



*November 19, 2023
North Bethesda Middle School
News and Notes*



North Bethesda Middle School Upcoming Events

THIS WEEK

- November 20 [Early Release Schedule](#) Fire Drill Period 6
- November 21 [Early Release Schedule](#)
- November 22 SYSTEMWIDE CLOSURE
- November 23 THANKSGIVING HOLIDAY
- November 24 NO SCHOOL FOR STUDENTS AND STAFF

NEXT WEEK

- November 27 Regular Schedule Phoenix Time 7
- November 28 Regular Schedule Phoenix Time 1
- November 29 Regular Schedule Phoenix Time 1 Chromebook Care Lesson
- November 30 Regular Schedule Phoenix Time 2
- December 1 Regular Schedule Phoenix Time 3 CARE STORE

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
- Grade 7 tirza_carmichaelcollins@mcpsmd.org
- Grade 8 Daniel_E_Werbeck@mcpsmd.org
- Principal 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](#)

Greetings North Bethesda Families:

As we approach the Thanksgiving holiday, I wanted to take a moment to express my gratitude and extend warm wishes to each and every one of you in our North Bethesda Middle School community.

In the spirit of Thanksgiving, let's take a moment to reflect on the many blessings and moments of joy that have filled our lives. Whether it's the support of our dedicated teachers, our amazing community and parents, the camaraderie among classmates, or the shared commitment to learning and growth, there is much to be thankful for.

May this Thanksgiving be a time for joy, connection, and appreciation for the wonderful community we have built together. As we gather with family and friends to celebrate, let's also remember those who may be facing challenges and extend a helping hand to make this season a little brighter for everyone.

Wishing you all a day filled with warmth, laughter, and delicious moments shared with loved ones. May your hearts be full, and your spirits be lifted as we come together to celebrate the spirit of gratitude.

Happy Thanksgiving!

Because of the short week and the Thanksgiving break, the next News and Notes will be published on December 3, 2023.

In this News and Notes, you will find information about how you can obtain a COVID test prior to the Thanksgiving break, a reminder to turn in the Federal Impact Survey, Mrs. Rice's counseling update about how gratitude can change your whole mindset, basketball tryouts and how to order a yearbook.

COVID TESTS

On Monday and Tuesday, COVID tests will be available for students to pick up in the front hall at dismissal.

We know many of our families will spend time over the Thanksgiving break traveling, visiting with friends and family, and engaging in fun community activities. As these activities possibly involve a higher risk of exposure to COVID-19, MCPS is distributing at-home rapid test kits to students and staff prior to the break.

Testing is an important way to identify individuals actively positive for COVID-19 who should temporarily isolate to prevent further transmission and keep our school community as healthy as possible. Testing is not mandatory. We are depending on our staff and families to consider their exposure risk, and test and report positive results accordingly.

FEDERAL IMPACT SURVEY

Each year, principals are asked to assist in surveying students in connection with Title VII of the *Elementary and Secondary Education Act* (Impact Aid). The United States Department of

Education funds school districts that have many students with parents or guardians connected to the federal government and live on certain federal housing properties. The purpose of the funds is to reimburse school districts for the loss of property taxes from tax-exempt federal properties. The amount of funds received is based on the number of completed surveys received from parents or guardians who are on active duty with the uniformed services, employed on federal property, reside in federal or public housing, and/or are a foreign government military officer.

The forms were distributed on November 9th, when first quarter report cards were distributed. Instructions on the form direct parents/guardians to return the completed form to your school no later than **Friday, December 8, 2023**, to be forwarded to the Division of Controller. Please return all forms to the Division of Controller, 45 West Gude Drive, Suite 3200, regardless of response.

Thank you for your attention to this request. Montgomery County receives federal funds based on the number of families who work for the government or military.

MS. RICE'S COUNSELING UPDATE.

The negative: It's hot in my office. I've been on the screen all day. I'm tired. I didn't sleep well last night. My abs are sore from my workout two days ago.

The positive: I've got windows for fresh air. I have a working computer to write this post on. I've got friends and parents who listen. I am able to go to bed early tonight. I fit in a workout on a school day.

I could complain, or I could be grateful. Even when things are feeling tough, if you find the things you are grateful for in your day, it changes your entire mindset. That's because the positivity of gratitude takes up the space the negative thoughts, or worries, or sad thoughts once had. The more you practice gratitude, the more space it inhabits, the less room for negative thoughts.

Is it a coincidence that you are reading this a few days before Thanksgiving, one of my favorite holidays and a holiday often associated with gratitude. Kind of. After all, the first Thanksgiving meal when the settlers cooked a bounty to thank the Native Americans for teaching them how to cultivate their crops was a genuine expression of gratitude. However, gratitude is something I practice every day. Enjoying being in the moment and finding things each day that make me smile and feel good is what I'm teaching my children and students to do.

Gratitude is strongly associated with greater happiness. Gratitude helps people feel more positive emotions, relish good experiences, improve health, deal with adversity, and build strong relationships. Practicing gratitude can change our mindset and our outlook on life. A young teacher friend of mine recently underwent a heart transplant. She spent her days awaiting surgery making bracelets for her nurses, decorating the rooms of fellow heart patients, and blogging about how wonderful everyone was treating her and how lucky she was to have a network of support. I have no doubt her positive outlook and gratitude for every person who set foot in her hospital

room had an impact on how successful her surgery was and how quickly she recovered and went home. They say when you're sick, your outlook makes a difference. Your outlook makes a difference in life too.

If you aren't already practicing gratitude, there is no better time to start than right now! Use Thanksgiving as your jumping off point and thank me later!!

Here are some of my favorite ways to practice gratitude:

- Keep a gratitude journal and add to it every day, include things you are universally grateful for and also a few from just that day.
- Notice the beauty in nature each day.
- Tell someone you love them and how much you appreciate them.
- Good friends don't come along every day – nurture those relationships.
- Let someone know you are thinking about them in the moment, whether via text, snail mail or phone call
- Do a service project to help others (I like to do this with my children to remind them of what they have to be grateful for)
- At a weekly family dinner, have each person share what they are grateful for from the previous week.

The Anxiety & Depression Association of America calls gratitude “a mental health game changer.” I consider gratitude a life changer. Stop and look for the good and you will feel good too.

Be well,
Ashley

Webinars, Seminars, Announcements, and things...

- **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](#).
- [Parent Child Journey](#) with Dr. Shapiro & colleagues
 - **Free Parent Support Group EVERY Monday at 1:00pm:** *November 20th: When Parents (and Other Adults) Disagree & November 27th: Long Distance Planning and Skill-Building;* [register in advance for zoom link](#)
- [Caring Matters](#) winter holiday themed Family Night for grieving families will be Thursday, December 7th on Zoom. Registration closes November 29th; register on the website at the link above. ONLY FOR GRIEVING FAMILIES. Bilingual interpreters available.
- PEP Webinar – [Kids & Anxiety: Helping Them Build Courage](#) – when life feels overwhelming learn how to tune into anxiety, find calm and build courage on Tuesday, December 5th from 8:00–9:00pm, \$25
- PEP Podcast – [When Asking Kids to 'Hang up and Hang Out' Isn't Enough](#) with Devorah Heitner, PhD

- PEP Blog – [“Never Enough: When Achievement Culture Becomes Toxic and What Parents Can Do About It”](#), an interview with Jenny Wallace – award winning journalist and parent of three
- 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.

NBMS BASKETBALL TRYOUTS

Tryouts are for 7th and 8th graders for our Boys and Girls 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! NBMS 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 2/29); 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.

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>

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/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

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)

	<p>Make sure to join the NBMS SSL MyMCPS Classroom.</p> <p>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.</p>
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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](#)