferences on Monday, November 20th, and Tuesday, November 21st from 1:00 p.m. to 3:30 p.m. **Conferences are by invitation only** with options for Zoom or in-person conferencing. Currently, we are prioritizing students with the most academic need.

Beginning next week, you may receive a phone call from a North Bethesda Middle School staff member inviting you to participate in a parent-teacher conference. Please confirm your availability to meet with the teachers as soon as possible.

If you are not contacted, and would like to schedule a parent conference, this is an option throughout the school year. You may reach out to your child's counselor to coordinate a time with your child's team of teachers. North Bethesda staff appreciates all you are doing to support your student's learning and school community.

CULTURE OF RESPECT LESSONS

Montgomery County Public Schools (MCPS) is committed to ensuring our students are equipped with the information needed to be able to recognize signs of bullying/cyber bullying, harassment (including sexual harassment), hate-bias incidents, hazing, intimidation, and student gender norms. An online student training lesson, entitled "*Culture of Respect*," has been developed for students in Grades 6-12. This online training lesson builds on last year's student module and provides critical information that will help students better recognize the signs of inappropriate behaviors, including the various ways to report alleged/concerning incidents. The training includes a student survey that will provide school leaders with valuable data to assess the current culture and climate of respect at their schools and determine potential next steps to plan for improvements.

Students will earn two Student Service Learning (SSL) hours to complete the training.

At NBMS, we will provide students with the opportunity to complete these lessons during Phoenix Time on Tuesday, 11/7 and Wednesday, 11/8.

Read more in the letters linked below:

[Culture of Respect \(English\)](#)

[Culture of Respect \(Spanish\)](#)

SEVENTH GRADE SOCIAL

Halloween returns to NBMS for our Lucky 7s. Seventh Graders, join your friends for an evening of music, blackjack, prizes, and lots of fun.

A live DJ will be playing great music with giveaways in half of the gym while we have a 4-square game competition in the other half. Try a round of cornhole and get your picture taken in the hallway. Enjoy a slice of pizza and play Blackjack or have your Tarot cards read in the cafeteria. There will be something for everyone!

Member tickets: \$5.00 after you under My Account/Upcoming Events Tickets

Non-Member tickets: \$10.00 on sale here at the Phoenix Store.

Parents, show your love for our lucky 7s and SignUp here to volunteer for the event!

If you need the fee waived due to financial hardship, please contact a school counselor.

NBMS BASKETBALL TRYOUTS

Tryouts are for 7th and 8th 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 will open in ParentVue on October 30th and the final registration date for tryouts will be Sunday, December 3rd - No Exceptions! Tryout dates are December 5, 6, and 7th 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

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.

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.

PIANO SALE

Looking to purchase a piano for your family? MCPS has partnered with Shaeffer Piano Company for a piano sale from November 11th through November 19th. More information is in the linked letters below.

[MCPS - Schaeffer Piano Company sale](#)

[MCPS - Schaeffer Piano Company Sale \(Espanol\)](#)

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>

SIXTH GRADE OUTDOOR EDUCATION

In the spring NBMS 6th 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

Do you ever feel like you're running on empty? Do you ever feel a little hollow inside? Maybe you feel exhausted, unappreciated, or like you just need a break.

Last week we brought awareness to Mental Health in Montgomery County. One of the messages we shared with teachers is "You Can't Pour from an Empty Cup." Truthfully, as parents, neither can you! We all need a refill sometimes.

The bucket or the cup is representative of your time, energy, and responsibilities. As parents, we scoop water out of the bucket all day long as we go about our day doing our jobs, taking care of our children, making appointments, cleaning the house, making dinner, or whatever else you have to do to get by. Do you ever stop to refill?

There are many ways that we can refill our bucket, our tank, our cup, or call it what it is, our mental and emotional well-being. As parents, we have to meet our physical, emotional, and spiritual needs in order to be the best caregivers we can be. You may be thinking that you

can't possibly find the time, but without making the time, you are likely to feel stressed out and overwhelmed, and those feelings will spill over onto others.

I use my ride home from work as a time to take some deep breaths and reset before I pick up my kids. Sometimes I crave connection and use that time to make a phone call. Once I'm home, I often find that a little music peps me up to get through the late afternoon and I love a little downtime with a good book before I shut my eyes for the night.

Take a moment to think about how you take care of yourself. You meet everyone else's, but are you meeting your own needs? We all need different things to fill our buckets. Here are some of my other favorite things to do to take care of myself. Maybe you will find one that resonates with you or be inspired to find something else that fills your cup.

- Meditate
- Exercise - even a short 20-minute workout can boost your energy.
- Get outdoors - fresh air, sunshine, colors of nature.
- Ask for hugs - they release Oxytocin.
- Write in a gratitude journal - see the good in your day.
- Schedule time to visit with friends and family.
- Take a shower or a bath.
- Do something you enjoy.

Whatever you do, remember that taking care of yourself is the best way you can take care of your children, your significant other, your family, friends, and colleagues. If your bucket is full, you too will feel full.

Be well,
Ashley

Webinars, Seminars, Announcements, and things...

- Thank you to everyone who supported the Food Drive this year!
- **ATTENTION 8th Graders!** - [High School Regional/Countywide Special Programs](#) applications deadline was extended to November 8th. The common application is found in ParentVUE.
- Attention 8th Grade Families! The [Walter Johnson Counseling Advisory Committee](#) will be hosting a Zoom meeting on Thursday, November 16th to help students in planning for course registration at the end of January. The meeting will focus on what **AP classes** are offered at WJ, the rigors of an AP class, why a student might choose to take an AP class and the AP exam. There will be a panel of teachers, students, and admissions representatives presenting.
- Coffee With the Counselors - Signs of Suicide- Friday, November 17th at 9:00am

- **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:** *November 6th - Sibling Issues*; [register in advance for zoom link](#)
- 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.

OPPORTUNITIES FOR STUDENTS

STEEL CITY CODES

Steel City Codes, a nonprofit organization dedicated towards STEM education, is offering cost-free after-school classes for students in 4th - 8th grade in the DC metropolitan area through which high school volunteers will be teaching computer science to students.

As of now, the classes will be held online. Specific dates will be announced in the following weeks. Students will learn throughout the year using our specially designed curriculum and will complete a fun final project at the end of the unit! Different levels are offered for a variety of ages, for grades 4 through 8. Classes include Intro to Python, Intermediate Python, Intro to Java, and Intermediate Java. We will host Web Development if there is enough interest.

If you're interested in registering your child, please fill out this registration form: <https://forms.gle/iod7yYmCL5hQ5ZGM8>

We will send out more information to those interested in the coming weeks.

For more information, feel free to check out our website:

<https://www.steelcitycodes.org/chapters>.

If you have any questions, please feel free to email us at washingtondc@steelcitycodes.org.

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 9th

- 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

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

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/sagl50JOBsh>.

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

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 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!

Warmly,

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

Principal

North Bethesda Middle School

[North Bethesda Middle School Website](#)