

North Bethesda Middle School

April 6, 2025

News and Notes

Daniel E. Werbeck, Acting Principal

<i>Monday, April 7, 2025</i>	<i>Regular Bell Schedule: PT - 7</i>
<i>Tuesday, April 8, 2025</i>	<i><u>SEL Bell Schedule: Report Card Distribution; No PT</u> Therapy Dog Visit - Media Center PTSA Meeting 7 pm - Hybrid</i>
<i>Wednesday, April 9, 2025</i>	<i>Regular Bell Schedule: PT - 1</i>
<i>Thursday, April 10, 2025</i>	<i>Regular Bell Schedule: PT - 2</i>
<i>Friday, April 11, 2025</i>	<i>Regular Bell Schedule: PT - 3</i>

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

- Important Information about 8th Grade End-of-Year Activities
- Honor Roll & Straight A for Marking Period 3
- PTSA Nomination Information for 2025-2026 school year
- Spring Fling - May 3, 2025
- Ms. Rice's Counseling Update - Maintaining Focus
- MCPS Meal Viewer – a new tool for viewing breakfast and lunch menus
- Yearbook Information
- 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.

Click [here](#) to learn more about Extracurricular activities and Activity Bus Routes

Administrators

Grade 6 Hyle_L_Daley@mcpsmd.org

Grade 7 Katherine_B_Rudd@mcpsmd.org

Grade 8 tirza_carmichaelcollins@mcpsmd.org

Acting Principal - Daniel_E_Werbeck@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, AM Homeroom
April 23, 25, 28, 29, 2025	MCAP ELA	All, AM Testing Group
May 5, & 6, 2025	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

Marking Period 3 Honor Roll & Straight A Recognition

On Tuesday, April 8th, each student will be receiving their report card. Straight A certificates have already been printed, but if your child earned honor roll for the 3rd marking quarter, and you would like a certificate for them, click the link below:

https://docs.google.com/forms/d/e/1FAIpQLScOVx4-KrRsXbDMf2ixFIBYkz6nx88UlsxFAaYA4h4OSJ_O5A/viewform?usp=sharing

NBMS PTSA 2025 - 2026 School Year

The PTSA Nomination Committee is seeking interested candidates for open positions in the 2025-2026 school year. Click here to learn more information and to indicate your interest:

https://docs.google.com/forms/d/19Lvx7GYaF1750OwW2HSWoqFNsZy5s3dy1UhUayw3tuA/viewform?chromeless=1&edit_requested=true

RISE LIKE A PHOENIX

To make the upcoming school year a fantastic one for our kiddos



VOLUNTEER FOR A PTSA POSITION

scan the QR code to check positions available



****8th GRADE INFORMATION - End of Year Activities****

1) 8th Grade SOCIAL

Attention 8th grade Families and Caregivers - Save the Date!

The 8th grade Social Planning committee is excited to announce the 8th grade End of Middle School Social!

When: Friday, May 30th 6:30-9:00 pm

Theme: Neon Nights

Cost: Free! 8th grade students must register in advance (registration coming after Spring Break!)

What will kids do there?

- They'll dance (we have a DJ!).
- They'll eat (we'll have pizza, chicken nuggets and more!).
- They'll play games (in the gym or in the library!).
- They'll make memories (we'll have a slideshow!).

What to Wear: Whatever you are comfortable in! The theme is neon and there may or may not be some black lights so feel free to wear white or neon!

This sounds incredible, how can I help?

We're so glad you asked!

- After spring break we'll share a sign-up genius link for adult volunteers and we will need all the help we can get to pull off a great end-of-middle-school party! In the meantime, please submit photos of your child.
- Share photos of your child using the instructions below by April 15th!

Please start looking for photos of your child/children and their buddies from the last three years at NBMS! Because we hope to include every 8th grader, group photos with other current 8th graders or NBMS teacher(s) will be given preference in the slideshow. This also means that we won't be able to use every photo that you submit but we are committed to making sure that every child is included in this slideshow.

Photos of NBMS activities or photos taken at school or NBMS sporting events will also be given preference in the slideshow.

To help us streamline the process and ensure that the slideshow is the best it can be, please consider the following guidelines when submitting photos. Note that these are only guidelines, not hard-and-fast rules.

Please: **IMPORTANT:** —> Save each photo with a name that has the grade in which it was taken and the last name of your child and other children featured if you know their names. This will make it easier for us to sort the pictures for the slideshow. Unlabeled photos may be disregarded.

Upload the photos to this [Google drive folder](#) or email to nbmsphotos2025@gmail.com

Please put your photos in the sub drive according to their first name.

- Limit your submission to 3 photos
- Make sure the photos are good quality. Generally, if photos are 1MB or larger, they are fine for the slideshow.
- Upload the original photo whenever possible.
- No family vacation photos or photos with siblings please (unless your children are twin 8th graders!)

2) 8th Grade End of Year Field Trip to Hershey Park

The date for this field trip is **Wednesday, June 11, 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.

3) 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, at 1:00 PM.**

Spring Fling Pop-Up Market

Save the date and mark your calendars for **Saturday, May 3rd! From 1- 5 PM** in North Bethesda's cafeteria will be having our inaugural Spring Fling Pop-Up Market! You will be able to shop from over 30 small businesses, support our local economy & the NBMS Cares fund, and maybe even pick up an early Mother's Day present! And there will be shaved ice and tacos available for purchase!

Ms. Rice's Counseling Update

Sometimes we get to a point in the school year when it becomes harder to maintain focus. This is often that time; when spring has sprung (I see tulips!) and quarter four is beginning. Alas, we still have nine weeks of school to get through. We all need a little grit to make it to June 17th, even the teachers and staff. Here are some tips for resetting and managing focus just a little bit longer.

1. Take a deep breath. When tasks feel overwhelming or cause anxiety, a rapid heartbeat, sweat, tingling, a headache - just pause and breathe. Those deep breaths will bring your body back to a state of calm which will help you re engage and focus. There are also two specific types of deep breathing that are known to increase focus: Breath of Fire and Right Nostril Breathing.
 - a. Breath of Fire is a rapid inhale and forceful exhale through the nose without stopping between breaths. It can sometimes make you a tad lightheaded as this is not a slow deep breathing technique, but rather a vigorous one to increase energy, focus and attention.
 - b. Right Nostril Breathing activates the sympathetic nervous system which promotes alertness and focus. This is primarily breathing in and out through the right nostril, with the left side covered.
2. Take a brain break. Let your brain unfocus. Oftentimes, once you let your brain stop focusing on what you want it to focus on, it will drift to a more creative place where you just might find inspiration. Everyone takes a break in a different way - for some it's a nap, a video game, even a walk. When I walk and don't have anything specific to focus on, I find my mind wandering to creative solutions, planning out my next counselor newsletter, finding really good ideas. Sometimes this is all we need to come back and focus on the task at hand.
3. Find a buddy to keep you accountable. Do you have a running buddy? Someone who helps you stay focused on your exercise or nutrition goals? Homework buddies can do the same with helping students focus on their academic goals. Of course, one must choose a buddy wisely so the buddy is someone they trust and like to spend time with, but who will also stay focused and be a positive influence.

Here's hoping the fresh air is inspiration to work hard and do well, to stay focused and end the school year on a high note.

Webinars, Seminars, Announcements, and things...

- [Parent Child Journey](#) with Dr. Shapiro & colleagues
 - **Free Parent Support Group EVERY Monday at 1:00pm:** April 7th - Depression in Children, Adolescents (and Parents); [register in advance for zoom link](#)
 - April Excursion: [Helping Your Child with Self-care](#) - Tuesdays in April from 10:00-11:00 am by Zoom
 - May Excursion: [Medication for Struggling Children](#) - Thursdays in May from 8:00-9:00 pm on Zoom

- Georgetown Psychology's Parent Education Series -
 - April 24 12:00-1:00pm, [OCD & Fear-Related Disorders in Children & Teens: Understanding the Early Signs, "Sneaky" Symptoms, and Effective Treatment](#)
 - May 29 12:00-1:00pm, [How EMDR Therapy Can Help Children & Teens with Anxiety, Depression, and Negative Core Beliefs](#)
- [Mindfulness For Your Student Athletes](#) - 6-week online course for coaches, educators, parents & professionals to learn the mindfulness practices, skills, and core frameworks that help enhance energy, focus, poise, resilience, and performance. Starts April 7th, 7:30-9:00 pm,
- Caring Matters: [Camp Erin Montgomery County](#) - free, weekend overnight camp for grieving children & teens, Friday, May 2nd @ 4:00 through Sunday, May 4th at 2:00pm at Bar-T Mountainside in Frederick. If you are interested, contact your child's counselor.

Summer Happenings

- 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)

DONATIONS NEEDED

- Please consider donating a three ring binder for students in need for the second semester. Donations can be given to Ms. Mary Beth Turska in the NBMS Counseling Office

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). <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!

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: 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 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.

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 '24-'25 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

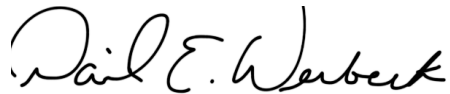
<https://snap.yearbookforever.com/snap/index.html#/upload/1-23J-32823>

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.

Have a great week!

Sincerely,

A handwritten signature in black ink that reads "Daniel E. Werbeck". The signature is written in a cursive style with a large, looping 'D' and 'W'.

Mr. Daniel E. Werbeck

Acting Principal

North Bethesda Middle School